



THE SOLINGER METHOD

by Root Health L.L.C.

Common Cold

FUNCTIONAL WELLNESS SUPPORT PLAN

Adult CommonCold

Root Health L.L.C, The Solinger Method

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What Is the Common Cold

The common cold is an **acute viral upper respiratory infection**, most often caused by rhinovirus, coronavirus strains, or other circulating respiratory viruses. Symptoms reflect **immune activation**, not simply viral presence.

Common symptoms include:

- nasal congestion or runny nose
- sore throat
- sneezing
- cough
- fatigue
- headache
- mild body aches

Severity and duration are determined largely by **baseline immuneresilience, nutrient status, inflammatory load, sleep quality, and stress**, not exposure alone.

Conventional Medicine Perspective

Conventional medicine focuses on symptom management.

Common approaches include:

- decongestants
- antihistamines
- cough suppressants
- rest and fluids

These may improve comfort but do not actively support immune resolution or reduce illness duration.

Naturopathic Medicine Perspective

Naturopathic medicine focuses on **supporting immune efficiency**, reducing viral replication, and preventing prolonged inflammatory response.

The goal is to:

- enhance innate immune response
- reduce viral load
- support mucosal immunity
- shorten illness duration
- prevent post viral complications

Early intervention matters.

Core Physiologic Mechanisms

- Viral replication within respiratory epithelial cells
- Activation of innate immune response
- Cytokine release producing fatigue and malaise
- Increased nutrient demand, particularly vitamin C, zinc, and magnesium
- Temporary suppression of appetite and digestion

Supporting the immune system early can change the course of illness.



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Nutritional Strategy

Nutrition during a cold prioritizes **hydration, immune fuel, and digestive ease**, not restriction.

Key Priorities

- adequate fluids
- warm, easy to digest foods
- sufficient protein
- carbohydrate intake to support immune activity

Therapeutic Foods

Bone broth and soups. Mechanism, provide minerals, amino acids, and hydration.

Protein at meals. Mechanism, supports antibody production and immune signaling.

Fruits rich in vitamin C. Mechanism, supports leukocyte function.

Garlic and onions when tolerated. Mechanism, antimicrobial and immune modulating effects.

Honey for cough. Mechanism, soothes mucosa and reduces cough frequency.

Targeted Supplement Support

Therapeutic Adult Dosing

Vitamin C

Mechanism, supports immune cell function and reduces illness duration.
Adult dosing, 1,000 to 4,000 mg daily, divided

Zinc (Lozenge or Capsule)

Mechanism, reduces viral replication and supports mucosal immunity.
Adult dosing, 30 to 60 mg daily for short term use

Vitamin D3 + K2

Adult dosing, 5,000 IU daily, adjust based on labs.
Mechanism, supports immune modulation and antiviral defense.

Magnesium Glycinate

Mechanism, supports immune signaling and reduces body aches.
Adult dosing, 400 to 600 mg daily

Antiviral and Immune Herbal Support

Elderberry

Mechanism, reduces viral replication and symptom duration.
Adult dosing, syrup or extract per product protocol

Echinacea

Mechanism, stimulates innate immune response early in infection.
Adult dosing, 300 to 500 mg, three times daily, short term

Andrographis

Mechanism, antiviral and immune modulating effects.
Adult dosing, 300 to 600 mg daily

Garlic Extract

Mechanism, antimicrobial and immune supportive.
Adult dosing, 600 to 1,200 mg daily

Celery Juice Support

Celery juice may support hydration, mineral balance, and mucosal hydration during acute illness.

Suggested use, 6 to 8 oz fresh celery juice daily, taken earlier in the day if tolerated.

Supplement Access

A complete supplement protocol for Adult Common Cold 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

Rest is not optional during immune activation.

Sleep directly improves immune efficiency.

Steam inhalation supports sinus drainage.

Gentle movement only if energy allows.

When to Seek Further Evaluation

- fever persisting beyond several days
- worsening shortness of breath
- severe facial pain
- symptoms lasting longer than expected

Most uncomplicated colds resolve more quickly when **immune resources are supported early rather than suppressed.**



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