



THE SOLINGER METHOD

by Root Health L.L.C.

Chronic Inflammation

FUNCTIONAL WELLNESS SUPPORT PLAN

Adult Chronic Inflammation

Root Health L.L.C, The Solinger Method

Dr. Sarah Solinger, PhD, ND, MSc, FCN

Naturopathic Doctor, Functional Clinical Nutritionist, Master Herbalist

What Is Chronic Inflammation

Chronic inflammation is a **persistent, low-grade immune activation state** that continues long after an initial trigger should have resolved. Unlike acute inflammation, which is protective and necessary, chronic inflammation becomes **damaging, exhausting, and system-wide**.

In adults, chronic inflammation commonly reflects:

- Blood sugar and insulin dysregulation
- Gut permeability and dysbiosis
- Chronic infections or microbial imbalance

- Unresolved stress and HPA axis strain
- Environmental toxin exposure
- Nutrient deficiencies impairing immune resolution

Inflammation is not the disease, it is the **signal that the body has not been allowed to resolve an insult.**

Conventional Medicine Perspective

Conventional medicine typically views chronic inflammation as:

- A risk factor associated with disease
- A downstream process rather than a primary focus
- Something to suppress when symptomatic

Common interventions include:

- NSAIDs
- Corticosteroids
- Immunosuppressive therapies

While these may reduce symptoms or inflammatory markers, they often do not address:

- Why immune activation persists
- Why resolution pathways are impaired
- The metabolic and gut drivers of inflammation

Suppressing inflammation without restoring resolution can prolong dysfunction.

Naturopathic Medicine Perspective

Naturopathic medicine views chronic inflammation as a **failure of immune resolution**, not immune excess.

Key systems involved include:

- Gut barrier integrity and immune tolerance
- Blood sugar and insulin signaling
- Omega-6 to omega-3 fatty acid balance
- Antioxidant capacity
- Liver detoxification and clearance
- Nervous system stress signaling

The goal is to **remove inflammatory drivers and restore immune balance**, not silence the alarm.

Key Drivers and Patterns in Adult Chronic Inflammation

Metabolic Inflammatory Pattern

- Elevated CRP
- Insulin resistance
- Weight resistance or central adiposity

Gut-Driven Pattern

- Bloating or bowel irregularity
- Food sensitivities
- Skin or joint symptoms

Stress-Mediated Pattern

- Inflammation worsens during stress
- Poor sleep
- Fatigue and pain flares

Toxic Load Pattern

- Chemical or mold exposure history
- Headaches, fatigue, skin issues
- Poor detox tolerance

Nutritional Strategy

Nutrition for chronic inflammation focuses on **removing inflammatory inputs and providing the nutrients required for immune resolution**, not aggressive restriction.

Core Nutritional Priorities

- Stabilize blood sugar
 - Reduce inflammatory fats and sugars
 - Increase antioxidant intake
 - Support gut barrier integrity
 - Ensure adequate protein
-



THE
SOLINGER METHOD
by Root Health L.L.C.

Therapeutic Foods to Emphasize

Anti-Inflammatory Fats

- Olive oil
 - Fatty fish
 - Avocado
-

Colorful Vegetables

Provide polyphenols and antioxidants.

- Berries
 - Leafy greens
 - Cruciferous vegetables (cooked if sensitive)
-

Protein Adequacy

Protein is required for immune repair and detox enzymes.

Suggested intake:

25 to 35 grams per meal

Mineral Dense Foods

- Leafy greens for magnesium
 - Shellfish for zinc and selenium
 - Bone broth for glycine
-

Reduce or Avoid

- Refined sugars
- Ultra processed foods
- Excess omega-6 seed oils
- Alcohol

Inflammation thrives on metabolic chaos.

Targeted Supplement Support

Therapeutic Adult Dosing

High Quality Fish Oil (EPA/DHA Focused)

Reduces inflammatory cytokine production and supports immune resolution.

Dose: 3 to 4 grams daily combined EPA and DHA

Curcumin (Bioavailable Form)

Inhibits inflammatory signaling pathways.

Dose: 500 to 1,000 mg daily

Magnesium Glycinate

Supports inflammatory regulation and nervous system balance.

Dose: 400 to 600 mg daily

Vitamin D3

Modulates immune response and reduces chronic inflammation.

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

Quercetin

Stabilizes mast cells and reduces inflammatory signaling.

Dose: 500 to 1,000 mg daily

Targeted Herbal Support

Boswellia serrata

Reduces inflammatory mediator production.

Dose: 300 to 600 mg standardized extract, two to three times daily

Turmeric Root

Supports systemic anti-inflammatory balance.

Dose: 1,000 to 2,000 mg daily

Ginger Root

Reduces inflammatory signaling and supports circulation.

Dose: 1,000 to 2,000 mg daily or tea



THE
SOLINGER METHOD
by Root Health L.L.C.

Herbs support resolution, not suppression.

Celery Juice Support for Chronic Inflammation

Celery juice may support chronic inflammation by improving **hydration, mineral balance, and liver clearance**, reducing inflammatory load over time.

Dose:

8 oz fresh celery juice daily

Timing:

Morning on an empty stomach or between meals

Response should guide continued use.

Supplement Access

A complete supplement protocol for **Adult Chronic Inflammation** 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.

Lifestyle Support That Matters

- Consistent sleep and circadian rhythm support
- Gentle daily movement
- Stress reduction to lower immune activation
- Time outdoors and light exposure

Inflammation calms when the body feels safe and supported.

When to Dig Deeper

Further evaluation is warranted when inflammation persists:

- CRP and inflammatory markers
- Blood sugar and insulin
- Gut permeability and stool testing



THE
SOLINGER METHOD
by Root Health L.L.C.

- Vitamin D status
- Environmental exposure assessment

Chronic inflammation resolves when **drivers are removed and resolution pathways are restored**, not when it is endlessly suppressed.
