



# THE SOLINGER METHOD

by Root Health L.L.C.

## **Fibromyalgia**

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### **FUNCTIONAL WELLNESS SUPPORT PLAN**

Adult Fibromyalgia

Root Health L.L.C, The Solinger Method

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### **What Is Fibromyalgia**

Fibromyalgia is a chronic pain and fatigue condition characterized by widespread musculoskeletal pain, tenderness, poor sleep, cognitive dysfunction, and heightened sensory sensitivity. It is not a disease of the muscles themselves, but a disorder of pain processing, energy metabolism, and neuroimmune signaling.

In adults, fibromyalgia commonly reflects:

- Central nervous system pain amplification
- Mitochondrial energy dysfunction
- Neuroinflammation

- Autonomic nervous system dysregulation
- Sleep architecture disruption
- Nutrient depletion affecting nerve and muscle signaling
- Chronic stress and HPA axis strain

Fibromyalgia is best understood as a state of **lowered pain threshold and impaired recovery**, not tissue damage.

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## Conventional Medicine Perspective

Conventional medicine often frames fibromyalgia as a functional pain disorder with unclear etiology. Management typically focuses on symptom modulation through medications such as antidepressants, anticonvulsants, muscle relaxants, and sleep aids, along with recommendations for exercise and stress management.

While medications may reduce symptom intensity for some individuals, this approach often does not address:

- Why pain signaling is amplified
- Why fatigue and non-restorative sleep persist
- Why exercise tolerance is limited
- Why symptoms fluctuate with stress, illness, or hormonal shifts

Patients are frequently told tests are normal and nothing is structurally wrong, which can feel invalidating despite very real symptoms.

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## Naturopathic Medicine Perspective

Naturopathic medicine views fibromyalgia as a **systems level neuro metabolic condition** involving impaired cellular energy production, heightened nervous system sensitivity, immune signaling imbalance, and poor recovery.

Key systems involved include:

- Mitochondrial ATP production
- Neurotransmitter balance and pain modulation
- Glial cell driven neuroinflammation
- Autonomic nervous system tone
- Sleep regulation and circadian rhythm
- Nutrient dependent muscle and nerve signaling

The goal is to **lower pain amplification, improve energy production, and restore nervous system resilience**, not simply blunt symptoms.



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## Key Drivers and Patterns in Adult Fibromyalgia

### Central Sensitization Pattern

Heightened pain response to normal stimuli, tender points, sensitivity to light, sound, or touch.

### Mitochondrial Energy Deficit Pattern

Profound fatigue, post exertional malaise, exercise intolerance, brain fog.

### Sleep Disruption Pattern

Non-restorative sleep, difficulty falling or staying asleep, morning stiffness.

### Autonomic Dysregulation Pattern

Temperature sensitivity, dizziness, palpitations, stress intolerance.

### Inflammatory and Immune Pattern

Pain flares with illness, stress, hormonal shifts, or inflammatory foods.

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## Nutritional Strategy

Nutrition for fibromyalgia focuses on **reducing neuroinflammation, supporting mitochondrial function, and stabilizing blood sugar**, not restriction or elimination without purpose.

### Core Nutritional Priorities

- Adequate daily calories
- Stable blood sugar with regular meals
- Sufficient protein for neurotransmitter and muscle repair
- Anti-inflammatory fat intake
- Micronutrient density for mitochondrial enzymes

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## Therapeutic Foods to Emphasize



Protein at each meal, targeting 25 to 35 grams per meal, to support muscle repair and neurotransmitter synthesis.

Complex carbohydrates such as rice, oats, potatoes, and root vegetables to prevent hypoglycemia driven pain and fatigue.

Omega 3 rich foods including fatty fish, sardines, and anchovies to reduce neuroinflammatory signaling.

Micronutrient dense foods including eggs, beef liver, shellfish, leafy greens, and bone broth to support mitochondrial enzymes and mineral status.

Hydration with minerals to support neuromuscular signaling and autonomic balance.

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## **Reduce or Avoid**

- Skipped meals or prolonged fasting
  - Ultra processed foods
  - Excess refined sugar
  - Alcohol, which worsens sleep and pain signaling
- Pain sensitivity increases when energy availability drops.

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## **Targeted Supplement Support**

Therapeutic Adult Dosing

### **Magnesium Glycinate**

Supports muscle relaxation, nerve signaling, sleep quality, and pain modulation.

Dose: 400 to 600 mg daily

### **CoQ10 (Ubiquinol preferred)**

Supports mitochondrial ATP production and reduces fatigue.

Dose: 200 to 300 mg daily

### **Acetyl L Carnitine**

Supports fatty acid transport into mitochondria and energy production.

Dose: 1,000 to 2,000 mg daily, divided



### **Riboflavin (Vitamin B2)**

Supports mitochondrial enzyme function and energy metabolism.

Dose: 100 to 400 mg daily

### **Vitamin D3**

Modulates immune signaling and muscle pain sensitivity.

Dose: 2,000 to 5,000 IU daily, adjusted to labs

### **Omega 3 Fatty Acids (EPA and DHA)**

Reduces inflammatory and pain signaling.

Dose: 3 to 4 grams daily combined EPA and DHA

### **Magnesium L Threonate (Optional Add On)**

Supports central nervous system magnesium levels and cognitive symptoms.

Dose: 1,000 to 2,000 mg daily

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## **Targeted Herbal Support**

### **Turmeric (Curcumin)**

Reduces neuroinflammatory signaling and pain amplification.

Dose: 500 to 1,000 mg daily

### **Boswellia**

Supports inflammatory modulation and joint comfort without sedation.

Dose: 300 to 600 mg daily

### **Ashwagandha**

Supports HPA axis regulation, sleep quality, and stress resilience.

Dose: 300 to 600 mg daily

### **Rhodiola**

Supports fatigue resistance and mitochondrial efficiency without overstimulation.

Dose: 200 to 400 mg daily

### **Passionflower (When Sleep Is Poor)**



Supports nervous system calming and sleep onset.

Dose: 300 to 600 mg nightly or tea

Herbal strategy focuses on calming inflammation, improving resilience, and supporting recovery.

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## Celery Juice Support for Fibromyalgia

Celery juice may support fibromyalgia by improving hydration, mineral balance, and neuromuscular signaling, particularly in individuals with muscle cramping, low blood pressure patterns, or fatigue.

Suggested use is 8 oz fresh celery juice daily, taken in the morning or between meals, with response guiding continuation.

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## Supplement Access

A complete supplement protocol for Adult Fibromyalgia 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

Gentle, consistent movement such as walking, stretching, or light strength training supports pain modulation without triggering flares.

Pacing and recovery days are essential, pushing through flares worsens central sensitization.

Sleep protection is non-negotiable, pain improves when sleep architecture improves.

Stress regulation matters, chronic sympathetic activation amplifies pain signaling.

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## When to Dig Deeper

Further evaluation is warranted when symptoms persist:

- Vitamin D, magnesium, and iron status
- Thyroid function



- Inflammatory markers
- Mitochondrial nutrient status
- Sleep quality assessment
- Autonomic dysfunction screening

Fibromyalgia improves when **energy production, nervous system, inflammation, and recovery are addressed together**, not when pain is treated in isolation.

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