



THE SOLINGER METHOD

by Root Health L.L.C.

Digestive Dysfunction

FUNCTIONAL WELLNESS SUPPORT PLAN

Adult Digestive Dysfunction

Root Health L.L.C, The Solinger Method

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What Is Digestive Dysfunction

Digestive dysfunction refers to **impaired digestion, absorption, motility, or elimination**, often presenting as bloating, reflux, gas, abdominal discomfort, irregular stools, food sensitivities, or nutrient deficiencies. It is not a diagnosis, but a **functional failure of digestive processes**.

In adults, digestive dysfunction commonly reflects:

- Inadequate stomach acid or digestive enzymes
- Impaired bile production or flow
- Gut dysbiosis
- Intestinal permeability
- Nervous system dysregulation affecting motility
- Chronic stress and cortisol imbalance
- Medication related suppression of digestion

Digestive symptoms are often the **first signal of systemic imbalance**.

Conventional Medicine Perspective

Conventional medicine typically views digestive dysfunction as:

- A symptom based complaint
- Managed by acid suppression or symptom relief
- Investigated only when severe

Common interventions include:

- Proton pump inhibitors
- H2 blockers
- Antacids
- Laxatives or antidiarrheals

While these may reduce symptoms, they often do not address:

- Why digestion is impaired
- Why nutrients are not being absorbed
- Why symptoms persist or worsen over time

Suppressing digestive function can worsen dysfunction long term.

Naturopathic Medicine Perspective

Naturopathic medicine views digestive dysfunction as a **systems issue**, involving digestive secretions, motility, microbiome balance, immune signaling, and nervous system regulation.

Key systems involved include:

- Gastric acid and enzyme production
- Bile synthesis and release
- Gut motility and elimination
- Microbiome balance
- Intestinal barrier integrity
- Autonomic nervous system tone

The goal is to **restore digestive capacity**, not bypass it.

Key Drivers and Patterns in Adult Digestive Dysfunction

Low Digestive Secretions Pattern

- Bloating after meals
- Feeling of food “sitting” in the stomach



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- Reflux or indigestion
- Undigested food in stool

Bile Insufficiency Pattern

- Fat intolerance
- Pale or floating stools
- Constipation
- Elevated cholesterol

Motility Dysregulation Pattern

- Constipation or alternating stools
- Symptoms worse with stress
- Abdominal discomfort relieved after bowel movement

Stress Mediated Pattern

- Digestive symptoms during anxiety or overwhelm
- Shallow breathing
- Tight abdomen

Nutritional Strategy

Nutrition for digestive dysfunction focuses on **supporting digestive capacity, reducing irritation, and restoring motility**, not restriction for the sake of restriction.

Core Nutritional Priorities

- Eat in a calm state
- Chew thoroughly
- Support protein digestion
- Include healthy fats to stimulate bile
- Maintain regular meal timing

Therapeutic Foods to Emphasize **Protein Forward, Easy to Digest Options**

- Eggs
- Fish



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- Poultry
 - Slow cooked meats
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Cooked Vegetables

Cooking reduces digestive demand.

- Squash
 - Carrots
 - Zucchini
 - Greens
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Healthy Fats

Stimulate bileflow.

- Olive oil
 - Butter or ghee
 - Avocado
-

Bitter Foods

Stimulate digestive secretions.

- Arugula
 - Dandelion greens
 - Radicchio
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Reduce or Avoid Temporarily

- Large raw salads
- Excess sugar
- Carbonated beverages
- Ultra processed foods

Digestion improves when workload is reduced.

Targeted Supplement Support



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Therapeutic Adult Dosing

Digestive Enzymes (Broad Spectrum)

Support breakdown of proteins, fats, and carbohydrates.

Dose: 1 to 2 capsules with meals

Betaine HCl (With Pepsin)

Supports gastric acid production when indicated.

Dose: 300 to 600 mg with protein containing meals

Avoid in active gastritis or ulcer.

Ox Bile or Bile Salts

Supports fat digestion and bile flow.

Dose: 125 to 500 mg with fatty meals

Magnesium Citrate or Glycinate

Supports gut motility and nervous system regulation.

Dose: 300 to 500 mg daily

Targeted Herbal Support

Ginger Root

Stimulates motility and digestive secretions.

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

Gentian Root

Stimulates gastric acid and enzyme secretion.

Dose: 300 to 600 mg daily before meals

Artichoke Leaf



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Supports bile production and flow.

Dose: 600 to 1,200 mg daily

Herbs stimulate and regulate, they do not suppress digestion.

Celery Juice Support for Digestive Dysfunction

Celery juice may support digestive dysfunction by improving **hydration, mineral balance, and digestive secretions**, particularly in individuals with sluggish digestion or constipation.

Dose:

8 oz fresh celery juice daily

Timing:

Morning on an empty stomach

Response should guide continued use.

Supplement Access

A complete supplement protocol for **Adult Digestive Dysfunction** 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

- Eat without distractions
- Practice slow breathing before meals
- Maintain consistent meal timing
- Reduce chronic stress

Digestion requires parasympathetic dominance.

When to Dig Deeper



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Further evaluation is warranted when dysfunction persists:

- Comprehensive stool analysis
- Nutrient status
- H. pylori assessment
- Liver and gallbladder markers

Digestive function improves when **secretions,motility,and nervous system tone are restored together.**



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