

# THE SOLINGER METHOD

by Root Health L.L.C.

## FUNCTIONAL WELLNESS SUPPORT PLAN

### Common Cold Support Protocol

*Root Health L.L.C. | The Solinger Method*

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

Naturopathic Doctor, Functional Clinical Nutritionist, Master Herbalist

---

### Root-Cause Flow, quick map

**Viral Exposure → Upper Respiratory Inflammation → Mucosal Swelling and Immune Activation → Fatigue and Congestion → Symptom Progression or Resolution**

#### Key clinical signals:

- Sorethroat, congestion, runny nose
- Fatigue, irritability, mild fever or chills
- Post-nasal drip, cough, mucus accumulation

- Appetite changes, body aches
  - Sleep disruption due to congestion
- 

## Common Drivers

### ImmuneStressors:

- Recent travel, stress, poor sleep
- High sugar intake, low hydration
- High indoor heating with low humidity

### Nutrient Status:

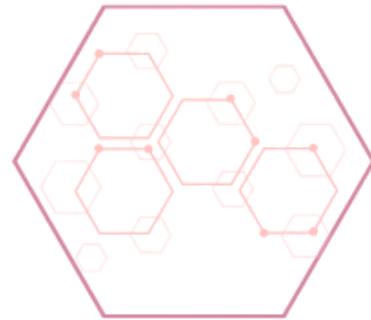
- Low vitamin D • Low vitamin C
- Low zinc
- Low magnesium

### Microbiome:

- Low mucosal IgA
- Recent antibiotic use
- Reduced microbial diversity

### Environmental:

- Dry air
- Viral exposure at work or school
- Indoor crowding



# THE SOLINGER METHOD

by Root Health L.L.C.

---

## Goals

- Shorten symptom duration
  - Improve mucosal immunity
  - Reduce congestion and inflammation
  - Promote restorative sleep
  - Stabilize hydration and electrolytes
  - Support recovery with minimal downtime
- 

## Nutrition

**Protein goal: 1.0–1.2 g/kg/day** to stabilize immune response and prevent loss of lean mass during illness.

**Fluids:**

- Minimum half body weight in ounces
- Add electrolytes if sweating or febrile
- Warm fluids every 2–3 hours

**Cold Wellness Foods:**

- Broths with garlic, onion, herbs
- Citrus, kiwi, berries
- Ginger, turmeric, lemon
- Cooked vegetables for light digestion
- Honey in warm water for throat relief over age one

**Foods to avoid during acute cold:**

- Excess sugar
- Dairy if it increases mucus
- Heavy fried foods • Alcohol

---

## Phase 1, Days 0–4

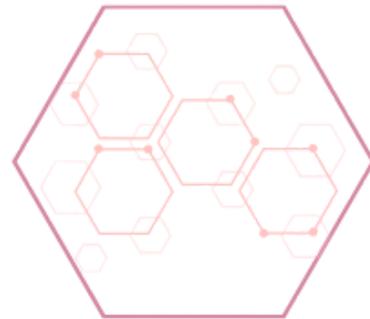
### Acute Immune Activation and Relief

#### Lifestyle

- Rest as first-line care
- Steam inhalation once or twice daily
- Humidifier at bedside
- Warm showers for sinus drainage
- Light movement only as tolerated

#### Core Supplements

1. **Vitamin C**
  - **1,000 mg three times daily**
  - Supports immune cell activity and shortens duration
2. **Zinc**
  - **15–30 mg daily**
  - Helps reduce viral replication at mucosal surfaces
  - Avoid long-term daily use above 30 mg



# THE SOLINGER METHOD

by Root Health L.L.C.

3. **Echinacea Purpurea or Echinacea Angustifolia**
  - **300–500 mg extract, three times daily** or per standardized label
  - Why: enhances innate immune activation, increases macrophage activity, reduces severity and duration of colds
  - Most effective when started in the first 24–48 hours of symptoms
4. **Vitamin D3**
  - Dose according to baseline
  - Short-term immune-supportive use only if levels are suboptimal
5. **Elderberry extract**
  - Per label dosing
  - Supports upper respiratory immune response
6. **Quercetin**
  - **250–500 mg twice daily**
  - Helps with inflammation, congestion, and symptom burden
7. **Magnesium Glycinate**
  - **200–400 mg HS**
  - Supports sleep, nervous system, and muscle tension

### Symptom-Specific Add-ons

#### For sore throat:

- Warm salt water gargles morning and evening
- Honey lemon mixture as needed (over age one)

#### For sinus congestion:

- Saline nasal spray
- Steam with eucalyptus if tolerated

#### For cough:

- Honey in warm water
- Throat lozenges



# THE SOLINGER METHOD

by Root Health L.L.C.

---

## Phase 2, Days 4–14

### Recovery and Mucosal Repair

1. **Probiotics, targeted for immune recovery**
  - Lactobacillus rhamnosus GG 10–20B CFU
  - Bifidobacterium longum 10–20B CFU
  - Supports mucosal lining and post-illness resilience
2. **N-acetylcysteine (NAC)**
  - **600 mg twice daily**
  - Helps thin mucus and clear lingering congestion

3. **Vitamin C**
    - Reduce to **1,000 mg daily**
    - Maintains recovery without overuse
  4. **Herbal Supports**
    - Ginger, thyme, elderflower teas
  5. **Light antimicrobial botanicals as needed**
    - Supports lingering symptoms and helps transition back to baseline
- Resume normal movement**
- Gentle walking
  - Avoid intense exercise until fully recovered
- 

## Quick Interaction Map

- Vitamin C strengthens immune response and reduces duration
  - Zinc enhances mucosal antiviral activity
  - Quercetin reduces inflammatory congestion
  - Elderberry supports upper respiratory immunity
  - NAC loosens mucus, improves clearance
  - Probiotics rebuild mucosal defenses post-infection
  - Hydration and electrolytes stabilize fatigue
  - Steam and warm fluids reduce sinus pressure
- 

## Foods to emphasize

### Daily:

- Soups and broths
- Citrus, kiwi, berries
- Cooked greens
- Garlic, onion, ginger
- Warm teas
- Electrolytes

### Weekly during recovery:

- Fermented foods if tolerated
- Broccoli sprouts
- Light proteins like eggs, poultry, fish
- Whole grains and legumes



**THE**  
**SOLINGER METHOD**  
by Root Health L.L.C.

---

## Foods to limit for 2 weeks

- Sugary foods
  - Refined flours
  - Excess dairy if mucus-producing
  - Alcohol
  - Fried foods
- 

## Symptom targets to track

- Congestion gradually improving
- Cough reducing by days 5–7
- Energy returning steadily
- Appetite normalized
- Sleep quality improving
- No new fever or worsening symptoms



## Retest

Not required for typical cold.

Reassess if:

- Symptoms worsen after day 4
- Symptoms persist beyond 10–14 days
- Fever returns
- Sinus pain becomes severe

# THE SOLINGER METHOD

by Root Health L.L.C.

---

## Medication and Safety Notes

- Avoid zinc nasal sprays
- Vitamin D should match clinical need, avoid excess dosing
- NAC may interact with some medications, use clinical judgment
- Honey is not for children under one year
- Seek medical care for shortness of breath, chest pain, or high fever

---

# Additional Supplements and Herbs Helpful for Cold Recovery

## 1. Immune Activation and Antiviral Support

### **Andrographis Paniculata**

- **200–400 mg extract twice daily**
- Strong immune-activating herb used broadly for viral upper respiratory infections
- Helps decrease throat pain, congestion, feverishness
- Comparable in several trials to conventional symptom reducers
- Avoid during pregnancy

### **Astragalus Root**

- **500–1,000 mg daily** or tea
- Strengthens innate immunity
- Supports recovery in individuals who are run-down
- Best used in the early or recovery phases rather than high fever phases

### **Olive Leaf Extract**

- **250–500 mg twice daily**
- Broad antimicrobial and antioxidant support
- Helpful for viral load reduction and lingering throat irritation



THE  
SOLINGER METHOD

by Root Health L.L.C.

---

## 2. Respiratory and Mucus Clearing Support

### **Bromelain**

- **200–500 mg twice daily on an empty stomach**
- Reduces sinus swelling and mucus thickness
- Helps relieve pressure headaches and congestion

### **Thyme (Thymus vulgaris) Extract or Tea**

- Effective for cough, throat tightness, and mucus •  
Natural antitussive and bronchodilating activity

### **Mullein Leaf**

- Capsules or tea
- Supports lung comfort, productive cough, and mucus clearance
- Very gentle, ideal for children and adults

### **Elecampane Root**

- For deeper coughs that linger
- Excellent expectorant
- Use in lower doses unless guided clinically

---

## **3. Inflammation and Symptom Burden Reduction**

### **Turmeric or Curcumin Extract**

- **500–1,000 mg twice daily**
- Reduces throat discomfort, headaches, sinus inflammation
- Supports immune modulation

### **Boswellia Serrata**

- **300–500 mg twice daily**
- Helps with sinus pressure, eye pressure, and head congestion
- Anti-inflammatory without gastric irritation

---

## **4. Mucosal and Throat Comfort**

### **Slippery Elm**

- Lozenges or powder in warm water
- Forms a soothing mucilage over throat and esophageal lining

### **Marshmallow Root**

- Tea or capsules
- Excellent for persistent dry cough and raw throat tissue



**THE  
SOLINGER METHOD**

by Root Health L.L.C.

---

## 5. Sleep and Nervous System Support for Illness Recovery

*(These are extremely helpful because poor sleep slows immune recovery.)*

### Lemon Balm

- 200–400 mg extract or tea at bedtime
- Calms nervous system and settles viral-related restlessness

### Passionflower

- 250–500 mg in the evening
- Helps with sleep onset when congestion disrupts normal sleep rhythms

### Chamomile

- Tea as needed
- Anti inflammatory for throat, calming for the nervous system

---

## 6. Pediatric-Safe Herbs (when appropriate)

### Elderflower tea

- Helps with congestion and fever reduction
- Gentle and well tolerated

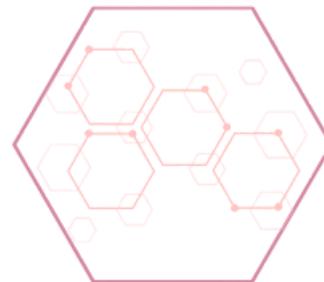
### Chamomile

- For irritability, sore throat, digestive upset
- Soothing and calming

### Mullein tea

- Respiratory support, gentle and effective

*(Honey still only for age one and up.)*



THE  
SOLINGER METHOD

by Root Health L.L.C.

---

## 7. Advanced Practitioner-Level Options (Safe Language Preserved)

### Liposomal Vitamin C

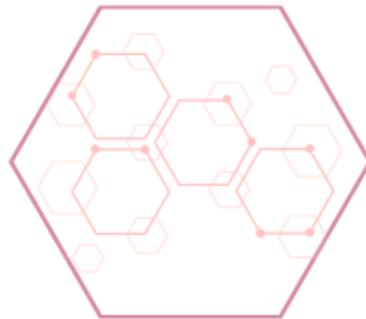
- Higher absorption during acute immune load • Helpful for individuals with digestive sensitivity

### Liposomal Glutathione

- 100–250 mg/day during recovery • Supports oxidative stress and rapid tissue recovery

### Propolis

- Antiviral, anti inflammatory, antimicrobial
- Ideal for sore throat, raw sinuses, and post nasal drip



# THE SOLINGER METHOD

by Root Health L.L.C.