



THE SOLINGER METHOD

by Root Health L.L.C.

Pediatric IBS

FUNCTIONAL WELLNESS SUPPORT PLAN

Pediatric IBS in Children

Root Health L.L.C, The Solinger Method

Dr. Sarah Solinger, PhD, ND, MSc, FCN

Naturopathic Doctor, Functional Clinical Nutritionist, Master Herbalist

What Is Pediatric IBS

Irritable Bowel Syndrome, IBS, in children is a functional gastrointestinal condition characterized by chronic or recurrent abdominal pain associated with changes in bowel habits. This may include constipation, diarrhea, or alternating patterns. Unlike inflammatory bowel disease, IBS does not cause visible structural damage to the intestines, yet it can significantly impact quality of life, mood, sleep, appetite, and school performance.

From a naturopathic perspective, IBS is understood as a disorder of gut brain communication. Signals between the nervous system and digestive tract become dysregulated, leading to altered motility, heightened pain perception, visceral hypersensitivity, and disrupted digestion. IBS in children is often closely tied to stress physiology, microbiome imbalance, food sensitivities, and prior gastrointestinal infections.

Conventional vs Naturopathic Perspective

The Conventional Medicine View

In conventional pediatric care, Irritable Bowel Syndrome is typically classified as a functional disorder, meaning that symptoms are present without visible structural damage or clear findings on imaging or standard laboratory tests. Because of this, families are often told that IBS is something the child must learn to live with, manage, or outgrow.

Conventional treatment commonly focuses on symptom suppression rather than resolution. This may include reassurance alone, dietary fiber recommendations, laxatives or anti-diarrheal medications, antispasmodic drugs, acid suppressing medications, or in some cases anxiety-targeted medications. While these approaches may temporarily reduce symptoms, they do not address why the digestive system is dysregulated in the first place.

As a result, many children continue to experience ongoing abdominal pain, unpredictable bowel habits, food avoidance, anxiety around eating, school absences, and reduced quality of life, often being told that nothing more can be done.

The Naturopathic Medicine Perspective

Naturopathic medicine views pediatric IBS very differently. Rather than accepting IBS as a diagnosis of exclusion or a permanent condition, it is understood as a pattern of gut brain dysfunction with identifiable and modifiable contributors.

From a naturopathic standpoint, IBS symptoms are meaningful signals of imbalance rather than benign inconveniences. The digestive tract is closely connected to the nervous system, immune system, endocrine system, and microbiome. When communication between these systems becomes disrupted, symptoms arise.

Naturopathic care asks deeper questions, such as:

- Why is the gut hypersensitive
- Why is motility altered
- Why is the nervous system amplifying pain signals
- Why is digestion inefficient
- Why is inflammation present without visible disease

Rather than suppressing symptoms, naturopathic treatment focuses on restoring function by addressing root causes.

Key Naturopathic Drivers of Pediatric IBS

Naturopathic evaluation frequently identifies one or more of the following contributors:

- gut dysbiosis or loss of beneficial bacteria
- post-infectious changes following a stomach virus or food poisoning
- chronic constipation leading to overflow diarrhea and pain
- food sensitivities triggering immune and nervous system responses



**THE
SOLINGER METHOD**

by Root Health L.L.C.

- intestinal permeability contributing to inflammation and pain signaling
- low digestive enzyme output
- impaired vagal tone and stress response
- unresolved anxiety or trauma impacting gut signaling
- micronutrient deficiencies affecting neuromuscular function

When these factors are addressed, IBS symptoms often improve significantly or resolve entirely.

Why Children Are Often Told Nothing Can Be Done

Standard medical testing is designed to identify disease, not dysfunction. Because IBS does not show up clearly on imaging or routine blood work, it is frequently minimized. However, functional imbalances can be just as disruptive to a child's well-being as structural disease. Naturopathic medicine bridges this gap by using functional assessment, detailed history, and targeted testing to identify patterns that conventional approaches may overlook.

What Naturopathic Treatment Offers

Naturopathic treatment for pediatric IBS is individualized and phased. It may include:

- targeted dietary adjustments based on symptom patterns
- microbiome support using probiotics and antimicrobials when indicated
- digestive enzyme and bile support
- nervous system regulation strategies
- gut lining repair support
- stress and emotional regulation tools
- nutrient repletion to support gut and nerve function

The goal is not short-term symptom relief, but long-term digestive resilience and restoration of normal gut function.

A Message for Parents

Children with IBS are not exaggerating their symptoms, and they are not simply anxious or sensitive. Their bodies are communicating imbalance. With appropriate evaluation and individualized support, many children experience meaningful improvement, greater comfort, and renewed confidence around eating and daily activities. IBS does not have to be a lifelong diagnosis.

Common Root Causes



**THE
SOLINGER METHOD**

by Root Health L.L.C.

- gut dysbiosis or low beneficial bacteria
 - post infectious gut changes following viral or bacterial illness
 - constipation or incomplete bowel emptying
 - food sensitivities, particularly to dairy, gluten, or fermentable carbohydrates
 - nervous system dysregulation or anxiety
 - low stomach acid or digestive enzyme insufficiency
 - intestinal permeability
 - history of antibiotic use
 - chronic stress or emotional strain
-

Common Signs and Symptoms

- recurrent abdominal pain
 - bloating or gas
 - constipation, diarrhea, or alternating patterns
 - urgency or incomplete evacuation
 - pain relieved after bowel movement
 - nausea
 - poor appetite
 - anxiety related to eating or bowel habits
 - headaches
 - fatigue
 - sleep disturbances
-

Foundational Support Strategies

- establish regular meal and bathroom routines
 - support daily bowel regularity
 - increase soluble fiber gradually if constipation is present
 - identify and remove trigger foods
 - prioritize hydration
 - encourage calm eating environments
 - reduce pressure around meals and symptoms
 - address stress and anxiety compassionately
 - ensure adequate sleep
-

Pediatric Supplement Blends for IBS in Children



**THE
SOLINGER METHOD**

by Root Health L.L.C.

Magnesium Glycinate or Magnesium Citrate

Supports bowel motility, reduces abdominal pain, and calms the nervous system.

- ages two to five, sixty to one hundred milligrams daily
- ages six to twelve, one hundred to two hundred milligrams daily
- ages thirteen to seventeen, two hundred to four hundred milligrams daily

Peppermint Oil, enteric coated capsules

Reduces intestinal spasms and visceral pain.

- ages six to twelve, ninety to one hundred eighty milligrams one to two times daily
- ages thirteen to seventeen, one hundred eighty to three hundred sixty milligrams one to two times daily

Probiotics, IBS specific strains

Helpful strains include Bifidobacterium infantis, Bifidobacterium lactis, and Lactobacillus plantarum.

- toddlers, ten to fifteen billion CFU daily
- ages six to twelve, fifteen to twenty five billion CFU daily
- teens, twenty five to fifty billion CFU daily

Digestive Enzymes

Improve digestion and reduce post meal discomfort.

- ages two to five, one capsule with meals
- ages six to twelve, one to two capsules with meals
- ages thirteen to seventeen, two capsules with meals

L Glutamine

Supports intestinal lining repair and reduces gut permeability.

- ages six to twelve, one to two grams daily
- ages thirteen to seventeen, two to five grams daily

Chamomile or Lemon Balm, glycerite

Calms gut signaling and reduces stress related symptoms.

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

Zinc Carnosine

Supports intestinal mucosal integrity and healing.

- ages six to twelve, thirty to fifty milligrams daily
- ages thirteen to seventeen, seventy five milligrams daily

Accessing the Full Supplement Protocol



**THE
SOLINGER METHOD**

by Root Health L.L.C.

A complete supplement protocol for pediatric IBS is available in Fullscript using clinical, pharmaceutical grade formulations. Parents may create a free account and access the full list of supplements and dosing under the “Protocols” section by locating the corresponding condition name.

When Further Evaluation Is Recommended

Further evaluation is recommended when symptoms are persistent, worsening, or interfere with daily functioning.

Appropriate evaluation may include:

- comprehensive stool testing
 - food sensitivity assessment
 - evaluation for parasites
 - inflammatory markers to rule out IBD
 - assessment of stress and anxiety patterns
-



THE SOLINGER METHOD

by Root Health L.L.C.