

The 60-Second Autoimmune Inflammation Test

Quick 5-Step Check

Complete this quick 5-step inflammation check in a minute.

Spot Early Warning Signs

Spot your body's early warning signs before joint damage or chronic fatigue take hold.



Who It's For

Women with autoimmune conditions or unexplained fatigue, stiffness, or brain fog who want to understand what their body is telling them — before labs or scans catch it.



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How to Use This Checklist

Follow These Quick Steps

It takes less than 5 minutes:

1. Read each checkpoint below and perform the short self-assessment for that area (joints, stiffness, rings, energy, movement).
2. Mark "Yes" or "No" beside each description that fits what you notice in your body.
3. Tally your results at the end to see if you may be showing early inflammation signs.

What You'll Need

A quiet moment, your hands, and 60 seconds of focus — no equipment required.

Why This 60-Second Check Matters

Most women with autoimmune conditions don't realize their bodies send quiet inflammation signals long before pain, swelling, or lab changes appear. These "whispers" — morning stiffness, puffy joints, tight rings, or unexplained fatigue — are early alerts that your immune system is working overtime.

A recent client noticed her rings felt tighter in the mornings and her hands took longer to loosen up. Within weeks of addressing those subtle signs, her energy improved and her joint pain eased dramatically.

This checklist helps you recognize those patterns early, so you can act before real damage starts — and begin calming inflammation naturally.

The 60-Second Autoimmune Inflammation Checklist

Instructions: Read each checkpoint, perform the short self-check, and mark Yes or No beside each one. Each "Yes" = 1 point. Total your score at the end.

1

The Joint Check

What to Do: Run your fingers along the tops of your knuckles (where fingers meet your hand called the MCP joint).

What You Might Notice: You can't feel the usual dip between joints — it feels thick, puffy, or "squishy." Your hands may look slightly larger or stiffer in the morning.

2

Morning Stiffness Test

What to Do: Notice how long your joints feel tight when you wake up. Time it.

What You Might Notice: It takes 20-30 minutes of moving before your hands or knees feel loose. You stretch or shake them out before they cooperate.

3

The Ring Test

What to Do: Pay attention to how your rings fit at different times of day.

What You Might Notice: Your ring feels tight or hard to remove first thing in the morning but slips off more easily by noon — that's fluid from overnight inflammation.

4

Energy + Brain Fog

What to Do: Reflect on how you feel after a full night's sleep.

What You Might Notice: You sleep 7-8 hours but still wake up drained, need caffeine to function, or struggle to focus on simple tasks.

5

Movement Clue

What to Do: Notice how your joints feel after gentle movement.

What You Might Notice: Your knees or hands ache at first but improve after walking or light stretching — inflammation warms up with motion, unlike wear-and-tear pain which is called Osteoarthritis.

📋 **Total "Yes" Score: ___ / 5**

Count up your responses and see the next card to interpret your results.

How to Interpret Your Results



0–1 Points

Low likelihood of active inflammation right now.

Keep a weekly body check — hydration, gentle movement, and sleep consistency help maintain balance.



2–3 Points

Possible early immune activation.

Track your energy, stiffness, and swelling patterns for the next 7 days. Subtle trends often confirm inflammation before tests do.



4–5 Points

Strong signs your body is inflamed.

Watch the Autoimmune Energy Reset Video today to learn how to calm inflammation naturally and regain your energy safely.

Proof & Reflection — What You Learned

Reflection Prompt	Your Notes
Which checkpoint gave you your biggest "aha" moment or surprise?	
What time of day do your symptoms or stiffness feel strongest?	
What small change could you make this week to test if inflammation eases (sleep, hydration, gentle movement, etc.)?	
How might your energy, focus, or confidence change if those symptoms improved by even 20%?	

24–72 Hour Proof Cue — What to watch next:

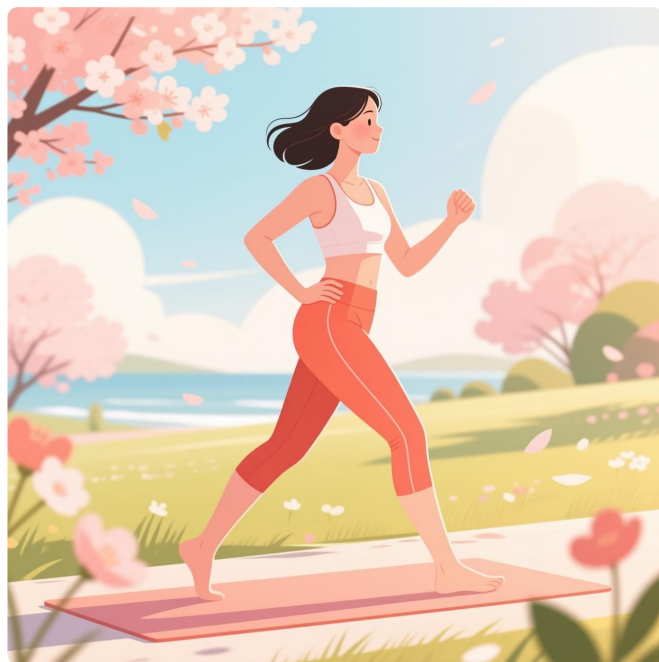
Notice if your rings fit easier, morning stiffness shortens, or midday focus improves — those are real signs your inflammation is calming.

Next Step — Watch the Autoimmune Energy Reset Video

Why Now

If your checklist showed 2 or more "Yes" answers, your body is quietly inflamed — and that means your immune system is already working overtime.

The good news: these early signs are reversible when you know how to calm inflammation at its root.



Watch the Video

Discover the 3-phase system that helps women with autoimmune conditions restore energy



Calm Inflammation

Learn how to address inflammation at its root — before fatigue or joint pain take over entirely



Restore Clarity

Regain your energy, focus, and confidence naturally with physician-led guidance

[👉 Watch the Autoimmune Energy Reset Video Now](#)