



THE SOLINGER METHOD

by Root Health L.L.C.

Pediatric Head Lice Support

FUNCTIONAL WELLNESS SUPPORT PLAN

Pediatric Head Lice Support

Root Health L.L.C, The Solinger Method

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What Are Head Lice

Head lice are tiny, wingless insects that live on the scalp and feed on small amounts of blood. Although unpleasant and highly contagious, lice do **not** spread disease and are not a sign of poor hygiene or uncleanliness. They spread through close contact, shared hats, brushes, pillows, and clothing.

Lice most commonly affect preschool and school aged children because of frequent close interaction. They cannot jump or fly. They crawl, which means direct contact is the main route of spread.

From a naturopathic perspective, lice management focuses on three pillars:

- eliminating live lice and nits safely without harsh chemicals,
- supporting scalp integrity and reducing irritation,
- preventing reinfestation through environmental measures.

Because lice reproduce quickly, consistent and thorough treatment is essential for complete resolution. Natural therapies work extremely well when used properly.

Signs and Symptoms

- Itchy scalp, especially behind the ears or at the nape of the neck
 - Visible tiny white or tan eggs, called nits, attached firmly to hair shafts
 - Red bumps or irritation on the scalp
 - Tickling sensation of something moving in the hair
 - Irritability or trouble sleeping due to scalp itching
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Common Contributors

- Close contact in schools, camps, or playgroups
 - Sharing hair brushes, hats, or hair accessories
 - Sleeping close to siblings or friends
 - Thick hair or long hair which is harder to inspect
 - Inconsistent or incomplete treatment after first discovery
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When to Seek Medical Care

- If the scalp becomes infected or shows yellow crusting
- Excessive redness or swelling
- Child has open sores that will not heal
- Difficulty removing nits despite proper treatment
- Itching is severe enough to disturb sleep significantly

Most cases can be managed safely at home with natural topical treatments, careful nit removal, and supportive scalp care.

Functional Wellness Support First Line Natural Treatment



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Natural lice removal is both safe and effective. The key is coating the lice so they cannot breathe or grip the hair shaft.

Olive Oil or Coconut Oil Treatment

Both oils suffocate lice by blocking their airways.

How to use:

- Saturate the hair and scalp completely with olive or coconut oil
- Cover with shower cap for at least one hour
- Comb thoroughly with a fine toothed lice comb
- Shampoo twice to remove the oil
- Repeat every three to four days for two weeks to break the life cycle

Enzyme Based Lice Sprays

These products break down the protective shell of nits, making combing far easier.

Tea Tree Oil Blend for Older Children

A diluted preparation, never essential oil directly on the scalp, may help deter lice. Use only pre formulated blends designed for children.

Precise Nit Removal

This is the single most important step in successful treatment.

- Sit in bright natural light
- Use a metal lice comb rather than plastic
- Section the hair and comb from scalp to ends
- Wipe the comb on a paper towel after each pass
- Continue until all visible nits and lice are removed

Even one remaining nit can restart the cycle.

Soothe Irritated Scalp

Apple Cider Vinegar Rinse

Helps loosen nits from the hair shaft.

Dilute one part vinegar with one part water and pour over the scalp, avoiding eyes.

Aloe Vera Gel

Soothes itchy, irritated skin.



Root Health L.L.C Healing Salve

May be used lightly around irritated areas of the scalp or hairline to support comfort and reduce redness. Not applied through the full hair due to texture.

Strengthen Immune and Skin Resilience

While lice are external parasites, a healthy skin barrier reduces irritation and recovery time.

Vitamin C

Supports tissue recovery.

Zinc

Helps maintain healthy skin and reduces inflammation from scratching.

Environmental Cleaning

Lice cannot survive long off the human head, but cleaning prevents reinfestation.

- Wash bedding, hats, and clothing worn within the past forty eight hours in hot water
 - Dry on high heat for at least thirty minutes
 - Vacuum sofas, carpets, and car seats
 - Seal stuffed animals or pillows in a plastic bag for three days
 - Soak brushes and combs in very hot water for twenty minutes
 - Avoid sharing brushes, hats, or bedding
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Prevention Strategies

- Tie long hair in braids or buns
 - Use hair products containing rosemary or tea tree for older children
 - Do weekly scalp checks during school outbreaks
 - Teach children not to share hats or brushes
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Pediatric Supplement Blends



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While supplements do not treat lice directly, they support irritated skin and overall recovery:

- Vitamin C
 - Zinc
 - Omega threes
 - Chamomile or lemon balm for irritability
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Pediatric Dosing Guidelines

Vitamin C

- Ages two to five, one hundred twenty five to two hundred fifty milligrams
- Ages six to twelve, two hundred fifty to five hundred milligrams
- Ages thirteen to seventeen, five hundred to one thousand milligrams

Zinc

- Ages four to eight, five milligrams
 - Ages nine to thirteen, eight milligrams
 - Ages fourteen to seventeen, eight to ten milligrams
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Supplement Access

A complete supplement protocol for Pediatric Head Lice Support is available in Fullscript under Protocols, listed by the matching condition name. Parents can create a free account to access professional grade formulations for immune and skin support.

Parent Friendly Summary

Head Lice Are Common and Treatable

They do not indicate uncleanliness and they do not spread disease.

Home Support



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- Use olive oil or coconut oil to suffocate lice
- Repeat treatment every three to four days for two weeks
- Comb thoroughly with a metal lice comb
- Use enzyme sprays to loosen nits
- Wash bedding and hats that were worn recently
- Avoid sharing hair items

When to Recheck

If scalp irritation worsens, sores become infected, or lice persist despite thorough treatment.



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