



THE SOLINGER METHOD

by Root Health L.L.C.

Body Odor Dysregulation

FUNCTIONAL WELLNESS SUPPORT PLAN

Adult Body Odor Dysregulation

Root Health L.L.C, The Solinger Method

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What Is Body Odor Dysregulation

Body odor dysregulation is **abnormal or persistent body odor that does not resolve with hygiene alone**. While often treated as a superficial or social issue, body odor is a **metabolic, microbial, and detoxification signal**, not a cleanliness problem.

In adults, abnormal body odor commonly reflects:

- Dysbiosis of skin or gut microbiome
- Impaired liver detoxification
- Sulfur metabolism imbalance
- Excess toxin or metabolite excretion through sweat
- Blood sugar instability
- Mineral imbalances affecting sweat composition

The body uses sweat and skin as **secondary elimination pathways** when primary detox routes are overwhelmed.

Conventional Medicine Perspective

Conventional medicine typically views body odor as:

- A hygiene issue
- Cosmetic or behavioral
- Managed with topical suppression

Common approaches include:

- Antiperspirants
- Antibacterial soaps
- Prescription antiperspirants
- Occasional antibiotic use

These strategies may suppress odor temporarily, but they often ignore:

- Why odor is being produced
- Why microbial balance is altered
- Why toxins are being routed through sweat

Blocking elimination does not resolve internal imbalance.

Naturopathic Medicine Perspective

Naturopathic medicine views body odor as a **detoxification and microbial signaling issue**, not a surface problem.

Key systems involved include:

- Liver phase I and phase II detoxification
- Gut microbial balance
- Skin microbiome composition
- Sulfur and ammonia metabolism
- Blood sugar regulation
- Mineral and electrolyte balance

The goal is to **reduce internal toxic load and restore healthy microbial balance**, allowing odor to normalize naturally.



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Key Drivers and Patterns in Adult Body Odor Dysregulation

Sulfur Dominant Pattern

- Strong, sharp, or egg like odor
- Worse after sulfur rich foods
- Often linked to gut dysbiosis or impaired sulfur metabolism

Ammonia Pattern

- Urine like or sharp odor
- Worse with low carbohydrate intake
- Often linked to protein breakdown and blood sugar instability

Metabolic Pattern

- Odor worsens with sweating
- Coexists with fatigue or insulin resistance
- Improves with blood sugar stabilization

Detox Overload Pattern

- Odor flares during stress
- Strong underarm odor despite hygiene
- History of chemical exposure or medication use

Nutritional Strategy

Nutrition for body odor dysregulation focuses on **reducing toxic burden, supporting detoxification, and stabilizing metabolism**, not masking symptoms.

Core Nutritional Priorities

- Support liver detox pathways
- Reduce excessive sulfur load temporarily
- Stabilize blood sugar
- Improve gut microbial balance
- Support mineral sufficiency

Therapeutic Foods to Emphasize



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Cruciferous Vegetables (Cooked Initially)

Support detoxification while reducing sulfur load sensitivity.

- Broccoli
- Cauliflower
- Brussels sprouts

Cooking improves tolerance in sulfur sensitive individuals.

Hydrating Foods

- Cucumbers
- Zucchini
- Melons
- Soups and broths

Hydration supports toxin clearance.

Mineral Rich Foods

- Leafy greens for magnesium
- Sea salt in appropriate amounts
- Root vegetables for potassium

Minerals influence sweat composition.

Reduce or Temporarily Limit

- Excess garlic and onions
- Very high protein intake without carbohydrates
- Refined sugars
- Alcohol

Odor often worsens when detox pathways are overloaded.

Targeted Supplement Support

Therapeutic Adult Dosing



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Activated Charcoal

Binds toxins in the gut and reduces odor producing metabolites.

Dose: 500 to 1,000 mg daily

Take away from food and supplements.

Chlorophyll or Chlorophyllin

Supports internal deodorization and detoxification.

Dose: 100 to 300 mg daily

Magnesium Glycinate

Supports detoxification and metabolic balance.

Dose: 300 to 500 mg daily

B Complex (Activated Forms)

Supports liver detoxification pathways.

Dose: One high quality B complex daily

Targeted Herbal Support

Milk Thistle

Supports liver detoxification and metabolite clearance.

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

Burdock Root

Supports lymphatic drainage and skin elimination pathways.

Dose: 500 to 1,000 mg daily

Parsley Leaf

Supports urinary elimination of odor producing compounds.

Dose: 500 to 1,000 mg daily or tea

Herbs support clearance, not suppression.



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Celery Juice Support for Body Odor Dysregulation

Celery juice may be particularly helpful in body odor dysregulation by supporting **hydration, electrolyte balance, and liver detoxification**, reducing the need for toxin excretion through sweat.

How It May Help

- Supports liver clearance of odor producing metabolites
- Improves hydration status
- Provides natural sodium for electrolyte balance
- Reduces inflammatory burden

Dose:

8 oz fresh celery juice daily

Timing:

Morning on an empty stomach or between meals

Response should guide continued use.



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Lifestyle Support That Matters

- Wear breathable natural fabrics
 - Avoid excessive antiperspirant use that blocks elimination
 - Support regular bowel movements
 - Manage stress, detox is stress sensitive
- The body smells when it is overwhelmed, not dirty.

When to Dig Deeper

Further evaluation is warranted when odor is persistent:

- Comprehensive stool analysis
- Liver enzymes with functional interpretation
- Sulfur sensitivity patterns
- Blood sugar and insulin markers
- Heavy metal exposure history

Body odor normalizes when **detoxification, metabolism, and microbial balance are restored.**