



# THE SOLINGER METHOD

by Root Health L.L.C.

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## **Pediatric measles**

### **FUNCTIONAL WELLNESS SUPPORT PLAN**

Pediatric Measles

Root Health L.L.C, The Solinger Method

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## **What Is Pediatric Measles**

Measles is an acute viral illness caused by the measles virus, a highly contagious paramyxovirus transmitted through respiratory droplets. In children, measles classically presents with high fever, cough, runny nose, conjunctivitis, and a characteristic red maculopapular rash that spreads from the face downward. Koplik spots, small white lesions inside the mouth, may appear early in the illness.

Measles is a systemic infection, not just a skin rash. The virus temporarily suppresses immune function and places significant metabolic demand on the body. While most healthy children recover fully with supportive care, measles can be more severe in infants, nutritionally compromised children, or those with underlying immune stress.

From a naturopathic perspective, measles is understood as an acute viral illness that requires vigilant supportive care, immune nourishment, and close monitoring rather than fear driven intervention.



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## Conventional vs Naturopathic Perspective

### The Conventional Medicine Perspective

In conventional pediatric care, measles is managed with isolation, symptom control, hydration, fever management, and monitoring for complications such as pneumonia, otitis media, or encephalitis. There is no antiviral medication that cures measles. Treatment is largely supportive, with hospitalization reserved for severe cases or high risk children.

Conventional medicine often frames measles primarily in terms of contagion risk and complication prevention. Once acute danger has passed, little guidance is typically provided on immune recovery, nutritional repletion, or restoring resilience after illness.

### The Naturopathic Medicine Perspective

Naturopathic medicine recognizes measles as a self limited viral illness in most children, while also respecting its potential severity. Rather than attempting to suppress the illness, naturopathic care focuses on supporting the body through the infection and recovery phases.

From this perspective, measles places a heavy demand on:

- vitamin A stores
- protein reserves
- antioxidant capacity
- hydration and electrolyte balance
- immune memory development

Naturopathic care emphasizes meeting these needs aggressively and safely, particularly because vitamin A deficiency is strongly associated with increased measles severity and complications.

### Why Measles Is Often Viewed With Fear

Measles can be dangerous in vulnerable populations, and historical data reflects higher complication rates in malnourished or medically fragile children. However, fear based narratives often overlook the role of nutritional status, immune resilience, and supportive care in outcomes.

Naturopathic medicine reframes measles as an illness that requires respect, not panic, and emphasizes preparation, nourishment, and careful observation rather than reflexive intervention.

### What Naturopathic Support Offers

Naturopathic support centers on reducing complication risk, supporting immune competence, and aiding full recovery.

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## Common Signs and Symptoms

- high fever
- cough
- runny nose
- red, watery eyes
- light sensitivity
- Koplik spots inside the mouth
- widespread red rash spreading downward
- fatigue
- decreased appetite

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## Foundational Support Strategies

- strict rest and isolation during acute illness
- aggressive hydration
- nutrient dense, easily digestible foods
- fever support without suppressing immune response unnecessarily
- protection of the eyes from bright light
- monitoring for respiratory distress or dehydration

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## Pediatric Supplement Support for Measles

Support is **nutritional and restorative**, not suppressive.

## Pediatric Herbal Support for Measles

Herbal support in measles is **not optional fluff**, it is central to traditional and naturopathic management. Herbs are selected to support antiviral response, respiratory integrity, immune modulation, and convalescence.

## Antiviral and Immune Modulating Herbs

### Elderberry Extract, *Sambucus nigra*

Supports antiviral activity and immunecoordination without overstimulation.

- ages 1–5, 1–2 mL 3× daily
- ages 6–12, 2–4 mL 3× daily
- ages 13–17, 4–6 mL 3× daily



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### **Echinacea angustifolia or purpurea, extract**

Supports immune response and reduces viral burden when used early.

- ages 2–5, 10–20 drops 3× daily
- ages 6–12, 20–40 drops 3× daily
- ages 13–17, 40–60 drops 3× daily

### **Andrographis extract**

Potent antiviral and immune supportive herb, used short term.

- ages 6–12, 100–200mg 2× daily
  - ages 13–17, 200–400mg 2× daily
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## **Respiratory and Mucosal Support**

### **Mullein leaf extract**

Soothes respiratory mucosa and supports productive cough.

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

### **Licorice root extract**

Anti-inflammatory, antiviral, and mucosal protective.

- ages 2–5, 0.5–1mL 2× daily
- ages 6–12, 1–2mL 2× daily
- ages 13–17, 2–3mL 2× daily

### **Marshmallow root**

Protects irritated mucosal tissues and supports hydration.

- ages 2–5, 1–2mL 2× daily
  - ages 6–12, 2–3mL 2× daily
  - ages 13–17, 3–5mL 2× daily
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## **Fever, Rash, and Inflammatory Modulation**

### **Yarrow extract**

Supports healthy fever response and circulation.

- ages 2–5, 5–10 drops 2–3× daily
- ages 6–12, 10–20 drops 2–3× daily
- ages 13–17, 20–40 drops 2–3× daily

### **Catnip or Lemon Balm**

Calms irritability and supports rest during illness.

- ages 2–5, 1–2 mL 2× daily



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- ages 6–12, 2–3 mL 2× daily
  - ages 13–17, 3–5 mL 2× daily
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## Convalescence and Immune Recovery

### Nettle leaf

Supports mineral repletion after viral illness.

- ages 2–5, 1–2 mL daily
- ages 6–12, 2–4 mL daily
- ages 13–17, 4–6 mL daily

### Astragalus, post acute phase only

Supports immune rebuilding after fever resolves.

- ages 4–12, 5–10 drops daily
  - ages 13–17, 10–20 drops daily
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## Nutrient Support

### Vitamin A

Critically important in measles for epithelial integrity and immune function.

- dosing guided by age and clinical status, used therapeutically short term

### Vitamin C

Supports immune recovery and antioxidant protection.

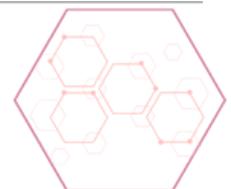
- ages 2–5, 250–500 mg daily
  - ages 6–12, 500–1,000 mg daily
  - ages 13–17, 1,000–2,000 mg daily
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## Accessing the Full Supplement Protocol

A complete supplement protocol for pediatric measles 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.

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## When Immediate Medical Care Is Required



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- difficulty breathing
  - persistent vomiting
  - inability to maintain hydration
  - seizures
  - altered consciousness
  - signs of pneumonia
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