



THE SOLINGER METHOD

by Root Health L.L.C.

Post Viral Fatigue

FUNCTIONAL WELLNESS SUPPORT PLAN

Adult Post ViralFatigue

Root Health L.L.C, The Solinger Method

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What Is Post Viral Fatigue

Post viral fatigue is a **state of prolonged physiologic dysregulation following a viral illness**, characterized by persistent fatigue, reduced exercise tolerance, cognitive dysfunction, sleep disruption, and systemic inflammation that continue well beyond the acute infection.

It is not deconditioning, lack of motivation, or anxiety.

Post viral fatigue reflects **incomplete recovery at the immune, mitochondrial, and nervous system levels**, often involving ongoing inflammatory signaling, impaired energy production, and autonomic imbalance.

Common symptoms include:

- profound fatigue disproportionate to activity
- post exertional symptom worsening

- brain fog or slowed cognition
- non restorative sleep
- muscle or joint aches
- dizziness or lightheadedness
- mood changes or anxiety
- reduced stress tolerance

Post viral fatigue exists on a spectrum and may overlap with long viral syndromes when unaddressed.

Conventional Medicine Perspective

Conventional medicine often approaches post viral fatigue with reassurance and time based recovery, assuming symptoms will resolve spontaneously.

While rest is important, this approach frequently overlooks:

- persistent immune activation
- mitochondrial dysfunction
- autonomic nervous system imbalance
- nutrient depletion following infection
- inflammatory signaling sustaining symptoms

Patients are often told tests are normal despite ongoing functional impairment.

Naturopathic Medicine Perspective

Naturopathic medicine views post viral fatigue as a **failure to fully restore homeostasis after immune challenge**, involving immune dysregulation, impaired cellular energy production, and nervous system strain.

Key systems involved include:

- immune resolution and cytokine signaling
- mitochondrial ATP production
- autonomic nervous system balance
- hypothalamic–pituitary–adrenal axis
- micronutrient sufficiency
- sleep and circadian rhythm regulation

The goal is to **support recovery systems**, not push endurance.



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Core Pathophysiologic Mechanisms

Persistent Immune Activation

Residual inflammatory cytokines remain elevated after infection, sustaining fatigue and malaise.

Mitochondrial Dysfunction

Viral illness increases oxidative stress and impairs ATP production, limiting energy availability.

Autonomic Dysregulation

Imbalance between sympathetic and parasympathetic tone contributes to dizziness, palpitations, and poor stress tolerance.

HPA Axis Strain

Cortisol signaling may become blunted or dysregulated following prolonged illness.

Nutrient Depletion

Infection increases demand for magnesium, B vitamins, zinc, selenium, and antioxidants.

Sleep Disruption

Altered sleep architecture impairs immune resolution and energy restoration.

Nutritional Strategy

Nutrition for post viral fatigue focuses on **fueling recovery, reducing inflammation, and supporting mitochondrial repair**, not calorie restriction or aggressive dietary changes.

Core Nutritional Priorities

- regular meals and snacks
- adequate protein intake
- sufficient complex carbohydrates
- anti inflammatory fats
- micronutrient density
- hydration with minerals



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Therapeutic Foods to Emphasize

Protein at each meal, targeting 30 to 40 grams. Mechanism, supports tissue repair, immune regulation, and mitochondrial enzymes.

Complex carbohydrates such as rice, oats, potatoes, and fruit. Mechanism, prevent hypoglycemia and cortisol driven fatigue.

Healthy fats including olive oil and fatty fish. Mechanism, reduce inflammatory signaling.

Colorful vegetables and berries. Mechanism, provide antioxidants to reduce oxidative stress.

Bone broth and mineral rich foods. Mechanism, support hydration, electrolytes, and recovery.

Reduce or Avoid

Aggressive fasting. Mechanism, worsens energy depletion.

Excess caffeine. Mechanism, overstimulates a fatigued nervous system.

Alcohol. Mechanism, impairs immune resolution and sleep.

Overtraining or pushing through fatigue.

Targeted Supplement Support

Therapeutic Adult Dosing

Magnesium Glycinate

Mechanism, supports mitochondrial enzyme activity, nervous system regulation, and sleep.

Dose: 400 to 600 mg daily

CoQ10 (Ubiquinol)

Mechanism, supports mitochondrial ATP production and reduces fatigue.

Dose: 200 to 300 mg daily

Acetyl L Carnitine



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Mechanism, supports fatty acid transport into mitochondria for energy production.
Dose: 1,000 to 2,000 mg daily, divided

Riboflavin (Vitamin B2)

Mechanism, supports mitochondrial energy pathways and reduces fatigue.
Dose: 100 to 400 mg daily

Activated B Complex

Mechanism, replenishes B vitamins depleted during immune stress and supports energy metabolism.
Dose: one capsule daily

Omega 3 Fatty Acids

Mechanism, reduce inflammatory cytokine signaling and support immune resolution.
Dose: 3 to 4 grams daily combined EPA and DHA

Vitamin D3 + K2

Adult dosing, 5,000 IU daily, adjust based on labs.
Mechanism, supports immune modulation, mitochondrial function, and recovery.

Targeted Herbal Support

Rhodiola

Mechanism, supports mitochondrial efficiency and fatigue resistance without overstimulation.
Dose: 200 to 400 mg daily

Eleuthero

Mechanism, supports stress resilience and immune recovery.
Dose: 300 to 600 mg daily

Ashwagandha

Mechanism, supports HPA axis balance and sleep quality.
Dose: 300 to 600 mg daily

Turmeric



Mechanism, reduces inflammatory signaling sustaining fatigue.

Dose: 500 to 1,000 mg daily

Herbal support should be introduced gradually and adjusted based on tolerance.

Celery Juice Support for Post Viral Fatigue

Celery juice may support post viral fatigue by improving hydration, mineral balance, and nervous system regulation, particularly in individuals with dizziness, low blood pressure patterns, or poor morning energy.

Suggested use is 6 to 8 oz fresh celery juice daily, taken earlier in the day.

Supplement Access

A complete supplement protocol for Adult Post Viral Fatigue 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

Pacing is essential, recovery occurs with gradual increases, not forced endurance.

Gentle movement supports circulation without triggering symptom flares.

Sleep protection is critical for immune and mitochondrial recovery.

Stress reduction directly affects autonomic balance.

When to Dig Deeper

Further evaluation is warranted:

- inflammatory markers • ferritin and iron status • thyroid function
- cortisol rhythm



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- micronutrient status
- autonomic function screening

Post viral fatigue improves when **immune resolution completes, mitochondrial function is restored, and the nervous system regains balance**, not when symptoms are pushed through.



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