



THE SOLINGER METHOD

by Root Health L.L.C.

Pediatric Headache Support

FUNCTIONAL WELLNESS SUPPORT PLAN

PediatricHeadache Support

Root Health L.L.C, The Solinger Method

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What Are Pediatric Headaches

Headaches in children are common, and most are benign, meaning they do not signal a dangerous condition. A headache occurs when blood vessels, nerves, or surrounding tissues in the head and neck become irritated or activated. Children experience headaches for many of the same reasons adults do, but with a stronger connection to hydration, sleep, nutrition, screen exposure, and emotional stress.

From a naturopathic perspective, a headache is not simply a pain event. It is a **signal**. The body is communicating that something is out of balance, whether it is blood sugar fluctuations, tension, dehydration, visual strain, inflammation, food triggers, or even gut related imbalance. Children are especially sensitive to internal and external shifts, making headaches a meaningful marker to explore.

Most pediatric headaches fall into three categories:

- **Tension headaches**, the most common, caused by muscle tightness, stress, posture, or screen time.

- **Migraine headaches**, often hereditary, influenced by food triggers, weather changes, hormones, or sensory overload.
- **Secondary headaches**, caused by sinus congestion, illness, dehydration, or dietary factors.

Understanding the root cause allows for targeted, gentle, and highly effective support.

Signs and Symptoms

- Pain in forehead, temples, behind the eyes, or back of head
 - Sensitivity to light or sound
 - Nausea or mild stomach upset
 - Fatigue or irritability
 - Pressure around the sinuses
 - Tight neck or shoulder muscles
 - Pale appearance or dark circles
 - Dizziness in some cases
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Common Contributors

Dehydration

One of the most overlooked causes in children.

Low Blood Sugar

Skipping meals or eating high sugar foods can trigger headaches.

Screen Overload

Extended time on tablets, phones, or games strains developing eyes and neck muscles.

Poor Sleep

Children need significantly more restorative sleep than adults.

Food Triggers

Dairy, artificial dyes, chocolate, gluten, and processed meats can trigger migraines in sensitive children.



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Gut Dysbiosis

Microbiome imbalance increases systemic inflammation and headache frequency.

Environmental Sensitivities

Fragrances, bright lights, noise, or allergens.

Illness or Congestion

Sinus pressure and ear issues often cause headaches.

When to Seek Medical Care

- Headache with high fever
- Severe or sudden headache
- Persistent vomiting
- Vision changes
- Weakness, confusion, or difficulty walking
- Stiff neck
- Headache after injury
- Headache waking the child from sleep
- Increasing frequency despite supportive care

Most headaches resolve with simple, consistent wellness strategies.



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Functional Wellness Support

Hydration and Electrolytes

Hydration

Offer water frequently. Mild dehydration dramatically increases headache likelihood.

Electrolytes

A small amount of electrolyte drink helps when headaches are linked to activity, heat, or illness.

Nutrition for Stability

Balanced Meals

Include protein, healthy fats, and fiber to stabilize blood sugar.

Avoid Food Dyes and Artificial Additives

These often trigger headaches in sensitive children.

Identify Food Sensitivities

Elimination trials may be helpful if patterns emerge.

Reduce Tension and Improve Posture

Neck and Shoulder Massage

Releases muscle tension contributing to headache pain.

Warm Compress

Apply to the neck or forehead to relax tight muscles.

Frequent Breaks from Screens

Every twenty to thirty minutes, look at something distant to relax eye muscles.

Herbal and Nutritional Support

Magnesium

Supports muscle relaxation and reduces headache frequency.

Riboflavin B2

Well studied for migraine reduction.

Feverfew

Useful for migraine type headaches in older children.

Ginger

Reduces inflammatory pathways and helps with nausea.



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Chamomile

Calms irritability, tension, and mild pain.

Peppermint Oil for Older Children

Only diluted preparations applied to the temples, avoiding eyes. Not for young children.

Support the Gut Brain Connection

Pediatric Probiotics

Helpful for children with headaches related to inflammation or chronic digestive symptoms.

Omega Three Fatty Acids

Reduce inflammation and support neurological function.

Fiber Rich Foods

Support healthy gut motility and detoxification.

When Headaches Suggest a Deeper Issue

A stool test may be recommended if headaches are accompanied by:

- bloating or digestive issues,
- eczema or skin symptoms,
- food sensitivities,
- chronic inflammation,
- or headaches occurring several times per week.

The gut plays a large role in histamine regulation, detoxification, and inflammatory balance, all of which impact pediatric headache patterns.

Pediatric Supplement Blends

- Magnesium glycinate
- Pediatric probiotics



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- Omega three blends
 - Riboflavin B2
 - Gentle herbal blends with chamomile or lemon balm
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Pediatric Dosing Guidelines

Magnesium

- One of the most effective nutrients for muscle tension headaches, migraines, stress related pain, and sleep disturbance.
- Ages two to five, eighty to one hundred twenty milligrams daily
- Ages six to twelve, one hundred twenty to two hundred milligrams daily
- Ages thirteen to seventeen, two hundred to four hundred milligrams daily

Vitamin B2 Riboflavin

Evidence based for pediatric migraine prevention.

- Ages two to five, ten to twenty five milligrams daily
- Ages six to twelve, fifty to seventy five milligrams daily
- Ages thirteen to seventeen, one hundred milligrams daily

Omega Three

Reduce neuroinflammation and support healthy blood flow.

- Ages two 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



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Supplement Access

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

Parent Friendly Summary

Most Childhood Headaches Are Benign

Hydration, proper nutrition, sleep, and reduced screen strain improve symptoms quickly.

Easy Home Support

- Offer water or electrolytes
- Provide a balanced snack with protein
- Use a warm compress on the neck
- Massage shoulders and temples
- Encourage rest and dim lighting
- Add magnesium and gentle herbal support

When to Recheck

If headaches worsen, occur daily, or come with concerning symptoms.



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