



# THE SOLINGER METHOD

by Root Health L.L.C.

## C. Diff Recovery

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### FUNCTIONAL WELLNESS SUPPORT PLAN

Adult C.Diff Recovery

Root Health L.L.C, The Solinger Method

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### What Is C. Diff Recovery

C. difficile recovery refers to the **post-infection healing phase** following treatment of *Clostridioides difficile*, a toxin-producing bacterium that disrupts the gut microbiome and intestinal lining. Even after successful eradication of the infection, many individuals experience **persistent digestive, immune, and inflammatory symptoms**.

In adults, post-C. diff dysfunction commonly reflects:

- Severe microbiome depletion
- Intestinal barrier damage
- Altered bile acid metabolism



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- Ongoing inflammation
- Fear-based eating and under-fueling
- Recurrence anxiety affecting digestion

Recovery is not immediate once antibiotics stop. The gut requires **time, nourishment, and strategic rebuilding.**

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## Conventional Medicine Perspective

Conventional medicine primarily focuses on:

- Eradication of active infection
- Prevention of acute recurrence
- Monitoring for relapse

Standard care includes:

- Antibiotics such as vancomycin or fidaxomicin
- Fecal microbiota transplant in recurrent cases

Once infection resolves, patients are often told:

- “Give it time”
- Symptoms will normalize on their own

This approach often overlooks:

- Profound microbiome disruption
- Ongoing diarrhea or constipation
- Nutrient malabsorption
- Persistent gut inflammation

Eradication does not equal restoration.

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## Naturopathic Medicine Perspective

Naturopathic medicine views *C. diff* recovery as a **gut ecosystem rebuilding process**, not a return to baseline by default.

Key systems involved include:

- Microbial diversity restoration
- Intestinal barrier repair
- Bile acid normalization
- Immune recalibration
- Nervous system regulation of digestion

The goal is to **reduce recurrence risk while restoring gut resilience**, not rush aggressive interventions.

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## **Key Drivers and Patterns During Recovery**

### **Microbiome Depleted Pattern**

- Loose stools or urgency
- Food reactivity
- Intolerance to fiber or fats

### **Inflammatory Gut Pattern**

- Abdominal pain
- Persistent diarrhea
- Fatigue

### **Post-Antibiotic Pattern**

- Yeast overgrowth symptoms
- Bloating or gas
- Nutrient deficiencies

### **Anxiety-Driven Gut Pattern**

- Symptoms worsen with stress
  - Fear of eating
  - Hypervigilance around bowel habits
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## **Nutritional Strategy**

Nutrition during C. diff recovery focuses on **gentle nourishment, microbiome support, and barrier repair**, not restriction.

### **Core Nutritional Priorities**

- Maintain adequate calories
- Support stool consistency
- Avoid gut irritation
- Rebuild microbial diversity slowly
- Prevent malnutrition



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## **Therapeutic Foods to Emphasize**

### **Easily Digestible Proteins**

- Eggs
- Fish
- Poultry
- Slow cooked meats

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### **Soluble Fiber (Introduced Gradually)**

- Oats
- Bananas
- Applesauce
- White rice

Soluble fiber supports stool formation without excessive fermentation.

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### **Fermented Foods (Later Phase Only)**

- Yogurt
- Kefir
- Small amounts of sauerkraut juice

Only after stools stabilize.

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### **Reduce or Temporarily Avoid**

- Raw vegetables early in recovery
- Large amounts of insoluble fiber
- Excess sugar
- Alcohol

The recovering gut needs calm, not challenge.

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## **Targeted Supplement Support**

Therapeutic Adult Dosing



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## **Saccharomyces boulardii**

One of the most evidence supported probiotics for C. diff recurrence prevention.

### **Dose:**

10 to 20 billion CFU daily

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## **Spore-Based Probiotic (Bacillus species)**

Supports microbial diversity and resilience.

### **Dose:**

1 to 2 capsules daily

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## **L-Glutamine**

Supports intestinal barrier repair.

### **Dose:**

5 to 10 grams daily, divided

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## **Zinc Carnosine**

Supports mucosal healing.

### **Dose:**

75 mg daily

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## **Magnesium Glycinate**

Supports nervous system regulation and bowel regularity if constipation develops.

### **Dose:**

300 to 500 mg daily



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## Targeted Herbal Support

### Slippery Elm

Soothes intestinal lining and supports stool formation.

**Dose:** 400 to 800 mg daily or powder mixed in water

### Marshmallow Root

Supports mucosal healing and reduces irritation.

**Dose:** 500 to 1,000 mg daily

Herbs should be **soothing, not antimicrobial**, during recovery.

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## Celery Juice Support for C. Diff Recovery

Celery juice may support recovery by improving **hydration, electrolyte balance, and gentle digestive stimulation** when tolerated.

### Dose:

4 to 8oz daily, start low

### Timing:

Morning or between meals

Discontinue if stools loosen.

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## Supplement Access

A complete supplement protocol for **Adult C. Diff Recovery** 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.

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## Lifestyle Support That Matters

- Eat slowly and consistently
- Avoid fear-based restriction



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- Prioritize rest and recovery
  - Reduce stress around bowel habits
- Healing requires safety signals.
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## When to Dig Deeper

Further evaluation is warranted if symptoms persist or recur:

- Repeat stool testing if clinically indicated
- Inflammatory markers
- Nutrient status
- Microbiome assessment

C. diff recovery succeeds when **the gut ecosystem is rebuilt**, not rushed.

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