



THE SOLINGER METHOD

by Root Health L.L.C.

Pediatric Malabsorption Syndromes

FUNCTIONAL WELLNESS SUPPORT PLAN

Pediatric Malabsorption Syndromes

Root Health L.L.C, The Solinger Method

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What Are Pediatric Malabsorption Syndromes

Malabsorption syndromes in children refer to conditions in which nutrients are not adequately digested, absorbed, or utilized by the body despite adequate intake. This can involve impaired breakdown of food, damage to the intestinal lining, insufficient bile or enzyme production, dysbiosis, inflammation, or lymphatic dysfunction.

Malabsorption is not a diagnosis itself, but a **functional state** that underlies many pediatric concerns including poor growth, nutrient deficiencies, immune weakness, fatigue, neurobehavioral symptoms, and chronic gastrointestinal complaints. Children may appear to eat well yet remain deficient because the digestive system is unable to extract or transport nutrients effectively.

Expanded Education, Malabsorption Syndromes, Conventional vs Naturopathic Perspective

The Conventional Medicine Perspective

In conventional pediatric care, malabsorption is typically investigated only when severe or when growth failure is evident. Evaluation often focuses on ruling out conditions such as celiac disease, cystic fibrosis, inflammatory bowel disease, or pancreatic insufficiency. When these are excluded, families are frequently reassured that absorption is adequate or advised to supplement isolated nutrients.

While this approach is appropriate for identifying serious disease, it often overlooks **functional malabsorption**, where digestion and absorption are impaired without overt pathology. Children may continue to struggle with symptoms despite normal imaging and basic labs.

The Naturopathic Medicine Perspective

Naturopathic medicine recognizes malabsorption as a **root cause state**, not a downstream problem. From this perspective, inadequate absorption reflects dysfunction in one or more stages of digestion and assimilation.

Naturopathic evaluation considers:

- stomach acid sufficiency
- pancreatic enzyme output
- bile flow and fat digestion
- integrity of the intestinal lining
- microbiome balance
- inflammatory burden
- lymphatic transport
- nutrient cofactors required for absorption

Rather than simply replacing missing nutrients, naturopathic care focuses on restoring digestive competence.

Common Root Causes

- chronic gut inflammation
- dysbiosis or pathogenic overgrowth
- post infectious gut damage
- low stomach acid
- pancreatic enzyme insufficiency
- bile flow impairment
- food sensitivities or intolerances



- intestinal permeability
 - prolonged antibiotic use
 - parasitic infection
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Common Signs and Symptoms

- poor growth or weight gain
 - chronic diarrhea or bulky stools
 - constipation
 - bloating or gas
 - nutrient deficiencies despite intake
 - fatigue
 - frequent infections
 - eczema or skin rashes
 - anemia
 - behavioral or cognitive concerns
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Foundational Support Strategies

- prioritize nutrient dense, easily digestible foods
 - reduce inflammatory foods
 - support regular bowel movements
 - eat in a calm, parasympathetic state
 - avoid grazing and allow digestive rest between meals
 - support adequate protein and healthy fats
 - address food sensitivities
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Pediatric Supplement and Herbal Support for Malabsorption Syndromes

Digestive Function Support

Digestive Enzymes, full spectrum

Support breakdown of proteins, fats, and carbohydrates.

- ages 1–5, 1 capsule with meals
- ages 6–12, 1–2 capsules with meals
- ages 13–17, 2 capsules with meals



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Betaine HCl, when appropriate

Supports protein digestion and mineral absorption.

- dosing individualized and used cautiously in children
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Intestinal Lining and Mucosal Healing

Marshmallow Root, glycerite or tea

Soothes and repairs intestinal mucosa.

- ages 1–5, 1–2 mL twice daily
- ages 6–12, 2–3 mL twice daily
- ages 13–17, 3–5 mL twice daily

Slippery Elm Powder

Provides demulcent protection to damaged gut lining.

- ages 2–6, ¼ tsp once to twice daily
- ages 7–12, ½ tsp once to twice daily
- adolescents, 1 tsp once to twice daily

L Glutamine

Primary fuel for enterocytes and gut repair.

- ages 6–12, 1–2 g daily
 - ages 13–17, 2–5 g daily
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Bitter and Bile Flow Support

Gentian or Artichoke Leaf Extract

Stimulates digestive secretions and bile flow.

- ages 6–12, 5–10 drops before meals
- ages 13–17, 10–20 drops before meals

Dandelion Root

Supports bile production and fat soluble nutrient absorption.

- ages 2–5, 5 drops twice daily
 - ages 6–12, 10–20 drops twice daily
 - ages 13–17, 20–30 drops twice daily
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Microbiome Restoration

Probiotics, multi strain

Supports nutrient synthesis and absorption.



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- ages 2–5, 15–25 billion CFU daily
- ages 6–12, 25–50 billion CFU daily
- ages 13–17, 50–100 billion CFU daily

Saccharomyces boulardii

Supports gut integrity and enzyme activity.

- ages 4–12, 5–10 billion CFU daily
 - ages 13–17, 10–20 billion CFU daily
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Anti Inflammatory and Healing Botanicals

Calendula Extract

Supports mucosal healing and reduces gut inflammation.

- ages 2–5, 5–10 drops twice daily
- ages 6–12, 10–20 drops twice daily
- ages 13–17, 20–30 drops twice daily

Chamomile Extract

Reduces inflammation and supports digestion.

- ages 1–5, 1–2 mL twice daily
 - ages 6–12, 2–3 mL twice daily
 - ages 13–17, 3–5 mL twice daily
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Accessing the Full Supplement Protocol

A complete supplement and herbal protocol for pediatric malabsorption syndromes 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 Further Evaluation Is Recommended

Further evaluation is recommended when malabsorption is suspected.

Assessment may include:

- comprehensive stool testing
- pancreatic elastase
- fat soluble vitamin levels
- iron and ferritin



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- zinc and magnesium
 - inflammatory markers
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