



# THE SOLINGER METHOD

by Root Health L.L.C.

## FUNCTIONAL WELLNESS SUPPORT PLAN

### Pediatric Asthma Support

Root Health L.L.C. | The Solinger Method

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### What Is Asthma in Children

Asthma is a chronic inflammatory condition affecting the airways. The bronchial tubes become sensitive, reactive, and prone to narrowing and mucus buildup. This results in episodic coughing, wheezing, and difficulty breathing, especially during viral illness, allergen exposure, or exercise.

While symptoms present in the lungs, the root contributors often include immune reactivity, nutritional insufficiencies, environmental exposures, and gut respiratory interactions.

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### Signs and Symptoms

- Wheezing
  - Persistent cough
  - Nighttime coughing or waking from coughing
  - Chest tightness
  - Rapid breathing or shallow breaths
  - Fatigue after mild exertion
  - Symptoms triggered by cold air, allergens, or respiratory infections
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# Underlying Contributors

## Immune Sensitization

Asthma often coexists with eczema, allergies, or food sensitivities.

## Baseline Inflammation

Low magnesium, vitamin D, omega-3s, and antioxidants may worsen airway sensitivity.

## Gut Respiratory Link

Dysbiosis and early antibiotic exposure can elevate airway inflammation.

## Environmental Irritants

Fragrances, smoke, mold, dust mites, aerosols, and pet dander increase airway reactivity.

## Post Viral Airway Irritation

Many children experience flares after respiratory viruses.

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# When Immediate Medical Care Is Needed

Parents should seek urgent care for:

- visible chest retractions,
  - difficulty speaking full sentences,
  - bluish lips or facial color,
  - rapid worsening,
  - frequent need for rescue inhaler.
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# Functional Wellness Support

## Nutrition

- Increase omega-3s: salmon, sardines, chia, flax.
- Increase antioxidants: berries, greens, colorful vegetables.



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- Reduce dairy and sugar during symptomatic periods.
- Emphasize warm, moist foods.

## Environment

- HEPA filter in bedroom.
- Fragrance-free home environment.
- Dust-mite covers on bedding.
- Assess for mold, especially in basements or older homes.
- Avoid smoke or vaping aerosols.

## Hydration

Warm broths, water, and diluted herbal teas help thin mucus.

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## Herbal Support for Children

The following botanicals are commonly used to soothe airway inflammation, reduce mucus, and calm spasmodic coughing.

### Marshmallow Root

Soothes irritated airways and supports mucous membranes.

**Forms** tea, glycerite.

### Mullein Leaf

Supports lung function and eases dry or spasmodic coughing.

**Forms** tea, tincture, glycerite.

### Elecampane

Supports mucus clearance.

**Form** glycerite for younger children.

### Licorice Root

Calms airway irritation and supports adrenal function.

Short-term use only.

### Thyme



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Antimicrobial and anti-spasmodic.  
**Forms** tea, steam inhalation.

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## Nutrient Support for Airway Health

### Magnesium

Relaxes bronchial smooth muscle.

### Vitamin D

Modulates inflammation and immune activity.

### Vitamin C

Supports mucosal health and reduces histamine burden.

### Omega-3 Fatty Acids

Lower inflammatory mediators.

### NAC (N-acetylcysteine)

Supports mucus thinning and antioxidant function.

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## Pediatric Dosing Guidelines

*These guidelines reflect common pediatric integrative standards and can be tailored to individual needs.*

### Magnesium Glycinate

- Ages 2 to 5: 50 to 100 mg daily
- Ages 6 to 12: 100 to 200 mg daily
- Ages 13 to 17: 200 to 300 mg daily

### Vitamin D3



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- Ages 2 to 5: 400 to 800 IU daily
  - Ages 6 to 12: 800 to 1000 IU daily
  - Ages 13 to 17: 1000 to 2000 IU daily
- Adjust according to serum levels.

### **Vitamin C**

- Ages 2 to 5: 125 to 250 mg daily
- Ages 6 to 12: 250 to 500 mg daily
- Ages 13 to 17: 500 mg to 1 g daily

### **Omega-3s (EPA + DHA combined)**

- Ages 2 to 5: 300 to 500 mg daily
- Ages 6 to 12: 500 to 800 mg daily
- Ages 13 to 17: 800 to 1200 mg daily

### **NAC**

- Ages 6 to 12: 300 to 600 mg daily
  - Ages 13 to 17: 600 mg once or twice daily
- Not typically used under age 6.

### **Herbal Glycerite Dosing**

General pediatric guideline:

**1mg per pound of bodyweight, divided 2 to 3 times daily.**  
 Or:  
**1 to 2 drops per 10 pounds, up to three times daily.**



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## **Supplement List for Fullscript Entry**

### **Magnesium Glycinate**

Children's dosing above.

Brand examples: Pure Encapsulations, Designs for Health, Integrative Therapeutics.

### **Vitamin D3**

Dosing as per age.

Brand examples: Nordic Naturals, Pure Encapsulations.

### **Vitamin C (Buffered powder or chewable)**

Brand examples: Integrative Therapeutics, Pure Encapsulations, Allergy Research Group.

### **Omega-3s (EPA DHA)**

Brand examples: Nordic Naturals Children's DHA, Carlson Kid's Omega-3.

### **NAC**

Brand examples: Integrative Therapeutics, Allergy Research Group.

### **Herbal Glycerites**

Mullein, Marshmallow, Elecampane, Licorice, Thyme.

Brand examples: Herb Pharm Kids, Gaia Kids.

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## **Supplement Access**

A complete supplement protocol for pediatric asthma is available in Fullscript under "Protocols," listed by the matching condition name. You can create a free account to access it. Inside the protocol, you'll find an organized list of all recommended supplements and clear dosing guidance, using only clinical, pharmaceutical grade products. Everything is already laid out for you in one place, making it simple to review and follow.

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## **Parent Friendly Printable Layout**

### **Pediatric Asthma**

#### **A Natural Support Guide for Parents**

#### **What It Is**

Asthma is an inflammatory airway condition causing coughing, wheezing, and difficulty breathing. Children often experience symptoms with viral illness, allergens, cold air, or exercise.

#### **Signs to Watch For**

Wheezing, coughing, nighttime waking, chest tightness, fatigue with activity.

#### **Why It Happens**

Airways react to irritants, inflammation, allergies, nutritional gaps, viral load, and environmental exposures.

#### **Supportive Care at Home**

- Warm, moist foods
- Hydration and broths
- Fragrance-free home



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- HEPA filter in bedroom
- Herbal teas like mullein or marshmallow
- Steam inhalation with thyme or chamomile
- Warm compress on chest

### **Helpful Nutrients**

Magnesium, vitamin D, vitamin C, omega-3s, NAC

### **Herbal Options**

Marshmallow, mullein, elecampane, licorice, thyme

### **When to Seek Medical Care**

Retractions, trouble speaking full sentences, bluish lips, rapid worsening.

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