



THE SOLINGER METHOD

by Root Health L.L.C.

Inflammation, Chronic

FUNCTIONAL WELLNESS SUPPORT PLAN

Adult Chronic Inflammation

Root Health L.L.C, The Solinger Method

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What Is Chronic Inflammation

Chronic inflammation is a persistent, low grade activation of the immune system that remains “on” even in the absence of acute injury or infection. Unlike acute inflammation, which is protective and self resolving, chronic inflammation becomes maladaptive and drives tissue damage, metabolic dysfunction, immune dysregulation, and accelerated aging.

Chronic inflammation is not a diagnosis in isolation, it is a **pathophysiologic state** underlying conditions such as autoimmune disease, insulin resistance, cardiovascular disease, chronic pain, fatigue syndromes, mood disorders, neurodegeneration, hormone imbalance, and gut dysfunction.

Conventional Medicine Perspective

Conventional medicine typically addresses inflammation when it is acute, severe, or associated with identifiable disease. Chronic inflammation is often inferred from elevated markers or disease presence, rather than treated directly.

Common approaches include:

- Anti inflammatory medications
- Disease specific pharmacologic management
- Lifestyle advice that is often general and nonspecific

While these interventions may suppress inflammatory pathways, they frequently do not address:

- Why immune signaling remains activated
- Gut and metabolic contributors
- Mitochondrial stress and oxidative burden
- Nutrient depletion impairing immune resolution

Inflammation is often managed downstream rather than resolved upstream.

Naturopathic Medicine Perspective

Naturopathic medicine views chronic inflammation as a **failure of immune resolution**, not simply immune activation. The issue is not that the immune system turns on, but that it does not properly turn off.

Key systems involved include:

- Innate and adaptive immune balance
- Cytokine signaling pathways
- Oxidative stress and antioxidant capacity
- Gut barrier integrity and microbial signaling
- Insulin and metabolic signaling
- Hormonal modulation of immune activity
- Nervous system regulation

The goal is to **identify drivers, reduce immune burden, and restore resolution pathways**, rather than blanket suppression.

Core Pathophysiologic Mechanisms

Persistent Immune Triggers



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Chronic antigen exposure from infections, dysbiosis, food sensitivities, or environmental toxins keeps immune signaling activated.

Gut Barrier Dysfunction

Increased intestinal permeability allows microbial fragments and antigens to enter circulation, perpetuating immune activation.

Metabolic Inflammation

Insulin resistance and adipose tissue inflammation release cytokines that sustain systemic inflammatory signaling.

Oxidative Stress

Excess reactive oxygen species damage tissues and amplify inflammatory pathways when antioxidant capacity is exceeded.

Impaired Resolution Pathways

Deficiencies in omega 3 fatty acids, micronutrients, and specialized pro resolving mediators prevent inflammation from completing its normal cycle.

Neuroimmune Crosstalk

Chronic stress and sympathetic overactivation amplify inflammatory signaling through nervous system input.

Nutritional Strategy

Nutrition for chronic inflammation focuses on **lowering inflammatory inputs, improving metabolic signaling, supporting antioxidant defenses, and restoring immune resolution**, not rigid elimination without purpose.

Core Nutritional Priorities

- Stable blood sugar
- Adequate protein intake
- Anti inflammatory fat balance
- Micronutrient density
- Gut supportive foods
- Reduction of inflammatory dietary triggers



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Therapeutic Foods to Emphasize

Protein at each meal, targeting 25 to 35 grams per meal. Mechanism, supports immune repair, detoxification enzymes, and tissue regeneration.

Omega 3 rich foods such as fatty fish. Mechanism, reduce inflammatory cytokine production and support resolution pathways.

Colorful vegetables and berries. Mechanism, provide polyphenols that modulate inflammatory signaling and oxidative stress.

Extra virgin olive oil. Mechanism, contains oleocanthal and polyphenols with anti inflammatory effects.

Fermented foods when tolerated. Mechanism, support microbial balance and immune tolerance.

Bone broth and gelatin rich foods. Mechanism, support gut barrier integrity and tissue repair.

Reduce or Avoid

Refined sugar and refined carbohydrates. Mechanism, drive insulin mediated inflammation.

Ultra processed foods and seed oils in excess. Mechanism, increase omega 6 inflammatory signaling.

Alcohol. Mechanism, increases gut permeability and inflammatory cytokines.

Chronic under eating. Mechanism, increases cortisol and inflammatory stress.

Targeted Supplement Support

Therapeutic Adult Dosing

Omega 3 Fatty Acids (EPA and DHA)

Mechanism, shift eicosanoid balance away from pro inflammatory pathways and support resolution signaling.

Dose: 3 to 4 grams daily combined EPA and DHA



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Curcumin (Bioavailable Form)

Mechanism, downregulates NF kB signaling and reduces inflammatory cytokine production.

Dose: 500 to 1,000 mg daily

Resveratrol

Mechanism, modulates inflammatory gene expression and supports mitochondrial function.

Dose: 150 to 300 mg daily

Vitamin D3+K2

Mechanism, regulates immune tolerance and reduces autoimmune inflammatory activity when deficient.

Dose: 5,000 IU daily, adjusted to labs

Magnesium Glycinate

Mechanism, supports stress regulation, mitochondrial function, and inflammatory control.

Dose: 400 to 600 mg daily

N Acetyl Cysteine (NAC)

Mechanism, supports glutathione production and reduces oxidative stress that sustains inflammation.

Dose: 600 to 1,200 mg daily

Quercetin

Mechanism, stabilizes mast cells and reduces histamine mediated inflammatory activity.

Dose: 500 to 1,000 mg daily

Targeted Herbal Support

Turmeric (Curcumin)

Mechanism, inhibits inflammatory signaling pathways and reduces oxidative damage.

Dose: 500 to 1,000 mg daily

Boswellia

Mechanism, inhibits 5 LOX pathway and reduces leukotriene mediated inflammation.

Dose: 300 to 600 mg daily



Ginger

Mechanism, reduces prostaglandin mediated inflammation and supports digestion.

Dose: 1,000 to 2,000 mg daily or tea

Green Tea Extract

Mechanism, provides EGCG which modulates inflammatory signaling and oxidative stress.

Dose: 250 to 500 mg daily

Herbal support focuses on modulation, not immune suppression.

Celery Juice Support for Chronic Inflammation

Celery juice may support chronic inflammation by improving hydration, mineral balance, and digestive signaling, which can reduce systemic inflammatory burden.

Suggested use is 8 oz fresh celery juice daily, taken in the morning or between meals, with response guiding continuation.

Supplement Access

A complete supplement protocol for Adult Chronic Inflammation 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

Sleep quality directly influences inflammatory cytokine regulation.

Stress reduction is essential, sympathetic overactivation perpetuates inflammation.

Regular movement improves insulin sensitivity and inflammatory signaling.

Time outdoors and light exposure support immune regulation.



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When to Dig Deeper

Further evaluation is warranted when inflammation persists:

- High sensitivity CRP
- ESR
- Ferritin and iron status
- Vitamin D levels
- Fasting insulin and glucose
- Gut health assessment

Chronic inflammation resolves when immune triggers are reduced, metabolic balance is restored, oxidative stress is lowered, and resolution pathways are supported, not when inflammation is simply suppressed.



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