



THE SOLINGER METHOD

by Root Health L.L.C.

Dizziness / Lightheadedness

FUNCTIONAL WELLNESS SUPPORT PLAN

Adult Dizziness / Lightheadedness

Root Health L.L.C, The Solinger Method

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What Is Dizziness / Lightheadedness

Dizziness and lightheadedness describe sensations of **unsteadiness, faintness, or near-syncope**, often worsened by standing, movement, exertion, or delayed meals. These symptoms reflect **impaired cerebral perfusion, autonomic dysregulation, or metabolic instability**, not a vague or psychosomatic issue.

In adults, dizziness and lightheadedness commonly reflect:

- Low or labile blood pressure
- Orthostatic hypotension
- Autonomic nervous system imbalance

- Blood sugar instability
- Dehydration or electrolyte depletion
- Adrenal signaling insufficiency
- Iron or B vitamin deficiency
- Medication effects

Dizziness is a **circulatory and neurologic warning signal**.

Conventional Medicine Perspective

Conventional medicine typically views dizziness as:

- Benign unless associated with neurologic red flags
- A symptom to be monitored rather than treated
- Medication related or idiopathic

Common approaches include:

- Blood pressure monitoring
- Vestibular evaluation
- Medication review

When imaging and labs are “normal,” patients are often told:

- “Drink more water”
- “Stand up slower”

This approach often overlooks:

- Autonomic tone and volume status
- Sodium and electrolyte balance
- Adrenal and hormonal contributors
- Blood sugar driven cerebral hypoperfusion

Normal labs do not equal optimal physiology.

Naturopathic Medicine Perspective

Naturopathic medicine views dizziness and lightheadedness as a **failure to maintain adequate cerebral blood flow**, involving volume regulation, vascular tone, nervous system signaling, and metabolic stability.

Key systems involved include:

- Autonomic nervous system balance
- Sodium and fluid regulation



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- Adrenal hormone signaling
- Vascular tone and elasticity
- Blood sugar regulation
- Oxygen delivery

The goal is to **restore perfusion, stability, and resilience**, not dismiss symptoms.

Key Drivers and Patterns in Adult Dizziness / Lightheadedness

Orthostatic Pattern

- Symptoms when standing
- Vision dimming or “blackout” sensation
- Improvement when lying down

Low Blood Pressure Pattern

- Chronic fatigue
- Cold extremities
- Salt craving

Blood Sugar Pattern

- Dizziness when meals are delayed
- Shakiness or anxiety
- Relief after eating

Autonomic Dysregulation Pattern

- Dizziness with stress or exertion
 - Palpitations
 - Temperature sensitivity
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Nutritional Strategy

Nutrition for dizziness and lightheadedness focuses on **supporting blood volume, glucose stability, and mineral sufficiency**, not restriction.

Core Nutritional Priorities



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- Regular meals without long fasting
 - Adequate sodium intake
 - Stable blood sugar
 - Adequate hydration with minerals
 - Sufficient protein intake
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Therapeutic Foods to Emphasize

Sodium Supporting Foods

- Broths and soups
 - Salted whole foods
 - Pickled vegetables if tolerated
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Protein at Each Meal

Supports blood sugar and adrenal signaling.

Suggested intake:

25 to 35 grams per meal

Mineral Rich Foods

- Leafy greens
 - Root vegetables
 - Shellfish
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Complex Carbohydrates

- Rice • Oats • Potatoes

Prevent hypoglycemia related dizziness.

Reduce or Avoid

- Skipped meals
- Excess caffeine



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- Alcohol
 - Very low carbohydrate intake
- Dizziness often worsens with under-fueling.
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Targeted Supplement Support

Therapeutic Adult Dosing

Electrolyte Blend (Sodium Forward, Low Sugar)

Supports blood volume and cerebral perfusion.

Dose: 1 to 2 servings daily, adjusted to symptoms

Magnesium Glycinate

Supports autonomic regulation and vascular tone.

Dose: 400 to 600 mg daily

Vitamin B12 (Methylcobalamin or Hydroxocobalamin)

Supports neurologic function and red blood cell production.

Dose: 1,000 to 2,000 mcg daily

Iron (When Deficient)

Supports oxygen delivery and prevents lightheadedness.

Dose: Individualized based on labs

Adaptogenic Support (When Indicated)

Supports stress response and autonomic balance.



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Targeted Herbal Support

Black Licorice Root (*Glycyrrhiza glabra*)

A cornerstone herb for low blood pressure and orthostatic patterns when used appropriately. Supports dizziness and lightheadedness by:

- Enhancing sodium retention
- Supporting blood volume
- Improving vascular tone
- Supporting adrenal signaling

Dose:

500 to 1,000 mg daily of whole root extract

Clinical Notes:

- Avoid in uncontrolled hypertension
 - Monitor blood pressure during use
 - DGL is not appropriate when BP support is the goal
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Ginger Root

Supports circulation and reduces nausea associated with dizziness.

Dose: 1,000 to 2,000 mg daily or tea

Ginkgo biloba

Supports cerebral circulation.

Dose: 120 to 240 mg daily

Herbs support circulation and signaling, not stimulation.

Celery Juice Support for Dizziness / Lightheadedness

Celery juice may be helpful by supporting **hydration, sodium content, and vascular tone**, particularly in low blood pressure or orthostatic patterns.

Dose:

8 oz fresh celery juice daily



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Timing:

Morning or between meals

Response should guide continued use.

Supplement Access

A complete supplement protocol for **Adult Dizziness / Lightheadedness** is available in Fullscript under **Protocols**, listed by the matching condition name. Individuals can create a free account to access the full recommended list of professional grade supplements and therapeutic adult dosing.

Lifestyle Support That Matters

- Slow positional changes
- Compression garments when indicated
- Regular meals and snacks
- Gentle conditioning and strength training
- Stress regulation

Stability improves when

volume, tone, and rhythm are restored.

When to Dig Deeper

Further evaluation is warranted when symptoms persist:

- Orthostatic vitals
- Iron and ferritin
- B12 and folate
- Cortisol and adrenal markers
- Autonomic testing if indicated

Dizziness resolves when **cerebral perfusion and autonomic balance are supported together.**



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