

THE SOLINGER METHOD

by Root Health L.L.C.

Pediatric Low Blood Sugar, Pediatric Hypoglycemia

FUNCTIONALWELLNESS SUPPORTPLAN

Pediatric Low Blood Sugar, Pediatric Hypoglycemia

Root Health L.L.C, The Solinger Method

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What Is Pediatric Low Blood Sugar, Hypoglycemia

Pediatric hypoglycemia refers to episodes in which blood glucose levels fall below what the brain and nervous system require for stable function. In children, this often presents not as classic fainting spells, but as behavioral, emotional, cognitive, or physical symptoms that fluctuate throughout the day.

Children have higher metabolic demands, smaller glycogen reserves, and developing nervous systems, making them particularly sensitive to blood sugar instability. Hypoglycemia may occur between meals, overnight, during illness, with high activity, or after consumption of refined carbohydrates.

From a naturopathic perspective, low blood sugar is not simply a sugar problem, it is a metabolic regulation issue involving liver function, adrenal signaling, insulin dynamics, nutrient status, and nervous system resilience.

Expanded Education, Low Blood Sugar, Conventional vs Naturopathic Perspective

The Conventional Medicine Perspective

In conventional pediatric care, hypoglycemia is typically addressed only when severe, persistent, or associated with an underlying endocrine disorder. Evaluation often focuses on ruling out diabetes, insulin disorders, inborn errors of metabolism, or medication related causes. If testing does not reveal pathology, families are often reassured that the child is normal.

Mild or functional hypoglycemia is frequently dismissed, particularly when blood sugar is not captured during a symptomatic episode. Parents may be told that symptoms are behavioral, emotional, or related to poor eating habits, with limited guidance beyond encouraging regular meals.

The Naturopathic Medicine Perspective

Naturopathic medicine recognizes that even mild blood sugar instability can significantly affect a child's mood, behavior, focus, and physical well being. From this perspective, hypoglycemia is often the result of dysregulated glucose handling rather than disease.

Key naturopathic contributors include:

- insufficient protein or fat intake
- excessive refined carbohydrates
- irregular meal timing
- impaired liver glycogen storage
- adrenal stress affecting glucose release
- magnesium or chromium deficiency
- poor sleep
- chronic inflammation or illness



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Rather than waiting for severe episodes, naturopathic care aims to stabilize blood sugar proactively.

Why Children Are Often Told They Are Just “Hangry”

Because symptoms often resolve after eating, hypoglycemia is frequently minimized. However, repeated blood sugar swings place stress on the nervous system and adrenal response, contributing over time to anxiety, irritability, poor focus, and fatigue.

What Naturopathic Support Offers

Naturopathic care focuses on building metabolic stability rather than reacting to crashes.

Support includes:

- consistent macronutrient balance
 - improved liver glucose regulation
 - adrenal and nervous system support
 - nutrient repletion
 - elimination of blood sugar spikes and crashes
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Common Signs and Symptoms

- irritability or emotional outbursts
- shakiness or weakness
- headaches
- dizziness
- difficulty concentrating
- anxiety or panic like symptoms
- fatigue
- pale appearance
- nausea
- night wakings
- behavior changes before meals



Foundational Support Strategies

- eat within thirty to sixty minutes of waking
 - include protein, fat, and fiber at every meal and snack
 - avoid skipping meals
 - limit refined sugar and processed carbohydrates
 - support bedtime protein intake to prevent overnight drops
 - ensure adequate hydration
 - prioritize sleep consistency
 - avoid long periods of fasting in children
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Pediatric Supplement Blends for Low Blood Sugar, Hypoglycemia

Chromium Picolinate

Supports insulin sensitivity and glucose regulation.

- ages two to five, fifty to one hundred micrograms daily

- ages six to twelve, one hundred to two hundred micrograms daily
- ages thirteen to seventeen, two hundred to four hundred micrograms daily

Magnesium Glycinate

Supports glucose metabolism and nervous system stability.

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

B Complex, methylated

Supports liver glycogen storage and energy metabolism.

- ages six to twelve, one half pediatric dose daily
- ages thirteen to seventeen, one full adult dose daily

L Glutamine

Supports gluconeogenesis and gut stability during fasting states.

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

Adaptogenic support, gentle, when appropriate

Supports adrenal response and stress resilience.

- dosing individualized based on age and presentation

Accessing the Full Supplement Protocol

A complete supplement protocol for pediatric low blood sugar, hypoglycemia 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

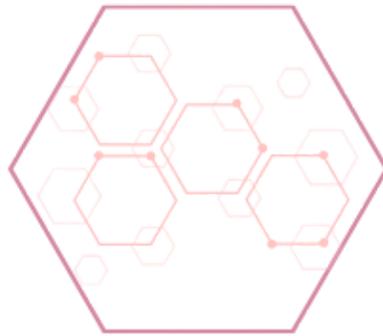
Further evaluation is recommended when hypoglycemia is severe, frequent, or associated with:

- fainting
- seizures
- poor growth
- developmental delay
- persistent vomiting
- family history of metabolic disorders



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Evaluation may include fasting glucose, insulin, cortisol patterns, liver function markers, and comprehensive metabolic assessment.



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