



# THE SOLINGER METHOD

by Root Health L.L.C.

Dr. Sarah Solinger, PhD, ND, MSc, FCN  
Phone: 912-446-4988  
Fax: 912-335-3487  
Email: [info@roothealth.llc](mailto:info@roothealth.llc)  
[www.roothealth.llc](http://www.roothealth.llc)



## Adrenal Stress Indicator

Write the number 1 beside symptoms you have had in the past; 2 beside symptoms that occur occasionally; 3 beside symptoms that occur often; 4 beside symptoms that occur frequently. Add up the score.

	Blurred vision/spots in front of eyes
	Hormonal imbalances (i.e. thyroid problems)
	History of asthma/bronchitis
	Prolonged exposure to stress (job, family, illness, caregiving)
	Headaches
	Environmental or chemical exposure or sensitivities
	Hypoglycemia/blood sugar problems-mood swings
	Food allergies
	Poor concentration/memory problems (Alzheimer's disease)
	Low energy, excessive fatigue Easily overwhelmed
	Post-exertion fatigue
	Dizziness upon standing (or fainting)
	Inflammatory conditions (arthritis, bursitis)
	Nervousness/anxiety, depression, irritability or anger
	Shortness of breath/yawning (air hunger)
	Cold hands or feet
	Low back pain, knee problems, sore muscles
	Insomnia/frequent waking
	Excessive urination
	Excessive perspiration or no perspiration
	Heart palpitations
	Edema of extremities or general edema
	Eyes light-sensitive
	Cravings: sugar, salt, coffee or other stimulants
	Alcohol intolerance
	Recurrent cold or infections
	Digestive problems, ulcers
	Weight gain or weight loss
	High or low blood pressure

### If you scored...

- Between 30 and 50, you've received an early-warning indicator that your adrenals are starting to weaken
- Between 50-80-start with an adrenal support such as Adrenplus-300
- Between 80-100- your adrenals are taxed- you may want to take an adrenal glandular product (available in health food stores) with your Adrenplus 300
- Over 100- you are suffering from adrenal exhaustion and will require long-term adrenal support

### Treatment for adrenal Health

- B-Complex** helps support the nervous system  
Dosage: 1-2 capsules/day or as directed
- Vitamin C** is very important because it is used in the formation of adrenal hormones such as cortisol and during times of stress, the body's requirement for vitamin C can increase 10-20 fold.  
Dosage: 2000-4000mg/day (or until bowel tolerance)
- Pantothenic Acid** is one of the B-Complex vitamins and is important for energy production in the conversion of glucose to energy.  
Dosage: 500mg 3x/day

**Magnesium** is important for energy production of every cell in your body and essential for adrenal gland recovery.

Dosage: magnesium Bisglycinate 200-800 mg/day

Note: magnesium may cause diarrhea even at low doses in some people, so reduce dosage to your own optimal level.

- GABA** (Gamma-Aminobutyric Acid) is a neurotransmitter and works like a "brake" during times of runaway stress. Stress excites the nervous system, causing irritability, restlessness, anxiety, insomnia, seizures and movement disorders. GABA helps to regulate brain excitability. Dosage: 100-200 mg/day

**ADAPTOGENIC HERBS FOR THE ADRENAL GLANDS** The term 'adaptogen' is a category of plants that improve the response to stress. These herbs have many important properties but the most important is their normalizing effect, regardless of the condition they help the body maintain homeostasis, the constant internal state necessary for the health and life itself. For example, if the blood pressure is high, an adaptogen will help.

Copyright 2022 Root Health L.L.C Dr. Sarah Solinger



THE  
SOLINGER METHOD

by Root Health L.L.C.