



THE SOLINGER METHOD

by Root Health L.L.C.

Pediatric Colic Support

FUNCTIONAL WELLNESS SUPPORT PLAN

Pediatric Colic Support

Root Health L.L.C, The Solinger Method

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

Naturopathic Doctor, Functional Clinical Nutritionist, Master Herbalist

What Is Colic

Colic refers to excessive, prolonged crying in an otherwise healthy infant, typically beginning around two to three weeks of age, peaking around six to eight weeks, and improving significantly by three to four months. The classic definition includes crying for more than three hours per day, more than three days per week, for more than three weeks.

From a naturopathic perspective, colic is **not a diagnosis**, but rather a sign that an infant's immature digestive and nervous systems are overwhelmed or in need of support. Colic reflects early life adjustments in:

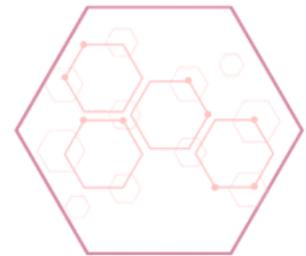
- gut motility,
- microbiome development,
- nervous system regulation,
- feeding rhythm and digestion,
- parental bonding and sensory processing.

Infants experience rapid growth of both the digestive tract and the sensory nervous system in the first months of life. Colic often represents this transitional period where the infant's ability to process sensations, feed comfortably, and self soothe is still developing.

While exhausting for parents, colic is **temporary**, improves with support, and does not indicate long term problems. Infants with colic remain healthy, alert, and continue to grow normally.

Signs and Symptoms

- Intense crying that is difficult to soothe
- Crying that occurs at predictable times, often evening
- Red face or clenched fists
- Arched back or legs pulled toward the belly
- Gassiness or abdominal tension
- Temporary relief after passing gas or stool
- Difficulty settling for sleep



THE
SOLINGER METHOD

by Root Health L.L.C.

Common Contributors

Immature Digestive System

The infant gut is still developing motility, enzyme production, and microbiome balance.

Gas and Air Swallowing

Fast letdown, bottle nipple flow, or tension during feeding may increase swallowed air.

Food Sensitivities

Reactions to proteins in breast milk, particularly dairy or soy, may contribute for some infants.

Gut Microbiome Imbalance

Early dysbiosis can increase gas production and intestinal discomfort.

Nervous System Immaturity

Infants with sensitive nervous systems may struggle with sensory overload, resulting in crying cycles.

Overstimulation

Too much noise, activity, or handling can overwhelm an infant's developing regulatory system.

Parental Tension

Babies attune to caregiver nervous system states. High parental stress can reflect back into infant tension.

When to Seek Medical Care

- Poor weight gain
- Persistent vomiting
- Blood in stool
- Fever
- Lethargy or decreased responsiveness
- Crying that does not follow typical colic patterns
- Signs of dehydration

Most cases of colic are benign and resolve naturally by twelve to sixteen weeks.

Functional Wellness Support

Feeding and Digestive Support

Burping Techniques

Burp the infant midway through and after feeding to reduce trapped gas.

Feeding Position

More upright positioning decreases air swallowing.



THE
SOLINGER METHOD

by Root Health L.L.C.

Bottle Flow Adjustments

Aslowerflow nipple may prevent gulping and reduce gas.

Maternal Diet Evaluation, for breastfed infants

Some infants benefit when the mother reduces dairy, soy, or highly processed foods.

Warm Compress

A warm cloth on the belly can relax abdominal muscles.

Gentle Manual Therapies

Abdominal Massage

Light clockwise massage supports gas movement and reduces tension.

Infant Chiropractic or Craniosacral Therapy

These therapies may improve feeding mechanics, reduce tension in the diaphragm and neck, and support vagal tone.

Nervous System and Soothing Strategies

Swaddling

Provides security, reduces overstimulation, and helps infants settle.

Rhythmic Motion

Babywearing, gentle bouncing, walking, or rocking can regulate the infant's sensory system.

White Noise

Mimics the womb environment and supports calming.

Skin to Skin Contact

Regulates infant heart rate, breathing, and nervous system tone.

Herbal and Nutritional Support

Fennel

Gentle carminative herb traditionally used for gas and digestive comfort.





THE SOLINGER METHOD

by Root Health L.L.C.

Chamomile

Soothes tension in the gut and calms irritability.

Catnip and Fennel Combination

Common in pediatric colic formulas.

Probiotics

Infants often benefit from B infantis or L reuteri strains to support microbiome development.

Root Health L.L.C Healing Salve

A gentle abdominal application may support warmth, relaxation, and improved comfort. Available in the Shop section of the website.

Deeper Evaluation if Symptoms Persist

If colic does not improve with typical supportive measures, deeper contributors may be present such as dysbiosis, low digestive enzyme activity, food protein intolerance, tongue or lip tie affecting feeding mechanics, or motility imbalances. In these cases, a **comprehensive stool test** or feeding assessment may be recommended to determine root cause contributors.

Pediatric Dosing Guidelines

Infant Probiotics

Follow age specific manufacturer dosing, typically one scoop or drop daily.

Herbal Glycerites

For infants, always use professional pediatric formulas.

Common guideline: one to three drops as needed, depending on sensitivity and weight.

Chamomile Tea

One to two teaspoons of weak tea may be offered by dropper for infants over six months, or through breast milk when the mother drinks chamomile herself.

Supplement Access

A complete supplement protocol for Pediatric Colic Support is available in Fullscript under Protocols, listed by the matching condition name. Parents can create a free account to view the recommended infant safe formulations.

Parent Friendly Summary

Colic in Infants

Colic is a period of intense crying in a healthy infant whose digestive and nervous systems are still developing. It is temporary, common, and improves with supportive care.

Simple Home Support

- Burp frequently during feeding
- Gentle abdominal massage
- Upright feeding position
- Swaddling and rhythmic motion
- White noise and skin to skin contact
- Chamomile or fennel blends if age appropriate
- Infant probiotics

When to Recheck

Seek care if the infant is not gaining weight, has persistent vomiting, blood in stool, fever, or unusual lethargy.



THE
SOLINGER METHOD

by Root Health L.L.C.