



THE SOLINGER METHOD

by Root Health L.L.C.

Blood Sugar Imbalance

FUNCTIONAL WELLNESS SUPPORT PLAN

Adult Blood Sugar Imbalance

Root Health L.L.C, The Solinger Method

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What Is Blood Sugar Imbalance

Blood sugar imbalance refers to **dysregulated glucose and insulin signaling**, not just elevated blood sugar or diabetes. Many adults experience significant symptoms long before labs cross diagnostic thresholds.

Blood sugar imbalance exists on a spectrum and commonly presents as:

- Reactive hypoglycemia
- Insulin resistance
- Hyperinsulinemia with normal glucose
- Blood sugar volatility throughout the day

This condition affects **every major system** in the body, including the brain, hormones, cardiovascular system, immune function, and metabolism.

Blood sugar instability is often the **upstream driver** of fatigue, anxiety, brain fog, weight resistance, inflammation, and blood pressure dysregulation.

Conventional Medicine Perspective

Conventional medicine typically views blood sugar issues as:

- A pre diabetic or diabetic condition
- A disease identified primarily by fasting glucose or A1c
- A problem requiring medication once thresholds are crossed

Standard interventions often include:

- “Watch and wait” for early dysregulation
- Metformin or other glucose lowering medications
- Insulin therapy in later stages

This approach often overlooks:

- Hyperinsulinemia with normal glucose
- Reactive hypoglycemia
- Early metabolic dysfunction
- The role of nutrition, timing, and lifestyle patterns

Normal labs do not always mean normal physiology.



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Naturopathic Medicine Perspective

Naturopathic medicine views blood sugar imbalance as a **metabolicsignaling disorder**, not simply a glucose problem.

Key systems involved include:

- Insulin sensitivity and receptor signaling
- Hepatic glucose storage and release
- Cortisol and adrenal signaling
- Skeletal muscle glucose uptake
- Mitochondrial energy production

The goal is to **restore metabolic flexibility**, not just lower numbers.

Key Drivers and Patterns in Adult Blood Sugar Imbalance

Hyperinsulinemic Pattern

- Normal glucose with elevated insulin
- Weight resistance
- Cravings shortly after meals

Reactive Hypoglycemia Pattern

- Shakiness, anxiety, irritability when meals are delayed
- Relief after eating
- Afternoon crashes

Stress Driven Pattern

- Cortisol driven glucose elevation
- Blood sugar issues worse during stress
- Sleep disruption contributing to dysregulation

Inflammatory Pattern

- Blood sugar issues alongside joint pain, skin issues, or gut symptoms
- Elevated inflammatory markers

Expanded Nutritional Strategy for Blood Sugar Imbalance

Nutrition is the **primary intervention** for blood sugar regulation. This is not about restriction, it is about **timing, pairing, and consistency** .

Core Nutritional Priorities

- Stabilize glucose entry into the bloodstream • Reduce insulin spikes • Improve muscle glucose uptake • Support liver glycogen storage • Prevent hypoglycemic crashes

Therapeutic Foods to Emphasize

Protein at Every Meal

Protein slows glucose absorption and improves insulin signaling.



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Suggested intake:
25 to 35 grams per meal

Complex Carbohydrates (Not Zero Carb)

Carbohydrates are necessary for metabolic health when chosen and timed correctly. • Root vegetables • Squash • Rice • Oats Very low carb diets often worsen insulin resistance long term in susceptible individuals.

Healthy Fats

Improve satiety and reduce glycemic load.

- Olive oil
 - Avocado
 - Pasture raised butter or ghee
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Micronutrient Dense Foods

- Beef liver for B vitamins and insulin signaling
 - Shellfish for zinc and chromium
 - Leafy greens for magnesium
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Strategic Timing Rules

- Eat within one hour of waking
 - Avoid skipping meals when dysregulation is present
 - Pair carbohydrates with protein and fat
 - Avoid late night sugar intake
- Consistency trains metabolism.



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Reduce or Avoid

- Refined carbohydrates and added sugars
- Sugary beverages
- Chronic grazing
- Excess alcohol

Blood sugar thrives on predictability.

Targeted Supplement Support

Therapeutic Adult Dosing

Berberine

Improves insulin sensitivity and reduces hepatic glucose output.

Dose: 500 mg, three times daily with meals

Magnesium Glycinate

Supports insulin receptor function and glucose uptake.

Dose: 400 to 600 mg daily, divided

Chromium Picolinate

Improves glucose tolerance and insulin signaling.

Dose: 200 to 400 mcg daily

Alpha Lipoic Acid

Enhances glucose uptake and reduces oxidative stress.

Dose: 300 to 600 mg daily, divided

Myo Inositol (with or without D Chiro Inositol)

Improves insulin sensitivity and metabolic signaling.

Dose: 2 to 4 grams daily, divided

Targeted Herbal Support

Gymnema sylvestre



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Reduces glucose absorption and sugar cravings.

Dose: 400 to 600 mg standardized extract daily

Cinnamon (Ceylon preferred)

Improves insulin sensitivity and post meal glucose control.

Dose: 1,000 to 2,000 mg daily

Fenugreek

Slows carbohydrate absorption and improves glycemic control.

Dose: 500 to 1,000 mg daily

Herbs support regulation, not suppression.

Celery Juice as Metabolic Support

In clinical practice, **fresh celery juice** has been observed to support improved blood sugar stability in some individuals, particularly when dehydration, digestive inefficiency, and low grade inflammation are contributing factors.

Why Celery Juice Can Be Helpful

- Supports hydration and electrolyte balance
- May improve insulin sensitivity
- Supports liver function involved in glucose regulation
- Reduces inflammatory burden that worsens insulin resistance

How to Use

Dose:

8 oz fresh celery juice daily

Timing:

Morning on an empty stomach or between meals

Preparation Notes:

- Fresh juicing preferred
- Strain pulp if digestion is sensitive
- Avoid adding fruit



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When to Use Caution

- Individuals prone to hypoglycemia should monitor response
- Very low blood pressure
- Advanced kidney disease

Response should guide continued use.

Lifestyle Support That Matters

- Daily movement, especially post meal walking
 - Strength training to improve glucose uptake
 - Adequate sleep for insulin sensitivity
 - Stress management to reduce cortisol driven glucose spikes
- Muscle is medicine for blood sugar.
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When to Dig Deeper

Further evaluation is warranted when symptoms persist:

- Fasting insulin and glucose
- Hemoglobin A1c
- Triglycerides and metabolic markers
- Cortisol rhythm testing
- Micronutrient assessment

Blood sugar imbalance resolves when **metabolic signaling is restored**, not just numbers lowered.



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