



# THE SOLINGER METHOD

by Root Health L.L.C.

---

## Anxiety

### FUNCTIONALWELLNESS SUPPORTPLAN

Adult Anxiety

Root Health L.L.C, The Solinger Method

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

Naturopathic Doctor, Functional Clinical Nutritionist, Master Herbalist

---

### What Is Anxiety

Anxiety is a state of **heightened nervous system activation**, not simply excessive worry or a personality trait. In adults, anxiety reflects dysregulation within the **neuroendocrine, metabolic, and autonomic nervous systems**, often compounded by nutrient deficiencies, blood sugar instability, inflammation, and impaired stress hormone signaling.

Anxiety commonly arises from:

- Chronic sympathetic nervous system dominance

- Dysregulated cortisol rhythms
  - Blood sugar volatility
  - Neurotransmitter imbalance
  - Mitochondrial inefficiency and nutrient depletion
- Anxiety is a **physiologic state**, not a character flaw.
- 

## Conventional Medicine Perspective

Conventional medicine typically views anxiety as:

- A psychiatric diagnosis
- A neurotransmitter imbalance
- A condition managed with symptom suppression

Standard treatments often include:

- SSRIs and SNRIs
- Benzodiazepines
- Beta blockers
- Cognitive behavioral therapy

While these can reduce symptom intensity, they often overlook:

- Metabolic contributors
- Nutrient deficiencies
- Hormonal and circadian disruption
- Gut brain axis involvement

Medication may mute symptoms without restoring nervous system resilience.

---

## Naturopathic Medicine Perspective

Naturopathic medicine views anxiety as a **signalofnervous system overload** , not an isolated mental health condition.

Key systems involved include:

- Hypothalamic pituitary adrenal (HPA) axis
- Blood sugar regulation and insulin signaling
- Micronutrient status
- Gut microbiome and intestinal permeability
- Inflammatory cytokine activity

The goal is to restore **safety signaling** within the body.



THE  
SOLINGER METHOD

by Root Health L.L.C.

---

## Key Drivers and Patterns in Adult Anxiety

### Neuroendocrine Patterns

- Elevated or flattened cortisol curves
- Anxiety worse in the morning or late evening
- Wired but tired presentation

### Metabolic Patterns

- Anxiety linked to skipped meals
- Shakiness, irritability, or panic with low blood sugar
- Improvement after eating

### Nutrient Depletion Patterns

- Magnesium deficiency
- B vitamin depletion
- Low zinc affecting GABA signaling

### Gut Brain Axis Patterns

- Bloating or IBS alongside anxiety
- Food triggered anxiety symptoms
- History of antibiotics or dysbiosis



THE  
SOLINGER METHOD

by Root Health L.L.C.

---

## Expanded Nutritional Strategy for Adult Anxiety

Nutrition for anxiety must prioritize **nervous system stability**, not restriction. Undereating and blood sugar swings are among the most common overlooked drivers of anxiety.

### Core Nutritional Priorities

- Stabilize blood glucose throughout the day
  - Provide amino acids for neurotransmitter synthesis
  - Supply minerals required for inhibitory signaling
  - Reduce inflammatory inputs that activate the stress response
-

## **Therapeutic Foods to Emphasize High Quality Protein at Every Meal**

Protein provides amino acids required for serotonin, dopamine, and GABA production.

Suggested intake:

20 to 30 grams per meal minimum

---

## **Complex Carbohydrates**

Carbohydrates support serotonin production and cortisol regulation. •

Root vegetables

- Squash
- Rice
- Oats

Low carb approaches often worsen anxiety in susceptible individuals.

---

## **Mineral Rich Foods**

- Beef liver for B vitamins and iron
  - Shellfish for zinc and copper
  - Bone broth for glycine
  - Leafy greens for magnesium
- 

## **Strategic Timing**

- Eat within one hour of waking
  - Avoid long fasting windows if anxiety is present
  - Include a protein and carbohydrate containing evening snack if nighttime anxiety occurs
- 

## **Reduce or Avoid**

- Excess caffeine
- Skipped meals
- Ultra processed foods
- Alcohol, particularly in the evening



**THE  
SOLINGER METHOD**

by Root Health L.L.C.

The nervous system responds to consistency.

---

## Targeted Supplement Support

Therapeutic Adult Dosing

### Magnesium Glycinate or Threonate

Supports inhibitory neurotransmission and muscle relaxation.

**Dose:** 300 to 600 mg daily, divided

### B Complex (Activated Forms)

Supports neurotransmitter synthesis and stress resilience.

**Dose:** One high quality B complex daily

### L Theanine

Promotes calm focus without sedation.

**Dose:** 200 to 400 mg daily, divided

### Inositol

Supports serotonin signaling and reduces panic symptoms.

**Dose:** 2 to 4 grams daily, divided

---

### 5 HTP (5 Hydroxytryptophan)

Supports serotonin synthesis and is particularly helpful in anxiety associated with rumination, low mood, and carbohydrate cravings.

Most effective when anxiety presents with:

- Racing thoughts
- Sleep initiation difficulty
- Mood anxiety overlap
- PMS related anxiety

### Dose:

100 to 300mg daily

Typically taken in the evening or divided doses



THE  
SOLINGER METHOD

by Root Health L.L.C.

**Clinical Notes:**

- Do not combinewith SSRIs or SNRIs without oversight
  - Best used whenlow serotonin patterns are suspected
  - Not a first linefor purely adrenaline driven anxiety
- 

**Kava (Piper methysticum, Noble Root Only)**

Supports GABAergic signaling and reduces somatic anxiety without significant cognitive dulling when properly sourced.

Most helpful for:

- Acute anxiety
- Muscle tension driven anxiety
- Social or situational anxiety
- Nervous system hyperarousal

**Dose:**

150to300 mgstandardized extract daily

Standardizedtokavalactones

Shortterm orintermittent use preferred

**Clinical Notes:**

- Useonly noblerootextracts from reputable manufacturers
- Avoid concurrentalcohol use
- Avoid in knownliver disease
- Best reservedformoderate to severe anxiety patterns rather than daily baseline support

Kava is a tool,notalifestyle supplement.

---

**Targeted Herbal Support****Ashwagandha**

Modulates cortisol and supports stress resilience.

**Dose:** 300 to 600 mg standardized extract daily

**Passionflower**

Supports GABA activity and reduces rumination.

**Dose:** 300 to 600 mg capsule or tincture equivalent daily



THE  
SOLINGER METHOD

by Root Health L.L.C.

## **Lemon Balm**

Calms nervous system hyperactivity and supports digestion.

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

Herbs support regulation, not sedation.

---

## **Lifestyle Support That Matters**

- Prioritize sleep timing and consistency
- Gentle movement to discharge stress hormones
- Limit late night screen exposure
- Create predictable daily rhythms

The nervous system thrives on safety and predictability.

---

## **When to Dig Deeper**

Further evaluation is warranted when anxiety is persistent:

- Cortisol rhythm testing
- Fasting glucose and insulin
- Micronutrient assessment
- Comprehensive stool analysis
- Thyroid function testing

Anxiety improves when the body feels safe again.

---



**THE  
SOLINGER METHOD**

by Root Health L.L.C.