

# THE SOLINGER METHOD

by Root Health L.L.C.

## FUNCTIONAL WELLNESS SUPPORT PLAN

Pediatric Anxiety Support

Root Health L.L.C, The Solinger Method

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What Is Pediatric Anxiety

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Pediatric anxiety occurs when a child's nervous system becomes overly activated in response to everyday situations. While occasional worry is normal, children with anxiety experience heightened, persistent, or disproportionate fear, tension, or physical symptoms such as stomachaches, headaches, racing heart, or difficulty sleeping.

In children, anxiety often reflects a **multisystem imbalance** rather than a purely emotional issue.

Patterns commonly involve:

### **Nervous System Oversensitivity**

Children with anxiety often have highly reactive sympathetic nervous systems and may struggle with transitions, new environments, or sensory overload.

### **Gut Brain Axis Imbalance**

Because neurotransmitters like serotonin and GABA originate largely in the digestive tract, gut inflammation, dysbiosis, or food sensitivities can amplify anxiety symptoms.

### **Blood Sugar Instability**

Hunger, irregular meals, and sugar crashes can rapidly trigger behavioral and emotional dysregulation.

### **Nutrient Deficiencies**

Low magnesium, B vitamins, omega 3s, zinc, or iron can increase nervous system irritability.

### **Stress Load Exceeding Developmental Capacity**

Children process life differently than adults. School expectations, social pressures, transitions, and family stress can exceed their available coping reserves.

### **Genetics and Temperament**

Highly sensitive, deeply feeling, perceptive children often have nervous systems wired for intensity and depth.

Pediatric anxiety is not misbehavior. It is a nervous system calling out for regulation, nourishment, and safety.

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## **Signs and Symptoms**

- Excessive worry or fearfulness
- Stomachaches, nausea, or digestive complaints
- Difficulty sleeping or nighttime waking
- Irritability or emotional outbursts
- Difficulty separating from parents
- Racing heart or rapid breathing
- Avoidance of school, activities, or social events
- Headaches or muscle tension
- Perfectionism, reassurance seeking, overwhelm

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## **Common Contributors**

### **Gut Brain Axis Dysregulation**

Dysbiosis, food sensitivities, and inflammation affect neurotransmitter balance.

### **Blood Sugar Instability**

Irregular meals or high sugar intake cause rapid mood shifts.



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## **Nutritional Deficiencies**

Magnesium, B6, omega 3s, iron, and zinc are central to nervous system balance.

## **Sensory Overload**

Bright lights, loud noise, fast transitions, and chaotic environments.

## **Chronic Stress or Overstimulation**

School pressure, social dynamics, screens, and limited downtime.

## **Genetic or Temperament-driven Sensitivity**

Deep feelers with heightened perception often experience anxiety more intensely.

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# **When to Seek Medical Care**

- Sudden onset of severe symptoms
- Panic episodes interfering with breathing
- Anxiety affecting nutrition, hydration, or sleep
- School refusal with severe distress
- Symptoms interfering significantly with daily functioning



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# **Functional Wellness Support Lifestyle and Nervous System Regulation**

## **Predictable Daily Rhythm**

Children thrive with consistency. Morning, mealtime, and bedtime routines stabilize the nervous system.

## **Daily Outdoor Time**

Sunlight and nature exposure lower cortisol, reduce rumination, and improve sleep regulation.

## **Limit Screens Before Bed**

Blue light delays melatonin and increases nighttime anxiety.

## **Movement Practices**

Gentle stretching, walks, trampoline time, or child friendly tai chi release physical tension.

## **Nutrition for Calm**

- Protein at each meal to stabilize blood sugar
- Reduce processed sugar, dyes, and additives
- Add magnesium rich foods, leafy greens, avocado, seeds
- Increase omega 3s, salmon, chia, walnuts
- Warm, grounding foods for sensory soothing

## **Herbal Support**

### **Lemon Balm**

Calms nervous system overactivity and gentle enough for children.

### **Chamomile**

Soothes digestive and emotional tension.

### **Passionflower**

Helps quiet racing thoughts or bedtime anxiety.

### **Lavender**

Supports relaxation and emotional ease.

### **Catnip**

Traditionally used in pediatrics for irritability, restlessness, and sleep imbalance.

## **Pediatric Supplement Blends**

### **Redd Remedies Children's Peace**

Combines calming botanicals to support emotional balance and soothe nervous system intensity.

### **RelaxMax (microdosed for pediatric use, age dependent)**

Often used in clinic for older children needing magnesium and amino acid support.

### **GABA Calm or L Theanine (child dosing)**

Supports gentle relaxation without sedation.



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## Pediatric Dosing Guidelines

### Magnesium (glycinate or citrate)

- Ages 2 to 5: 50 to 100 mg
- Ages 6 to 12: 100 to 200 mg
- Ages 13 to 17: 200 to 300 mg

### L Theanine

- Ages 6 to 12: 50 to 100 mg
- Ages 13 to 17: 100 to 200 mg

### GABA (low dose)

- Ages 6 to 12: 25 to 50 mg
- Ages 13 to 17: 50 to 100 mg

### Omega 3s (EPA DHA)

- Ages 2 to 5: 300 to 500 mg
- Ages 6 to 12: 500 to 800 mg
- Ages 13 to 17: 800 to 1200 mg

### Herbal Glycerites

General guideline: **1 to 2 drops per 10 pounds**, up to three times daily.



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## Supplement Access

A complete supplement protocol for Pediatric Anxiety Support is available in Fullscript under “Protocols,” listed by the matching condition name. Parents can create a free account to access it. Inside the protocol is a fully organized list of recommended supplements and dosing guidance using only clinical, pharmaceutical grade products. Everything is laid out in one simple, easy to follow location.

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## Parent Friendly Summary

## **Anxiety in Children**

Anxiety happens when a child's nervous system becomes overwhelmed. This can lead to stomachaches, sleep issues, worry, irritability, or emotional outbursts.

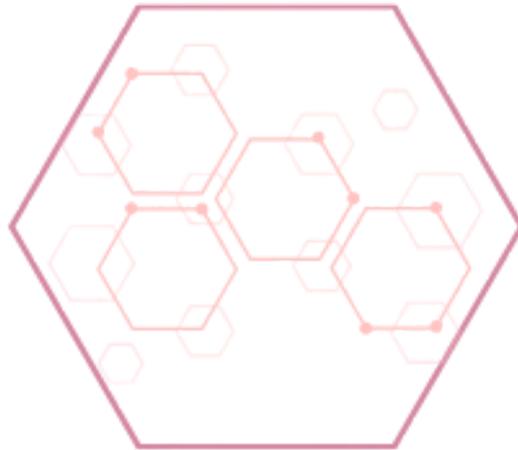
### **Simple Home Support**

- Consistent daily routines
- Blood sugar stabilizing meals
- Outdoor time and movement
- Calming herbs like lemon balm, chamomile, and passionflower
- Nutrients such as magnesium, omega 3s, and L theanine
- Reduce sugar and artificial ingredients
- Support the gut through probiotics and whole foods

### **When to Recheck**

If anxiety disrupts sleep, appetite, school routines, or daily function, additional support is recommended.

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