



THE SOLINGER METHOD

by Root Health L.L.C.

Pediatric Conjunctivitis Support

FUNCTIONAL WELLNESS SUPPORT PLAN

Pediatric Conjunctivitis Support

Root Health L.L.C, The Solinger Method

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What Is Conjunctivitis

Conjunctivitis, often called pink eye, is inflammation of the conjunctiva, the thin protective membrane that covers the whites of the eyes and the inside of the eyelids. In children,

conjunctivitis is extremely common and usually mild, although it can be quite uncomfortable. The condition can be **viral**, **bacterial**, or **allergic**, and understanding the type helps guide supportive care.

From a naturopathic perspective, conjunctivitis occurs when the immune system is responding to irritation, infection, or allergen exposure at the level of the ocular mucous membranes. These tissues are rich in immune activity and respond quickly to environmental triggers.

The three primary forms are:

Viral Conjunctivitis

Often follows a cold or respiratory virus. Symptoms include watery discharge, burning, and redness. Highly contagious but typically self resolving.

Bacterial Conjunctivitis

Characterized by thicker yellow or green discharge, eyelids that stick together, and more intense redness. Often begins in one eye and may spread to the other.

Allergic Conjunctivitis

Triggered by allergens such as pollen, pet dander, or dust. Symptoms include itching, redness, tearing, and swollen eyelids. Often affects both eyes simultaneously.

Many children experience conjunctivitis alongside upper respiratory symptoms or allergies. With supportive care, the condition typically resolves smoothly.

Signs and Symptoms

- Red or pink appearance of the eyes
- Increased tearing or watery discharge
- Thick yellow or green discharge in bacterial cases
- Eyelids sticking together, especially upon waking
- Itching or burning sensation
- Swollen eyelids
- Grittiness or sensation of something in the eye
- Mild light sensitivity



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Common Contributors

Viral Illness

Most common cause in children, often spreading within households or schools.

Bacteria

Frequent touching of the eyes, sharing towels, or respiratory infections can introduce bacteria.

Allergies

Pollen, mold, dust, and pet dander can irritate the eyes.

Irritants

Chlorine, fragrances, smoke, or chemical cleaners.

Immature Immune Regulation

Younger children have more reactive ocular mucosa.

When to Seek Medical Care

- Severe eye pain
- Vision changes
- Very swollen eyelids
- Child is unable to open the eye
- Fever accompanying eye symptoms
- Symptoms lasting longer than one week
- Suspected foreign body
- Thick discharge that does not improve with supportive care

Functional Wellness Support

Daily Care and Hygiene

- Wash hands frequently
- Avoid touching or rubbing the eyes
- Use separate towels and bedding for the child
- Replace pillowcases often during active conjunctivitis



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Warm or Cool Compresses

Warm compress

Useful for bacterial conjunctivitis to increase circulation and help loosen crusting.

Cool compress

Best for allergic or viral conjunctivitis to soothe inflammation and itching.

Herbal Eye Rinses and Compresses

Chamomile

Reduces inflammation and soothes irritated tissues. Use as a cooled tea compress.

Eyebright

Traditionally used for eye redness and mucosal irritation. Available in professional grade eye rinse formulas.

Calendula

Supports tissue healing and reduces irritation. Use as a cooled tea compress on closed eyes.

Green Tea

Contains natural antioxidants that calm inflammation.

Always apply herbal preparations **externally only** as compresses on closed eyes unless using a professionally prepared sterile ophthalmic formula.

Nutrition and Immune Support

- Increase vitamin C rich foods
- Add omega three sources for inflammation support
- Reduce sugar during illness
- Ensure hydration to maintain healthy mucous membranes

Allergy Focused Support

When conjunctivitis is allergy related, focus on reducing allergen exposure and supporting histamine balance.

Helpful supports include:

- HEPA air filtration



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- Nasal saline rinses to decrease allergen load
- Cool compresses
- D-Hist Jr for older children
- Vitamin C as a natural antihistamine

Topical Support

Root Health L.L.C Healing Salve

While not applied directly to the eye, a small amount can be applied gently to the outer orbital area to soothe irritated skin from frequent wiping. Available in the Shop section of the website.

Pediatric Supplement Blends

ImmuneSupport Blends

Useful in viral conjunctivitis, containing elderberry, echinacea, or vitamin C.

Children's Allergy Formulas

Helpful in allergic conjunctivitis.

Probiotics

Support immune function and mucous membrane health.

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

Omega Three



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

Herbal Glycerites

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

Supplement Access

A complete supplement protocol for Pediatric Conjunctivitis Support is available in Fullscript under Protocols, listed by the matching condition name. Parents can create a free account to access the protocol, which includes professional grade supplements and clear pediatric dosing guidance.

Parent Friendly Summary

Conjunctivitis in Children

Conjunctivitis causes redness, tearing, and irritation of the eyes. It is common, usually mild, and typically resolves with supportive care.

Simple Home Support

- Warm or cool compresses
- Chamomile or calendula tea compresses
- Frequent handwashing
- Clean pillowcases and towels
- Vitamin C and hydration
- Allergy support when needed

When to Recheck

Seek care if your child has vision changes, severe swelling, intense pain, or symptoms that last longer than a week.



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