



THE SOLINGER METHOD

by Root Health L.L.C.

Estrogen Deficiency

Functional Wellness Support Plan

HormoneBalance Support

Root Health L.L.C, The Solinger Method

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What Is Estrogen Deficiency

Estrogen deficiency is a functional state characterized by insufficient estrogenic activity at the tissue level. This may occur due to decreased ovarian production, impaired aromatization, reduced receptor sensitivity, excessive estrogen clearance, chronic inflammation, or prolonged hypothalamic pituitary adrenal axis suppression.

Unlike estrogen dominance, estrogen deficiency often presents subtly and is frequently dismissed as normal aging, stress, or psychosomatic complaints. From a functional medicine perspective,

estrogen deficiency reflects impaired hormone production capacity, compromised metabolic signaling, and reduced cellular responsiveness rather than an isolated endocrine failure.

Primary Physiologic Drivers

- Perimenopausal or menopausal ovarian decline
 - Hypothalamic suppression due to chronic stress, under fueling, or over exercise
 - Low cholesterol or inadequate dietary fat intake
 - Impaired aromatase activity due to insulin dysregulation or micronutrient deficiency
 - Excessive estrogen clearance or aggressive detoxification protocols
 - Inflammatory cytokine mediated estrogen receptor downregulation
 - Nutrient depletion, particularly vitamin D, magnesium, zinc, boron, B vitamins, and essential fatty acids
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Common Clinical Presentations

- Hot flashes or night sweats
 - Vaginal dryness or discomfort
 - Low libido
 - Dry skin, thinning hair, or brittle nails
 - Sleep disturbance or early waking
 - Mood flattening, anxiety, or depressive symptoms
 - Joint pain or stiffness
 - Brain fog or reduced cognitive sharpness
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Nutritional Strategy, Restorative and Supportive

Nutrition for estrogen deficiency must prioritize hormone synthesis, receptor signaling, and cellular resilience.

Adequate Caloric Intake

Chronic under eating suppresses gonadotropin signaling. Energy sufficiency is non negotiable for estrogen production.

Dietary Fats and Cholesterol

Cholesterol is the precursor for all steroid hormones. Inadequate fat intake directly limits estrogen synthesis.



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Phytoestrogen Containing Foods

Flax, sesame, legumes, and fermented soy provide mild estrogenic signaling that can support receptors without overstimulation.

Protein Sufficiency

Amino acid support hormones synthesis enzymes, liver function, and neurotransmitter balance.

Anti Inflammatory Nutrition

Reducing systemic inflammation improves estrogen receptor sensitivity and tissue responsiveness.

Targeted Supplement Support

Vitamin D3 + K2

Mechanism, supports estrogen receptor expression, immune modulation, and bone metabolism. Deficiency is strongly associated with menopausal symptoms. Adult dosing, 5,000 IU daily, adjust based on labs.

Boron

Mechanism, reduces estrogen clearance, increases free estradiol availability, and enhances bone mineral retention. Adult dosing, 3 to 6 mg daily.

Magnesium Glycinate

Mechanism, supports steroid hormone synthesis, stress resilience, and sleep quality. Adult dosing, 600 mg daily.

Omega 3 Fatty Acids

Mechanism, improves estrogen receptor sensitivity, reduces inflammation, and supports neuronal membrane function. Adult dosing, 2,000 mg combined EPA and DHA daily.

Vitamin E, Mixed Tocopherols

Mechanism, improves vasomotor stability and cellular membrane integrity. Adult dosing, 400 IU daily.

B Complex Vitamins

Mechanism, supports hormone synthesis, mitochondrial energy production, and neurotransmitter balance. Adult dosing, one capsule daily.



Herbal Support, Mechanism Driven

Black Cohosh, *Actaea racemosa*

Mechanism, modulates estrogen receptor activity in the central nervous system, improving vasomotor symptoms without increasing estrogen levels.

Adult dosing, 40 to 80 mg standardized extract daily.

Dong Quai, *Angelica sinensis*

Mechanism, supports pelvic blood flow, estrogenic activity, and smooth muscle relaxation.

Adult dosing, 500 to 1,000 mg daily or tincture equivalent.

Red Clover

Mechanism, provides isoflavones that bind estrogen receptors, offering gentle estrogenic support in deficient states.

Adult dosing, 40 to 80 mg isoflavones daily.

Maca Root

Mechanism, supports hypothalamic pituitary signaling and libido without direct estrogenic stimulation.

Adult dosing, 1,500 to 3,000 mg daily.

Schisandra Berry

Mechanism, adaptogenic support improves stress resilience, hormone signaling, and liver metabolism balance.

Adult dosing, 500 to 1,000 mg daily.

Lifestyle and Environmental Support

- Reduce excessive exercise volume
- Prioritize sleep consistency
- Support emotional regulation and stress resilience
- Avoid overly aggressive detoxification during deficiency states
- Maintain strength training to support bone density and receptor sensitivity

Clinical Expectations

Restoration of estrogen balance occurs gradually as production capacity, receptor sensitivity, and systemic resilience improve. Symptom improvement often begins within several weeks but continues to evolve over months with consistent support.



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