



# THE SOLINGER METHOD

by Root Health L.L.C.

## **Pediatric Diarrhea Support**

### **FUNCTIONAL WELLNESS SUPPORT PLAN**

Pediatric Diarrhea Support

Root Health L.L.C, The Solinger Method

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What Is Pediatric Diarrhea

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Diarrhea in children is defined as loose, watery stools occurring more frequently than a child's normal pattern. It is most commonly caused by viruses such as rotavirus or norovirus, although bacteria, food sensitivities, and gut imbalances may also contribute.

From a naturopathic perspective, diarrhea is a **protective mechanism**, not a failure of the body. It is the digestive system's way of rapidly removing irritants, pathogens, or inflammatory triggers. The goal is not to stop diarrhea immediately but to **support hydration, calm the gut, and identify underlying causes** while allowing the body to complete this clearing process safely.

Diarrhea is extremely common in childhood because children's digestive and immune systems are still developing, and their microbial environment shifts rapidly.

Duration matters:

- Acute diarrhea lasts less than fourteen days and is usually viral.
  - Persistent diarrhea may indicate dysbiosis, food sensitivities, or malabsorption.
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## Signs and Symptoms

- Frequent loose or watery stools
  - Abdominal cramping or urgency
  - Decreased appetite
  - Mild fever in viral cases
  - Gassiness or bloating
  - Fussiness or irritability
  - Risk of dehydration with prolonged diarrhea
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## Common Contributors

### Viral Infections

Most common and usually self resolving.

### Bacterial Imbalance

Exposure through food, water, or contaminated surfaces.

### Food Sensitivities

Dairy, gluten, and acidic foods are common triggers.

### Antibiotic Use

Can disrupt gut flora and cause temporary diarrhea.

### Teething

Increased saliva and swallowing can loosen stools in some infants.

### Gut Dysbiosis

Overgrowth or deficiency in beneficial bacteria affects stool consistency.

## **Digestive Immaturity**

Infants have developing enzyme capacity and motility patterns.

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## **When to Seek Medical Care**

- Signs of dehydration such as dry mouth, reduced tears, or infrequent urination
- Blood or mucus in stool
- High fever lasting more than three days
- Persistent vomiting
- Diarrhea lasting more than seven to ten days
- Severe abdominal pain
- Black or tarry stools
- Child appears unusually lethargic or weak

Most diarrhea resolves safely at home with hydration and supportive care.

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## **Functional Wellness Support**

### **Hydration First**

Maintaining hydration is the single most important step.

#### **Best Options**

- Electrolyte solutions that are clean and dye free
- Coconut water for older children
- Warm broth
- Diluted apple juice for temporary use if the child refuses electrolytes
- Breast milk for breastfeeding infants

Small, frequent sips are easier to tolerate than large amounts.

### **Nutrition for Gut Healing**

#### **Foods That Help**

- Plain rice or rice cereal
- Bananas

- Applesauce
- Toast or simple grains
- Boiled potatoes
- Steamed carrots
- Bone broth
- Soups with gentle herbs
- Yogurt with probiotics if dairy is tolerated

### **Foods to Avoid Temporarily**

- Excess sugar
- Dairy during active diarrhea in most children
- Fried or greasy foods
- High fructose juices
- Raw vegetables
- Spicy foods

## **Herbal and Natural Support**

### **Chamomile**

Calms the digestive tract, reduces cramping, and supports hydration.

### **Ginger**

Helps nausea, motility comfort, and inflammation.

### **Slippery Elm**

Soothes the intestinal lining and supports stool formation.

### **Marshmallow Root**

Provides mucilaginous support to calm irritated tissues.

### **Fennel**

Reduces gas and cramping.

### **Probiotics**

Restore balance and reduce duration of diarrhea.

### **Root Health L.L.C Healing Salve**

Can be applied gently to chafed skin in the diaper area if diarrhea causes irritation. Available in the Shop section of the website.

## Gentle Home Approaches

- Warm baths for abdominal relaxation
  - Light abdominal massage
  - Offer frequent comfort and rest
  - Keep the child home from school to reduce viral transmission
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## Looking Deeper When Diarrhea Persists

Persistent or recurring diarrhea may point to:

- gut dysbiosis,
- food protein intolerance,
- enzyme insufficiency,
- parasitic or bacterial imbalance,
- post infectious IBS,
- or inflammatory gut conditions.

In these cases, a **comprehensive stool test** is recommended to identify root cause contributors and guide a targeted treatment plan.

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## Pediatric Supplement Blends

### Probiotics for Children

Restore microbiomebalance and shorten duration of diarrhea.

### Electrolyte Powders

Maintain hydration and mineralbalance.

### Children's GI SoothingBlends

Contain slippery elm, marshmallow, or chamomile for gut comfort.

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## Pediatric Dosing Guidelines

## **Probiotics**

Follow age and strain specific dosing.  
Infants typically use one drop or scoop daily.  
Older children one chewable or powder serving daily.

## **Electrolytes**

Offer frequent small amounts based on thirst and tolerance.  
Follow product instructions.

## **Chamomile**

Small amounts of weak tea for children over six months.  
One to three teaspoons depending on age.  
For younger infants, chamomile can be used by the breastfeeding mother.

## **Slippery Elm or Marshmallow**

Use only professional pediatric formulations.  
Dosing varies by age and weight.

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# **Supplement Access**

A complete supplement protocol for Pediatric Diarrhea Support is available in Fullscript under Protocols, listed by the matching condition name. Parents can create a free account to access the recommended professional grade formulations and pediatric dosing.

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# **Parent Friendly Summary**

## **Diarrhea Is Usually Caused by a Virus**

Most diarrhea clears on its own. The focus is hydration, gentle foods, and calming the digestive system.

### **Simple Home Support**

- Offer electrolytes and warm broths
- Choose gentle foods like bananas, rice, applesauce, and toast

- Use chamomile or fennel for comfort
- Add probiotics
- Keep the child well rested
- Apply Root Health Healing Salve if skin becomes irritated

### **When to Recheck**

Seek help for dehydration, severe pain, blood in the stool, fever lasting more than three days, or diarrhea longer than seven to ten days.