

THE SOLINGER METHOD

by Root Health L.L.C.

FUNCTIONAL WELLNESS SUPPORT PLAN

Pediatric Athlete's Foot Support (Ringworm)

RootHealth L.L.C, The Solinger Method

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What Is Athlete's Foot (Ringworm)

Athlete's foot, medically known as tinea pedis, is a fungal infection caused by dermatophytes, fungi that grow on the outer layers of skin, hair, and nails. Although the term "athlete's foot" refers specifically to infection of the feet, these fungi can infect multiple areas of the body, each with very distinct presentations based on the type of fungus and the environment it prefers.

These infections spread easily in warm, moist environments such as locker rooms, bathrooms, damp shoes, sweaty socks, and shared household surfaces. They are common in children and teens.

Different fungi prefer different regions of the body, which is why ringworm infections appear differently depending on the area affected:

Ringworm of the Scalp (Tinea Capitis)

Appears as a **dry, scaly, oval patch** with **poor hair growth**, broken hairs, and possible mild swelling or pustules. Often confused with eczema and dandruff.

Ringworm of the Body (Tinea Corporis)

Shows as a **round or oval expanding red ring** with a clearer center. Active fungal growth occurs at the outer edge, creating the classic “ring” appearance.

Ringworm of the Groin (Tinea Cruris)

Presents as a **red brown, scaly rash** with **sharp, well defined edges**, often spreading outward while the center becomes lighter. Moisture and friction are major contributors.

Ringworm of the Feet (Tinea Pedis), commonly known as Athlete’s Foot

Affects the **feet, toes, and ankles**. Often begins between the toes and causes **intense itching, cracking peeling burning**, and sometimes blistering. Thrives in damp shoes, synthetic socks, and shared wet surfaces.

Although uncomfortable, Athlete’s Foot (Ringworm) is highly manageable with consistent hygiene, topical antifungal care, and skin strengthening nutritional support.

Signs and Symptoms

- Itching between toes
 - Peeling, cracking, or dry skin
 - Red or scaly patches
 - Burning or stinging
 - Mild swelling
 - Odor
 - Blistering in stubborn cases
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Common Contributors

Moisture and Heat

Damp socks, sweaty feet, synthetic materials, tight footwear.

Shared Surfaces

Locker rooms, pool decks, public showers, gym mats.

Skin Barrier Weakness

Dry skin, eczema, minor cuts, or excessive friction.



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Microbiome Imbalance

Children prone to fungal or yeast overgrowth may have underlying immune or gut imbalances.

Nutrient Gaps

Low zinc, vitamin D, and essential fatty acids reduce skin resilience.

When to Seek Medical Care

- Rash spreading beyond the initial site
 - Increasing redness or swelling
 - Drainage or yellow crusting
 - Severe itching causing broken skin
 - No improvement after consistent use of supportive care
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Functional Wellness Support

Hygiene and Environment

- Dry feet thoroughly after bathing, especially between toes
- Change socks daily or after sweating
- Use breathable cotton socks over synthetic fabrics
- Allow shoes to dry completely between uses
- Wear shower sandals in public or shared bathing areas
- Avoid sharing towels, footwear, or socks

Topical Support

Diluted Tea Tree Oil

Strong antifungal and antiseptic properties.

Dilution: **1 drop essential oil per teaspoon carrier oil**, twice daily.

Calendula

Soothes irritation and supports tissue healing.
Apply as a cream or salve.



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Apple Cider Vinegar Soak

Mix **1 part vinegar to 3 parts warm water**.
Soak feet for 10 minutes daily.

Garlic Infused Oil

Traditional antifungal support.
Apply a thin layer twice daily.

Zinc Oxide Cream

Absorbs moisture and strengthens the skin barrier.

Root Health L.L.C Healing Salve

A plant based, soothing option that supports skin recovery, moisture balance, and irritation relief. An excellent option to fungal skin care routines. Available in the **Shop section** of the Root Health L.L.C website.

Nutrient Support

Pediatric Supplement Blends for Athlete's Foot (Ringworm)

This support focuses on antifungal activity, immune strengthening, microbiome balance, and skin barrier repair. All dosing is therapeutic and pediatric appropriate.

Vitamin C

Supports immune function and collagen repair of damaged skin.

- 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

Helps the immune system clear fungal organisms and supports skin healing.

- 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

Oregon Grape Root or Goldenseal (glycerite)

Internal botanical support with antifungal and antimicrobial actions. Use glycerite only for children.

- Ages two to five, fifteen to twenty drops two times daily
- Ages six to twelve, twenty to thirty drops two times daily
- Ages thirteen to seventeen, thirty to forty drops two times daily

Pau d'Arco (Tabebuia impetiginosa) Glycerite

Broad spectrum antifungal botanical that supports clearance of dermatophytes.

- Ages two to five, fifteen to twenty drops two times daily
- Ages six to twelve, twenty to thirty drops two times daily
- Ages thirteen to seventeen, thirty to forty drops two times daily

Probiotics (broad spectrum, high quality pediatric formula)

Supports fungal balance and reduces recurrence by strengthening the microbiome.

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

Omega Three Fatty Acids

Supports immune balance and reduces inflammatory irritation during fungal skin outbreaks.

- 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

Essential Oil Safety

Tea tree oil must always be diluted.

1 drop per teaspoon carrier oil Never apply undiluted oils to a child's skin.



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Supplement Access

A complete supplement protocol for Pediatric Athlete's Foot (Ringworm) is available in Fullscript under "Protocols," listed by the matching condition name. Parents can create a free account to access it. Inside the protocol, you will find an organized list of all recommended supplements and clear dosing guidance, using only clinical, pharmaceutical grade products. Everything is laid out in one place, making it simple and easy to follow.

Parent Friendly Summary

Athlete's Foot (Ringworm) in Children

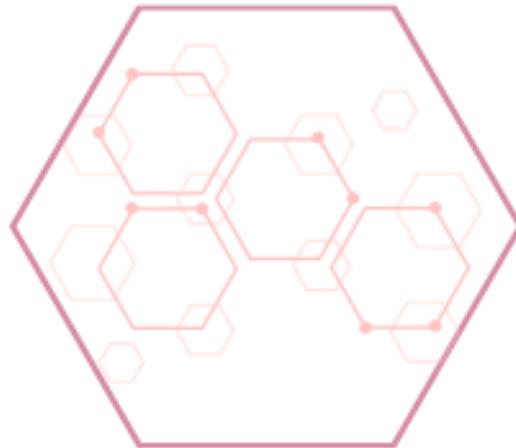
A fungal infection that causes itching, peeling, and redness on the feet. It spreads easily, especially in warm or damp environments.

Home Support

- Keep feet clean and fully dry
- Change socks daily
- Use breathable shoes
- Avoid barefoot walking in shared public areas
- Use child safe antifungal remedies such as diluted tea tree, calendula, ACV soaks, or the Root Health L.L.C Healing Salve
- Support overall skin and immune health with vitamin D, zinc, probiotics, and omega 3s

When to Recheck

If symptoms spread, worsen, or fail to improve, additional support may be needed.



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