

# THE SOLINGER METHOD

by Root Health L.L.C.

## **Pediatric Cough Support**

### **FUNCTIONAL WELLNESS SUPPORT PLAN**

Pediatric Cough Support

Root Health L.L.C, The Solinger Method

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What Is A Pediatric Cough

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Coughing is a natural and protective reflex that helps clear the airways of mucus, irritants, and pathogens. In children, coughs are extremely common, especially during fall and winter months, and often follow viral respiratory infections. Most pediatric coughs are **self resolving**, meaning they improve on their own as the body clears inflammation and restores airway balance.

From a naturopathic perspective, a cough is not simply a symptom to suppress. It is a **physiological tool** the body uses to:

- clear mucus and debris,
- mobilize trapped secretions,
- protect the lower airways,
- signal irritation or inflammation that needs support.

The goal is not to shut the cough down entirely, but to **support the body**, soothe irritation, thin mucus, and help the child rest and recover comfortably.

There are several types of coughs commonly seen in children:

## **Dry Cough**

Tickly and irritating, usually present early in viral illnesses or triggered by allergens, dry air, or throat irritation.

## **Wet or Productive Cough**

Characterized by mucus that the body is working to clear. This may follow colds, influenza, or bronchitis.

## **Barky Cough**

Often associated with croup, caused by swelling around the vocal cords. Typically worse at night.

## **Post Nasal Drip Cough**

Triggered by mucus draining down the throat, common during allergies and sinus congestion.

## **Lingering Cough**

May persist after respiratory illnesses as the airways finish healing and inflammation resolves.

Understanding the type of cough helps guide appropriate support and comfort strategies.

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# **Signs and Symptoms**

- Tickling or irritation in the throat
- Mucus production
- Nighttime worsening



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- Occasional hoarseness
  - Chest or throat discomfort
  - Coughing fits with temperature changes
  - Cough that worsens when lying down
  - Rattling sounds with breathing in wet coughs
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## Common Contributors

- Viral infections
  - Post nasal drip
  - Environmental irritants such as smoke or fragrances
  - Allergies
  - Dry indoor air
  - Asthmatic tendencies
  - Acid reflux
  - Dehydration
  - Overuse of processed foods and sugar during illness
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## When to Seek Medical Care

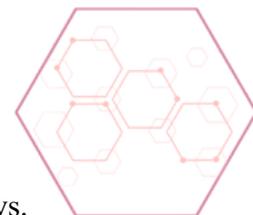
- Difficulty breathing
  - Persistent wheezing
  - Blue coloration around lips
  - Cough lasting more than three weeks
  - High fever lasting more than three days
  - Refusal to drink fluids or signs of dehydration
  - Severe nighttime breathing difficulty
  - Barky cough not improving with home care
  - Cough with blood
  - Rapid breathing or chest retractions
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## Functional Wellness Support

### Environment and Lifestyle

#### Humidifier

A cool mist humidifier adds moisture to the air and soothes irritated airways.



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## **Hydration**

Warm fluids thin mucus, soothe tissues, and reduce coughing fits.

## **Rest**

Children recover more efficiently with adequate rest and reduced activity during illness.

## **Avoid Irritants**

Fragrances, aerosols, scented laundry products, smoke, and chemical cleaners worsen coughing.

## **Elevate the Head at Night**

Helps reduce postnasal drip that triggers nighttime coughing.

## **Nutrition for Recovery**

- Warm broths and soups
- Herbal teas for comfort
- Reduce sugar and dairy while coughing
- Add ginger, garlic, turmeric, and onion for immune support
- Vitamin C and zinc rich foods such as citrus, kiwi, berries, and pumpkin seeds

## **Herbal Support**

### **Mullein**

Supports lung function, soothes irritated bronchi, and helps with clearing congestion.

### **Thyme**

Antimicrobial and antispasmodic, supports productive coughs.

### **Marshmallow Root**

Coats and soothes dry and irritated tissues.

### **Licorice, short term use**

Calms coughing spasms and supports mucosal healing.

### **Elecampane**

Supports mucus clearance and strengthens lung function for wet coughs.

### **Chamomile**



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Reduces inflammation, supports respiratory comfort, and eases nighttime irritation.

## Topical Support

### Root Health L.L.C Healing Salve

Applied to the chest or back, this soothing botanical blend supports respiratory comfort, calms irritation, and adds warmth to the area. Available in the Shop section of the website.

### Warm Compress

Applied to the chest for comfort and to reduce nighttime coughing.

### Steam Therapy

- Steam baths with chamomile or thyme
- Humid bathroom steam sessions
- Helps loosen mucus and reduce airway irritation



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## Pediatric Supplement Blends

### Kid's Cough and Bronchial Blends

Many child safe formulas include mullein, thyme, marshmallow, and wild cherry.

### Children's Sinus or Allergy Blends

Useful when post nasal drip is the primary driver of the cough.

### D-Hist Jr

Supports respiratory comfort when allergies or histamine reactivity contribute to coughing.

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## Pediatric Dosing Guidelines

### Vitamin C

Reduces inflammation in irritated bronchial tissue and supports immune activity.

- Ages two to five, two hundred fifty to five hundred milligrams two times daily
- Ages six to twelve, five hundred to seven hundred fifty milligrams two times daily
- Ages thirteen to seventeen, seven hundred fifty to one thousand milligrams two times daily

### Zinc

Supports immune response and helps shorten respiratory illness duration.

- Ages two to five, seven to ten milligrams daily
- Ages six to twelve, ten to fifteen milligrams daily
- Ages thirteen to seventeen, fifteen to twenty milligrams daily

### **Mullein Leaf (glycerite)**

One of the top botanicals for both dry and productive coughs. Soothes airway irritation and helps clear mucus.

- Ages two to five, one milliliter two to three times daily
- Ages six to twelve, one to two milliliters two to three times daily
- Ages thirteen to seventeen, two to three milliliters two to three times daily

### **Marshmallow Root (glycerite)**

Coats the throat and reduces coughing spasms by calming mucosal irritation.

- Ages two to five, one milliliter two to three times daily
- Ages six to twelve, one to two milliliters two to three times daily
- Ages thirteen to seventeen, two to three milliliters two to three times daily

### **Honey (for children over age one)**

Reduces nighttime cough and soothes the throat.

- One half to one teaspoon as needed, especially before bed

### **NAC (N Acetylcysteine)**

Effective for productive or stubborn mucus.

- Ages six to twelve, three hundred to six hundred milligrams daily
- Ages thirteen to seventeen, six hundred to nine hundred milligrams daily

Not for children under age six.

### **Echinacea (glycerite)**

Helpful in early cough stages or when cough follows viral illness.

- Ages two to five, fifteen to twenty drops two to three times daily
- Ages six to twelve, twenty to thirty drops two to three times daily
- Ages thirteen to seventeen, thirty to forty drops two to three times daily

### **Omega Three Fatty Acids**

Reduce airway irritation and support healing.

- Ages two to five, three hundred to five hundred milligrams daily
- Ages six to twelve, five hundred to eight hundred milligrams daily
- Ages thirteen to seventeen, eight hundred to twelve hundred milligrams daily

### **Probiotics**

Support immune recovery and reduce duration of respiratory infections.

- Toddlers, ten to fifteen billion CFU
- Ages six to twelve, fifteen to twenty five billion CFU
- Teens, twenty five to fifty billion CFU

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## **Supplement Access**

A complete supplement protocol for Pediatric Cough 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, they will find a fully organized list of recommended supplements and pediatric dosing using clinical, pharmaceutical grade formulations.



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# Parent Friendly Summary

## Coughs in Children

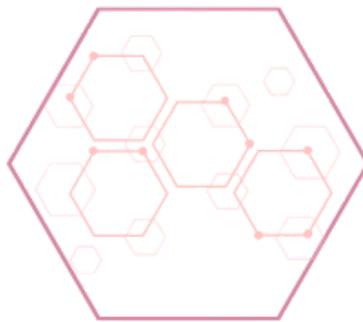
Coughing is the body's natural way of clearing the airways. Most coughs in children are caused by viral illnesses and resolve with time and supportive care.

### Simple Home Support

- Cool mist humidifier
- Warm herbal teas
- Oatmeal or chamomile baths for added comfort
  
- Root Health Healing Salve on the chest
- Honey for children over one year
- Hydration with warm fluids
- Fresh air and rest

### When to Recheck

Seek help if your child has trouble breathing, a cough that lasts more than three weeks, a high fever lasting more than three days, or signs of dehydration.



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