



THE SOLINGER METHOD

by Root Health L.L.C.

Pediatric Immune Weakness, Frequent Illness.

FUNCTIONAL WELLNESS SUPPORT PLAN

Pediatric Immune Weakness, Frequent Illness

Root Health L.L.C, The Solinger Method

Dr. Sarah Solinger, PhD, ND, MSc, FCN

Naturopathic Doctor, Functional Clinical Nutritionist, Master Herbalist

What Is Pediatric Immune Weakness, Frequent Illness

Pediatric immune weakness refers to a pattern of recurrent or prolonged infections that occur more often than expected for a child's age, season, or exposure level. While some illness is a normal part of immune development, frequent colds, repeated ear infections, prolonged coughs, recurrent fevers, or slow recovery can indicate that the immune system is struggling to mount an efficient response.

In children, immune function is closely tied to nutrition, gut integrity, sleep quality, stress regulation, micronutrient status, and inflammatory burden. An immune system that is under supported may respond sluggishly, incompletely, or excessively, leading to repeated illness rather than effective immune memory.

From a naturopathic perspective, the goal is not to overstimulate immunity but to strengthen immune resilience, improve response efficiency, and reduce the frequency and severity of illness over time.

Common Root Causes

- inadequate nutrient intake or absorption
 - vitamin D deficiency
 - zinc or iron deficiency
 - gut dysbiosis or low beneficial bacteria
 - low secretory IgA
 - chronic inflammation
 - poor sleep quality or insufficient sleep
 - high stress or nervous system dysregulation
 - food sensitivities
 - frequent antibiotic exposure
 - environmental toxin burden
-

Common Signs and Symptoms

- frequent colds or viral infections
- repeated ear or sinus infections
- prolonged coughs or congestion
- slow recovery from illness
- frequent fevers
- chronic runny nose or post nasal drip
- fatigue or low energy
- poor appetite
- enlarged lymph nodes
- recurrent skin infections or rashes
- digestive issues such as diarrhea or constipation



THE
SOLINGER METHOD
by Root Health L.L.C.

Foundational Support Strategies

- prioritize consistent, restorative sleep
- ensure adequate protein intake daily
- increase nutrient dense foods such as eggs, meat, seafood, vegetables, and healthy fats
- limit ultra processed foods and excess sugar
- support daily outdoor time and sunlight exposure

- reduce chronic stress and overscheduling
- address constipation or digestive symptoms promptly
- avoid unnecessary antibiotic use when appropriate
- support nasal and oral hygiene during illness seasons

Pediatric Supplement Blends for Immune Weakness, Frequent Illness

Vitamin D

Critical for immune regulation and infection resistance. Low levels are strongly associated with recurrent illness.

- ages one to five, one thousand to two thousand IU daily
- ages six to twelve, two thousand IU daily
- ages thirteen to seventeen, two thousand to four thousand IU daily

Zinc

Supports immune cell activation, antiviral defense, and mucosal immunity.

- ages one to five, five to seven milligrams daily
- ages six to twelve, ten to fifteen milligrams daily
- ages thirteen to seventeen, fifteen to twenty milligrams daily

Vitamin C

Enhances immune response, reduces illness duration, and supports tissue repair.

- ages one to five, two hundred fifty to five hundred milligrams two times daily
- ages six to twelve, five hundred to seven hundred fifty milligrams two times daily
- ages thirteen to seventeen, seven hundred fifty to one thousand milligrams two times daily

Elderberry, glycerite

Supports antiviral activity and reduces severity and duration of illness when used early.

- ages one to five, one milliliter two to three times daily
- ages six to twelve, one to two milliliters two to three times daily
- ages thirteen to seventeen, two to three milliliters two to three times daily

Echinacea, glycerite

Supports immune activation and improves response efficiency. Best used during acute illness.

- ages two to five, fifteen to twenty drops two to three times daily
- ages six to twelve, twenty to thirty drops two to three times daily
- ages thirteen to seventeen, thirty to forty drops two to three times daily

Probiotics

Support gut-associated lymphoid tissue and immune memory development.

- toddlers, ten to fifteen billion CFU daily



THE
SOLINGER METHOD

by Root Health L.L.C.

- ages six to twelve, fifteen to twenty five billion CFU daily
- teens, twenty five to fifty billion CFU daily

Omega Three Fatty Acids

Reduce inflammatory load and support immune modulation.

- ages one to five, three hundred to five hundred milligrams daily
- ages six to twelve, five hundred to eight hundred milligrams daily
- ages thirteen to seventeen, eight hundred to twelve hundred milligrams daily

N Acetylcysteine, NAC

Supports respiratory immunity and glutathione production in children with frequent respiratory illness.

- ages six to twelve, three hundred to six hundred milligrams daily
- ages thirteen to seventeen, six hundred to nine hundred milligrams daily

Accessing the Full Supplement Protocol

A complete supplement protocol for pediatric immune weakness and frequent illness is available in Fullscript using clinical, pharmaceutical grade formulations. Parents may create a free account and access the full supplement list and dosing under the “Protocols” section by locating the corresponding condition name.

When Further Evaluation Is Recommended

Further evaluation should be considered when a child experiences:

- more than six to eight significant infections per year
- repeated ear or sinus infections
- slow recovery from illness
- poor growth or weight gain
- chronic digestive symptoms
- eczema or recurrent skin infections

Recommended evaluation may include vitamin D, ferritin, zinc, inflammatory markers, and comprehensive stool testing to assess gut immune function and secretory IgA.



**THE
SOLINGER METHOD**

by Root Health L.L.C.