



THE SOLINGER METHOD

by Root Health L.L.C.

Polycystic Ovary Syndrome (PCOS)

FUNCTIONAL WELLNESS SUPPORT PLAN

Adult PCOS

Root Health L.L.C, The Solinger Method

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

Naturopathic Doctor, Functional Clinical Nutritionist, Master Clinical Herbalist

What Is PCOS

Polycystic Ovary Syndrome is a **metabolic–endocrine condition**, not primarily an ovarian disorder. The ovaries reflect the imbalance, they are not the root cause.

PCOS is characterized by disrupted insulin signaling, androgen excess, ovulatory dysfunction, and inflammatory signaling, with wide variability in presentation. Some individuals have irregular cycles, others have acne or hirsutism, others struggle primarily with weight resistance, fatigue, or fertility challenges.

Importantly, the presence of ovarian cysts is **not required** for PCOS, and many patients with classic symptoms are told their labs are “normal” for years.

PCOS is best understood as a condition of **metabolic signaling dysfunction with reproductive consequences**.

Conventional Medicine Perspective

Conventional medicine typically frames PCOS around diagnostic criteria and symptom suppression.

Common approaches include:

- hormonal birth control to regulate cycles
- metformin for insulin resistance
- anti androgen medications
- fertility medications when pregnancy is desired

While these can be helpful tools, this model often does not address:

- why insulin signaling is impaired
- why androgen production is elevated
- why ovulation is disrupted
- the inflammatory and metabolic terrain driving symptoms

As a result, symptoms frequently return when medications are stopped.

Naturopathic Medicine Perspective

Naturopathic medicine views PCOS as a **reversible** metabolic and hormonal signaling disorder, driven primarily by insulin resistance, chronic inflammation, and disrupted ovarian–brain communication.

Key systems involved include:

- insulin receptor signaling
- ovarian androgen production
- hypothalamic–pituitary–ovarian axis
- inflammatory cytokine signaling
- gut and liver involvement in hormone metabolism
- nutrient dependent ovulatory signaling

The goal is to **restore** metabolic flexibility, normalize androgen signaling, and support ovulation, rather than override the system.

Core Pathophysiologic Mechanisms

Insulin Resistance



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Elevated insulin directly stimulates ovarian theca cells to produce excess androgens. Insulin also suppresses sex hormone binding globulin, increasing free testosterone. This is the central driver in most PCOS presentations.

Androgen Excess

Excess testosterone interferes with follicular maturation, leading to ovulatory dysfunction, acne, hair growth on the face or body, and scalp hair thinning.

Disrupted Ovulation

Follicles stall rather than mature, leading to irregular or absent cycles and cystic appearing ovaries.

Inflammation

Low grade chronic inflammation worsens insulin resistance and ovarian signaling.

Gut and Liver Contribution

Impaired estrogen clearance and dysbiosis further disrupt hormone balance and inflammatory signaling.

Nutritional Strategy

Nutrition for PCOS focuses on lowering insulin demand, improving metabolic signaling, and supporting ovulatory function, not extreme restriction.

Core Nutritional Priorities

- regular meals without long fasting
- adequate protein intake
- carbohydrate quality and timing
- anti inflammatory fat intake
- micronutrient density



Therapeutic Foods to Emphasize

Protein at each meal, targeting 30 to 40 grams. Mechanism, stabilizes blood sugar, lowers insulin demand, and supports ovulation.

Complex carbohydrates such as root vegetables, fruit, and whole grains. Mechanism, provide glucose without excessive insulin spikes.

Healthy fats including olive oil, avocado, and fatty fish. Mechanism, reduce inflammation and improve insulin sensitivity.

Fiber rich vegetables. Mechanism, improve insulin sensitivity and estrogen clearance.

Eggs and seafood. Mechanism, provide choline, iodine, zinc, and selenium for hormone signaling.

Reduce or Modify

Refined sugar and refined carbohydrates. Mechanism, drive insulin spikes and androgen production.

Liquid calories. Mechanism, bypass satiety and worsen insulin signaling.

Chronic under eating. Mechanism, worsens insulin resistance and disrupts ovulation.

Targeted Supplement Support

Therapeutic Adult Dosing

Myo Inositol (with or without D Chiro Inositol)

Mechanism, improves insulin sensitivity at the ovarian level, supports ovulation, and reduces androgen production.

Dose: 2,000 to 4,000 mg daily, divided

Berberine

Mechanism, improves insulin sensitivity, reduces hepatic glucose output, lowers androgen production, and supports metabolic health.

Dose: 500 mg three times daily with meals

Magnesium Glycinate

Mechanism, improves insulin receptor signaling and reduces inflammation.

Dose: 400 to 600 mg daily

Omega 3 Fatty Acids

Mechanism, reduce inflammatory signaling and improve insulin sensitivity.

Dose: 3 to 4 grams daily combined EPA and DHA

Zinc

Mechanism, supports ovarian function, reduces androgen activity, and improves skin symptoms.

Dose: 15 to 30 mg daily

Chromium (When Indicated)

Mechanism, enhances insulin sensitivity and glucose uptake.

Dose: 200 to 400 mcg daily

Vitamin D3 + K2

Adult dosing, 5,000 IU daily, adjust based on labs.

Mechanism, improves insulin sensitivity and ovarian signaling.

Targeted Herbal Support

Spearmint

Mechanism, reduces free testosterone and androgen related symptoms.

Dose: 2 cups tea daily or extract equivalent

Vitex (Chaste Tree)

Mechanism, supports pituitary signaling and progesterone production when luteal phase deficiency is present.

Dose: 200 to 400 mg daily

Not appropriate for all PCOS patterns.

Cinnamon

Mechanism, improves insulin sensitivity and glucose control.

Dose: 500 to 1,000 mg daily

Turmeric

Mechanism, reduces inflammatory cytokine signaling contributing to insulin resistance.

Dose: 500 to 1,000 mg daily



Herbal selection is pattern dependent, not universal.

Celery Juice Support for PCOS

Celery juice may support PCOS by improving hydration, mineral balance, and digestive signaling, indirectly supporting insulin sensitivity and inflammatory regulation.

Suggested use is 8 oz fresh celery juice daily, taken earlier in the day.

Supplement Access

A complete supplement protocol for Adult PCOS 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

Strength training improves insulin sensitivity and ovulatory signaling.

Daily movement improves glucose disposal independent of insulin.

Stress regulation matters, cortisol worsens insulin resistance and androgen excess.

Sleep optimization supports hormone regulation.

When to Dig Deeper

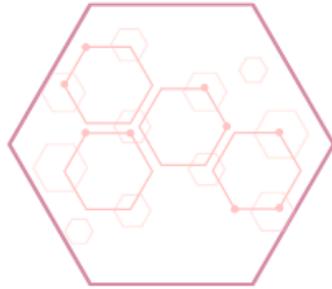
Further evaluation is warranted:

- fasting insulin
- A1c
- lipid panel
- free and total testosterone
- SHBG
- inflammatory markers
- thyroid function



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PCOS improves when **insulin signaling normalizes, inflammation calms, and ovarian communication is restored**, not when cycles are chemically overridden.



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