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Allergies and Eczema Explained Naturally By: *Dr. Sarah Solinger, PhD, ND, MSc, FCN*

In my functional wellness practice, I work with families navigating a wide range of childhood wellness concerns, including skin irritation patterns, digestive imbalance, immune reactivity, and behavioral symptoms linked to nutritional and microbiome disruption. One recurring pattern I see involves infants and young children experiencing persistent skin irritation commonly described as eczema.

A memorable case involved a one year old whose parents sought additional support after months of discomfort. Their son had widespread redness and itching that had been present since birth, and the ongoing irritability and disrupted sleep were affecting the whole household. After exploring conventional options, the family wanted a deeper, systems based approach to understanding what might be driving his symptoms.

During the intake session, several clues stood out. He was born via C section, had been notably colicky, and often struggled to tolerate certain foods. In a functional lens, colic and early digestive distress often raise questions about food reactivity, microbiome imbalance, and gut barrier integrity. These patterns can contribute to symptoms such as skin irritation, disrupted sleep, constipation, mood changes, and heightened immune sensitivity. They can also appear when detoxification pathways are overwhelmed or immature.

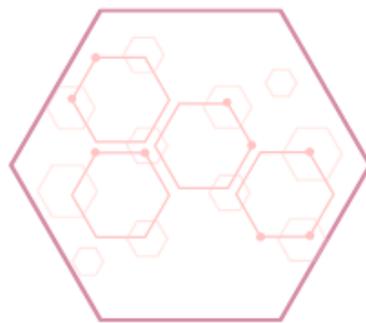
Because his skin presentation resembled welt like hives, I asked whether any allergy specific blood work had been completed. Since it had not, his parents elected to pursue IgE testing, along with stool analysis to evaluate bacterial balance in his digestive tract. Understanding the type of immune response at play is essential. IgE reactions are immediate hypersensitivities, the classic “peanut and throat tightness” picture. IgG responses, by contrast, are delayed sensitivity patterns often associated with food intolerances and gut permeability. These can be evaluated once a toddler’s immune system has matured enough to produce reliable antibody levels.

While awaiting results, I guided the family through targeted nutritional modifications. Since he was still breastfed, both mother and child temporarily removed dairy and wheat, the two most common irritants in early childhood. Because detoxification plays a central role in skin presentations, we supported his system with a gentle three step approach, focusing on drainage support, glutathione for hepatic clearance, and botanical nutrients that promote healthy liver function. Parents often ask how a child can become overburdened, but in the modern environment, prenatal exposure, environmental inputs, and dietary patterns can quickly exceed a young child’s developing detoxification capacity.

Within a week, his mother reported remarkable changes. His skin had calmed dramatically, his mood was easier, and he appeared more comfortable in his body. The test results affirmed what we suspected. His IgE panel showed reactivity to peanut, milk, wheat, egg white, and soy. His stool results also indicated fungal overgrowth, which can meaningfully affect immune signaling and gut barrier function.

Over the next month, we implemented a structured plan to support gut repair, reduce fungal load, and restore microbial balance. When addressing fungal overgrowth, reducing sugar intake, even from fruit, becomes an important short term tool. As gut integrity improved, so did his immune tolerance. Many children, once the gut lining is restored, eventually reintroduce certain foods with far less reactivity.

This case is a strong example of the foundational principle behind my work: identify and address the underlying drivers of dysfunction, rather than simply suppress symptoms. His progress unfolded because we removed aggravating inputs, supported digestive and immune balance, and strengthened detoxification pathways. Symptoms like colic, skin irritation, and constipation are meaningful signals from the body that something deeper needs attention. When we honor those signals, the body often responds with remarkable clarity and resilience.



THE SOLINGER METHOD

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