

THE SOLINGER METHOD

by Root Health L.L.C.

Dermatitis

FUNCTIONAL WELLNESS SUPPORT PLAN

Adult Dermatitis

Root Health L.L.C, The Solinger Method

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What Is Dermatitis

Dermatitis is a chronic inflammatory condition of the skin characterized by redness, itching, irritation, scaling, or flares that may wax and wane. Unlike contact dermatitis, this form is often internally driven, reflecting immune dysregulation, barrier impairment, gut inflammation, and nutrient insufficiency.

In adults, dermatitis commonly reflects:

- Gut barrier dysfunction and dysbiosis
- Immune imbalance and histamine activity
- Chronic inflammation
- Impaired fatty acid metabolism
- Nutrient deficiencies affecting skin turnover
- Stress and cortisol dysregulation

The skin is a downstream immune organ, not the origin of the problem.

Conventional Medicine Perspective

Conventional medicine typically views dermatitis as:

- A chronic inflammatory skin disorder
- Idiopathic or genetically predisposed

Managed through topical suppression

Common interventions include:

- Topical corticosteroids
- Calcineurin inhibitors
- Antihistamines

While these can reduce visible inflammation, they often do not address:

- Why immune activation persists
- Why the skin barrier remains impaired
- Why flares recur when treatment stops

Symptom control does not equal immune regulation.

Naturopathic Medicine Perspective

Naturopathic medicine views dermatitis as a **gut–immune–skin axis disorder**, involving immune tolerance, barrier integrity, inflammation, and detoxification capacity.

Key systems involved include:

- Intestinal permeability and immune signaling
- Mast cell and histamine regulation
- Liver detoxification pathways
- Fatty acid balance
- Micronutrient availability for skin repair

The goal is to restore immune tolerance and barrier resilience, not suppress flares indefinitely.

Key Drivers and Patterns in Adult Dermatitis

Immune Reactivity Pattern



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- Flares with stress or illness
- Coexisting allergies or asthma
- Histamine sensitivity

Gut Driven Pattern

- Dermatitis with bloating or stool changes
- Antibiotic history • Food sensitivities

Barrier Impairment Pattern

- Dry, cracked, or easily inflamed skin
- Frequent flares
- Poor response to topical treatments alone

Inflammatory Load Pattern

- Widespread or persistent lesions
- Joint pain or fatigue
- Elevated inflammatory markers

Nutritional Strategy

Nutrition for dermatitis focuses on reducing immune activation, supporting barrier repair, and lowering systemic inflammation, not elimination without rationale.

Core Nutritional Priorities

- Stabilize blood sugar
- Reduce inflammatory foods
- Support gut integrity
- Ensure adequate protein and fats
- Provide micronutrients for skin repair

Therapeutic Foods to Emphasize

Protein at Each Meal

Supports tissue repair and immune regulation.



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Suggested intake:
25 to 35 grams per meal

AntiInflammatory Fats

- Olive oil
 - Fatty fish
 - Avocado
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Micronutrient Dense Foods

- Beef liver for vitamin A and zinc
 - Eggs for choline
 - Shellfish for zinc and selenium
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GutSupportingFoods

- Bone broth
 - Cooked vegetables
 - Easily digestible starches
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Reduce or Avoid

- Ultra processed foods
- Excess sugar
- Alcohol
- Artificial additives

Skin inflammation mirrors internal inflammation.

Targeted Supplement Support

Therapeutic Adult Dosing

Zinc Glycinate or Picolinate

Supports skin barrier repair and immune modulation.

Dose: 25 to 40 mg daily



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Vitamin A (Retinyl Palmitate)

Supports epithelial integrity and immune balance.

Dose: 5,000 to 10,000 IU daily

Avoid during pregnancy.

Omega 3 Fatty Acids (EPA/DHA)

Reduces inflammatory skin activity.

Dose: 3 to 4 grams daily combined EPA and DHA

Vitamin D3

Supports immune tolerance and skin health.

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

Quercetin

Supports mast cell stability and reduces histamine driven flares.

Dose: 500 to 1,000 mg daily

Targeted Herbal Support

Calendula

Supports skin healing and immune modulation.

Dose: 500 to 1,000 mg daily or topical application

Burdock Root

Supports detoxification and inflammatory skin conditions.

Dose: 500 to 1,000 mg daily

Nettle Leaf



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Supports antihistamine activity.

Dose: 600 to 1,200 mg daily

Herbs support regulation and repair, not suppression.

Celery Juice Support for Dermatitis

Celery juice may support dermatitis by improving **hydration, mineral balance, and inflammatory load**, particularly in individuals with digestive or immune involvement.

Dose:

8 oz fresh celery juice daily

Timing:

Morning or between meals

Response should guide continued use.

Supplement Access

A complete supplement protocol for **Adult Dermatitis** 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

- Reduce chemical and fragrance exposure
- Support skin hydration without over-washing
- Manage stress consistently
- Prioritize sleep

Skin improves when immune balance and barrier integrity are restored.

When to Dig Deeper



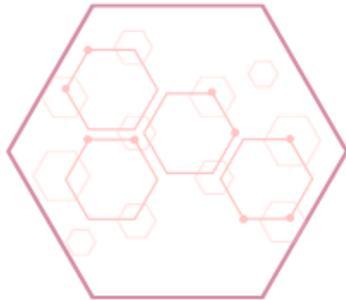
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Further evaluation is warranted when dermatitis persists:

- Food sensitivity patterns
- Gut health assessment
- Vitamin D and zinc status
- Inflammatory markers

Dermatitis resolves when **the gut, immune system, and skin barrier are addressed together.**



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