



THE SOLINGER METHOD

by Root Health L.L.C.

Pediatric intestinal parasites.

FUNCTIONAL WELLNESS SUPPORT PLAN

Pediatric Intestinal Parasites

Root Health L.L.C, The Solinger Method

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What Are Pediatric Intestinal Parasites

Intestinal parasites are organisms that live within the gastrointestinal tract and rely on the host for survival. In children, parasitic infections are more common than often recognized and can persist for long periods without obvious acute illness. Parasites may interfere with nutrient absorption, irritate the intestinal lining, disrupt the microbiome, and place a chronic burden on the immune system.

Children are particularly susceptible due to developing hygiene habits, hand to mouth behaviors, close contact with other children, pets, soil exposure, and immature immune defenses. From a naturopathic perspective, parasites are not viewed as rare or exotic but as an important consideration when children present with chronic digestive issues, behavioral changes, nutrient deficiencies, or immune weakness.

Common Types of Intestinal Parasites in Children

- Giardia
- Blastocystis species
- Dientamoeba fragilis
- Pinworms
- Roundworms
- Hookworms
- Cryptosporidium

Common Root Causes and Risk Factors

- exposure to contaminated water or food
- daycare or school exposure
- poor hand hygiene
- nail biting or thumb sucking
- close contact with pets or farm animals
- soil exposure
- weakened immune function
- low stomach acid
- disrupted gut microbiome
- recent travel

Common Signs and Symptoms

- chronic or intermittent diarrhea
- constipation
- abdominal pain or bloating
- gas or foul smelling stools
- anal itching, especially at night
- teeth grinding during sleep
- irritability or mood changes
- poor appetite or picky eating
- nutrient deficiencies, especially iron
- fatigue or low energy
- sleep disturbances
- eczema or skin rashes



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Foundational Support Strategies

- strict hand washing before meals and after bathroom use
 - keeping fingernails short and clean
 - daily laundering of underwear during treatment
 - washing bedding frequently in hot water
 - avoiding barefoot play in contaminated soil
 - ensuring pets are appropriately dewormed
 - supporting bowel regularity to aid elimination
 - reducing sugar and refined carbohydrates during treatment
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Pediatric Supplement Blends for Intestinal Parasites

Black Walnut Hull, glycerite or liquid extract

Broad spectrum antiparasitic activity.

- ages two to five, five to ten drops two times daily
- ages six to twelve, ten to fifteen drops two times daily
- ages thirteen to seventeen, fifteen to twenty drops two times daily

Wormwood, liquid extract

Disrupts parasite metabolism and survival.

- ages two to five, five drops two times daily
- ages six to twelve, five to ten drops two times daily
- ages thirteen to seventeen, ten to fifteen drops two times daily

Clove, liquid extract

Targets parasite eggs and supports full eradication.

- ages two to five, one to two drops two times daily
- ages six to twelve, two to three drops two times daily
- ages thirteen to seventeen, three to five drops two times daily

Garlic Extract

Broad spectrum antimicrobial and antiparasitic support.

- ages two to five, one to two drops two times daily
- ages six to twelve, two to three drops two times daily
- ages thirteen to seventeen, three to five drops two times daily

Oregano Extract, not essential oil

Strong antiparasitic and antimicrobial activity.

- ages two to five, five drops two times daily
- ages six to twelve, five to ten drops two times daily
- ages thirteen to seventeen, ten drops two times daily



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Digestive Enzymes

Help break down biofilms and improve nutrient absorption.

- 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

Restore beneficial flora and support gut immune recovery.

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

Accessing the Full Supplement Protocol

A complete supplement protocol for pediatric intestinal parasites is available in Fullscript using clinical, pharmaceutical grade formulations. Parents may create a free account and access the full list of supplements and dosing under the “Protocols” section by locating the corresponding condition name.

When Further Evaluation Is Recommended

Further evaluation is recommended when symptoms are persistent, severe, or recurrent.

Appropriate testing may include:

- comprehensive stool testing with parasitology
- evaluation for iron deficiency or anemia
- assessment of gut inflammation and secretory IgA
- follow up testing after treatment to confirm eradication



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