

THE SOLINGER METHOD

by Root Health L.L.C.

Cholesterol Imbalance

FUNCTIONAL WELLNESS SUPPORT PLAN

Adult Cholesterol Imbalance

Root Health L.L.C, The Solinger Method

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

Naturopathic Doctor, Functional Clinical Nutritionist, Master Herbalist

What Is Cholesterol Imbalance

Cholesterol imbalance refers to **dysregulated lipid production, transport, utilization, and clearance**, not simply “high cholesterol.” Cholesterol is essential for hormone synthesis, bile production, cellular membranes, and neurologic function. Dysfunction arises when cholesterol is **poorly metabolized, inadequately cleared, or oxidized**.

In adults, cholesterol imbalance most commonly reflects:

- Impaired bile production or flow

- Insulin resistance and metabolic dysfunction
- Chronic inflammation and oxidative stress
- Thyroid signaling impairment
- Gut dysbiosis and inadequate elimination
- Genetic lipid handling variants

Cholesterol is a **metabolic signal**, not a toxin.

Conventional Medicine Perspective

Conventional medicine typically views cholesterol imbalance as:

- A cardiovascular risk factor
- Defined primarily by LDL and total cholesterol values
- Managed by pharmacologic suppression

Standard interventions include:

- Statin medications
- Dietary fat restriction
- Periodic lipid monitoring

While statins reduce cardiovascular events in select populations, this approach often overlooks:

- Why cholesterol production is elevated
- Whether cholesterol is inflamed or oxidized
- Bile flow and elimination capacity
- Insulin and thyroid driven lipid regulation

Lowering numbers does not equal restoring lipid physiology.

Naturopathic Medicine Perspective

Naturopathic medicine views cholesterol imbalance as a **problem of lipid handling**, involving the liver, bile, gut, inflammation, and metabolic signaling.

Key systems involved include:

- Hepatic cholesterol synthesis and export
- Bile acid production and recycling
- Intestinal reabsorption of bile
- Inflammatory and oxidative pathways
- Thyroid mediated lipid clearance
- Gut microbial metabolism



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The goal is to **restore proper lipid trafficking and clearance**, not eliminate cholesterol.

Key Drivers and Patterns

Bile Insufficiency Pattern

- Elevated LDL and total cholesterol
- Constipation or pale stools
- Bloating after fatty meals

Insulin Resistant Pattern

- Elevated triglycerides
- Low HDL
- Coexisting blood sugar imbalance

Inflammatory Pattern

- Elevated CRP
- Oxidized LDL
- Family history of cardiovascular disease

Thyroid Pattern

- Elevated LDL with normal triglycerides
 - Cold intolerance
 - Fatigue, hair thinning
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Nutritional Strategy

Nutrition for cholesterol imbalance focuses on **supporting bile flow, reducing inflammation, and improving metabolic signaling**, not avoiding dietary cholesterol.

Core Nutritional Priorities

- Support bile production and movement
- Improve cholesterol elimination
- Reduce oxidative stress
- Stabilize blood sugar
- Ensure adequate protein and healthy fats



Therapeutic Foods to Emphasize Bile Supporting Foods

- Bitter greens, arugula, dandelion
- Beets
- Artichokes

Soluble Fiber Sources

- Oats
 - Chia seeds
 - Ground flaxseed
 - Legumes if tolerated
- Soluble fiber binds bile acids and promotes cholesterol excretion.

Anti Inflammatory Fats

- Olive oil
- Fatty fish
- Nuts and seeds

Micronutrient Dense Foods

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

Reduce or Avoid

- Refined carbohydrates
 - Excess sugar
 - Ultra processed foods
 - Trans fats
- Cholesterol rises in response to inflammation and insulin resistance.



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Targeted Supplement Support

Therapeutic Adult Dosing

Berberine

Improves lipid metabolism and insulin sensitivity.

Dose: 500 mg, two to three times daily with meals

Red Yeast Rice (Standardized, Monacolin Controlled)

Supports LDL reduction by modulating hepatic cholesterol synthesis when used appropriately.

Dose:

1,200to 2,400mg daily, divided

Clinical Notes:

- Avoid concurrent statin use
 - Monitor liverenzymes with long term use
 - Always pairwith CoQ10
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High Quality Fish Oil (EPA/DHA Focused)

Foundational for lipid imbalance when inflammation or elevated triglycerides are present.

Dose:

3 to 4grams dailycombined EPA and DHA

Clinical Notes:

- Pharmaceuticalgrade only
 - Take with meals
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Guggul (Commiphora mukul, Standardized)

Supports cholesterol clearance by enhancing bile flow and metabolic signaling.

Dose:

500 to1,000 mg daily



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Clinical Notes:

- Use cautiously in hyperthyroid states
 - Synergistic with artichoke and berberine
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Artichoke Leaf Extract

Supports bile flow and cholesterol elimination.

Dose: 600 to 1,200 mg daily

Plant Sterols

Reduce intestinal cholesterol absorption.

Dose: 1,000 to 2,000 mg daily

CoQ10 (Ubiquinol Preferred)

Supports mitochondrial and cardiovascular health and prevents depletion with red yeast rice.

Dose: 100 to 200 mg daily

Targeted Herbal Support**Milk Thistle**

Supports hepatic lipid processing.

Dose: 300 mg standardized extract, one to two times daily

Dandelion Root

Supports bile flow and elimination.

Dose: 500 to 1,000 mg daily

Garlic Extract

Supports lipid balance and vascular health.

Dose: 600 to 1,200 mg daily

Herbs support clearance and protection, not suppression.



Celery Juice Support for Cholesterol Imbalance

Celery juice may support cholesterol balance by improving **hydration, bile flow, and liver clearance**, particularly when constipation or sluggish digestion is present.

Dose:

8 oz fresh celery juice daily

Timing:

Morning on an empty stomach or between meals

Response should guide continued use.

Supplement Access

A complete supplement protocol for **Adult Cholesterol Imbalance** 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

- Daily movement to improve lipid metabolism
- Strength training to improve insulin sensitivity
- Stress reduction to lower inflammatory signaling
- Consistent sleep patterns

Cholesterol improves when

bile flow, metabolism, and inflammation are addressed together .

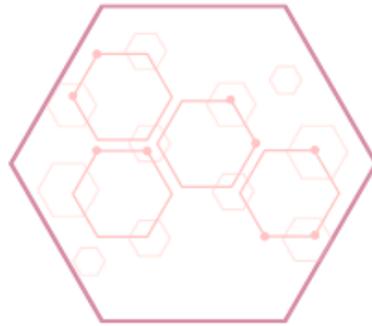
When to Dig Deeper

Further evaluation is warranted when imbalance persists:

- Advanced lipid panel
- Oxidized LDL
- Thyroid function
- Liver enzymes
- Stool testing for bile metabolism



Cholesterol normalizes when **transport, clearance, and metabolic signaling are restored**, not when it is blindly suppressed.



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