



THE SOLINGER METHOD

by Root Health L.L.C.

PediatricMumps

FUNCTIONAL WELLNESS SUPPORT PLAN

Pediatric Mumps

Root Health L.L.C, The Solinger Method

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What Is Mumps

Mumps is a viral illness caused by the mumps virus, a paramyxovirus, primarily affecting children and adolescents. It is best known for inflammation of the parotid salivary glands but may also involve the pancreas, testes or ovaries, central nervous system, thyroid, and inner ear.

Symptoms often include fever, headache, fatigue, muscle aches, jaw pain, facial swelling, sore throat, and loss of appetite. In some cases, complications such as orchitis, oophoritis, pancreatitis, meningitis, or hearing changes may occur.

What Conventional Medicine Says

Conventional medicine classifies mumps as a self limiting viral illness. Management is supportive only and typically includes rest, hydration, fever reduction, and pain control. There is

no antiviral treatment offered once infection has occurred. Care focuses on monitoring for complications and advising isolation to reduce transmission. Once acute symptoms resolve, follow up care is minimal unless complications develop.

The Naturopathic Perspective

Naturopathic medicine views mumps as a **systemic viral inflammatory illness** that places significant demand on the immune system, lymphatic drainage, and glandular tissues. The goal of care is to support immune efficiency, modulate inflammation, protect vulnerable organs, and promote full recovery without lingering post viral fatigue or tissue dysfunction.

Rather than passive waiting, naturopathic support focuses on:

- Enhancing antiviral immune response
 - Supporting lymphatic and glandular drainage
 - Reducing inflammatory burden
 - Protecting pancreatic and reproductive tissues
 - Preventing post viral complications
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Common Functional Concerns in Mumps

- Lymphatic congestion and glandular inflammation
 - Elevated inflammatory cytokine response
 - Increased oxidative stress
 - Risk of pancreatic inflammation
 - Post viral fatigue and immune depletion
 - Transient hearing or vestibular stress
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Nutrition Foundations During Acute Infection

Hydration and Electrolyte Support

Frequent fluids with minerals support fever management and lymphatic flow.

Easy to Digest, Anti Inflammatory Foods

Soups, broths, stewed vegetables, soft proteins, and blended foods reduce digestive burden.

Protein Adequacy

Supports immune cell production and tissue repair.



Avoid

Refined sugar, ultra processed foods, acidic beverages, and excessive dairy during acute glandular swelling.

Targeted Nutrient Support

Therapeutic Pediatric Dosing by Age

Vitamin A (Short Term Immune Support)

Primary role: mucosal immunity, antiviral defense, epithelial integrity

Ages 2–5

• 5,000 IU daily for 5–7 days

Ages 6–9

• 5,000–10,000 IU daily for 5–7 days

Ages 10–13

• 10,000 IU daily for 5–7 days

Ages 14–18

• 10,000–15,000 IU daily for 5–7 days

Clinical note: Use short term only during acute illness.

Vitamin C

Primary role: immune activation, antioxidant protection, tissue repair

Ages 2–5

• 250–500mg daily in divided doses

Ages 6–9

• 500–1,000mg daily in divided doses

Ages 10–13

• 1,000–1,500 mg daily in divided doses



Ages 14–18

- 1,500–2,000 mg daily in divided doses

Clinical note: Bowel tolerance guides dosing.

Zinc (Short Term)

Primary role: antiviral immunity, cellular repair

Ages 2–5

- 5–10 mg daily

Ages 6–9

- 10–15 mg daily

Ages 10–13

- 15–25 mg daily

Ages 14–18

- 25–40 mg daily

Clinical note: Limit to 7–10 days unless otherwise indicated.

Magnesium (Recovery and Nervous System Support)

Primary role: immune regulation, muscle relaxation, nervous system support

Ages 2–5

- 100–200 mg daily

Ages 6–9

- 150–300 mg daily

Ages 10–13

- 200–400 mg daily

Ages 14–18

- 300–500 mg daily



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Targeted Herbal Support

Therapeutic Pediatric Dosing by Age

Elderberry (*Sambucus nigra*)

Primary role: antiviral activity, immune modulation

Ages 2–5

• 2.5–5mL syrup, twice daily

Ages 6–9

• 5–7.5mL syrup, twice daily

Ages 10–13

• 7.5–10mL syrup, twice daily

Ages 14–18

• 10–15mL syrup, twice daily

Licorice Root (*Glycyrrhiza glabra*, DGL or low dose whole root)

Primary role: antiviral support, adrenal and immune modulation

Ages 2–5

• 0.25–0.5mL tincture 1–2x daily

Ages 6–9

• 0.5–1mL tincture 1–2x daily

Ages 10–13

• 1–2mL tincture 1–2x daily

Ages 14–18

• 2–3mL tincture 1–2x daily

Clinical note: Avoid prolonged high dose use.

Calendula (*Calendula officinalis*)



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Primary role: lymphatic drainage, immune support

Ages 2–5

- 0.5–1 mL tincture 1–2x daily

Ages 6–9

- 1–2 mL tincture 1–2x daily

Ages 10–13

- 2–3 mL tincture 1–2x daily

Ages 14–18

- 3–5 mL tincture 1–2x daily
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Red Root (*Ceanothus americanus*)

Primary role: lymphatic congestion, glandular drainage

Ages 6–9

- 0.25–0.5 mL tincture once daily

Ages 10–13

- 0.5–1 mL tincture once daily

Ages 14–18

- 1–2 mL tincture once daily

Clinical note: Use short term during acute glandular swelling.

Supportive Care Strategies

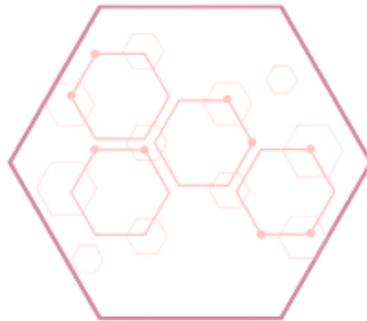
- Warm compresses to swollen glands
 - Gentle lymphatic massage
 - Strict rest during acute phase
 - Avoid strenuous activity for several weeks post infection
 - Monitor for abdominal pain, testicular pain, or neurologic symptoms
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Why Proper Recovery Matters



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Incomplete recovery from mumps may contribute to prolonged fatigue, endocrine stress, or inflammatory complications. Supporting immune resolution and tissue repair helps reduce long term sequelae.



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