



THE SOLINGER METHOD

by Root Health L.L.C.

Pediatric Common Cold Support

FUNCTIONAL WELLNESS SUPPORT PLAN

Pediatric Common Cold Support

Root Health L.L.C, The Solinger Method

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What Is the Common Cold

The common cold is a viral infection of the upper respiratory tract that primarily affects the nose, throat, and sinuses. There are more than two hundred viruses that can cause a cold, with rhinovirus being the most common. Children may experience eight to ten colds per year because their immune systems are still learning, adapting, and developing memory.

From a naturopathic perspective, the common cold is a **normal part of immune maturation** rather than something to fear. Each cold is an opportunity for a child's immune system to practice mounting a defense, clear a virus, regulate inflammation, and build long term resilience.

The cold virus spreads through close contact, respiratory droplets, and contaminated surfaces. Symptoms usually appear one to three days after exposure and last seven to ten days.

Because the cold is **viral**, it **does not respond to antibiotics or prescription medications meant for bacterial infections**. There is no medication that "treats" a cold itself. Instead, the body clears the virus naturally while supportive care reduces discomfort and strengthens the immune response.

This is why the foundation of pediatric cold care is not trying to stop the illness, but rather helping the child's body do what it is already designed to do.

Signs and Symptoms

- Runny or stuffy nose
- Sneezing
- Mild cough
- Sore throat
- Low grade fever
- Decreased appetite
- Irritability or fatigue
- Mild headache
- Thickening of nasal mucus as the cold progresses



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Why There Is No Prescription Medication for the Common Cold

Parents often feel pressured to "do something" when their child is sick. However, pharmaceutical medications do not cure viral colds. The immune system is the only mechanism that eliminates the virus.

Important points for parents:

- Antibiotics do not treat viruses.
- Steroids are not indicated for colds.

- Over the counter cough and cold medicines are not recommended for young children and do not shorten illness.
- Suppressing symptoms can prolong recovery by reducing the body's natural clearing mechanisms.

The most effective approach is **support, hydration, rest, comfort, and immune nourishment** while the body completes the viral cycle.

Common Contributors

- Close contact in schools and daycare
 - Dry indoor air
 - Fatigue or stress
 - Nutrient deficiencies such as vitamin C, vitamin D, and zinc
 - Lack of fresh air
 - Exposure to irritants
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When to Seek Medical Care

- High fever lasting more than three days
- Difficulty breathing
- Signs of dehydration
- Ear pain
- Persistent cough lasting more than three weeks
- Refusal to drink fluids
- Unusual lethargy

Most colds improve on their own and do not require medical intervention.



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Functional Wellness Support

Hydration and Fluids

Adequate hydration thins mucus, supports detoxification pathways, and maintains immune function.

- Warm broths
- Herbal teas such as chamomile or peppermint
- Water with electrolytes for children with decreased intake

Nutrition for Immune Support

- Fresh fruits such as citrus, kiwi, and berries
- Soups with garlic, onion, and ginger
- Warm foods over cold foods to support digestive strength
- Reduce sugar which suppresses immune activity

Environment and Comfort

- Use a cool mist humidifier
- Provide warm baths to soothe aches
- Keep the child's room well ventilated
- Allow for rest and reduced stimulation

Herbs for Immune and Symptom Support

Elderberry

Supports healthy immune activity and may shorten viral duration.

Echinacea

Supports immune resilience when used at first sign of illness.

Chamomile

Calms irritability, reduces inflammation, and soothes the digestive tract.

Thyme and Mullein

Helpful for mild coughs and throat irritation.

Ginger

Warms the body and supports circulation and digestion.

Topical Support

Root Health L.L.C Healing Salve



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Applied to the chest and upper back to support respiratory comfort and relaxation. Available in the Shop section of the website.

Pediatric Supplement Blends

ImmuneSupport Blends forChildren

Often contain elderberry, echinacea, vitamin C, and zinc.

Children's Cough and Throat Blends

Contain mullein, marshmallow, and thyme for comfort.

Vitamin D3

Supports immune modulation and recovery.

Probiotics

Support immune and mucosal 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

Vitamin D3

- Ages two to five, four hundred to eight hundred IU
- Ages six to twelve, eight hundred to one thousand IU
- Ages thirteen to seventeen, one thousand to two thousand IU

Zinc

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

Elderberry Syrup or Glycerite

Follow product specific dosing based on age and weight.



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Supplement Access

A complete supplement protocol for Pediatric Common Cold Support is available in Fullscript under Protocols, listed by the matching condition name. Parents can create a free account to access the full recommended list of professional grade supplements and pediatric dosing.

Parent Friendly Summary

The Common Cold Is a Viral Illness

There is no prescription medication that cures a cold. The body clears the virus naturally, and supportive care helps children feel more comfortable while this happens.

Quick Home Support

- Hydration with warm liquids
- Rest and quiet activities
- Humidifier in the bedroom
- Elderberry or echinacea blends
- Warm baths for comfort
- Root Health Healing Salve on the chest

When to Recheck

If your child has a high fever for more than three days, trouble breathing, signs of dehydration, ear pain, or appears unusually tired, please seek additional care.



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