



THE SOLINGER METHOD

by Root Health L.L.C.

Pediatric Hives Support

FUNCTIONAL WELLNESS SUPPORT PLAN

Pediatric Hives Support

Root Health L.L.C, The Solinger Method

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What Are Hives

Hives, also called urticaria, are raised, itchy, red or skin colored welts that appear suddenly and may move or shift locations quickly. They are caused by the immune system releasing histamine from mast cells in the skin. Hives are a **histamine response**, not an infection, and are extremely common in children.

From a naturopathic perspective, hives indicate an **overactive or irritated immune response**.

This may occur because of a food trigger, viral illness, environmental exposure, heat, stress, or underlying gut imbalances. Children often experience hives more dramatically than adults due to their more responsive immune and histamine systems.

Most cases resolve within hours or days, while recurrent or chronic hives suggest deeper immune imbalance.



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Signs and Symptoms

- Raised red or skin colored welts
- Welts that move or change shape
- Intense itching
- Swelling around the eyes or lips
- Warm or prickling skin sensation
- Hives after heat, exercise, or stress
- Hives worsening with scratching

Common Contributors

Food Triggers

Eggs, dairy, nuts, shellfish, citrus, tomatoes, chocolate, dyes, and preservatives.

Viral Illness

A very common cause in children, even after the virus has resolved.

Environmental Exposure

Pollen, pets, dust, cleaning chemicals, grass, fragrances.

Heat or Sweat

Triggers histamine release in many children.

Stress and Emotional Overload

Children express stress through skin responses more readily than adults.

Gut Dysbiosis

Leaky gut, yeast overgrowth, low beneficial flora, or histamine producing organisms.

Medications

Antibiotics, NSAIDs, or new supplements in sensitive children.



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When to Seek Medical Care

- Swelling of lips, tongue, or throat
- Trouble breathing
- Hives with vomiting or dizziness
- Hives lasting longer than six weeks
- Hives with fever or joint swelling
- Any concern for anaphylaxis

Most hives are not dangerous and respond well to naturopathic supportive care.

Functional Wellness Support

Calm the Histamine Response

Quercetin

A natural mast cell stabilizer that reduces histamine release and calms itching.

Vitamin C

A powerful antihistamine that shortens the duration of welts.

Zinc

Supports balanced immune signaling.

Children's Allergy Support Blends

Children's Allergy Support by Redd Remedies and DHIST JR by Ortho Molecular are excellent pediatric options.

Chamomile or Lemon Balm

Calm both the skin and the nervous system.

Soothe the Skin

Cool Compresses



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Provide immediate relief for itchy or swollen areas.

Oatmeal Baths

Reduce redness and calm inflammation.

Aloe Vera Gel

Cools hot, irritated patches.

Root Health L.L.C Healing Salve

Soothes irritation and reduces itch. Available in the Shop section.

Avoid Heat

Hot showers or warm environments worsen histamine release.

Support the Gut Skin Immune Connection

Pediatric Probiotics

Reduce histamine load and support immune tolerance.

Elimination Trials

Helpful if symptoms consistently follow certain foods.

Omega Three Fatty Acids

Reduce inflammatory pathways and support skin healing.

Reduce External Irritation

- Switch to fragrance free detergents
- Avoid fabric softeners
- Use cotton clothing
- Rinse skin after outdoor play
- Keep nails short to reduce scratching injury

When Hives Suggest a Deeper Issue



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Further evaluation may be helpful when:

- hives occur weekly or daily,
- symptoms persist more than six weeks,
- hives accompany eczema or digestive symptoms,
- patterns strongly suggest chronic food sensitivities.

A **comprehensive stool test** can identify dysbiosis, yeast overgrowth, histamine producing bacteria, or gut permeability contributing to chronic or recurrent hives.

Pediatric Supplement Blends

- Quercetin and vitamin C combinations
 - DHIST JR or Children's Allergy Support
 - Pediatric probiotics
 - Omega three blends
 - Gentle herbal calming blends
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Therapeutic Pediatric Dosing Guidelines

Vitamin C

- 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

- 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

Quercetin

- Ages two to five, one hundred milligrams daily
- Ages six to twelve, one hundred fifty to two hundred fifty milligrams daily
- Ages thirteen to seventeen, two hundred fifty to four hundred milligrams daily

Omega Three Fatty Acids

- 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

- 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

Supplement Access

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

Parent Friendly Summary

Hives Are a Histamine Response, Not an Emergency

Most cases improve quickly when histamine is calmed and skin is soothed.

Easy Home Support

- Cool compresses
- Oatmeal baths
- Vitamin C and quercetin
- Apply Root Health Healing Salve
- Avoid heat
- Use fragrance free clothing and laundry products

When to Recheck

If swelling affects breathing, if symptoms become chronic, or if hives appear with vomiting or dizziness.



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