



# THE SOLINGER METHOD

by Root Health L.L.C.

## **Pediatric Hand Foot and Mouth Disease Support**

### **FUNCTIONAL WELLNESS SUPPORT PLAN**

Pediatric Hand Foot and Mouth Disease Support

Root Health L.L.C, The Solinger Method

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What Is Hand Foot and Mouth Disease

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Hand Foot and Mouth Disease, often called HFMD, is a common viral illness in infants and young children. It is caused primarily by coxsackievirus and other enteroviruses. Despite its dramatic appearance, it is almost always mild and self-limiting. HFMD spreads easily through saliva, nasal secretions, stool, and respiratory droplets.

The condition is named for the characteristic small blisters or lesions that appear on the **hands, feet, and inside the mouth**, although some children experience rashes on the legs, buttocks, or trunk as well.

From a naturopathic perspective, HFMD is a normal part of childhood viral exposure. Children build immune strength through encountering and responding to viruses. HFMD helps the immune system refine its antiviral memory, improve mucosal defense, and strengthen long term resilience.

While HFMD can be uncomfortable, especially when mouth sores are present, it is rarely dangerous and typically resolves in seven to ten days with supportive care.

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## Signs and Symptoms

- Fever, often the first sign
  - Sore throat
  - Small painful blisters or ulcers in the mouth
  - Rash or blisters on hands and feet
  - Rash on buttocks or legs
  - Irritability
  - Reduced appetite
  - Drooling in younger children due to mouth discomfort
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## Common Contributors

- Close contact in daycare or preschool
  - Sharing cups or utensils
  - Weakened mucosal immunity
  - Recent viral illnesses
  - Lack of rest or hydration
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## When to Seek Medical Care

- Signs of dehydration such as dry lips or reduced urination
- Child refuses all liquids for more than six to eight hours
- Difficulty swallowing or breathing
- Persistent high fever for more than seventy-two hours
- Severe or worsening mouth blisters
- Rash that appears infected
- Infant under three months with fever



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Most cases simply require comfort care and time.

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## **Functional Wellness Support**

### **Soothe Mouth Pain and Encourage Hydration**

#### **Cold or Cool Foods**

Smoothies, chilled applesauce, yogurt alternatives, cold watermelon, and popsicles soothe oral discomfort while supporting hydration.

#### **Herbal Mouth Rinse for Older Children**

A cooled tea made from chamomile or marshmallow root can be used as a gentle mouth rinse to reduce irritation.

#### **Avoid Citrus and Salty Foods**

These can intensify mouth pain.

#### **Honey for Children Over One**

Coats and soothes the throat and mouth. Not for children under one.

## **Skin and Rash Support**

### **Root Health L.L.C Healing Salve**

This botanical blend calms irritation, reduces redness, and supports healing of HFMD blisters on hands and feet. Safe for multiple daily applications. Available in the Shop section of the website.

#### **Lukewarm Baths with Baking Soda or Oatmeal**

Calms itchy or irritated skin and provides overall comfort.

#### **Gentle Clothing**

Soft cotton fabrics prevent friction on rashes.

## **Immune Support**



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## **Elderberry**

Supports antiviral activity and recovery.

## **Vitamin C**

Reduces inflammatory stress and supports white blood cell function.

## **Zinc**

Essential for immune signaling and tissue repair.

## **Echinacea**

Supports early immune response and may reduce symptom intensity.

## **Hydration Strategies**

- Offer small sips frequently
- Use electrolyte drinks when needed
- Offer broths and herbal teas
- Breastfed babies should nurse often

Dehydration is the most common complication of HFMD due to mouth pain. Focus on liquids even more than food.

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## **Comfort Measures**

### **Fever and Soreness**

Use lukewarm baths, light clothing, and rest to support comfort.

### **Rest and Quiet Activity**

Children recover faster when the body is allowed to direct energy toward healing.

### **Fresh Air**

Helpful for irritability and overall comfort.

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# The Naturopathic Perspective

HFMD is a **self resolving childhood viral illness** that strengthens the immune system. Once the child has recovered, immunity to that specific strain is long lasting. Frequent viral exposures in early childhood are part of building a competent and adaptable immune system.

Supporting the body rather than fighting the fever or rash allows the immune system to do its work efficiently. The goal is comfort, hydration, immune support, and patience.

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## Pediatric Supplement Blends

- Children's immune glycerites
  - Elderberry and echinacea syrups
  - Zinc and vitamin C combinations
  - Soothing throat blends for older children
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## 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

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

### Elderberry

Follow age appropriate dosing for glycerite or syrup formulas.

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## Supplement Access



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A complete supplement protocol for Pediatric Hand Foot and Mouth Disease Support is available in Fullscript under Protocols, listed by the matching condition name. Parents can create a free account to access professional grade formulations.

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## **Parent Friendly Summary**

### **HFMD Looks Intense But Is Almost Always Mild**

Most children recover comfortably with rest, hydration, and skin support.

#### **Home Support**

- Cool drinks and soft foods
- Avoid citrus and salty foods
- Oatmeal or baking soda baths
- Root Health Healing Salve on irritated skin
- Elderberry, vitamin C, and zinc
- Keep child home until fever free and feeling better

#### **When to Recheck**

Seek care if dehydration signs appear, the child is not drinking, the fever persists beyond seventy two hours, or symptoms seem unusually severe.



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