



THE SOLINGER METHOD

by Root Health L.L.C.

Brittle Hair & Nails

FUNCTIONAL WELLNESS SUPPORT PLAN

Adult Brittle Hair & Nails

Root Health L.L.C, The Solinger Method

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What Is Brittle Hair & Nails

Brittle hair and nails are **visible manifestations of internal insufficiency**, not cosmetic flaws. Hair and nails are low priority tissues, meaning the body will divert nutrients away from them when resources are limited or metabolic stress is present.

In adults, brittle hair and nails most commonly reflect:

- Protein insufficiency
- Iron or ferritin deficiency
- Zinc deficiency
- Biotin and B vitamin depletion
- Thyroid signaling impairment
- Malabsorption or digestive dysfunction

When hair and nails weaken, it is often one of the **earliest outward signs** of deeper systemic imbalance.

Conventional Medicine Perspective

Conventional medicine often views brittle hair and nails as:

- Cosmetic or age related
- Benign
- Aesthetic rather than physiologic

Common recommendations include:

- Cosmetic products
- Biotin supplements without assessment
- Reassurance

This approach frequently overlooks:

- Nutrient deficiencies beyond biotin
- Thyroid and iron status
- Digestive absorption issues
- Chronic under fueling

Hair and nail health is not superficial, it is **diagnostic**.

Naturopathic Medicine Perspective

Naturopathic medicine views brittle hair and nails as a **nutrient delivery and utilization problem**, not a local tissue issue.



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Key systems involved include:

- Protein intake and digestion
- Iron transport and storage
- Zinc dependent keratin synthesis
- Thyroid hormone signaling at the cellular level
- Gastrointestinal absorption integrity

The goal is to **restore nutrient sufficiency and metabolic signaling** , allowing hair and nails to regenerate naturally.

Key Drivers and Patterns

Protein Insufficiency Pattern

- Thin, slow growing hair
- Nails that peel or split
- Fatigue or muscle loss

Iron Deficiency Pattern

- Hair shedding
- Spoon shaped or ridged nails
- Cold intolerance

Zinc Deficiency Pattern

- White spots on nails
- Slow nail growth
- Poor wound healing

Thyroid Signaling Pattern

- Brittle hair with dryness
- Lateral eyebrow thinning
- Cold sensitivity and fatigue

Malabsorption Pattern

- Digestive symptoms
- History of acid suppressive medications
- Multiple nutrient deficiencies



Nutritional Strategy

Nutrition for brittle hair and nails must prioritize **adequate intake, bioavailability, and digestion**, not supplementation alone.

Core Nutritional Priorities

- Sufficient daily protein
 - Iron, zinc, and B vitamin intake
 - Fat soluble vitamin absorption
 - Digestive efficiency
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Therapeutic Foods to Emphasize

High Quality Protein

Keratin production is protein dependent.

Suggested intake:

1.0 to 1.2 g per kg body weight daily

Beef Liver

One of the most effective foods for hair and nail restoration.

Provides:

- Iron and ferritin support
- Zinc
- Biotin
- Vitamin A
- B vitamins

Suggested intake:

1 to 2 ounces, one to two times weekly

Mineral Rich Foods

- Shellfish, especially oysters for zinc
- Eggs for biotin and sulfur
- Leafy greens for magnesium
- Bone broth for glycine and collagen precursors



Reduce or Avoid

- Chronic under eating
- Low protein diets
- Excess sugar
- Ultra processed foods

Hair growth slows when the body is under fueled.

Targeted Supplement Support

Therapeutic Adult Dosing

Collagen Peptides

Provide amino acids needed for keratin and connective tissue synthesis.

Dose: 10 to 20 grams daily

Zinc Picolinate or Glycinate

Essential for keratin formation and nail strength.

Dose: 25 to 40 mg daily

Iron (Bisglycinate or Heme)

Used only when deficiency is confirmed.

Dose: 25 to 65 mg elemental iron daily

Biotin

Supports keratin infrastructure when deficiency is present.

Dose: 2,500 to 5,000 mcg daily

Silica (Horsetail Extract)

Supports nail hardness and hair tensile strength.

Dose: 10 to 20 mg daily



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Targeted Herbal Support

Horsetail (*Equisetum arvense*)

Provides bioavailable silica for nail and hair strength.

Dose: 300 to 600 mg daily

Nettle Leaf

Provides minerals and supports nutrient delivery to tissues.

Dose: 600 to 1,200 mg daily

Burdock Root

Supports liver detoxification and nutrient utilization.

Dose: 500 to 1,000 mg daily

Herbs support rebuilding, not quick fixes.

Celery Juice Support for Hair & Nail Health

Celery juice may indirectly support hair and nail health by improving **hydration, digestion, and nutrient absorption**, particularly when brittle tissues are driven by malabsorption or low stomach acid.

How It May Help

- Supports digestive secretions
- Improves mineral absorption
- Reduces inflammatory burden

Dose:

8 oz daily, preferably in the morning

Response should guide continued use.

Lifestyle Support That Matters

- Adequate sleep to support growth cycles
- Stress reduction to protect thyroid signaling



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- Gentle scalp stimulation to improve circulation
 - Avoid aggressive cosmetic treatments
- Healthy hair and nails are built internally.
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When to Dig Deeper

Further evaluation is warranted when brittleness persists:

- Ferritin and iron panel
 - Zinc and copper balance
 - Thyroid function
 - Digestive assessment
 - Protein intake review
- Hair and nails improve when **nutrient delivery and metabolism are restored.**
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