



THE SOLINGER METHOD

by Root Health L.L.C.

Diarrhea

FUNCTIONAL WELLNESS SUPPORT PLAN

Adult Diarrhea

Root Health L.L.C, The Solinger Method

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What Is Diarrhea

Diarrhea refers to increased stool frequency, looseness, or urgency, reflecting impaired fluid absorption, altered motility, inflammation, or microbial imbalance within the gastrointestinal tract. While often treated as an acute symptom, persistent or recurrent diarrhea represents underlying dysfunction in digestion, absorption, immune signaling, or nervous system regulation.

In adults, diarrhea commonly reflects:

- Gut dysbiosis or infection
- Inflammation or irritation of the intestinal lining

- Malabsorption of fats or carbohydrates
- Nervous system driven motility changes
- Medication effects
- Stress and cortisol imbalance

Diarrhea is a **protective reflex that has lost regulation** , not merely an inconvenience.

Conventional Medicine Perspective

Conventional medicine typically views diarrhea as:

- An acute symptom to be slowed or stopped
- Managed with antidiarrheal medications
- Investigated primarily when severe or persistent

Common interventions include:

- Loperamide
- Antispasmodics
- Antibiotics if infection is suspected

While these may provide short term relief, they often do not address:

- Why absorption is impaired
- Why motility is dysregulated
- Why inflammation or dysbiosis persists

Stopping stool does not equal restoring gut function.

Naturopathic Medicine Perspective

Naturopathic medicine views diarrhea as a **signal of imbalance**, involving inflammation, microbial disruption, impaired digestion, or nervous system overactivation.

Key systems involved include:

- Intestinal lining integrity
- Fluid and electrolyte balance
- Microbiome stability
- Digestive enzyme and bile function
- Autonomic nervous system tone

The goal is to **restore absorption, calm motility, and rebuild gut resilience**, not abruptly shut down elimination.



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Key Drivers and Patterns in Adult Diarrhea

Dysbiosis Driven Pattern

- Diarrhea with gas or bloating
- History of antibiotics
- Foul smelling stools

Inflammatory Pattern

- Urgency and cramping
- Mucus in stool
- Fatigue

Malabsorption Pattern

- Greasy or floating stools
- Nutrient deficiencies
- Weight loss

Stress Mediated Pattern

- Diarrhea during anxiety or travel
- Alternating constipation and diarrhea
- Improves with relaxation

Nutritional Strategy

Nutrition for diarrhea focuses on **calming the gut, improving absorption, and restoring hydration**, not prolonged restriction.

Core Nutritional Priorities

- Maintain hydration and electrolytes
- Reduce intestinal irritation
- Support mucosal healing
- Avoid excessive fiber early
- Ensure adequate calories



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Therapeutic Foods to Emphasize

Binding, Easily Digestible Foods

- Whiterice
 - Bananas
 - Applesauce
 - Toasted sourdough
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Lean Proteins

- Eggs
 - Poultry
 - Fish
-

Soothing Foods

- Bone broth
 - Soups
 - Cooked carrots or squash
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Reduce or Avoid Temporarily

- Raw vegetables
- Excess fat
- Alcohol
- Caffeine
- Artificial sweeteners

Stool consistency improves when irritation is reduced.

Targeted Supplement Support

Therapeutic Adult Dosing

Saccharomyces boulardii

One of the most effective supports for infectious and antibiotic associated diarrhea.

Dose: 10 to 20 billion CFU daily



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L-Glutamine

Supports intestinal lining repair.

Dose: 5 to 10 grams daily, divided

Zinc Carnosine

Supports mucosal healing and absorption.

Dose: 75 mg daily

Electrolyte Blend (Sodium Forward, Low Sugar)

Supports hydration and fluid balance.

Dose: 1 to 2 servings daily as needed

Digestive Enzymes (If Malabsorption Present)

Support nutrient breakdown and absorption.

Dose: 1 capsule with meals

Targeted Herbal Support

Slippery Elm

Soothes irritated intestinal lining.

Dose: 400 to 800 mg daily or powder mixed in water

Marshmallow Root

Supports mucosal repair and reduces irritation.

Dose: 500 to 1,000 mg daily

Chamomile



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Calms gut inflammation and nervous system input.

Dose: 500 to 1,000 mg daily or tea

Herbs here are **soothing, not antimicrobial**, unless infection is confirmed.

Celery Juice Support for Diarrhea

Celery juice may be supportive **only when tolerated**, primarily for hydration and mineral balance.

Dose:

4 to 6oz daily initially

Timing:

Between meals

Discontinue if stools loosen.

Supplement Access

A complete supplement protocol for **Adult Diarrhea** is available in Fullscript under **Protocols**, listed by the matching condition name. Individuals can create a free account to access the full recommended list of professional grade supplements and therapeutic adult dosing.

Lifestyle Support That Matters

- Eat smaller, more frequent meals
 - Avoid eating in a rushed or stressed state
 - Support rest and recovery
 - Reduce anxiety around bowel habits
- The gut calms when the nervous system does.
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When to Dig Deeper



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Further evaluation is warranted when diarrhea persists:

- Stool testing for pathogens and dysbiosis
- Inflammatory markers
- Food sensitivity assessment
- Medication review

Diarrhea resolves when **absorption, inflammation, and nervous system tone are restored together.**



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