



# THE SOLINGER METHOD

by Root Health L.L.C.

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## Arthritis

### FUNCTIONAL WELLNESS SUPPORT PLAN

Adult Arthritis

Root Health L.L.C, The Solinger Method

**Dr. Sarah Solinger, PhD, ND, MSc, FCN**

Naturopathic Doctor, Functional Clinical Nutritionist, Master Herbalist

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## What Is Arthritis

Arthritis is a broad term describing **chronic joint inflammation, degeneration, or immune mediated tissue irritation**, resulting in pain, stiffness, swelling, and reduced mobility. While commonly associated with aging, arthritis is **not an inevitable consequence of getting older**.

In adults, arthritis reflects dysfunction involving:

- Chronic inflammatory signaling
- Cartilage breakdown exceeding repair capacity
- Impaired collagen and connective tissue regeneration
- Metabolic and mitochondrial stress
- Gut immune axis dysregulation

Pain is the output, not the origin.

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## Conventional Medicine Perspective

Conventional medicine typically views arthritis as:

- A degenerative or autoimmune joint condition
- An inevitable age related process
- A pain management problem

Standard treatments often include:

- NSAIDs
- Corticosteroid injections
- Disease modifying drugs for inflammatory types
- Joint replacement surgery

While these approaches may reduce pain or inflammation, they often do not address:

- Why inflammation is persistent
- Why tissue repair is impaired
- Why degeneration is accelerating
- Why pain returns when medications stop

Pain control does not equal tissue restoration.

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## Naturopathic Medicine Perspective

Naturopathic medicine views arthritis as a **failure of repair exceeding damage**, driven by inflammation, nutrient depletion, metabolic dysfunction, and immune signaling errors.

Key systems involved include:

- Inflammatory cytokine regulation
- Cartilage and collagen synthesis
- Mitochondrial energy production
- Gut permeability and immune activation
- Mineral and fatty acid status

The goal is to **reduce inflammatory load while improving tissue regeneration capacity**.

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## Key Drivers and Patterns in Adult Arthritis



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### **Inflammatory Pattern**

- Morning stiffness lasting longer than 30 minutes
- Symmetric joint involvement
- Improvement with gentle movement

### **Degenerative Pattern**

- Pain worse with use
- Reduced range of motion
- Joint space narrowing

### **Metabolic Pattern**

- Arthritis coexisting with insulin resistance
- Central inflammation
- Weight bearing joint involvement

### **Gut Immune Pattern**

- Arthritis alongside digestive symptoms
- Food triggered flares
- History of antibiotics or dysbiosis

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## **Nutritional Strategy for Adult Arthritis**

Nutrition must focus on **inflammation reduction, collagen support, and mitochondrial resilience**, not calorie restriction.

### **Core Nutritional Priorities**

- Reduce inflammatory mediators
- Supply amino acids for connective tissue repair
- Provide minerals required for bone and cartilage integrity
- Stabilize blood sugar to reduce inflammatory signaling

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### **Therapeutic Foods to Emphasize**

#### **High Quality Protein**

Supports collagen synthesis and joint repair.



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Suggested intake:  
1.0 to 1.2 g per kg body weight daily

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### **Collagen Rich Foods**

- Bone broth
- Slow cooked meats
- Gelatin

Provides glycine, proline, and hydroxyproline required for cartilage integrity.

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### **Anti Inflammatory Fats**

- Cold water fish
- Olive oil
- Avocado

Omega 3 fatty acids directly reduce joint inflammation.

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### **Micronutrient Dense Foods**

- Beef liver for vitamin A and B vitamins
  - Shellfish for zinc and copper
  - Dark leafy greens for magnesium
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### **Reduce or Avoid**

- Refined carbohydrates
- Ultra processed seed oils
- Excess alcohol
- Food sensitivities triggering immune activation

Consistency reduces flare frequency.

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## **Celery Juice as Inflammatory Support**



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In clinical practice, the daily use of **fresh celery juice** has been observed to reduce joint pain, stiffness, and inflammatory flares in a subset of adults with arthritis, particularly when inflammation and metabolic stress are prominent contributors.

## Why Celery Juice Can Be Helpful in Arthritis

Celery juice may support arthritis through several mechanisms:

- Provides natural sodium salts that support cellular hydration and joint lubrication
- Supports systemic anti inflammatory signaling
- May reduce inflammatory cytokine burden
- Supports liver detoxification pathways involved in inflammatory mediator clearance
- Aids digestion and nutrient absorption, indirectly supporting tissue repair

For many individuals, joint pain improves when inflammatory load is reduced and detoxification pathways are supported.

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## How to Use

### Dose:

8 oz freshcelery juice daily

### Timing:

Preferably first thing in the morning on an empty stomach

If not tolerated, it may be taken between meals

### Preparation Notes:

- Fresh juicing is preferred
- Strain pulp for sensitive digestion
- Avoid adding other fruits or acids initially

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## Who This Is Most Helpful For

Celery juice tends to be most beneficial in individuals with:

- Inflammatory arthritis patterns
- Morning stiffness and swelling
- Metabolic or insulin resistance related inflammation
- Digestive sluggishness contributing to inflammatory burden
- Joint pain that improves with anti inflammatory dietary changes



## When to Use Caution

- Individuals on potassium sparing diuretics
- Advanced kidney disease
- Severe electrolyte imbalance
- Very low blood pressure

As with all nutritional interventions, response should guide continued use.

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## Targeted Supplement Support

Therapeutic Adult Dosing

### Omega 3 Fatty Acids (EPA Dominant)

Reduces joint inflammation and pain.

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

### Curcumin (Bioavailable Form)

Inhibits inflammatory cytokine production.

**Dose:** 1,000 to 2,000 mg daily, divided

### Glucosamine Sulfate

Supports cartilage repair and joint lubrication.

**Dose:** 1,500 mg daily

### Chondroitin Sulfate

Reduces cartilage degradation.

**Dose:** 800 to 1,200 mg daily

### Magnesium Glycinate

Supports muscle relaxation and reduces pain sensitivity.

**Dose:** 300 to 600 mg daily

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## Targeted Herbal Support

**Boswellia serrata**



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Reduces leukotriene driven inflammation.

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

### **Turmeric Root**

Supports inflammatory modulation and tissue repair.

**Dose:** 500 to 1,000 mg daily or culinary use

### **Ginger Root**

Reduces pain and improves circulation.

**Dose:** 1,000 to 2,000 mg daily

Herbs reduce inflammation without suppressing healing.

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## **Lifestyle Support That Matters**

- Daily gentle movement to maintain joint lubrication
  - Strength training to support joint stability
  - Adequate sleep to facilitate tissue repair
  - Stress reduction to reduce inflammatory signaling
- Motion is medicine when applied correctly.

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## **When to Dig Deeper**

Further evaluation is warranted when arthritis is progressive:

- Inflammatory markers
- Metabolic markers including insulin
- Vitamin D status
- Food sensitivity patterns
- Comprehensive stool analysis

Arthritis improves when **inflammation decreases and repair capacity increases.**



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