THE
SOLINGER METHOD
by Root Health L.L.C.

Pediatric Hay Fever Support

FUNCTIONAL WELLNESS SUPPORT PLAN

Pediatric Hay Fever Support

Root Health L.L.C, The Solinger Method

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What Is Hay Fever

Hay fever, also called allergic rhinitis, is an inflammatory response of the nasal passages to airborne allergens such as pollen, trees, grasses, mold, dust, and animal dander. Although the name suggests a fever, hay fever **does not cause an elevated body temperature**. It is an immune reaction rather than an infection.

In children, hay fever often presents seasonally, especially in spring and fall, but some children experience symptoms year round depending on their sensitivities. From a naturopathic perspective, hay fever reflects an **overactive or imbalanced immune response**, increased histamine release, and irritation of mucosal linings in the eyes, nose, and throat.

Children with hay fever frequently have a history of eczema, food sensitivities, or early life microbiome imbalance. This is due to shared immune pathways that influence how the body reacts to harmless environmental exposures.

When the mucosal immune system is calm and balanced, allergens produce little to no reaction. When it is inflamed or overreactive, the body responds with sneezing, itching, swollen nasal passages, and watery eyes.

Signs and Symptoms

- Sneezing or repetitive sneezing bursts
- Itchy or watery eyes
- Runny or stuffy nose
- Post nasal drip
- Itchy throat or palate
- Dark circles under the eyes from congestion
- Irritability or fatigue from poor sleep
- Dry cough from throat irritation

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Common Contributors

Seasonal Pollen

Tree pollen peaks in spring, grasses in early summer, ragweed in late summer and fall.

Mold Spores

Grow in damp environments indoors and outdoors.

Dust and Animal Dander

Can trigger symptoms in sensitive children.

Gut Dysbiosis

A significant contributor to histamine imbalance and heightened immune reactivity.

Weakened Mucosal Barrier

Dry indoor air, antibiotics, nutrient deficiencies, and early life exposures can weaken mucosal immunity.

Food Sensitivities

Dairy, gluten, and food dyes often worsen congestion or histamine reactions.

When to Seek Medical Care

- Difficulty breathing or wheezing
- Persistent fever which may indicate infection rather than allergy
- Severe sinus pain
- Child cannot sleep due to symptoms
- Red swollen eyes with thick discharge
- Symptoms lasting longer than expected for the season

Most hay fever cases improve significantly with naturopathic support that focuses on histamine regulation, mucosal health, and immune balance.

Functional Wellness Support

Calm Histamine Response

Quercetin

A natural bioflavonoid that stabilizes mast cells and reduces histamine release.

Vitamin C

A powerful antihistamine and antioxidant that calms mucosal inflammation.

Zinc

Supports immune balance and mucosal healing.

Children's Allergy Support Blends

Formulas such as Children's Allergy Support by Redd Remedies or DHIST JR by Ortho Molecular provide age appropriate, gentle histamine regulation and nasal support.

Strengthen Mucosal Barrier

Hydration

Water, herbal teas, and broths thin mucus and support healthy membranes.

Saline Nasal Rinses or Sprays

Reduce allergen load, decrease swelling, and ease congestion.

Humidifier

Helps prevent drying of nasal passages and reduces irritation.

Omega Three Fatty Acids

Reduce inflammatory signaling and support mucosal integrity.

Vitamin D

Supports immune modulation and reduces symptom severity in many children.

Support the Gut Immune Connection

Pediatric Probiotics

Improve immune tolerance and reduce allergic tendencies by modulating Th2 dominant responses.

Elimination Trials

If symptoms worsen after dairy, gluten, or dyes, consider a short removal to assess benefit.

Anti Inflammatory Diet

Emphasize berries, greens, squash, fish, avocado, and whole foods.

Ease Eye Irritation

Cool Compresses

Reduce itching and puffiness.

Eyebright Tea Compress

For older children, a cooled eyebright infusion may soothe irritated eyes.

Environmental Support

Keep Windows Closed During High Pollen Days

Use air conditioning and clean filters regularly.

Shower or Rinse Off After Outdoor Play

Removes pollen from skin and hair.

Use a HEPA Filter in the Bedroom

Improves sleep quality and reduces allergen load.

Wash Bedding Weekly in Hot Water

Reduces dust mites and environmental irritants.

When Hay Fever Suggests a Deeper Issue

Testingor deeper evaluation maybeneededif:

- symptoms occur year round,
- symptoms worsen despite reducing exposure,
- eczema or digestive symptoms accompany allergies,
- or the child has recurring sinus infections.

A stool test can be helpful, as hay fever is often linked to gut driven inflammation, dysbiosis, or histamine producing organisms.

Pediatric Supplement Blends

- Children’s Allergy Supportby ReddRemedies
- DHIST JR by Ortho Molecular
- Pediatric probiotics
- Vitamin C and quercetin blends
- Omega three formulas
- Vitamin D drops

Pediatric Dosing Guidelines

Vitamin C

• Ages two to five, one hundred twenty five to two hundred fifty milligrams
• Ages six to twelve, two hundred fifty to five hundred milligrams
• Ages thirteen to seventeen, five hundred to one thousand milligrams

Quercetin

Use age appropriate formulas per label.

Zinc

• Ages four to eight, five milligrams
• Ages nine to thirteen, eight milligrams
• Ages fourteen to seventeen, eight to ten milligrams

Omega Three

Use pediatric formulas with proper DHA EPA balance.

Supplement Access

A complete supplement protocol for Pediatric Hay Fever Support is available in Fullscript under Protocols, listed by the matching condition name. Parents can create a free account to access professional grade formulations.

Parent Friendly Summary

Hay Fever Is an Overactive Immune Response, Not an Infection

It improves when the immune system, gut, and mucosal lining are supported.

Easy Home Support

• Use saline spray daily
• Offer vitamin C and quercetin blends
• Keep windows closed on high pollen days
• Shower after outdoor play
• Use a cool mist humidifier at night
• Root Health Healing Salve may soothe irritated skin around the nose

When to Recheck

If breathing becomes difficult, eyes develop thick discharge, or symptoms persist beyond the expected seasonal pattern.