

Functional Wellness Support Plan for Molluscum Contagiosum

Overview: Molluscum contagiosum is a benign viral skin infection caused by a poxvirus. It is self-limiting and often resolves within 6–12 months but can persist longer. Support focuses on boosting the immune system, supporting skin health, and preventing the spread. **Goals of Support:**

1. Support the immune system to clear the virus.
2. Soothe and heal the skin.
3. Prevent secondary infections.
4. Minimize the spread to others.



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SOLINGER METHOD

by Root Health L.L.C.

1. General Care for the Child

- **Hygiene:**
 - Wash hands frequently with gentle soap.
 - Avoid scratching or picking at lesions to prevent spreading.
 - Keep lesions covered with clothing or a breathable bandage.
- **Avoid sharing items:**
 - Towels, washcloths, and toys should not be shared with others.
 - Wash clothing and bedding frequently in hot water.

2. Immune Support

- **Diet:**
 - Emphasize whole, nutrient-dense foods:
 - Fruits and vegetables rich in Vitamin C (oranges, strawberries, bell peppers). Foods high in zinc (pumpkin seeds, chickpeas, oats). Probiotic-rich foods (unsweetened yogurt, kefir, fermented vegetables).
 - Avoid sugary snacks and processed foods, which can suppress immune function.
- **Supplements:**
 - **Vitamin D:** 400-600 IU daily to support immune health.
 - **Zinc:** 2-5 mg/day to enhance antiviral activity.
 - **Probiotics:** Probiotic with at least 5 billion CFUs to support gut and immune health.

3. Topical Care for Lesions

- **Tea Tree Oil (Diluted):**
 - Mix 1-2 drops of tea tree oil with a teaspoon of a carrier oil (e.g., coconut oil).
 - Apply to lesions 1-2 times daily using a cotton swab.

- Avoid applying to broken or inflamed skin.
- **Apple Cider Vinegar (Diluted):**
 - Dilute in a 1:3 ratio with water.
 - Dab on lesions with a cotton ball once daily to help dry them out.
 - Rinse off after 10–15 minutes.
- **Calendula Cream:**
 - Apply a thin layer to soothe irritated skin and promote healing.
- **Manuka Honey:**
 - Dab a small amount directly on lesions to reduce inflammation and prevent secondary infection.

4. Stress Management

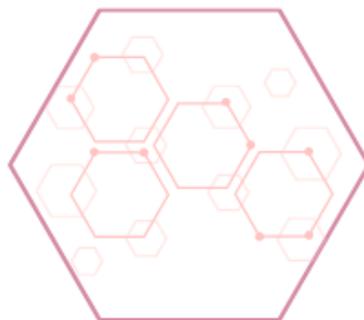
- Ensure the child has a stable routine, plenty of sleep (10–12 hours per night), and time for play. Emotional stress can weaken the immune system.

5. Monitoring and Follow-Up

- Check the lesions weekly for signs of improvement.
- Look for signs of secondary infection, such as redness, swelling, pus, or fever, which may require medical attention.

6. Preventing Transmission

- Keep the child's nails trimmed to minimize scratching.
- Encourage handwashing after touching the lesions.
- Avoid swimming in public pools until lesions resolve.



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