



THE SOLINGER METHOD

by Root Health L.L.C.

Low Blood Pressure

FUNCTIONAL WELLNESS SUPPORT PLAN

Adult Low Blood Pressure

Root Health L.L.C, The Solinger Method

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What Is Low Blood Pressure

Low blood pressure, or hypotension, is a state of **inadequate perfusion pressure**, meaning blood is not being delivered efficiently to the brain and tissues. Unlike hypertension, hypotension is often minimized or dismissed unless readings are extreme, despite the fact that symptoms can be profoundly disabling.

In adults, low blood pressure commonly reflects:

- Impaired autonomic nervous system regulation
- Low blood volume or poor vascular tone
- Adrenal and cortisol signaling dysfunction
- Electrolyte imbalance
- Chronic inflammation or post viral dysautonomia
- Inadequate sodium and fluid handling

Low blood pressure is not “just how someone runs.” It is a **physiologic stress state**.

Why This Matters Clinically and Personally

Low blood pressure is a condition that is **especially important to address**, not only because of its impact on daily function, but because it is frequently overlooked in clinical care.

This condition is also personally meaningful to me. I live with chronic low blood pressure, and I know firsthand that symptoms such as dizziness, lightheadedness, fatigue, exercise intolerance, and cognitive fog are not mild inconveniences, they are signals that the body is struggling to maintain adequate circulation and neurologic perfusion.

Because of this, this protocol is written with particular care, precision, and respect for how disruptive low blood pressure can be to quality of life.

Conventional Medicine Perspective

Conventional medicine typically views low blood pressure as:

- Benign unless severe
- Only clinically relevant if causing syncope
- Something to monitor rather than treat

Common responses include:

- Increasing fluid intake
- Compression stockings
- Medication only in severe orthostatic cases

While these strategies can help some individuals, conventional care often overlooks:

- Autonomic nervous system dysfunction
- Electrolyte and mineral imbalances
- Cortisol and adrenal signaling
- The role of nutrition and metabolic support



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Being told “your blood pressure is great” does not help when you cannot stand without feeling faint.

Naturopathic Medicine Perspective

Naturopathic medicine views low blood pressure as a **regulatory failure**, not a benign variation.

Key systems involved include:

- Autonomic nervous system tone
- Renin angiotensin aldosterone system
- Sodium and potassium handling
- Cortisol and adrenal responsiveness
- Vascular smooth muscle integrity

The goal is to **restore circulatory stability**, improve cerebral perfusion, and reduce symptom burden, not simply raise numbers on a cuff.

Key Drivers and Patterns in Adult Low Blood Pressure

Autonomic Dysfunction Pattern

- Dizziness upon standing
- Heart rate changes with position
- Fatigue and brain fog

Volume Depletion Pattern

- Low thirst
- Dry skin
- Symptoms improve with fluids and salt

Adrenal Pattern

- Low morning energy
- Poor stress tolerance
- Blood pressure drops under stress

Post Viral or Inflammatory Pattern



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- Onset after illness
 - Exercise intolerance
 - Temperature sensitivity
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Nutritional Strategy

Nutrition for low blood pressure focuses on **supporting blood volume, vascular tone, and nervous system regulation**, not restriction.

Core Nutritional Priorities

- Adequate sodium intake
 - Balanced potassium and magnesium
 - Consistent hydration
 - Blood sugar stability
 - Adequate protein intake
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Therapeutic Foods to Emphasize

Sodium Containing Whole Foods

Sodium is not the enemy in hypotension, it is often therapeutic.

- Quality sea salt
 - Broths and soups
 - Fermented vegetables
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Protein Forward Meals

Support adrenal signaling and vascular tone.

Suggested intake:

25 to 35 grams per meal

Mineral Dense Foods

- Leafy greens for magnesium
- Avocado and root vegetables for potassium
- Beef liver for B vitamins and iron



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Strategic Nutrition Timing

- Eat within one hour of waking
 - Avoid long fasting windows
 - Smaller, more frequent meals if symptoms worsen after large meals
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Reduce or Avoid

- Very low sodium diets
- Skipped meals
- Excess caffeine without food
- Alcohol

Restriction worsens hypotension.

Targeted Supplement Support

Therapeutic Adult Dosing

Electrolyte Blend (Sodium Forward, Not Sugar Based)

Supports blood volume and vascular tone.

Dose:

1 to 2 servings daily, adjusted to symptoms

Magnesium Glycinate

Supports vascular smooth muscle function.

Dose: 300 to 500 mg daily

Vitamin C

Supports adrenal responsiveness and vascular integrity.

Dose: 500 to 1,000 mg daily

B Complex (Activated Forms)

Supports autonomic and adrenal function.

Dose: One high quality B complex daily



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Targeted Herbal Support

Licorice Root (*Glycyrrhiza glabra*, non DGL)

Supports sodium retention and blood pressure regulation.

Dose: 200 to 400mg standardized extract daily

Clinical Notes:

- Avoid in uncontrolled hypertension
- Monitor potassium with long term use

Rosemary

Supports circulatory stimulation and vascular tone.

Dose: 500 to 1,000 mg daily or tea form

Ginseng (*Panax species*)

Supports autonomic balance and stress tolerance.

Dose: 200 to 400 mg standardized extract daily

Herbs support tone and responsiveness, not overstimulation.

Celery Juice Support for Low Blood Pressure

Celery juice may be helpful for some individuals with low blood pressure due to its **natural sodium content and hydration support**, though response can vary.

How It May Help

- Supports hydration and electrolyte balance
- Provides natural sodium salts
- Supports vascular tone

Dose:

8 oz daily, preferably in the morning



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Clinical Note:

Individuals with significant hypotension should monitor symptoms, as celery juice may not be appropriate for everyone.

Lifestyle Support That Matters

- Slow transitions from sitting to standing
 - Compression garments when needed
 - Gentle, consistent movement
 - Avoid prolonged standing
 - Prioritize sleep and recovery
- Stability matters more than intensity.
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When to Dig Deeper

Further evaluation is warranted when symptoms persist:

- Orthostatic vitals
- Cortisol rhythm testing
- Electrolyte panels
- Iron and B12 status
- Autonomic testing if indicated

Low blood pressure improves when **circulatory regulation, volume status, and nervous system tone are restored.**



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