



THE SOLINGER METHOD

by Root Health L.L.C.

Brain Fog Handout

FUNCTIONAL WELLNESS SUPPORT PLAN

Adult Brain Fog

Root Health L.L.C, The Solinger Method

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

Naturopathic Doctor, Functional Clinical Nutritionist, Master Herbalist

What Is Brain Fog

Brain fog is a **functional neurologic symptom**, not a diagnosis. It reflects impaired cognitive processing, slowed mental clarity, reduced focus, poor memory recall, and a sense of mental heaviness or disconnection.

In adults, brain fog is most often driven by **metabolic, inflammatory, mitochondrial, and gut mediated dysfunction**, not structural brain disease.

Common physiologic contributors include:

- Blood sugar instability
- Neuroinflammation
- Mitochondrial energy deficiency
- Neurotransmitter imbalance
- Gut brain axis disruption
- Nutrient depletion

Brain fog is the brain signaling that **fuel delivery or signaling is compromised.**

Conventional Medicine Perspective

Conventional medicine typically approaches brain fog as:

- A vague or subjective complaint
- Stress related or psychological
- A symptom without clear pathology

Common responses include:

- Reassurance
- Antidepressants or stimulants
- Sleep medications
- No intervention if labs are “normal”

This approach often overlooks:

- Subclinical metabolic dysfunction
- Nutrient deficiencies
- Inflammatory signaling
- Mitochondrial impairment

Normal imaging and labs do not equal optimal brain function.

Naturopathic Medicine Perspective

Naturopathic medicine views brain fog as a **brain fuel and signaling problem**, not a mental health flaw.

Key systems involved include:

- Glucose and ketone availability to neurons
- Mitochondrial ATP production
- Neurotransmitter synthesis



THE
SOLINGER METHOD

by Root Health L.L.C.

- Intestinal permeability and immune activation
- Liver detoxification of neurotoxic byproducts

The goal is to **restore clarity by correcting upstream physiology.**

Key Drivers and Patterns in Adult Brain Fog

Metabolic Pattern

- Brain fog worse between meals
- Improves after eating
- Coexists with fatigue or cravings

Inflammatory Pattern

- Brain fog with joint pain, skin issues, or allergies
- Worsens after inflammatory foods
- Improvement with anti-inflammatory strategies

Gut Brain Axis Pattern

- Brain fog with bloating or IBS
- Food triggered symptoms
- Antibiotic history

Mitochondrial Pattern

- Brain fog with exertion
 - Poor stress tolerance
 - Persistent fatigue
-

Expanded Nutritional Strategy for Brain Fog

Nutrition for brain fog must focus on **consistent brain fuel, micronutrient density, and inflammation reduction**, not calorie restriction.

Core Nutritional Priorities

- Stabilize blood sugar
- Provide adequate protein and healthy fats
- Supply micronutrients required for neurotransmission



THE
SOLINGER METHOD

by Root Health L.L.C.

- Reduce inflammatory load
 - Support gut integrity
-

Therapeutic Foods to Emphasize

Protein at Every Meal

Provides amino acids required for neurotransmitter synthesis.

Suggested intake:

25 to 35 grams per meal

Healthy Fats

Support neuronal membranes and cognitive function.

- Olive oil
 - Avocado
 - Pasture raised butter or ghee
 - Fatty fish
-

Complex Carbohydrates

Support steady glucose delivery to the brain. • Root vegetables • Squash • Rice • Oats Very low carb diets often worsen brain fog in susceptible individuals.

Micronutrient Dense Foods

- Beef liver for B vitamins and iron
 - Eggs for choline
 - Shellfish for zinc
 - Leafy greens for magnesium
-



Reduce or Avoid

- Refined sugars
- Skipped meals
- Ultra processed foods
- Excess caffeine masking fatigue

Clarity requires consistency.

Targeted Supplement Support

Therapeutic Adult Dosing

Magnesium Threonate or Glycinate

Supports neuronal signaling and reduces cognitive fatigue.

Dose: 400 to 600 mg daily, divided

B Complex (Activated Forms)

Supports energy production and neurotransmitter synthesis.

Dose: One high quality B complex daily

Acetyl L Carnitine

Supports mitochondrial energy production in neurons.

Dose: 500 to 1,000 mg daily

Alpha Lipoic Acid

Reduces neuroinflammation and oxidative stress.

Dose: 300 to 600 mg daily

Phosphatidylcholine or CDP Choline

Supports acetylcholine production and memory.

Dose: 300 to 600 mg daily

Targeted Herbal Support



**THE
SOLINGER METHOD**

by Root Health L.L.C.

Ginkgo biloba

Improves cerebral circulation and cognitive performance.

Dose: 120 to 240 mg standardized extract daily

Bacopa monnieri

Supports memory and cognitive endurance.

Dose: 300 to 600 mg standardized extract daily

Rhodiola rosea

Supports cognitive resilience under stress.

Dose: 200 to 400 mg standardized extract daily

Herbs support cognition, not stimulation.

Clinical Insert, Celery Juice as Neuroinflammatory Support

In clinical practice, **fresh celery juice** has been observed to support improved mental clarity in some adults, particularly when dehydration, digestive dysfunction, and low grade inflammation are contributing to brain fog.

Why Celery Juice Can Be Helpful

- Supports hydration and electrolyte balance
- Reduces inflammatory burden
- Supports liver clearance of neurotoxic metabolites
- Improves digestion and nutrient absorption

How to Use

Dose:

8 oz freshcelery juice daily

Timing:

Morning on an empty stomach or between meals

Preparation Notes:

- Fresh juicing preferred



**THE
SOLINGER METHOD**

by Root Health L.L.C.

- Strain pulp if digestion is sensitive
 - Avoid adding fruit
-

When to Use Caution

- Individuals prone to hypoglycemia should monitor response
 - Very low blood pressure
 - Advanced kidney disease
- Response should guide continued use.
-

Lifestyle Support That Matters

- Daily movement to improve cerebral blood flow
 - Adequate sleep for glymphatic clearance
 - Reduced multitasking and digital overload
 - Stress reduction to lower neuroinflammation
- A clear brain requires a supported body.
-

When to Dig Deeper

Further evaluation is warranted when brain fog persists:

- Fasting glucose and insulin
- Inflammatory markers
- B12, folate, iron status
- Thyroid function
- Comprehensive stool analysis

Brain fog resolves when **fuel delivery, inflammation, and signaling normalize.**



THE
SOLINGER METHOD

by Root Health L.L.C.