



# THE SOLINGER METHOD

by Root Health L.L.C.

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## **Pediatric Kidney Health**

### **FUNCTIONAL WELLNESS SUPPORT PLAN**

PediatricKidneyHealth

Root Health L.L.C, The Solinger Method

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## **What Is Pediatric Kidney Health**

The kidneys play a vital role in maintaining fluid balance, electrolyte regulation, blood pressure control, acid base balance, and the removal of metabolic waste. In children, optimal kidney function is also essential for growth, neurological development, bone health, and cardiovascular stability.

Pediatric kidney health refers not only to the absence of diagnosed kidney disease, but to the kidneys' ability to function efficiently under the demands of growth, illness, hydration changes, medication exposure, and environmental stressors. Subtle kidney stress may not show up immediately on routine laboratory testing, yet can contribute to fatigue, urinary symptoms, mineral imbalances, and long term health concerns if left unaddressed.

From a naturopathic perspective, kidney health is foundational and deserves proactive support rather than reactive intervention.

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# Expanded Education, Pediatric Kidney Health, Conventional vs Naturopathic Perspective

## The Conventional Medicine Perspective

In conventional pediatric care, kidney health is primarily assessed through screening for overt disease. This includes evaluation of kidney structure, urine abnormalities, blood pressure changes, infections, and laboratory markers such as creatinine and electrolyte levels. When these tests are normal, families are often reassured that kidney function is adequate.

Conventional treatment typically focuses on managing acute conditions such as urinary tract infections, congenital anomalies, or advanced kidney disease. Preventive guidance is often limited to hydration recommendations and monitoring, with little emphasis on early functional stress or long term optimization unless disease is present.

As a result, children with mild or early kidney stress may be told there is nothing to address until abnormalities appear on standard testing.

## The Naturopathic Medicine Perspective

Naturopathic medicine views kidney health as a dynamic, functional system influenced by hydration status, mineral balance, inflammation, toxin exposure, dietary load, and gut kidney interactions. Rather than waiting for disease markers to appear, naturopathic care focuses on preserving kidney resilience and reducing cumulative stress on renal tissue over time.

From a naturopathic standpoint, the kidneys are particularly sensitive to:

- chronic dehydration
- excessive sodium or sugar intake
- recurrent infections
- medication exposure
- heavy metal burden
- oxalate load
- gut inflammation and dysbiosis
- mineral imbalances such as low magnesium or potassium

Supporting these factors early can reduce the risk of future kidney dysfunction and stone formation.

## Why Kidney Stress Is Often Missed

Standard laboratory tests are designed to detect reduced kidney function only after significant reserve has been lost. Mild kidney stress, early inflammation, or mineral imbalance may not be reflected in routine labs.



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Because children often compensate well, symptoms such as fatigue, headaches, urinary frequency, or abdominal discomfort may be attributed to other causes, allowing kidney stress to go unrecognized.

## **What Naturopathic Support Offers**

Naturopathic kidney support emphasizes protection, efficiency, and long term resilience rather than treatment of disease.

Support may include:

- optimizing hydration quality and consistency
  - balancing mineral intake
  - reducing dietary inflammatory burden
  - supporting detoxification pathways
  - addressing gut kidney axis imbalances
  - reducing oxidative stress
  - supporting urinary tract integrity
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## **Common Signs That May Indicate Kidney Stress**

- recurrent urinary tract infections
  - urinary frequency or urgency
  - bedwetting beyond expected age
  - flank or low back discomfort
  - fatigue
  - headaches
  - swelling in hands or feet
  - mineral imbalances
  - history of kidney stones
  - elevated blood pressure
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## **Foundational Support Strategies**

- ensure consistent daily hydration with clean water
- encourage regular bathroom breaks
- reduce excessive sodium and processed foods
- support mineral rich whole foods
- limit excessive sugar intake
- support regular bowel movements
- avoid unnecessary medication exposure when possible
- support gut health to reduce systemic inflammation



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## **Pediatric Supplement Blends for Kidney Health Support**

### **Magnesium Glycinate or Citrate**

Supports mineral balance, smooth muscle relaxation, and kidney protection.

- ages two to five, eighty to one hundred twenty milligrams daily
- ages six to twelve, one hundred twenty to two hundred milligrams daily
- ages thirteen to seventeen, two hundred to four hundred milligrams daily

### **Potassium Citrate, food based or supplemental when appropriate**

Supports urinary alkalization and kidney stone prevention.

- dosing is individualized and guided by dietary intake and clinical assessment

### **Vitamin B6**

Supports oxalate metabolism and kidney stone prevention.

- ages two to five, five to ten milligrams daily
- ages six to twelve, ten to twenty milligrams daily
- ages thirteen to seventeen, twenty to fifty milligrams daily

### **Omega Three Fatty Acids**

Reduce renal inflammation and support vascular health.

- ages two to five, three hundred to five hundred milligrams daily
- ages six to twelve, five hundred to eight hundred milligrams daily
- ages thirteen to seventeen, eight hundred to twelve hundred milligrams daily

### **Probiotics**

Support gut-kidney axis and reduce systemic inflammatory load.

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

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## **Accessing the Full Supplement Protocol**

A complete supplement protocol for pediatric kidney health 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.

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## **When Further Evaluation Is Recommended**



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Further evaluation is recommended when a child experiences recurrent urinary infections, persistent urinary symptoms, kidney stones, abnormal labs, elevated blood pressure, or growth concerns.

Testing may include urinalysis, urine mineral analysis, renal ultrasound, and comprehensive metabolic assessment as indicated.

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