



THE SOLINGER METHOD

by Root Health L.L.C.

Pediatric Warts (Verrucae)

FUNCTIONAL WELLNESS SUPPORT PLAN

Pediatric warts

Root Health L.L.C, The Solinger Method

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What Are Pediatric Warts

Pediatric warts are benign skin growths caused by infection with the human papillomavirus (HPV). In children, warts most commonly appear on the hands, fingers, feet (plantar warts), knees, and elbows. The virus enters through micro breaks in the skin and proliferates when local or systemic immune surveillance is insufficient.

Warts are not a skin problem alone. They represent **localized viral persistence due to incomplete immune clearance**, often in the setting of immune immaturity, nutrient insufficiency, or chronic skin barrier disruption.

What Conventional Medicine Says

Conventional medicine views warts as self limiting viral lesions. Common approaches include watchful waiting, cryotherapy, salicylic acid preparations, or cauterization. These treatments

focus on lesion destruction rather than viral clearance and often result in recurrence, pain, or scarring.

Little attention is paid to immune competence, viral susceptibility, or why one child develops persistent warts while another does not.

The Naturopathic Perspective

Naturopathic medicine views pediatric warts as a **cell mediated immunodeficiency at the skin level**, often compounded by micronutrient depletion, poor epithelial integrity, or immune distraction from chronic stressors.

Support focuses on:

- Enhancing antiviral immune response
 - Supporting skin barrier repair
 - Improving cell mediated immunity
 - Reducing viral persistence
 - Preventing recurrence
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Common Functional Contributors

- Zinc deficiency
 - Vitamin A insufficiency
 - Low vitamin D
 - Impaired cell mediated immunity
 - Frequent skin trauma or picking
 - Atopic skin conditions
 - Chronic immune distraction
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Nutrition Foundations

Adequate Protein Intake

Supports immune cell production and tissue repair.

Micronutrient Density

Emphasize zinc, vitamin A, vitamin C, and iron rich foods.

Reduce Immune Burden

Limit ultra processed foods and excess sugar.



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Targeted Nutrient Support

Therapeutic Pediatric Dosing by Age

Zinc (Foundational for Wart Resolution)

Primary role: antiviral immunity, T cell function, epithelial repair

Ages 1–3 years

- 5–10 mg daily

Ages 4–8 years

- 10–15 mg daily

Ages 9–13 years

- 15–25 mg daily

Ages 14–18 years

- 25–40 mg daily

Use for 6–8 weeks, reassess before continuing.

Vitamin A (Epithelial and Immune Support)

Primary role: skin integrity, antiviral defense

Ages 1–3 years

- 5,000 IU daily for 7–14 days

Ages 4–8 years

- 5,000–10,000 IU daily for 7–14 days

Ages 9–13 years

- 10,000 IU daily for 7–14 days

Ages 14–18 years

- 10,000–15,000 IU daily for 7–14 days
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Vitamin D3

Primary role: immune modulation, viral clearance

Ages 1–3 years

- 600–1,000 IUdaily

Ages 4–8 years

- 800–1,500 IUdaily

Ages 9–13 years

- 1,000–2,000 IUdaily

Ages 14–18 years

- 2,000–4,000 IUdaily
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Vitamin C

Primary role: immune activation, tissue repair

Ages 1–3 years

- 250–500 mg daily

Ages 4–8 years

- 500–1,000 mgdaily

Ages 9–13 years

- 1,000–1,500 mgdaily

Ages 14–18 years

- 1,500–2,000 mgdaily
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Targeted Herbal Support

Therapeutic Pediatric Dosing by Age

Thuja occidentalis (Internal Use)

Primary role: antiviral, immune stimulation



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Ages 4–8 years

•0.25–0.5mLtincture once daily

Ages 9–13 years

•0.5–1mLtinctureonce daily

Ages 14–18 years

•1–2 mLtinctureonce daily

Use for 2–4 weeks,then reassess.

Echinacea (*Echinacea angustifolia* or *purpurea*)

Primary role: immune activation, viral defense

Ages 1–3 years

•0.5–1mLtincture once daily

Ages 4–8 years

•1–2mLtinctureonce daily

Ages 9–13 years

•2–3mLtinctureonce daily

Ages 14–18 years

•3–5mLtinctureonce daily

Calendula (*Calendula officinalis*)

Primary role: skin healing, immune modulation

Ages 1–3 years

•0.5–1mLtincture once daily

Ages 4–8 years

•1–2mLtinctureonce daily

Ages 9–13 years

•2–3mLtinctureonce daily

Ages 14–18 years

•3–5mLtinctureonce daily



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Topical Wart Support

Thuja (Topical Application)

- Apply diluted thuja tincture directly to wart 1–2x daily
- Protect surrounding skin with petroleum jelly

Tea Tree Oil (*Melaleuca alternifolia*)

- Dilute 1 drop in 1 teaspoon carrier oil
- Apply to wart once daily

Duct Tape Occlusion

- Cover wart continuously for 5–7 days
- Remove, soak, gently debride dead tissue
- Repeat cycles as needed

Supportive Care Strategies

- Avoid picking or biting warts
- Keep skin clean and dry
- Cover warts in communal spaces
- Address eczema or skin barrier disruption
- Encourage hand hygiene without over drying

Why Immune Support Matters

Warts persist when the immune system fails to recognize or clear HPV locally. Strengthening antiviral immunity and skin integrity addresses the root cause rather than repeatedly destroying lesions.



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