



# THE SOLINGER METHOD

by Root Health L.L.C.

## Chronic Headaches

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### FUNCTIONAL WELLNESS SUPPORT PLAN

Adult Chronic Headaches

Root Health L.L.C, The Solinger Method

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## What Are Chronic Headaches

Chronic headaches refer to **recurrent or near-daily head pain** that may vary in location, intensity, and character. Unlike episodic headaches, chronic headaches reflect **ongoing neurologic, vascular, metabolic, or musculoskeletal dysfunction**, not a random pain condition. In adults, chronic headaches commonly reflect:

- Blood sugar instability
- Mineral and electrolyte imbalance
- Muscular tension and postural strain
- Neuroinflammation
- Cervical spine dysfunction
- Dehydration and inadequate cerebral perfusion
- Hormonal and stress related triggers

Headaches are a **neurologic stress signal**, not a diagnosis.

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## Conventional Medicine Perspective

Conventional medicine typically views chronic headaches as: • Primary headache disorders • Neurologic conditions requiring symptom control • Managed with abortive or preventive medications

Standard approaches include:

- NSAIDs and analgesics
- Triptans
- Muscle relaxants
- Preventive medications

While medications may reduce pain frequency or severity, conventional care often overlooks:

- Metabolic and nutritional drivers
- Musculoskeletal contributors
- Gut and inflammatory triggers
- Medication overuse headache patterns

Pain control does not equal resolution.

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## Naturopathic Medicine Perspective

Naturopathic medicine views chronic headaches as a **multifactorial neurologic stress response**, involving metabolism, circulation, muscle tension, inflammation, and nervous system regulation.

Key systems involved include:

- Cerebral blood flow and vascular tone
- Electrolyte and mineral balance
- Neurotransmitter stability
- Cervical and postural mechanics
- Stress hormone signaling
- Gut brain inflammatory pathways

The goal is to **reduce headache frequency and restore neurologic resilience**, not simply suppress pain.



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# Key Drivers and Patterns in Adult Chronic Headaches

## Tension Dominant Pattern

- Headache with neck and shoulder tightness
- Worse with posture or prolonged screen time
- Band-like pressure

## Metabolic Pattern

- Headaches when meals are delayed
- Associated fatigue or irritability
- Improvement after eating

## Dehydration and Electrolyte Pattern

- Headache with low fluid intake
- Lightheadedness
- Dry mouth

## Inflammatory Pattern

- Headaches with body aches
- Worsens after inflammatory foods
- Responds to anti inflammatory strategies

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## Nutritional Strategy

Nutrition for chronic headaches focuses on **stabilizing blood sugar, supporting hydration, and reducing neuroinflammation**, not restriction.

## Core Nutritional Priorities

- Eat regularly to prevent glucose drops
- Maintain adequate hydration with minerals
- Reduce inflammatory foods
- Support magnesium and electrolyte intake

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## Therapeutic Foods to Emphasize



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## **Magnesium Rich Foods**

- Leafy greens
  - Squash
  - Seeds
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## **Hydrating Foods**

- Soups and broths
  - Cucumbers
  - Melons
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## **Protein at Each Meal**

Supports stable neurotransmitter production.

Suggested intake:

25 to 35 grams per meal

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## **Reduce or Avoid**

- Skipped meals
- Excess caffeine
- Refined sugars
- Ultra processed foods

Headaches often worsen with metabolic instability.

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## **Targeted Supplement Support**

Therapeutic Adult Dosing

### **Magnesium Glycinate or Threonate**

One of the most effective foundational nutrients for chronic headaches.

**Dose:**

400 to 600 mg daily



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## **Riboflavin (Vitamin B2)**

Supports mitochondrial energy production in neurons.

**Dose:**

200 to 400 mg daily

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## **CoQ10**

Supports mitochondrial and vascular function.

**Dose:**

100 to 300 mg daily

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## **Electrolyte Blend (Sodium Forward, Low Sugar)**

Supports hydration and cerebral perfusion.

**Dose:**

1 serving daily, adjusted to activity and symptoms

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## **Targeted Herbal Support**

### **Feverfew**

Supports headache frequency reduction and vascular stability.

**Dose:** 100 to 300 mg standardized extract daily

### **Butterbur (PA Free Only)**

Supports vascular headache patterns.

**Dose:** 50 to 75 mg twice daily

### **Peppermint (Topical or Internal)**

Supports muscle relaxation and circulation.

**Dose:** 180 to 360 mg enteric coated capsules daily or topical application

Herbs support regulation, not sedation.



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## Celery Juice Support for Chronic Headaches

Celery juice may be helpful for chronic headaches by supporting **hydration, mineral balance, and vascular tone**, particularly in individuals prone to dehydration or low blood pressure.

**Dose:**

8 oz fresh celery juice daily

**Timing:**

Morning or between meals

Response should guide continued use.

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## Supplement Access

A complete supplement protocol for **Adult Chronic Headaches** 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

- Posture awareness and ergonomic support
  - Gentle neck and shoulder mobility
  - Regular sleep and meal timing
  - Stress reduction and nervous system regulation
- Headache patterns improve when **inputs stabilize**.
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## When to Dig Deeper

Further evaluation is warranted when headaches persist or worsen:

- Blood sugar and insulin markers
- Mineral status
- Cervical spine assessment
- Hormonal patterns
- Inflammatory markers



Chronic headaches resolve when **metabolic, muscular, and neurologic stressors are addressed together.**

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