

# THE SOLINGER METHOD

by Root Health L.L.C.

## Depression

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### FUNCTIONAL WELLNESS SUPPORT PLAN

Adult Depression

Root Health L.L.C, The Solinger Method

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## What Is Depression

Depression is a multisystem condition involving altered mood, motivation, cognition, and energy, often accompanied by sleep disruption, appetite changes, and reduced resilience to stress. While emotions are central, depression is not purely psychological. It reflects neurochemical, inflammatory, hormonal, metabolic, and mitochondrial dysfunction.

In adults, depression commonly reflects:

- Chronic inflammation and immune activation
- Neurotransmitter imbalance secondary to nutrient deficiency
- Blood sugar instability

- HPA axis dysregulation
- Thyroid or sex hormone imbalance
- Gut brain axis disruption
- Mitochondrial energy depletion

Depression is a **wholebodycondition** , not a character flaw.

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## Conventional Medicine Perspective

Conventional medicine typically views depression as:

- A neurotransmitter deficiency disorder
- Primarily serotonin or dopamine related
- Managed pharmacologically

Standard approaches include:

- SSRIs and SNRIs
- Atypical antidepressants
- Psychotherapy

While medications can be life saving and appropriate for many, this model often overlooks:

- Inflammatory contributors
- Nutrient depletion caused by medications
- Hormonal and metabolic drivers
- Gut mediated neurotransmitter disruption

Symptom improvement does not always equal physiologic restoration.

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## Naturopathic Medicine Perspective

Naturopathic medicine views depression as a **neuroinflammatoryandneuroendocrine condition**, influenced by metabolism, hormones, immunity, and nutrient availability.

Key systems involved include:

- Neurotransmitter synthesis pathways
- Inflammatory cytokine signaling
- Blood sugar and insulin stability
- Cortisol rhythm and adrenal signaling
- Thyroid and sex hormone balance
- Gut mediated serotonin production



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The goal is to **restore biochemical capacity and resilience**, not simply elevate neurotransmitters.

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## **Key Drivers and Patterns in Adult Depression**

### **Inflammatory Depression Pattern**

- Body pain or autoimmune symptoms
- Elevated inflammatory markers
- Poor response to SSRIs alone

### **Blood Sugar Driven Pattern**

- Mood dips when meals are delayed
- Irritability or anxiety with hunger
- Energy crashes

### **Hormonal Pattern**

- Depression worsening premenstrually or postpartum
- Perimenopausal onset
- Low DHEA or testosterone

### **Gut Brain Pattern**

- Depression with bloating or IBS symptoms •  
Antibiotic history • Food sensitivities

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## **Nutritional Strategy**

Nutrition for depression focuses on fueling neurotransmitter production, reducing inflammation, and stabilizing blood sugar, not calorie restriction.

### **Core Nutritional Priorities**

- Regular meals with adequate protein
- Stable blood sugar
- Anti inflammatory nutrient density
- Adequate fats for brain health
- Micronutrients for neurotransmitter synthesis



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## **Therapeutic Foods to Emphasize Protein at Each Meal**

Supports aminoacidavailability for neurotransmitters.

Suggested intake:

25 to 35 grams per meal

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## **Omega 3 Rich Foods**

- Fattyfish
  - Sardines
  - Anchovies
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## **Complex Carbohydrates**

- Rice • Oats • Root vegetables

Support serotonin production without spikes.

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## **Micronutrient Dense Foods**

- Beef liver for B vitamins
  - Eggs for choline
  - Shellfish for zinc and selenium
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## **Reduce or Avoid**

- Skipped meals
- Ultra processed foods
- Excess sugar
- Alcohol

Mood stability improves with metabolic stability.



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## Targeted Supplement Support

Therapeutic Adult Dosing

### **Omega 3 Fatty Acids (EPA Dominant)**

Improves inflammatory depression and mood regulation.

**Dose:** 3 to 4 grams daily combined EPA and DHA

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### **Magnesium Glycinate or Threonate**

Supports nervous system calm and neurotransmitter balance.

**Dose:** 400 to 600 mg daily

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### **B Complex (Activated Forms)**

Supports methylation and neurotransmitter synthesis.

**Dose:** 1 capsule daily

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### **Vitamin D3**

Modulates immune and mood regulation.

**Dose:** 2,000 to 5,000 IU daily, adjusted to labs

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### **L-Tyrosine (When Dopamine Support Is Needed)**

Supports motivation and focus.

**Dose:** 500 to 1,500 mg daily, taken away from protein

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## Targeted Herbal Support

**Rhodiola rosea**



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Supports stress resilience and mood without sedation.

**Dose:** 200 to 400 mg daily

### **St. John's Wort (When Appropriate)**

Supports mild to moderate depression.

**Dose:** 300 mg standardized extract, three times daily

#### **Clinical Notes:**

- Significant medication interactions
- Not appropriate with SSRIs or SNRIs



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### **Ashwagandha**

Supports cortisol regulation and mood stability.

**Dose:** 300 to 600 mg daily

Herbs support adaptation and resilience, not emotional numbing.

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## **Celery Juice Support for Depression**

Celery juice may support depression indirectly by improving hydration, mineral balance, and liver-mediated clearance of inflammatory byproducts, particularly in individuals with fatigue or low blood pressure patterns.

#### **Dose:**

8 oz fresh celery juice daily

#### **Timing:**

Morning or between meals

Response should guide continued use.

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## **Supplement Access**

A complete supplement protocol for **Adult Depression** is available in Fullscript under **Protocols**, listed by the matching condition name. Individuals can create a free account to access the full recommended list of professional grade supplements and therapeutic adult dosing.

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## Lifestyle Support That Matters

- Consistent sleep and wake times
- Morning light exposure
- Gentle daily movement
- Social connection
- Stress regulation practices

Mood improves when biology is supported and rhythms are restored.

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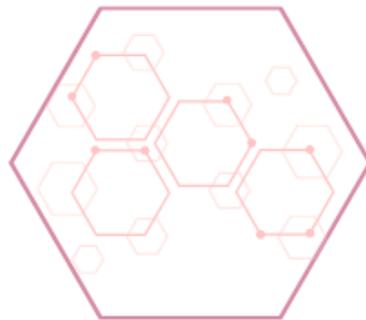
## When to Dig Deeper

Further evaluation is warranted when depression persists:

- Inflammatory markers
- Thyroid function
- Iron and ferritin
- B12 and folate
- Sex hormones and DHEA
- Gut health assessment

Depression improves when inflammation, hormones, metabolism, and nutrient status are addressed together.

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