



THE SOLINGER METHOD

by Root Health L.L.C.

High Blood Pressure

FUNCTIONAL WELLNESS SUPPORT PLAN

Adult High Blood Pressure

Root Health L.L.C, The Solinger Method

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What Is High Blood Pressure

High blood pressure, or hypertension, is a state of **chronic vascular tone dysregulation**, not simply a sodium problem or an inevitable consequence of aging. While elevated readings are measured in the arteries, the root drivers are systemic.

In adults, high blood pressure commonly reflects:

- Insulin resistance and hyperinsulinemia
- Chronic inflammation
- Endothelial dysfunction

- Sympathetic nervous system overactivation
- Impaired sodium and potassium handling
- Vascular stiffness and oxidative stress

Blood pressure is a **regulatory signal**, not a standalone disease.

Conventional Medicine Perspective

Conventional medicine typically views hypertension as:

- A chronic cardiovascular disease
- A condition requiring lifelong medication
- A risk factor rather than a dynamic physiologic process

Standard treatments include:

- ACE inhibitors
- ARBs
- Calcium channel blockers
- Diuretics
- Beta blockers

These medications can lower numbers, but often do not address:

- Why vascular tone is elevated
- Why insulin resistance is present
- Why inflammation persists
- Why blood pressure rises again when medications stop

Lowering numbers is not the same as correcting cause.

Naturopathic Medicine Perspective

Naturopathic medicine views high blood pressure as a **multifactorialvascularregulationissue**, involving metabolism, inflammation, mineral balance, nervous system tone, and endothelial health.

Key systems involved include:

- Insulin and glucose signaling
- Nitric oxide production
- Renin angiotensin aldosterone system
- Electrolyte balance
- Stress hormone signaling



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The goal is to **restore vascular flexibility and regulatory balance**, not simply suppress pressure.

Key Drivers and Patterns in Adult High Blood Pressure

Metabolic Pattern

- Elevated insulin or A1c
- Central weight gain
- Blood pressure improves with dietary changes

Inflammatory Pattern

- Elevated CRP
- Joint pain or inflammatory conditions
- Endothelial irritation

Stress Dominant Pattern

- Elevated resting heart rate
- Blood pressure spikes with stress
- Poor sleep

Mineral Imbalance Pattern

- Low potassium or magnesium intake
 - Excess sodium without mineral balance
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Nutritional Strategy

Nutrition for high blood pressure focuses on **reducing insulin load, lowering inflammation, and restoring mineral balance**, not extreme sodium restriction.

Core Nutritional Priorities

- Improve insulin sensitivity
- Reduce vascular inflammation
- Support nitric oxide production
- Restore potassium, magnesium, and sodium balance



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Therapeutic Foods to Emphasize Protein Forward Meals

Reduce insulin spikes and support metabolic health.

Suggested intake:

25 to 35 grams per meal

Potassium Rich Foods

- Avocado
- Sweet potatoes
- Spinach
- Beans

Potassium balances sodium and supports vascular tone.

Anti Inflammatory Fats

- Olive oil
 - Fatty fish
 - Nuts and seeds
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Nitrate Rich Vegetables

- Beets • Arugula • Spinach

Support nitric oxide production and vasodilation.

Reduce or Avoid

- Refined carbohydrates
- Excess sugar
- Ultra processed foods
- Excess alcohol



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Inflammation raises pressure.

Targeted Supplement Support

Therapeutic Adult Dosing

Magnesium Glycinate or Taurate

Supports vascular relaxation and blood pressure regulation.

Dose: 400 to 600 mg daily

Potassium (Citrate or Bicarbonate)

Supports sodium balance and vascular tone.

Dose: 500 to 1,000 mg daily from supplements

Dietary intake preferred when possible.

Omega 3 Fatty Acids

Reduce vascular inflammation.

Dose: 3 to 4 grams daily combined EPA and DHA

CoQ10

Supports endothelial function and nitric oxide production.

Dose: 100 to 300 mg daily

Berberine

Improves insulin sensitivity contributing to hypertension.

Dose: 500 mg, two to three times daily with meals

Targeted Herbal Support

Hawthorn Berry

Supports cardiac function and vascular tone.

Dose: 300 to 600 mg standardized extract, two times daily

Garlic Extract



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Improves endothelial function and reduces blood pressure.

Dose: 600 to 1,200 mg daily

Olive Leaf

Supports vascular relaxation and antioxidant activity.

Dose: 500 to 1,000 mg daily

Herbs support regulation, not replacement of medical care.

Celery Juice Support for High Blood Pressure

In practice, **fresh celery juice** has been observed to support blood pressure reduction in some adults, particularly when dehydration, inflammation, and mineral imbalance are contributing factors.

Why Celery Juice Can Be Helpful

- Provides natural sodium and potassium balance
 - Supports vascular relaxation
 - Reduces inflammatory burden
 - Improves hydration status
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How to Use

Dose:

8 oz fresh celery juice daily

Timing:

Morning on an empty stomach or between meals

Preparation Notes:

- Fresh juicing preferred
- Strain pulp if digestion is sensitive
- Avoid adding fruit



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Hibiscus Tea (*Hibiscus sabdariffa*)

Hibiscus has well documented antihypertensive effects and is particularly useful for **systolic blood pressure reduction**.

Supports blood pressure regulation by:

- Promoting vasodilation through nitric oxide pathways
- Reducing ACE activity, similar in mechanism to ACE inhibitors but gentler
- Providing antioxidant support to vascular endothelium
- Supporting mild diuretic activity without mineral depletion

Dose:

1 to 3 cups daily as tea

Prepared from dried hibiscus calyx

May be consumed hot or cold

Clinical Notes:

- Especially effective in salt sensitive and stress related hypertension
- Can be used daily as a foundational intervention
- Use caution in individuals with low baseline blood pressure

When to Use Caution

- Individuals on potassium sparing diuretics
 - Advanced kidney disease
 - Very low blood pressure
- Monitor response.

Lifestyle Support That Matters

- Daily walking or gentle cardio
- Strength training to improve insulin sensitivity
- Stress management to reduce sympathetic tone
- Sleep consistency Blood pressure reflects how the body handles load.



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When to Dig Deeper

Further evaluation is warranted when hypertension persists:

- Fasting insulin and glucose
 - Inflammatory markers
 - Kidney function
 - Electrolyte status
 - Cortisol rhythm High blood pressure improves when **vascularregulationand metabolism are restored.**
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