



THE SOLINGER METHOD

by Root Health L.L.C.

Pediatric IBD.

FUNCTIONAL WELLNESS SUPPORT PLAN

PediatricIBD, Pediatric Overview

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 IBD

Inflammatory Bowel Disease, IBD, in children refers primarily to Crohn's disease and ulcerative colitis. These are immune mediated inflammatory conditions that cause chronic inflammation of the gastrointestinal tract. Unlike IBS, IBD involves measurable inflammation and tissue injury, which may be seen on imaging, endoscopy, biopsy, and laboratory markers.

Pediatric IBD can affect growth, nutrient absorption, bone health, immune function, emotional well being, and overall development. Children may experience periods of remission and flare, and early onset disease often requires careful, long term management.

From a naturopathic perspective, IBD is understood as a complex interaction between genetics, immune dysregulation, microbiome imbalance, intestinal barrier dysfunction, environmental exposures, and nutritional deficiencies. While conventional medicine focuses on disease suppression, naturopathic care emphasizes foundational support to improve resilience, reduce inflammatory burden, and support the child alongside standard medical care.

Conventional Medicine Perspective

Conventional pediatric gastroenterology appropriately prioritizes controlling inflammation, preventing complications, and maintaining growth. Treatment commonly includes anti-inflammatory medications, immune modulating drugs, biologics, and corticosteroids during flares. These therapies can be life saving and are often necessary.

However, conventional care often offers limited guidance on nutrition, microbiome restoration, nutrient repletion, lifestyle support, and long term immune balance. Families are frequently told the condition is lifelong, unpredictable, and primarily medication managed.

Naturopathic Medicine Perspective

Naturopathic medicine does not replace conventional treatment for pediatric IBD. Instead, it works alongside it to address modifiable contributors that influence disease severity, flare frequency, healing capacity, and quality of life.

Naturopathic care focuses on:

- supporting the intestinal barrier
- optimizing nutrient status
- improving microbiome diversity
- reducing inflammatory triggers
- supporting immune regulation rather than suppression
- enhancing stress resilience
- protecting growth and development

This integrative approach often helps children tolerate conventional therapies better, recover more efficiently from flares, and maintain longer periods of remission.

Common Signs and Symptoms

- chronic diarrhea
- abdominal pain
- blood or mucus in stool
- weight loss or poor weight gain
- delayed growth or puberty
- fatigue
- anemia or nutrient deficiencies
- joint pain
- skin rashes



THE
SOLINGER METHOD

by Root Health L.L.C.

- mouth ulcers
 - frequent infections
-

Foundational Support Strategies

- prioritize anti inflammatory, nutrient dense foods
 - support adequate protein intake for growth and healing
 - address food triggers identified individually
 - ensure adequate calorie intake
 - support hydration and electrolyte balance
 - reduce environmental toxin exposure
 - prioritize sleep and stress regulation
 - maintain regular follow up with gastroenterology
-

Pediatric Supplement Blends for IBD Support

These supports are **adjunctive** and intended to work alongside conventional care.

Vitamin D

Low vitamin D is strongly associated with increased disease activity.

- ages two to five, one thousand to two thousand IU daily
- ages six to twelve, two thousand IU daily
- ages thirteen to seventeen, two thousand to four thousand IU daily

Omega Three Fatty Acids

Reduce inflammatory cytokine signaling and support mucosal 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

Curcumin, bioavailable form

Supports inflammatory pathway modulation.

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



THE
SOLINGER METHOD

by Root Health L.L.C.

L Glutamine

Supports intestinal barrier repair and enterocyte health.

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

Probiotics, strain specific

Strains such as *Lactobacillus rhamnosus* GG and *Bifidobacterium* species may support remission.

- ages six to twelve, fifteen to twenty five billion CFU daily
 - ages thirteen to seventeen, twenty five to fifty billion CFU daily
-

Accessing the Full Supplement Protocol

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

When to Seek Immediate Medical Care

- severe abdominal pain
 - dehydration
 - persistent vomiting
 - high fever
 - significant bleeding
 - rapid weight loss
 - signs of bowel obstruction
-



**THE
SOLINGER METHOD**

by Root Health L.L.C.