



THE SOLINGER METHOD

by Root Health L.L.C.

Influenza (Flu)

FUNCTIONAL WELLNESS SUPPORT PLAN

Adult Influenza

Root Health L.L.C, The Solinger Method

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What Is Influenza

Influenza is an **acute systemic viral infection** that affects the respiratory tract and produces a strong inflammatory and immune response throughout the body. Unlike the common cold, influenza is associated with **rapid onset, higher inflammatory burden, and more pronounced systemic symptoms.**

Common symptoms include:

- sudden onset fever and chills
- significant fatigue and weakness
- body aches and joint pain
- headache
- cough and chest discomfort
- sore throat
- reduced appetite
- dizziness or lightheadedness

Influenza severity is influenced by **baseline immune health, nutrient status, metabolic resilience, sleep, and inflammatory load**, not exposure alone.

Conventional Medicine Perspective

Conventional medicine primarily focuses on:

- antiviral medications when indicated and given early
- fever reducers and symptom management
- rest and hydration

While antivirals may shorten duration in some cases, they do not address immune resilience or post viral recovery and are time sensitive in effectiveness.

Naturopathic Medicine Perspective

Naturopathic medicine focuses on **supporting immune efficiency, reducing excessive inflammatory response, and protecting recovery capacity**, rather than suppressing symptoms alone.

The goals are to:

- support antiviral immune activity
- modulate inflammation
- maintain hydration and electrolyte balance
- reduce risk of prolonged fatigue
- support full recovery

Early, supportive intervention can meaningfully affect symptom severity and recovery time.

Core Physiologic Mechanisms

- Rapid viral replication
- Strong innate immune activation
- Cytokine driven fever and body aches
- Increased metabolic and nutrient demand
- Temporary digestive suppression
- Risk of post viral fatigue if recovery is incomplete

Supporting immune regulation without overstimulation is key.



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Nutritional Strategy

Nutrition during influenza prioritizes

hydration, electrolyte balance, immune fuel, and digestive ease.

Key Priorities

- frequent fluids with minerals
- easy to digest, warm foods
- adequate protein intake
- sufficient carbohydrates to prevent cortisol driven stress

Therapeutic Foods

Bone broth and mineral rich soups. Mechanism, provide electrolytes, amino acids, and hydration.

Protein from soups, eggs, or smoothies. Mechanism, supports immune cell production.

Cooked carbohydrates such as rice or potatoes. Mechanism, support immune energy demands.

Ginger and garlic. Mechanism, antimicrobial and anti inflammatory effects.

Honey when coughing. Mechanism, soothes respiratory mucosa.

Targeted Supplement Support

Therapeutic Adult Dosing

Vitamin C

Mechanism, supports immune cell function and reduces oxidative stress.

Adult dosing, 2,000 to 4,000 mg daily, divided

Zinc

Mechanism, reduces viral replication and supports immune signaling.

Adult dosing, 30 to 60 mg daily for short term use

Vitamin D3 + K2



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Adult dosing, 5,000 IU daily, adjust based on labs.
Mechanism, supports antiviral immune response and inflammatory balance.

Magnesium Glycinate

Mechanism, supports immune regulation, reduces body aches, supports sleep.
Adult dosing, 400 to 600 mg daily

Quercetin

Mechanism, antiviral activity and inflammatory modulation.
Adult dosing, 500 to 1,000 mg daily, divided

Antiviral and Immune Herbal Support

Elderberry

Mechanism, inhibits viral replication and reduces symptom duration.
Adult dosing, syrup or extract per product protocol

Andrographis

Mechanism, antiviral and immune modulating activity, supports faster symptom resolution.
Adult dosing, 300 to 600 mg daily

Echinacea

Mechanism, enhances innate immune response early in infection.
Adult dosing, 300 to 500 mg, three times daily, short term

Ginger

Mechanism, anti inflammatory and anti nausea effects.
Adult dosing, tea or 1,000 to 2,000 mg daily

Homeopathic Support

Oscillocochinum



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Mechanism, traditionally used in homeopathy to support the body's response to influenza-like symptoms, including body aches, fatigue, chills, and feverish sensations. It is commonly used early in symptom onset and may support symptom intensity and duration for some individuals.

Adult use, follow product dosing instructions, typically taken at the onset of symptoms and repeated as directed during the acute phase.

Homeopathic remedies are used as **adjunctive support**, alongside nutrition, supplements, and rest, not as a replacement for foundational immune support.

Celery Juice Support

Celery juice may support hydration, mineral balance, and electrolyte replenishment during influenza when tolerated.

Suggested use, 6 to 8 oz fresh celery juice daily, taken earlier in the day if tolerated.

Supplement Access

A complete supplement protocol for Adult Influenza 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

Rest is essential, pushing through prolongs recovery.

Sleep supports immune efficiency and tissue repair.

Fever is part of immune response, aggressive suppression may not be beneficial unless medically necessary.

Gentle movement only after acute symptoms resolve.

When to Seek Further Evaluation



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- persistent high fever
- shortness of breath or chest pain
- worsening cough
- confusion or severe weakness
- symptoms not improving after several days

Influenza recovery is optimized when **immunereseponseis supported, inflammation is modulated, and recovery time is respected**, not rushed.



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