



# THE SOLINGER METHOD

by Root Health L.L.C.

## Acid Reflux / GERD

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### FUNCTIONAL WELLNESS SUPPORT PLAN

Adult Acid Reflux / GERD

Root Health L.L.C, The Solinger Method

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

Naturopathic Doctor, Functional Clinical Nutritionist, Master Herbalist

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### What Is Acid Reflux / GERD

Acid reflux and GERD are conditions characterized by the backflow of stomach contents into the esophagus, leading to burning, irritation, and inflammation. Contrary to popular belief, this is **not always caused by excess stomach acid**.

In adults, reflux is more commonly driven by:

- Impaired gastric acid signaling
- Delayed gastric emptying
- Lower esophageal sphincter dysfunction
- Poor vagal tone and autonomic imbalance
- Inadequate bile flow and fat digestion

Low stomach acid can paradoxically create reflux by impairing proper digestion and increasing intra gastric pressure.

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## Conventional Medicine Perspective

Conventional medicine typically views GERD as:

- A condition of excess acid production
- A mechanical failure of the esophageal sphincter

Standard treatments include:

- Proton pump inhibitors (PPIs)
- H2 blockers
- Antacids

While these suppress symptoms, they often worsen long term digestion by:

- Reducing nutrient absorption (B12, iron, magnesium)
- Increasing infection risk
- Impairing protein digestion
- Disrupting gut microbial balance

Symptom control does not equal resolution.

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## Naturopathic Medicine Perspective

Naturopathic medicine recognizes reflux as a **digestive signaling disorder**, not an acid excess problem.

Common root drivers include:

- Hypochlorhydria
- Impaired vagus nerve signaling
- Poor bile flow
- Dysbiosis and SIBO patterns
- Stress mediated digestive suppression

Addressing the digestive cascade restores normal reflux protection mechanisms.

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## Key Drivers and Patterns

### Digestive Patterns



- Bloating shortly after meals
- Feeling overly full with small portions
- Reflux worse with stress or fatigue

## Nutrient Patterns

- Low zinc affecting acid production
- B vitamin deficiencies impairing motility

## Hepatic Patterns

- Sluggish bile flow leading to fat fermentation
- Right upper quadrant discomfort or nausea

## Nervous System Patterns

- Shallow breathing
- Poor parasympathetic tone
- Reflux worse when rushed or anxious

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## Celery Juice as Digestive Support

In practice, many adults with chronic reflux report meaningful symptom improvement with the daily addition of **fresh celery juice**, despite ongoing assumptions that reflux is purely an acid excess issue.

### Why Celery Juice Can Be Helpful

Celery juice appears to support reflux through several mechanisms:

- Supports **gastric acid signaling**, rather than suppressing it
- Enhances **digestive secretions** and gastric readiness
- Provides natural sodium salts that may support stomach acid production
- Supports hydration of the gastric mucosa
- May improve motility and reduce fermentation driven pressure

For many individuals, reflux improves when digestion becomes more efficient, not less acidic.

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### How to Use



**Dose:**

8oz fresh celery juice daily

**Timing:**

Ideally first thing in the morning on an empty stomach  
If not tolerated, it may be taken between meals

**Preparation Notes:**

- Fresh juicing is preferred
  - Strain pulp if digestion is sensitive
  - Avoid adding lemon, apple, or other juices initially
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**Who This Is Most Helpful For**

Celery juice tends to be most beneficial in individuals with:

- Bloating alongside reflux
  - Symptoms worse with stress
  - Suspected low stomach acid
  - Long term antacid or PPI history
  - Sluggish digestion rather than sharp acid burn
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**When to Use Caution**

- Active ulcers
- Severe gastritis
- Very low blood pressure
- Electrolyte sensitive individuals

As with all digestive support, response should guide continued use.

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**Targeted Nutritional Strategy****Emphasize**

- Adequate protein to stimulate stomach acid
- Bitter foods to promote bile flow
- Warm, cooked foods to support digestion
- Smaller, structured meals



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## **Reduce**

- Large evening meals
- Highly processed fats
- Excess alcohol and caffeine
- Constant grazing

Timing matters as much as content.

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## **Targeted Supplement and Herbal Support**

Therapeutic Adult Dosing

### **Betaine HCl with Pepsin**

Supports adequate gastric acid and protein digestion.

**Dose:** 1 capsule with protein containing meals, titrate upward as tolerated

Avoid with active ulcers.

### **Zinc Carnosine**

Supports gastric mucosal integrity and acid regulation.

**Dose:** 75 mg, one to two times daily

### **Digestive Enzymes (with bile support)**

Enhances gastric emptying and fat digestion.

**Dose:** 1 to 2 capsules with meals

### **Magnesium Glycinate**

Supports esophageal sphincter relaxation and motility.

**Dose:** 200 to 400 mg daily

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## **Targeted Herbal Support**

### **Gentian Root**

Stimulates digestive secretions and improves gastric signaling.

**Dose:** 300 to 600 mg capsule or tincture before meals



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## **Dandelion Root**

Supports bile flow and hepatic digestion.

**Dose:** 500 to 1,000 mg daily

## **Slippery Elm**

Soothes esophageal mucosa while underlying causes are addressed.

**Dose:** 400 to 800 mg powder or capsule as needed

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## **Lifestyle Support That Matters**

- Eat seated and unrushed
- Avoid lying down within two to three hours after meals
- Support diaphragmatic breathing to enhance vagal tone
- Elevate head of bed if nighttime reflux is present

Digestion is a nervous system event first.

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## **When to Dig Deeper**

Consider deeper assessment if reflux persists:

- H pylori testing
- Comprehensive stool analysis
- Nutrient status, especially B12 and zinc
- Evaluation of chronic PPI use effects

Reflux resolves when digestion is restored, not suppressed.



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