



# THE SOLINGER METHOD

by Root Health L.L.C.

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## Asthma

### FUNCTIONAL WELLNESS SUPPORT PLAN

Adult Asthma

Root Health L.L.C, The Solinger Method

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## What Is Asthma

Asthma is a chronic inflammatory disorder of the airways characterized by bronchial

hyperreactivity, airway constriction, mucus overproduction, and impaired airflow. While symptoms manifest in the lungs, asthma is a **systemic immune and inflammatory condition**, not simply a localized respiratory issue.

In adults, asthma commonly reflects dysfunction involving:

- Chronic airway inflammation
- Immune and histamine dysregulation

- Leukotriene driven bronchoconstriction
  - Smooth muscle hyperreactivity
  - Gut lung immune axis disruption
  - Nutrient deficiencies affecting airway tone
- Asthma flares are often the result of cumulative inflammatory load rather than a single trigger.

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## Conventional Medicine Perspective

Conventional medicine typically views asthma as:

- A chronic inflammatory airway disease
- A condition requiring lifelong symptom management
- A disease controlled primarily through medications

Standard treatments include:

- Inhaled corticosteroids
- Short and long acting bronchodilators
- Leukotriene inhibitors
- Oral corticosteroids during acute exacerbations

These interventions are often essential and can be life saving, particularly during acute flares.

However, they typically do not address:

- Why airway inflammation persists
- Why immune reactivity escalates over time
- Why triggers become more frequent or severe

Control does not equal resolution.

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## Naturopathic Medicine Perspective

Naturopathic medicine views asthma as a **chronicinflammatoryandimmune signaling disorder**, with the lungs acting as a target organ rather than the root cause.

Key systems involved include:

- Immune modulation and mast cell stability
- Inflammatory fatty acid pathways
- Leukotriene and cytokine signaling
- Gut permeability and microbiome balance
- Nutrient status influencing bronchial tone
- Autonomic nervous system regulation



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The goal is to **lower baseline inflammation and improve airway resilience**, while respecting the role of rescue medications when clinically necessary.

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## Key Drivers and Patterns in Adult Asthma

### Inflammatory Immune Pattern

- Frequent flares with infections or allergens
- Elevated inflammatory markers
- Improvement with anti-inflammatory strategies

### Histamine Dominant Pattern

- Asthma coexisting with allergies or eczema
- Food or environmental trigger sensitivity
- Mast cell driven flares

### Metabolic Inflammatory Pattern

- Asthma alongside insulin resistance or weight gain
- Increased symptom severity with poor diet quality



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### Gut Lung Axis Pattern

- Digestive symptoms accompanying asthma
  - Antibiotic history
  - Food sensitivities contributing to airway reactivity
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## Expanded Nutritional Strategy for Adult Asthma

Nutrition should focus on **lowering systemic inflammation, stabilizing immune signaling, and supporting smooth muscle relaxation**, not simply avoiding triggers.

### Core Nutritional Priorities

- Reduce inflammatory mediators
  - Improve omega 3 to omega 6 fatty acid balance
  - Supply minerals required for bronchial tone
  - Support gut integrity to reduce immune activation
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## **Therapeutic Foods to Emphasize**

### **Omega 3 Rich Foods**

Support reduction of leukotriene mediated inflammation.

- Cold water fish
  - Sardines
  - Anchovies
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### **Mineral Dense Foods**

- Dark leafy greens for magnesium
- Shellfish for zinc
- Bone broth for glycine

Magnesium plays a direct role in bronchial smooth muscle relaxation.

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### **Antioxidant Rich Foods**

- Berries
- Colorful vegetables
- Culinary herbs and spices

These help reduce oxidative stress in airway tissues.

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### **Reduce or Avoid**

• Ultra processed foods • Excess omega 6 rich seed oils • Known food sensitivities • Sulfite containing foods in sensitive individuals Dietary inflammation fuels airway inflammation.

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## **Targeted Supplement Support**

Therapeutic Adult Dosing



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## **Black Seed Oil (*Nigella sativa*)**

This is one of the most consistently effective natural interventions for asthma when used at therapeutic dosing and is often positioned as a **core anti inflammatory therapy**.

Supports asthma through:

- Reduction of bronchial inflammation
- Modulation of immune and histamine response
- Inhibition of leukotriene mediated airway constriction
- Support of smooth muscle relaxation
- Reduction in flare frequency and severity

### **Dose:**

1,000 to 2,000 mg daily

May be divided into two doses

Liquid oil option, 1 teaspoon daily

### **Clinical Notes:**

- Effects are dose dependent, subtherapeutic dosing is often ineffective
- Best used consistently rather than intermittently
- Take with food for improved tolerance
- Avoid during pregnancy
- Use caution in individuals with very low blood pressure

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## **Magnesium Glycinate or Citrate**

Supports bronchial smooth muscle relaxation.

**Dose:** 400 to 600 mg daily, divided

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

Reduces airway inflammation and immune reactivity.

**Dose:** 3 to 4 grams daily combined EPA and DHA

## **Vitamin D3**

Supports immune regulation and reduces asthma severity.

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

## **Quercetin**

Stabilizes mast cells and reduces histamine release.

**Dose:** 500 to 1,000 mg daily, divided



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## Targeted Herbal Support

### **Boswellia serrata**

Reduces leukotriene mediated airway inflammation.

**Dose:** 300 to 600 mg standardized extract, two to three times daily

### **Butterbur (PA Free)**

Supports histamine modulation and reduces airway reactivity.

**Dose:** 50 to 75 mg standardized extract, two times daily

### **Licorice Root (DGL preferred when appropriate)**

Soothes airway tissues and supports adrenal response.

**Dose:** 300 to 600 mg daily

Herbs modulate inflammation, they do not replace rescue care.

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## Clinical Insert, Celery Juice as Inflammatory Support

In clinical practice, **fresh celery juice** has been observed to support reduced baseline inflammation and improved respiratory comfort in some adults with asthma, particularly when digestive and metabolic inflammation contribute to symptom burden.

### **Why Celery Juice Can Be Helpful**

- Supports systemic anti inflammatory signaling
- Provides natural sodium salts that support cellular hydration
- Supports liver clearance of inflammatory mediators
- Aids digestion and nutrient absorption, indirectly supporting immune balance

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### **How to Use**

#### **Dose:**

8 oz fresh celery juice daily



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## Timing:

Morning on an empty stomach is preferred  
If not tolerated, take between meals

## Preparation Notes:

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

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## When to Use Caution

- Potassium sparing diuretic use
- Advanced kidney disease
- Significant electrolyte imbalance

Response should guide continued use.

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## Lifestyle Support That Matters

- Gentle daily movement to improve lung capacity
- Breathing practices to support parasympathetic tone
- Avoidance of known environmental triggers
- Adequate sleep to regulate immune function

Asthma stability improves when inflammation is addressed systemically.

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## When to Dig Deeper

Further evaluation is warranted when asthma remains poorly controlled:

- Vitamin D status
- Inflammatory markers
- Food sensitivity patterns
- Comprehensive stool analysis
- Environmental exposure assessment

Asthma improves when **baseline inflammation is lowered and immune signaling is regulated.**

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