



THE SOLINGER METHOD

by Root Health L.L.C.

Chronic Fatigue

FUNCTIONAL WELLNESS SUPPORT PLAN

Adult Chronic Fatigue

Root Health L.L.C, The Solinger Method

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What Is Chronic Fatigue

Chronic fatigue is a state of **persistent, non restorative exhaustion** that is not relieved by rest and often worsens with physical or mental exertion. It is not synonymous with being tired. It reflects impaired energy production, signaling, and recovery at a cellular level.

In adults, chronic fatigue most commonly reflects dysfunction involving:

- Mitochondrial energy production
- HPA axis and cortisol signaling
- Blood sugar instability
- Chronic inflammation and immune activation
- Nutrient depletion
- Gut dysfunction and malabsorption

Fatigue is the body's way of saying **energy demand exceeds energy production**.

Conventional Medicine Perspective

Conventional medicine often views chronic fatigue as:

- Idiopathic when labs are normal
- Stress or mood related
- A diagnosis of exclusion

Common responses include:

- Antidepressants or stimulants
- Sleep medications
- Reassurance
- Minimal investigation if basic labs are normal

This approach frequently overlooks:

- Mitochondrial dysfunction
- Subclinical nutrient deficiencies
- Hormonal signaling issues
- Immune and inflammatory drivers

Normal labs do not equal normal energy physiology.

Naturopathic Medicine Perspective

Naturopathic medicine views chronic fatigue as a **failure of energy generation and regulation**, not a primary psychological issue.

Key systems involved include:

- Mitochondrial ATP production
- Adrenal and cortisol rhythm
- Thyroid hormone signaling at the cellular level
- Blood sugar regulation
- Inflammatory and immune signaling
- Gastrointestinal absorption

The goal is to **restore energy production capacity**, not push the body harder.

Key Drivers and Patterns in Adult Chronic Fatigue



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Mitochondrial Pattern

- Profound exhaustion after minor exertion
- Muscle heaviness
- Slow recovery

Adrenal and Cortisol Pattern

- Morning fatigue
- Second wind at night
- Poor stress tolerance

Inflammatory Pattern

- Fatigue with joint pain or body aches
- Worsens after illness
- Elevated inflammatory markers

Blood Sugar Pattern

- Energy crashes between meals
- Brain fog with fatigue
- Improvement after eating

Gut Malabsorption Pattern

- Digestive symptoms
- Multiple nutrient deficiencies
- History of antibiotics or GI illness

Nutritional Strategy

Nutrition for chronic fatigue must prioritize **fuel availability, micronutrient density, and metabolic stability**, not restriction.

Core Nutritional Priorities

- Consistent caloric intake
- Adequate protein for tissue repair
- Stable blood sugar
- Anti inflammatory nutrient density
- Digestive support for absorption



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Therapeutic Foods to Emphasize Protein at Every Meal

Protein is essential for mitochondrial enzymes and tissue repair.

Suggested intake:

25 to 35 grams per meal

Complex Carbohydrates

Provide steady glucose for energy production.

- Root vegetables
- Squash
- Rice
- Oats

Chronic under fueling worsens fatigue.

Healthy Fats

Support mitochondrial membranes and hormone production.

- Olive oil
 - Avocado
 - Fatty fish
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Micronutrient Dense Foods

- Beef liver for B vitamins, iron, vitamin A
 - Eggs for choline
 - Shellfish for zinc and selenium
 - Leafy greens for magnesium
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Reduce or Avoid

- Skipped meals
- Very low calorie diets



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- Excess caffeine masking fatigue
 - Ultra processed foods
- Energy cannot be created from deprivation.
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Targeted Supplement Support

Therapeutic Adult Dosing

Magnesium Glycinate or Malate

Supports mitochondrial function and muscle relaxation.

Dose: 400 to 600 mg daily

B Complex (Activated Forms)

Supports mitochondrial enzyme activity.

Dose: One high quality B complex daily

CoQ10 (Ubiquinol Preferred)

Supports ATP production in mitochondria.

Dose: 100 to 300 mg daily

Acetyl L Carnitine

Supports fatty acid transport into mitochondria.

Dose: 500 to 1,000 mg daily

Vitamin C

Supports adrenal function and reduces oxidative stress.

Dose: 500 to 2,000 mg daily, divided

Targeted Herbal Support

Rhodiola rosea

Supports fatigue resilience and stress adaptation.

Dose: 200 to 400 mg standardized extract daily



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Ashwagandha

Supports cortisol regulation and energy balance.

Dose: 300 to 600 mg daily

Eleuthero (Siberian Ginseng)

Supports stamina and stress tolerance.

Dose: 300 to 600 mg daily

Herbs support endurance, not stimulation.

Celery Juice Support for Chronic Fatigue

Celery juice may support individuals with chronic fatigue by improving **hydration, electrolyte balance, and digestive efficiency**, which are often compromised in fatigue states.

How It May Help

- Supports hydration and sodium balance
- Improves digestive secretions and nutrient absorption
- Reduces inflammatory burden
- Supports adrenal signaling indirectly

Dose:

8 oz fresh celery juice daily

Timing:

Morning on an empty stomach or between meals

Response should guide continued use.

Lifestyle Support That Matters

- Respect energy limits and avoid overexertion
 - Gentle daily movement without pushing through crashes
 - Consistent sleep and wake times
 - Reduce multitasking and sensory overload
- Healing fatigue requires pacing, not forcing.



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When to Dig Deeper

Further evaluation is warranted when fatigue persists:

- Iron and ferritin
- Thyroid function
- Cortisol rhythm
- Inflammatory markers
- Comprehensive stool analysis
- Mitochondrial nutrient status

Chronic fatigue improves when **energy production, absorption, and regulation are restored**, not when symptoms are ignored.



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