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by Root Health L.L.C.

## Pediatric Bronchitis Support

### FUNCTIONAL WELLNESS SUPPORT PLAN

Pediatric Bronchitis Support

Root Health L.L.C, The Solinger Method

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What Is Pediatric Bronchitis

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Bronchitis occurs when the bronchi, the larger airways that carry air into the lungs, become inflamed and irritated. In children, this typically develops after a viral respiratory infection, such as a cold or flu. The inflammation increases mucus production and narrows the airway passages, leading to coughing, congestion, and difficulty clearing secretions.

Children are more vulnerable to bronchitis because their airways are narrower, their immune systems are still developing, and they tend to produce thicker mucus during viral illnesses. Bronchitis can present as:

#### **Acute Bronchitis**

The most common type. Usually develops after a viral infection and lasts 1 to 3 weeks. Symptoms include lingering cough, mucus production, chest discomfort, and fatigue.

#### **Recurrent Bronchitis**

Children who experience bronchitis multiple times per year may have underlying immune, allergic, microbiome, or airway regulatory imbalances that prolong inflammation.

### **Bronchiolitis (not bronchitis, but often confused)**

Affects the smaller airways (bronchioles) and is more common in infants. Typically caused by RSV. This is included here so parents can distinguish these conditions clearly.

In functional wellness, bronchitis reflects a combination of **immune activation, airway inflammation, mucus overproduction, and difficulty clearing secretions**, often made worse by environmental exposure, nutrient deficiencies, or dehydration.

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## **Signs and Symptoms**

- Persistent cough (dry or productive)
- Chest congestion or tightness
- Thick mucus that is difficult to clear
- Wheezing or rattling sounds with breathing
- Low grade fever
- Fatigue or decreased activity levels
- Sore throat from frequent coughing
- Worse symptoms at night or early morning

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## **Common Contributors**

### **Post Viral Inflammation**

Most pediatric bronchitis cases follow a cold or flu.

### **Environmental Irritants**

Smoke, fragrances, dust, mold, or cold air inflame airways.

### **Dehydration**

Thickens mucus and makes it harder to clear.

### **Allergies or Asthma History**

Can prolong airway inflammation.

### **Low Nutrient Reserves**

Magnesium, vitamin D, vitamin C, and zinc support mucosal and immune function.



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## **Gut Lung Axis**

Dysbiosis or food sensitivities can contribute to chronic airway reactivity.

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## **When to Seek Medical Care**

- Difficulty breathing or rapid breathing
  - Chest retractions or belly breathing
  - Wheezing that intensifies
  - Blue tint to lips or nail beds
  - Fever lasting more than 3 days
  - Symptoms lasting longer than 2 to 3 weeks
  - Dehydration or poor intake
  - Suspected pneumonia (persistent fever, worsening cough, fast breathing)
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## **Functional Wellness Support**

### **Environment and Lifestyle**

#### **Hydration**

Warm fluids help thin mucus and soothe irritated airways.

#### **Rest and Reduced Activity**

Children need extra recovery time during respiratory infections.

#### **Humidification**

A cool mist humidifier in the bedroom reduces airway dryness.

#### **Warm Compress on Chest**

Helps loosen congestion and reduce coughing intensity.

#### **Avoid Fragrances, Smoke, or Aerosols**

These worsen airway irritation.

### **Nutrition for Lung Support**

- Warm broths, soups, and herbal teas
- Increase antioxidant rich foods (berries, greens, citrus)
- Omega 3 rich foods to reduce inflammation



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- Avoid mucogenic foods during illness (excess dairy, sugar, heavy processed foods)
- Add garlic, ginger, turmeric for immune support

## **Herbal Support**

### **Mullein**

Supports lung function and soothes irritated bronchi.

### **Thyme**

Antimicrobial and antispasmodic for cough.

### **Marshmallow Root**

Coats and soothes mucous membranes, reduces cough irritation.

### **Elecampane**

Helps clear mucus and support productive cough.

### **Elderflower**

Assists with respiratory comfort and fever regulation.

### **Chamomile**

Supports inflammation reduction and relaxation.

## **Pediatric Supplement Blends**

### **Kid's Cough and Bronchial Blends (various brands)**

Often include thyme, mullein, marshmallow, and wildcherry.

### **Redd Remedies Children's Sinus Support**

Useful when sinus congestion contributes to post nasal drip and cough.

### **D-Hist Jr**

Supports airway comfort during inflammation or allergen overlap.



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## **Pediatric Dosing Guidelines**

These supports focus on loosening mucus, calming airway inflammation, reducing coughing spasms, supporting immune function, and improving lung resilience.

## **Vitamin C**

Reduces airway inflammation and supports healing of irritated bronchial tissue.

- 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**

Strengthens the immune response against viral and bacterial triggers of bronchitis.

- 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

## **NAC (N Acetylcysteine)**

One of the most effective mucolytics. Thins mucus, reduces coughing fits, and supports glutathione production.

- Ages six to twelve, three hundred to six hundred milligrams daily
- Ages thirteen to seventeen, six hundred to nine hundred milligrams daily

Not for children under six.

## **Mullein Leaf (glycerite)**

Softens the cough, reduces airway irritation, and supports lung drainage.

- Ages two to five, one milliliter two to three times daily
- Ages six to twelve, one to two milliliters two to three times daily
- Ages thirteen to seventeen, two to three milliliters two to three times daily

## **Marshmallow Root (glycerite)**

Coats the airway, reduces throat burn, and calms persistent coughing.

- Ages two to five, one milliliter two to three times daily
- Ages six to twelve, one to two milliliters two to three times daily
- Ages thirteen to seventeen, two to three milliliters two to three times daily

## **Echinacea (glycerite)**

Supports immune activation when bronchitis follows a viral illness.

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

## **Omega Three Fatty Acids**

Reduce airway inflammation and support healing of irritated bronchi.

- 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**

Support immune modulation and reduce severity and duration of respiratory infections.

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

## **Vitamin D**

Supports immune function and reduces respiratory severity.

- Ages two to five, one thousand IU daily
- Ages six to twelve, one thousand to two thousand IU daily
- Ages thirteen to seventeen, two thousand IU daily



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# Supplement Access

A complete supplement protocol for Pediatric Bronchitis Support 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 a fully organized list of recommended supplements and clear dosing guidance, using only clinical, pharmaceutical grade products. Everything is laid out in one easy to follow location.

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## Parent Friendly Summary

### Bronchitis in Children

Bronchitis happens when the airways become inflamed and filled with mucus, often after a cold or flu.

#### Simple Home Support

- Warm fluids to thin mucus
- Use a humidifier in the bedroom
- Avoid fragrances or smoke
- Gentle herbs like mullein, marshmallow, thyme, and chamomile
- Vitamin C, vitamin D, zinc, magnesium, and omega 3s to support healing
- Rest and hydration

#### When to Recheck

If breathing becomes difficult, fever persists, or the cough worsens, medical support is advised.



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