

ROOT HEALTH, LLC.



Dr. Sarah Solinger, PhD, ND, MSc, FCN  
Naturopathic Doctor | Functional Clinical Nutritionist | Master Herbalist  
Root Health L.L.C.



# THE SOLINGER METHOD

by Root Health L.L.C.

## Strep Throat Rescue Protocol (Functional Wellness Support)

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### Antimicrobial Support

#### Oil of Oregano (*Origanum vulgare*)

- **Liquid:** 3 drops (diluted in water/juice) up to 3x daily
- **Capsules/Softgels:** 300mg standardized extract, 2–3x daily with meals
- Potent antibacterial, antiviral, and antifungal activity

#### Garlic (*Allium sativum*)

- **Raw:** 1–2 fresh cloves, crushed and mixed with raw honey, 1–2x daily
- **Capsules:** 1,200mg standardized extract, 3x daily (therapeutic range can reach 3,600 mg/day divided doses for acute infection)
- Natural broad-spectrum antimicrobial and immune activator

#### Raw Honey (preferably Manuka)

- 1 teaspoon as needed, let it coat the throat slowly
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### Immune Enhancement

#### Vitamin C

- 1,000 mg every 2–3 hours while awake, up to bowel tolerance

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## Zinc Lozenges

- 15–25mg, dissolve slowly 1–2x daily

## Vitamin D3

- 5,000–10,000 IU daily short term if not already supplementing

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## Throat Soothing & Relief

- **Salt Water Gargle:** ½ tsp sea salt in warm water, gargle 2–4x daily
- **Herbal Teas:** Slippery elm, marshmallow root, or licorice root
- **Throat Sprays/Lozenges:** Sage, echinacea, or propolis based
- **Warm Compress:** 15 minutes, 2–3x daily to neck for lymph and pain relief

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## Lifestyle & Monitoring

- **Rest & Hydrate:** Prioritize sleep, sip warm teas, broths, water
- **Avoid:** Sugar and dairy (worsens inflammation/mucus)
- **Red Flags:** High fever, rash, drooling, inability to swallow → seek care