



THE SOLINGER METHOD

by Root Health L.L.C.

Pediatric Kawasaki disease.

FUNCTIONAL WELLNESS SUPPORT PLAN

Pediatric Kawasaki Disease

Root Health L.L.C, The Solinger Method

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What Is Kawasaki Disease

Kawasaki disease is an acute, systemic inflammatory condition that primarily affects young children, most commonly under the age of five. It is classified as a medium vessel vasculitis, meaning it causes inflammation of blood vessels throughout the body, with particular concern for the coronary arteries. Kawasaki disease is one of the leading causes of acquired heart disease in children in developed countries.

The condition typically presents with a persistent high fever lasting five or more days, along with a constellation of mucocutaneous and inflammatory symptoms. While the exact cause remains unknown, Kawasaki disease is believed to involve an abnormal immune response, likely triggered by an infectious or environmental factor in genetically susceptible children.

Early recognition and treatment are critical, as untreated Kawasaki disease can lead to coronary artery aneurysms, myocarditis, and long term cardiovascular complications.

Expanded Education, Kawasaki Disease, Conventional vs Naturopathic Perspective

The Conventional Medicine Perspective

In conventional pediatric medicine, Kawasaki disease is considered a medical emergency requiring immediate hospitalization. Standard treatment includes high dose intravenous immunoglobulin, IVIG, and aspirin therapy to rapidly suppress inflammation and reduce the risk of coronary artery involvement. This approach is evidence based and has significantly reduced serious cardiac complications when administered early.

Families are typically told that Kawasaki disease is an acute illness, that prompt treatment is essential, and that beyond IVIG and aspirin, there is little that can be done to alter the course of the disease. Follow up focuses on cardiac monitoring, including echocardiograms, to assess coronary artery involvement. Nutritional, environmental, and immune modulatory factors are rarely addressed beyond general recovery guidance.

The Naturopathic Medicine Perspective

Naturopathic medicine fully recognizes Kawasaki disease as a serious, acute inflammatory condition that requires immediate conventional medical care. Naturopathic treatment does not replace emergency intervention, IVIG, or cardiology oversight.

However, naturopathic medicine offers an important complementary framework, particularly during recovery and long term follow up. From a naturopathic perspective, Kawasaki disease reflects a profound immune and inflammatory dysregulation rather than an isolated event.

Naturopathic care asks deeper questions such as:

- what factors contributed to immune overactivation
- how can inflammatory burden be reduced safely during recovery
- how can vascular healing be supported
- how can immune resilience be strengthened long term
- how can recurrence risk and future cardiovascular vulnerability be minimized

These considerations are often not addressed within conventional acute care models.

Why Families Are Often Told There Is Nothing More to Do

Because the acute phase of Kawasaki disease requires rapid medical intervention, the focus of care is necessarily narrow and urgent. Once the fever resolves and inflammatory markers normalize, families are often reassured that the crisis has passed.

However, this can leave parents feeling uncertain about how to support healing beyond medication and monitoring. Conventional care is not structured to address immune modulation, endothelial repair, oxidative stress, or nutrient depletion that may persist after the acute phase.

What Naturopathic Support Offers



Naturopathic care during and after Kawasaki disease focuses on supporting the body's recovery and long term cardiovascular health alongside cardiology follow up.

This may include:

- anti inflammatory nutritional strategies
- correction of nutrient deficiencies that impact vascular health
- antioxidant support to reduce oxidative stress
- gentle immune regulation rather than stimulation
- gut microbiome support following hospitalization
- support for endothelial and connective tissue healing
- lifestyle guidance to protect long term heart health

The goal is to support full systemic recovery and reduce the risk of lingering inflammation or future cardiovascular stress.

Common Signs and Symptoms

- persistent high fever lasting five days or longer
 - red eyes without discharge
 - cracked, red lips and strawberry tongue
 - rash on trunk or extremities
 - swelling or redness of hands and feet
 - peeling skin during recovery phase
 - swollen lymph nodes in the neck
 - irritability or lethargy
 - joint pain
 - abdominal pain or vomiting
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Foundational Support Strategies, Recovery Phase

These supports are **adjunctive** and used only after acute medical stabilization.

- prioritize anti inflammatory, nutrient dense foods
- ensure adequate hydration
- support gentle digestion after hospitalization
- avoid immune stimulating supplements during acute recovery unless directed
- emphasize rest and gradual return to activity
- minimize exposure to inflammatory foods and environmental toxins
- maintain consistent cardiology follow up



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Pediatric Supplement Blends for Kawasaki Disease, Recovery Support

These supports are intended **only after acute treatment**, and always in coordination with cardiologycare.

Vitamin D

Supports immune regulation and vascular health.

- ages one to five, one thousand to two thousand IU daily
- ages six to twelve, two thousand IU daily

Omega Three Fatty Acids

Supports endothelial health and reduce inflammatory signaling.

- ages one to five, three hundred to five hundred milligrams daily
- ages six to twelve, five hundred to eight hundred milligrams daily

Vitamin C

Supports collagen integrity and vascular healing.

- ages one to five, two hundred fifty to five hundred milligrams daily
- ages six to twelve, five hundred to seven hundred fifty milligrams daily

Magnesium Glycinate

Supports vascular tone, nervous system recovery, and stress regulation.

- ages one to five, sixty to one hundred milligrams daily
- ages six to twelve, one hundred to two hundred milligrams daily

Probiotics

Supports gut immune recovery following hospitalization and IV therapies.

- toddlers, ten to fifteen billion CFU daily
- ages six to twelve, fifteen to twenty five billion CFU daily

Accessing the Full Supplement Protocol

A complete supplement protocol for Kawasaki disease recovery support is available in Fullscript using clinical, pharmaceutical grade formulations. Parents may create a free account and access the curated protocol under the “Protocols” section by locating the corresponding condition name.

When Ongoing Monitoring Is Essential



All children diagnosed with Kawasaki disease require continued cardiology follow up. Immediate medical evaluation is required if symptoms recur, new fever develops, or signs of cardiac involvement appear.



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