



THE SOLINGER METHOD

by Root Health L.L.C.

Pediatric lactose intolerance.

FUNCTIONAL WELLNESS SUPPORT PLAN

Pediatric Lactose Intolerance

Root Health L.L.C, The Solinger Method

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What Is Pediatric Lactose Intolerance

Lactose intolerance is a digestive condition in which the body has insufficient lactase, the enzyme required to break down lactose, the primary sugar found in milk and dairy products. When lactose is not properly digested in the small intestine, it passes into the colon where it is fermented by bacteria, leading to gas, bloating, abdominal pain, diarrhea, and discomfort.

In children, lactose intolerance may be primary, developing gradually with age, or secondary, occurring after gastrointestinal illness, inflammation, antibiotic use, or damage to the intestinal lining. Secondary lactose intolerance is especially common following viral gastroenteritis or chronic gut inflammation and is often reversible when the gut heals.

Expanded Education, Lactose Intolerance, Conventional vs Naturopathic Perspective

The Conventional Medicine Perspective

In conventional pediatric care, lactose intolerance is typically managed through dietary avoidance. Families are often advised to eliminate dairy products or switch to lactose free alternatives. In some cases, lactase enzyme tablets are suggested to reduce symptoms when dairy is consumed.

While this approach can reduce discomfort, it often stops at symptom avoidance. Little attention is given to why lactase production is impaired, whether the intolerance is temporary, or how gut health influences enzyme production. Children may be advised to avoid dairy indefinitely without evaluation of intestinal integrity or microbiome health.

The Naturopathic Medicine Perspective

Naturopathic medicine views lactose intolerance, particularly in children, as a functional digestive issue rather than a fixed condition. Lactase is produced by the cells lining the small intestine, and when that lining is inflamed, damaged, or immature, lactase production declines.

From a naturopathic perspective, the key questions are:

- why is the intestinal lining compromised
- is the intolerance primary or secondary
- has a recent infection or antibiotic exposure occurred
- is there underlying dysbiosis or inflammation
- can gut healing restore enzyme production

Rather than simply removing dairy, naturopathic care focuses on restoring digestive capacity and intestinal health when appropriate.



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Why Children Are Often Told to Avoid Dairy Permanently

Conventional medicine frequently treats lactose intolerance as a static diagnosis. Because avoidance reduces symptoms quickly, further investigation is often not pursued. However, this approach may unnecessarily restrict nutrient dense foods and overlook opportunities for gut repair.

What Naturopathic Support Offers

Naturopathic care aims to reduce symptoms while supporting long term digestive resilience. In many cases, especially secondary lactose intolerance, children can regain tolerance once intestinal inflammation is resolved.

Common Signs and Symptoms

- bloating or abdominal distension
 - gas
 - abdominal pain or cramping
 - loose stools or diarrhea
 - nausea after dairy consumption
 - foul smelling stools
 - urgency to use the bathroom
 - irritability related to digestive discomfort
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Foundational Support Strategies

- temporarily reduce or remove lactose containing foods
 - emphasize lactose free or low lactose options during healing
 - prioritize gut soothing, anti inflammatory foods
 - avoid excessive sugar and processed foods
 - support regular bowel movements
 - ensure adequate intake of calcium from non dairy sources when needed
 - assess tolerance gradually during reintroduction
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Pediatric Supplement Blends for Lactose Intolerance

Lactase Enzyme

Supports lactose digestion during meals containing dairy.

- toddlers, three thousand to six thousand FCC units with dairy meals
- ages four to twelve, six thousand to nine thousand FCC units with dairy meals
- adolescents, nine thousand FCC units with dairy meals

Digestive Enzymes, broad spectrum

Support overall digestion and reduce postmeal discomfort.

- ages two to five, one capsule with meals
- ages six to twelve, one to two capsules with meals
- ages thirteen to seventeen, two capsules with meals

Probiotics

Support gut healing and improve lactose tolerance over time.

- toddlers, ten to fifteen billion CFU daily
- ages six to twelve, fifteen to twenty five billion CFU daily
- adolescents, twenty five to fifty billion CFU daily



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L Glutamine

Supports repair of the intestinal lining.

- ages six to twelve, one to two grams daily
- ages thirteen to seventeen, two to five grams daily

Zinc Carnosine

Supports mucosal healing and digestive enzyme function.

- ages six to twelve, thirty to fifty milligrams daily
- ages thirteen to seventeen, seventy five milligrams daily

Accessing the Full Supplement Protocol

A complete supplement protocol for pediatric lactose intolerance is available in Fullscript using clinical, pharmaceutical grade formulations. Parents may create a free account and access the curated protocol under the “Protocols” section by locating the corresponding condition name.

When Further Evaluation Is Recommended

Further evaluation is recommended when lactose intolerance is severe, persistent, or accompanied by:

- poor growth or weight loss
- chronic diarrhea
- abdominal pain unrelated to dairy
- eczema or other inflammatory symptoms
- history of recurrent infections

Additional assessment may include comprehensive stool testing to evaluate gut inflammation, enzyme activity, microbiome balance, and secondary contributors to intolerance.



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