



THE SOLINGER METHOD

by Root Health L.L.C.

Pediatric Chickenpox Support

FUNCTIONALWELLNESS SUPPORTPLAN

Pediatric Chickenpox Support

Root Health L.L.C, The Solinger Method

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What Is Chickenpox

Chickenpox, caused by the varicella zoster virus, is a classic childhood illness that has been part of human immune development for generations. In otherwise healthy children, it is generally mild, predictable, and self resolving, and has long been viewed as a normal milestone of immune maturation rather than a medical crisis. Chickenpox challenges the immune system in a way that is uncomfortable but not dangerous for most healthy children and results in strong, durable natural immunity.

From a naturopathic perspective, childhood illnesses like chickenpox play an important role in immune training. They give the developing immune system opportunities to learn, adapt, and respond effectively, building competence that serves the child throughout adulthood. Rather than something to fear, chickenpox is an example of the body engaging in a natural, time limited immune learning process that children are physiologically well equipped to handle.

Why Chickenpox Has Never Been Considered a Feared Childhood Illness

Generations of parents, midwives, and traditional practitioners observed that chickenpox in early childhood is typically brief and manageable, while adults tend to experience more severe symptoms. Children's immune systems are designed to meet viral challenges with agility, flexibility, and efficiency, which is why most children move through chickenpox with relatively little difficulty. Historically, families accepted chickenpox as a normal childhood event, focusing on comfort care rather than alarm.

Chickenpox in healthy children tends to be:

- short lived,
- uncomplicated,
- highly manageable with supportive care,
- followed by robust and long lasting immune memory.

A Brief History of Chickenpox Parties

For many decades, families often participated in chickenpox parties when one child developed the illness. These gatherings were informal events where children were intentionally exposed at a young age, based on the longstanding observation that chickenpox is far milder in childhood than in adolescence or adulthood.

These parties were rooted in generational wisdom:

- Children recover more easily than adults,
- Siblings often moved through the illness together with little difficulty,
- Natural chickenpox typically confers lifelong immunity,
- It was considered more practical and gentler for the body to encounter the virus in childhood.

Chickenpox parties were not fringe or unusual. They were widely practiced, culturally accepted, and grounded in the understanding that childhood immunity develops through natural exposure and recovery.

Why Chickenpox Should Not Be Feared in Healthy Children

When we look at the physiology rather than modern cultural narratives, chickenpox in a healthy child is:

- a normal immune event,
- self limiting,
- responsive to gentle naturopathic support,
- an opportunity for immune maturation and adaptability.

Children's immune systems excel at learning from viral exposures. Chickenpox strengthens:

- T cell mediated immunity,
- memory cell formation,
- antiviral recognition pathways,



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- skin associated immune tissue,
- overall immune resilience.

This is why many naturopathic doctors maintain a calm, confident view of childhood chickenpox. It requires care and comfort, but not fear. The process is usually smooth and predictable, and the outcome, strong immune memory, is profoundly beneficial across the lifespan.

Signs and Symptoms

- Low to moderate fever
 - Fatigue or irritability
 - Headache or mild body aches
 - Itchy red bumps progressing to fluid filled blisters
 - Rash spreading from the trunk outward
 - Sore throat or mild cough
 - Decreased appetite
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Common Contributors to Increased Severity

- Dehydration
 - High sugar intake
 - Poor sleep or immune stress
 - Overheating
 - Secondary bacterial infection from scratching
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When to Seek Medical Care

- Signs of infection including warmth, pus, and spreading redness
- Child becomes unusually lethargic
- Fever lasting more than four days
- Persistent vomiting or signs of dehydration
- Difficulty breathing
- Chickenpox in infants under one year
- Severe headache or stiff neck



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Functional Wellness Support

Comfort and Skin Relief

Cooling Baths

- Oatmeal baths •
Chamomile tea added to bathwater
- Baking soda baths for itching

Skin Soothing

- Calendula cream or salve
- Aloe vera gel that is pure and alcohol free
- Diluted lavender oil using one drop per teaspoon carrier oil
- **Root Health L.L.C. Healing Salve** This botanical salve reduces itching, calms inflamed skin, supports barrier repair, and promotes healthy tissue healing. Apply a thin layer to clean and dry skin once blisters have begun drying.

Available in the Shop section of the website.

Comfort Measures

- Cool compresses
- Cotton clothing
- Keep nails trimmed

Immune Support

Hydration

Warm broths, herbal teas, coconut water, and water with trace minerals.

Nutrition

- Light and cooling foods such as apple sauce, pears, berries, and steamed vegetables
- Avoid dairy, sugar, and processed foods during the active rash
- Emphasize vitamin C rich foods

Herbal Support

Chamomile

Reduces irritation, calms the nervous system, and soothes skin.

Lemon Balm

Gently antiviral and emotionally calming.



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Calendula

Supports lymph movement, skin healing, and tissue repair.

Elderflower

Promotes fever regulation and respiratory comfort.

Oatstraw

Soothes skin and supports nervous system balance.

Licorice, short term use

Supports viral recovery and adrenal strength.

Internal Support for Viral Recovery

Vitamin C

Supports tissue repair and immune resilience.

Zinc

Promotes skin healing and immune function.

Immune Modulating Mushrooms

Reishi or maitake glycerites offer gentle and child safe immune balancing.

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



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

Elderberry

- Ages two to five, one teaspoon daily
- Ages six to twelve, two teaspoons daily
- Ages thirteen to seventeen, one tablespoon daily

Herbal Glycerites

General guideline, one to two drops per ten pounds, up to three times daily.

Fever

Fever is the body's natural antiviral mechanism and often indicates an active and productive immune response. The priority is to support comfort rather than suppress fever too early.

Supplement Access

A complete supplement protocol for Pediatric Chickenpox 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, they will find a fully organized list of recommended supplements and pediatric dosing using clinical, pharmaceutical grade products.

Parent Friendly Summary

Chickenpox in Children

Chickenpox is a common childhood illness that is uncomfortable but generally mild in healthy children. For generations, it has been viewed as a normal part of immune development and usually passes smoothly with supportive home care.

Home Support

- Oatmeal or chamomile baths for itching
- Calendula, aloe, or Root Health Healing Salve for skin comfort
- Hydration with teas, broths, and water
- Vitamin C and zinc
- Cotton clothing and trimmed nails

When to Recheck

Seek support if fever lasts more than four days, if the rash becomes infected, or if the child shows signs of dehydration or unusual lethargy.



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