



THE SOLINGER METHOD

by Root Health L.L.C.

FUNCTIONAL WELLNESS SUPPORT PLAN

Pediatric Allergy Support

Root Health L.L.C, The Solinger Method

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What Are Pediatric Allergies

Pediatric allergies occur when a child's immune system becomes overly reactive to substances that are normally harmless, such as pollen, dust mites, foods, pet dander, insect bites, or environmental irritants. Instead of ignoring these exposures, the immune system produces an exaggerated response, releasing histamine and inflammatory mediators that lead to symptoms like sneezing, itching, congestion, rashes, or digestive upset.

These reactions often reflect **immune sensitivity**, **gut immune imbalance**, **environmental exposures**, and **nutrient insufficiencies**. Many children with allergies also experience overlapping issues such as eczema, asthma, or recurrent sinus congestion.

There are several major types of allergies in children:

Seasonal Allergies (Allergic Rhinitis)

Triggered by pollen, grasses, weeds, and outdoor molds.

Environmental Allergies

Dust mites, pet dander, indoor mold, fragrances, smoke, and chemicals.

Food Allergies and Sensitivities

Triggered by specific foods, often linked to gut barrier dysfunction or immune overactivation.

Skin Allergic Responses

Hives,eczemaflares,andcontact dermatitis can also reflect histamine elevation.

Signs and Symptoms

- Sneezing, itchy or watery eyes
 - Congestion, runny nose, post nasal drip
 - Throat clearing or cough
 - Fatigue, irritability, headaches
 - Eczema flares or hives
 - Digestive upset around certain foods
 - Facial swelling or sinus pressure
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Common Contributors

- Immune hypersensitivity
 - Gut dysbiosis or inflammation
 - Dust mites, mold, fragrances, smoke
 - Low vitamin D, magnesium, omega 3s
 - High histamine foods or poor histamine metabolism
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When to Seek Medical Care

- Breathing difficulties
 - Swelling of lips, tongue, or eyes
 - Vomiting with suspected food reaction
 - Nighttime breathing disruption
 - Poor response to supportive home care
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Functional Wellness Support Environment and Lifestyle



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- HEPA filtration in child's bedroom
- Keep windows closed during high pollen days
- Wash bedding and plush toys regularly
- Reduce fragrances, aerosols, and chemical cleaners
- Vacuum frequently with HEPA
- Hydration to keep mucus membranes moist
- Saline spray after outdoor play

Nutrition for Immune Balance

- Increase berries, greens, omega 3 rich foods
- Add herbs and spices such as turmeric, ginger, basil
- Reduce dairy and sugar during flare ups
- Consider lowering high histamine foods if reactive

Herbal Support

Nettles

Natural antihistamine like effects.

Elderflower

Supports upper respiratory comfort.

Eyebright

Soothes eyes and sinus membranes.

Chamomile

Reduces inflammation and calms irritated tissues.

Licorice (short term use)

Soothes mucous membranes.

Pediatric Supplement Blends

Children's Allergy Support by Redd Remedies

Combines quercetin, bromelain, vitamin C, nettle, and other supportive botanicals for seasonal symptoms such as itchy eyes, runny nose, and mild congestion.



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D-Hist Jr by Ortho Molecular

A professional pediatric formula containing quercetin, bromelain, stinging nettle, and NAC to support healthy histamine metabolism and sinus comfort during peak allergy seasons.

These blends simplify dosing and provide broad spectrum support.

Pediatric Dosing Guidelines

Vitamin D

- Ages 2 to 5: 400 to 800 IU
- Ages 6 to 12: 800 to 1000 IU
- Ages 13 to 17: 1000 to 2000 IU

Omega 3s (EPA DHA)

- Ages 2 to 5: 300 to 500 mg
- Ages 6 to 12: 500 to 800 mg
- Ages 13 to 17: 800 to 1200 mg

Magnesium

- Ages 2 to 5: 50 to 100 mg
- Ages 6 to 12: 100 to 200 mg
- Ages 13 to 17: 200 to 300 mg

Vitamin C

- Ages 2 to 5: 125 to 250 mg
- Ages 6 to 12: 250 to 500 mg
- Ages 13 to 17: 500 to 1000 mg

Quercetin

- Ages 4 to 8: 50 to 100 mg
- Ages 9 to 13: 100 to 200 mg
- Ages 14 to 17: 200 to 400 mg

Herbal Glycerites

General guideline: **1 to 2 drops per 10 pounds**, up to three times daily.



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Supplement Access

A complete supplement protocol for Pediatric Allergies Support is available in Fullscript under “Protocols,” listed by the matching condition name. Parents can create a free account to access it. Inside the protocol, you will find a fully organized list of recommended supplements and dosing guidance using only clinical, pharmaceutical grade products. Everything is laid out in one simple location.

Parent Friendly Summary

Allergies in Children

Allergies occur when a child’s immune system overreacts to pollen, dust, certain foods, or other exposures.

Simple Home Support

- Use HEPA filtration
- Rinse nose with saline
- Increase fruits and vegetables
- Gentle herbs like nettles or chamomile
- Add vitamin D, vitamin C, omega 3s, magnesium, and quercetin
- Consider pediatric blends like D-Hist Jr or Children’s Allergy Support

When to Recheck

If symptoms worsen, disrupt daily life, or do not improve, additional evaluation is helpful.



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