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Naturopathic Doctor | Functional Clinical Nutritionist | Master Herbalist
Root Health L.L.C.



THE SOLINGER METHOD

by Root Health L.L.C.

Functional Wellness Support Plan – Acute Viral + Secondary Respiratory Infection

Primary Goals:

1. Support immune response and recovery
2. Address persistent cough, sinus congestion, and eye pressure
3. Reduce inflammation and improve sleep
4. Prevent secondary bacterial infection complications

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I. Herbal + Nutraceutical Protocol

Immune Support

- Elderberry syrup (1 tsp 3x/day): Antiviral, immune-modulating, gentle
- Quercetin (500–1,000 mg 2x/day): Anti-inflammatory, mast-cell stabilizing
- Vitamin C (2,000 mg/day in divided doses): Antiviral, antioxidant, mucosal repair
- Zinc picolinate (30–50 mg/day): Antiviral, immune support, mucosal integrity
- Vitamin D3 (10,000 IU/day x 3 days, then 5,000 IU/day): Short-term loading unless contraindicated

Respiratory + Sinus Support

- Mullein + Lobelia tincture (as directed, 3x/day): Soothing expectorant, anti-inflammatory
- Thyme tea or steam inhalation with thyme + eucalyptus oils: Antimicrobial, mucolytic, clears sinuses
- N-acetyl cysteine (NAC) (600 mg 2x/day): Breaks down mucus, lung-protective
- Fenugreek + marshmallow tea: Mucosal support, cough calming
- Lung formula tincture: e.g., Pleurisy root, Elecampane, Wild Cherry (custom formula if available)

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Anti-inflammatory + Sleep Support

- Magnesium glycinate (200–400 mg at night): Calming, muscle relaxant, sleep aid
- Turmeric/curcumin (500 mg 2x/day): Systemic inflammation reduction
- Chamomile or passionflower tea before bed: Soothes nervous system and cough

II. Therapeutic Foods

Add:

- Bone broth (with garlic, ginger): Mineral-rich, mucosal healing, antiviral
- Steamed leafy greens + cruciferous vegetables: Detox + liver support
- Baked apples with cinnamon: Lung-soothing, antioxidant
- Garlic + onion (cooked): Natural antimicrobials
- Fresh pineapple or bromelain supplement: Natural cough suppressant, anti-inflammatory

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Avoid (Temporarily):

- Dairy: Increases mucus - Sugar and refined carbs: Immune suppressant
- Cold/raw foods: Weaken digestion, stagnate mucus
- Alcohol or caffeine (if present): Dehydrating, irritating to respiratory tract

III. Environmental + Lifestyle Support

- Humidifier at night, especially if heat is running
- Essential oil diffuser with eucalyptus, thyme, or tea tree
- Warm compresses over sinuses + eye orbits for relief
- Elevate head during sleep to reduce sinus pressure and cough
- Gentle lymphatic support (dry brushing or light walking if tolerable)
- Quiet + dark space to reduce photophobia and sensory irritation

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IV. Optional Adjuncts if Available

- Nebulized glutathione or silver (professional guidance)
- Homeopathy:
 - Bryonia (for deep dry cough worse with talking)
 - Belladonna (for flushed face, high fever, and photophobia)
- Acupressure: Press LI-4 (hand), ST-36 (shin), LU-1 (chest) for immune + sinus relief

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Naturopathic Recovery Support – Phase 2 (Post-Acute Respiratory Infection)

Goals:

1. Repair respiratory epithelium and restore lung function
2. Resolve lingering cough, mucus, or sinus pressure
3. Rebuild mitochondrial and adrenal energy reserves
4. Support lymphatic clearance, detox pathways, and inflammation reduction
5. Prevent relapse or secondary infections

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I. Foundational Nutritional Support

- L-glutamine (3–5 g/day): Gut-lung axis, immune & epithelial repair
- Slippery elm or marshmallow root tea: Soothes residual throat/lung irritation
- Beta-glucans (250 mg 1–2x/day): Enhances innate immunity without overstimulating
- Probiotic (multi-strain, 50+ billion CFU): Rebuilds microbiome & gut-lung immune axis
- NAC (600–900 mg/day): Lung antioxidant, mucus clearance
- Curcumin phytosome or liposomal (500 mg 1–2x/day): Systemic inflammation modulator
- B-complex with methylated B12/folate: Post-viral fatigue, neuro-adrenal repair
- CoQ10 (Ubiquinol) (100–200 mg/day): Mitochondrial recovery
- Magnesium glycinate (200–400 mg/day): Nervous system, muscle, energy metabolism

II. Botanical Support

- Elecampane + Mullein + Wild Cherry Bark tincture: Gentle lung restoration, expectorant, anti-tussive
- Astragalus root (if fever-free): Qi tonic, immune builder, lung tonifier
- Ashwagandha or Rhodiola (adaptogenic blend): HPA axis recovery, stress support
- Milk thistle or dandelion root tea: Liver support post-infection

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III. Therapeutic Foods

Add:

- Sulfur-rich foods (onion, garlic, cabbage): Detox, immune
- Steamed greens + beets: Lymphatic and liver support
- Reishi or shiitake mushrooms (food or tea): Immune rebalancing, lung nourishment
- Bone broth (ongoing): Minerals, gut-lung repair
- Citrus + kiwi + berries: Vitamin C and bioflavonoids for capillary repair
- Fermented foods (if tolerated): Microbiome recovery

Limit/Avoid:

- Cold/raw foods: Weaken spleen-lung axis in recovery
- Refined sugars and processed foods: Inflammatory, immune suppressing
- Alcohol: Depletes glutathione and liver energy
- Dairy (temporarily): Can prolong mucus production

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V. Lifestyle & Environmental Support

- Continue humidifier at night
- Gentle movement (walking, light stretching) to support lymph flow
- Dry brushing or gentle lymphatic massage
- Infrared sauna or Epsom salt baths for detox and mitochondrial support
- Sleep > 8 hours/night – sleep is your cheapest medicine right now
- Journaling, reading, prayer or guided breathwork to reset HPA axis post-illness

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V. Optional Adjuncts

- Nebulized glutathione or saline (professional guidance)
- Low-dose melatonin (1–3 mg) at night if sleep is disrupted
- Homeopathics:
 - Kali bichromicum (lingering thick mucus)
 - Phosphorus (post-infectious lung sensitivity)
 - Calc sulph (chronic low-level congestion)