



THE SOLINGER METHOD

by Root Health L.L.C.

Pediatric Hyperactivity Support

FUNCTIONAL WELLNESS SUPPORT PLAN

Pediatric Hyperactivity Support

Root Health L.L.C, The Solinger Method

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What Is Pediatric Hyperactivity

Hyperactivity is a pattern of increased movement, impulsivity, restlessness, distractibility, or difficulty regulating energy levels. It may occur on its own or alongside attention challenges, sensory sensitivities, anxiety, or behavioral struggles. Hyperactivity does **not** mean a child is poorly behaved or undisciplined. It is a **neurological and physiological expression** of how the brain processes stimulation, nutrients, sleep, inflammation, and gut signals.

From a naturopathic perspective, hyperactivity is often a sign that one or more internal regulatory systems are imbalanced, including:

- neurotransmitter pathways,
- blood sugar stability,
- gut microbiome health,
- nutrient sufficiency,
- inflammation levels,
- and sensory processing systems.

Children with hyperactivity are often bright, intuitive, and highly responsive to their environment. Supporting the nervous system, reducing inflammatory triggers, and stabilizing the gut brain axis can dramatically improve focus, emotional steadiness, and behavior.

Hyperactivity is not a character flaw. It is a clue.

Signs and Symptoms

- Constant movement or fidgeting
- Difficulty sitting still
- Impulsivity or acting before thinking
- Easily distracted
- Fast speech or rapid shifting between tasks
- Difficulty winding down for sleep
- Sensory seeking behaviors
- Big emotional reactions or frustration
- Difficulty completing tasks even when motivated



Common Contributors

Blood Sugar Instability

Skipping meals, high sugar foods, dyes, and processed snacks worsen restlessness.

Gut Dysbiosis

Children with hyperactivity often have microbial imbalances that affect dopamine and serotonin pathways.

Nutrient Deficiencies

Magnesium, zinc, iron, B vitamins, omega threes, and protein insufficiency strongly influence hyperactivity patterns.

Food Sensitivities

Gluten, dairy, artificial dyes, preservatives, and MSG are common triggers.

Poor Sleep or Irregular Rhythm

A tired nervous system becomes overstimulated easily.

Overstimulation

Screens, noise, busy environments, and chaotic routines overwhelm sensitive children.

Emotional Stress

Children express anxiety as movement, restlessness, or impulsivity.

Genetics and Neurodivergence

Some children have naturally high neural activity that requires structured support.

When to Seek Medical Care

- Sudden change in behavior
- Loss of developmental skills
- Aggression or self harming behavior
- Hyperactivity with severe anxiety or panic
- Sleep that is consistently disrupted
- Inability to function in daily routines

Most hyperactivity improves with nutrition, gut support, routine, and nervous system regulation.

Functional Wellness Support

Support the Gut Brain Axis

Pediatric Probiotics

Improve neurotransmitter signaling, reduce inflammation, and calm the stress response.

Omega Three Fatty Acids

EPA dominant blends reduce impulsivity, aggression, and hyperactivity.

High Fiber Foods



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Berries, vegetables, chia seeds, pears, sweet potatoes, and beans support gut regulation and blood sugar stability.

Elimination Trials

Gluten, dairy, dyes, or high sugar foods can trigger hyperactive behavior.

Stabilize Blood Sugar

Balanced Meals

Include protein, healthy fats, and fiber at every meal to slow glucose spikes.

High Protein Breakfast

Scrambled eggs, nut butter, turkey, chia pudding, or smoothies with protein powder improve morning behavior.

Limit Processed Snacks

Replace crackers, chips, and sugary yogurt with whole food options.

Calm the Nervous System

Magnesium Glycinate

Reduces restlessness, improves sleep, and calms muscle tension.

Lemon Balm

Soothes overstimulation and improves emotional steadiness.

Chamomile

Calms irritability and supports focus.

L Theanine for Older Children

Promotes calm attention without sedation.

Deep Pressure Routines

Weighted blankets, tight hugs, or compression clothing support nervous system organization.



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Improve Focus and Attention

Zinc

Essential for dopamine regulation and a known deficiency in many hyperactive children.

Iron

Low ferritin levels are strongly associated with hyperactivity and poor focus.

B Complex Vitamins

Support neurotransmitters and energy metabolism.

Outdoor Play

Movement, sunlight, and grounding improve dopamine and serotonin balance.



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Environmental and Lifestyle Support

- Predictable routines reduce overwhelm
- Avoid screens in the morning and before bed
- Create low stimulation play or rest spaces
- Encourage frequent physical activity breaks
- Use visual schedules to support transitions
- Reduce clutter and visual distractions

When Hyperactivity Suggests a Deeper Issue

A comprehensive assessment may be helpful when:

- symptoms worsen with certain foods,
- digestive problems or eczema are present,
- sleep is chronically disrupted,
- severe impulsivity interferes with safety,
- or symptoms persist despite nutrition and routine support.

A **comprehensive stool test** is recommended because hyperactivity often has gut driven triggers such as dysbiosis, yeast overgrowth, low short chain fatty acids, or inflammation.

Blood work evaluating ferritin, zinc, magnesium, B vitamins, and vitamin D may also be beneficial.

Pediatric Supplement Blends

- Omega three EPA dominant formulas
 - Magnesium glycinate powders or liquids
 - Pediatric probiotics
 - Zinc and B complex blends
 - Herbal calming formulas with lemon balm and chamomile
 - L theanine for older children
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Therapeutic Pediatric Dosing Guidelines

Magnesium Glycinate or Citrate

- 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 C

- Ages two 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

Zinc

- Ages two to five, seven to ten milligrams daily
- Ages six to twelve, ten to fifteen milligrams daily
- Ages thirteen to seventeen, fifteen to twenty milligrams daily

Omega Three Fatty Acids

- 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

Probiotics



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- Toddlers, ten to fifteen billion CFU
 - Ages six to twelve, fifteen to twenty five billion CFU
 - Teens, twenty five to fifty billion CFU
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Supplement Access

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

Parent Friendly Summary

Hyperactivity Is Not Misbehavior

It is the body's way of expressing imbalance in energy regulation, nutrition, gut health, and nervous system function.

Simple Home Support

- Provide protein rich meals
- Reduce dyes and sugary snacks
- Offer frequent movement breaks
- Use magnesium, omega threes, and probiotics
- Create calm predictable routines
- Support early bedtime and reduced screens

When to Recheck

If behavior worsens, interferes with safety, or persists despite supportive care.



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