



THE SOLINGER METHOD

by Root Health L.L.C.

Pediatric Fever Support

FUNCTIONAL WELLNESS SUPPORT PLAN

PediatricFeverSupport

Root Health L.L.C, The Solinger Method

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What Is a Fever

A fever is one of the most important tools the body uses to fight infection. It is a regulated rise in body temperature that activates the immune system, slows the replication of viruses and bacteria, improves white blood cell function, increases circulation, and helps the body recover more efficiently.

From a naturopathic perspective, fever is not an enemy. It is a sign that the immune system is doing exactly what it was designed to do. Children tend to develop fevers more quickly than adults because their immune systems react efficiently and with great vigor. A fever does **not** automatically indicate that something dangerous is happening.

Normal healthy children often tolerate fevers very well. What matters most is the child's overall behavior, hydration status, ease of breathing, and responsiveness, rather than the exact number on the thermometer.



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How Fever Helps the Body

Fever increases immune speed and accuracy. Specifically, it:

- enhances white blood cell activity,
- slows down viral and bacterial replication,
- increases antibody production,
- supports detoxification pathways,
- and signals the body to rest and conserve energy so healing can occur.

Suppressing a fever prematurely can interrupt this helpful immune process.

Signs and Symptoms

- Warm skin or flushed cheeks
 - Increased need for fluids
 - Sleepiness or lower energy
 - Mild body aches
 - Faster breathing or heart rate
 - Chills as temperature rises
 - Sweating as temperature falls
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Common Contributors

- Viral infections, the most common cause of fever
 - Bacterial infections
 - Teething may slightly elevate temperature without true fever
 - Dehydration
 - Recent vaccinations
 - Overheating from clothing or environment
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When to Seek Medical Care

- Fever in infants under three months
- Difficulty breathing
- Persistent vomiting
- Severe headache or stiff neck

- Fever lasting more than seventy two hours in older children
- Rash with fever that spreads quickly
- Child is unusually difficult to wake
- Signs of dehydration such as dry mouth or reduced urination

Behavior matters more than the number. A child who is drinking, resting, and alert when awake is usually handling fever appropriately.

Functional Wellness Support

Support the Body Rather Than Suppress the Fever

The goal is comfort and hydration, not forcing the temperature down unless medically necessary.

Hydration

Offer water, herbal teas, diluted electrolyte drinks, broths, or breast milk. Fever increases fluid needs.

Rest

Fever is the body asking for stillness. Encourage calm activities and extra sleep.

Lukewarm Bath or Compress

Provides gentle comfort without triggering chills. Avoid cold baths which cause shivering and raise internal temperature.

Light Clothing

Dress the child comfortably so heat can dissipate naturally.

Fresh Air and a Calm Space

Reduces agitation and helps regulate breathing.

Herbal and Nutritional Support

Elderberry

Supports the immune response during viral infections.



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Chamomile Tea

Soothes irritability and supports hydration.

Lemon Balm

Calms restlessness and gentle discomfort.

Peppermint Tea

Can reduce mild nausea and support cooling.

Vitamin C

Helps regulate inflammatory stress and supports immune function.

Zinc

Supports antibody production during illness.

Immune Strengthening Foods

- Warm broths
- Mashed sweet potatoes
- Steamed apples or pears
- Light soups
- Hydrating fruits such as berries or watermelon
- Avoid heavy or greasy foods during fever

Understanding Fever Patterns

Rising Phase

The child may feel cold or shiver as the body raises temperature. This is expected.

Peak

The child feels warm and may sweat. Provide hydration and calm reassurance.

Falling Phase

As the body recovers, sweating increases and energy gradually returns.

Fever naturally rises and falls. This rhythm does not mean the illness is worsening.

The Naturopathic Perspective on Fever

Naturopathic medicine has long taught that fever is a **protective, purposeful, and beneficial process**. A child with a fever is not necessarily sicker than a child without one. In fact, many robust immune responses begin with a healthy fever pattern.

Supporting the body rather than suppressing every rise in temperature allows the immune system to complete its work and may reduce the duration of the illness.

Pediatric Supplement Blends

- Children's immune support blends
 - Elderberry and echinacea syrups
 - Zinc and vitamin C combinations
 - Herbal glycerites for younger children
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Pediatric Dosing Guidelines

Vitamin C

- Ages two to five, one hundred twenty five to two hundred fifty milligrams
- Ages six to twelve, two hundred fifty to five hundred milligrams
- Ages thirteen to seventeen, five hundred to one thousand milligrams

Zinc

- Ages four to eight, five milligrams
- Ages nine to thirteen, eight milligrams
- Ages fourteen to seventeen, eight to ten milligrams

Elderberry

Follow age specific dosing for glycerite or syrup formulations.



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Supplement Access

A complete supplement protocol for Pediatric Fever Support is available in Fullscript under Protocols, listed by the matching condition name. Parents may create a free account to access all professional grade formulations.

Parent Friendly Summary

Fever Is a Sign of a Strong Immune System

It helps the body fight infection effectively. Focus on comfort, hydration, and rest.

Home Support

- Offer fluids frequently
- Use lukewarm baths or cool compresses
- Dress lightly
- Encourage rest
- Use herbal teas for comfort
- Vitamin C and zinc support recovery

When to Recheck

Seek care for labored breathing, dehydration, persistent fever, or concerning changes in behavior.



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