



THE SOLINGER METHOD

by Root Health L.L.C.

Pediatric Eczema Support

FUNCTIONAL WELLNESS SUPPORT PLAN

Pediatric Eczema Support

Root Health L.L.C, The Solinger Method

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What Is Pediatric Eczema

Eczema, or atopic dermatitis, is a chronic inflammatory skin condition marked by episodes of dry, itchy, red, or cracked skin. It usually begins in infancy or early childhood and often appears on the cheeks, arms, legs, wrists, behind the knees, or on the trunk. Although eczema is a skin condition, it reflects a deeper pattern involving the **immune system, skin barrier integrity, gut microbiome, and environmental triggers.**

From a naturopathic perspective, eczema is a **whole system condition**, not simply a skin rash.

The skin acts as an expressive organ. When the immune system is overstimulated, the gut lining is irritated, or the skin barrier is compromised, inflammation shows externally.

Understanding the Skin Barrier

Healthy skin has a strong lipid layer that:

- holds moisture in,
- prevents irritants from entering,
- maintains a balanced microbiome,
- and regulates inflammation.

Children with eczema often have impaired barrier proteins, lower ceramide levels, and increased transepidermal water loss. This makes the skin more reactive and susceptible to dryness and itching.

The Immune System Connection

Eczema involves an immune pattern where the body reacts strongly to irritants, foods, allergens, or microbial imbalance. Kids with eczema frequently have tendencies toward allergies or asthma because all three conditions share similar immune pathways.

The Gut Skin Axis

The gut plays a major role in eczema through:

- microbiome balance,
- food sensitivities,
- intestinal permeability,
- nutrient absorption,
- and inflammation regulation.

Healing the skin often requires supporting digestion and restoring gut balance.

Signs and Symptoms

- Dry or flaky skin
 - Itching that may be severe
 - Red or inflamed patches
 - Cracked or thickened skin
 - Sleep disturbances from itching
 - Small bumps that may ooze if scratched
 - Flares triggered by weather, allergens, clothes, or foods
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Common Contributors

Skin Barrier Dysfunction



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The foundation of eczema is a weakened moisture barrier.

Food Sensitivities

Common triggers include dairy, gluten, eggs, soy, citrus, and processed foods.

Gut Dysbiosis

Imbalances in beneficial bacteria increase inflammation and skin reactivity.

Nutrient Deficiencies

Low vitamin D, zinc, omega threes, or low protein intake weaken skin healing.

Environmental Irritants

Fragrances, detergents, wool clothing, dry air, chlorine, and chemical cleaners.

Inflammatory Burden

Illness, lack of sleep, stress, and high sugar intake increase flare frequency.

Genetic Predisposition

Family history of eczema, asthma, or allergies increases likelihood of barrier weakness.

When to Seek Medical Care

- Honey colored crusts, which may indicate infection
- Weeping or oozing skin
- Fever with worsening rash
- Rapidly spreading redness
- Deep cracks that will not heal
- Eczema that impairs sleep despite supportive care

Most cases improve significantly with naturopathic barrier repair and immune balancing.

Functional Wellness Support



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Step One

Strengthen the Skin Barrier

Daily Moisturizing

Apply a thick, fragrance free ointment or cream twice daily. Moisturize immediately after bathing to seal hydration.

Root Health L.L.C Healing Salve

A deeply restorative botanical salve that reduces inflammation, calms itching, and supports barrier repair. Safe for daily use and excellent during flares. Available in the Shop section of the website.

Oatmeal Baths

Ground oatmeal calms inflammation and soothes itching.

Lukewarm Baths

Prevent drying and irritation that occurs from hot water.

Avoid Fragrance

Use only fragrance free soaps, lotions, and detergents.

Cotton Clothing

Soft fabrics reduce scratching and irritation.

Step Two

Reduce Inflammation and Identify Triggers

Nutrition

Increase anti inflammatory whole foods such as berries, leafy greens, fish, avocado, and squash. Limit sugar, dyes, and highly processed foods.

Food Sensitivity Evaluation

If symptoms worsen after dairy, gluten, eggs, or soy, consider an elimination trial.



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Hydration

Adequate water intake supports skin elasticity and healing.

Step Three

Support the Gut Skin Axis

Pediatric Probiotics

Improve immune balance and reduce inflammatory flare patterns.

Omega Three Fatty Acids

Reduce skin dryness and inflammation.

Zinc

Supports wound healing and decreases skin irritation.

Vitamin D

Regulates immune response and reduces eczema severity.

Step Four

Calm the Immune System

Chamomile

Soothes inflammation and reduces itch driven irritability.

Calendula

Supports tissue healing and reduces redness.

Licorice and Marshmallow

Calm mucosal and skin inflammation.

Evening Primrose Oil

Provides gamma linolenic acid which supports inflammatory regulation in children with eczema tendencies.



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When Eczema Suggests a Deeper Issue

Consider deeper evaluation when eczema is:

- widespread,
- severe,
- not improving with supportive care,
- accompanied by digestive problems,
- triggered by specific foods,
- or associated with chronic nasal or respiratory symptoms.

A **comprehensive stool test** may identify dysbiosis, yeast overgrowth, food reactivity, enzyme insufficiency, or inflammation driving the skin response.

Why Stool Testing Is Recommended for All Children with Eczema

Eczema is a skin condition, but it is almost always influenced by what is happening in the gastrointestinal system. Research consistently shows that children with eczema have higher rates of gut dysbiosis, altered microbial diversity, increased intestinal permeability, and inflammatory signaling that directly affects the skin.

For this reason, a **comprehensive stool test is strongly recommended whenever eczema is present**, even in mild cases. Stool testing allows us to identify the deeper physiologic drivers of the skin response, including:

- bacterial or yeast imbalances,
- low beneficial flora,
- elevated inflammatory markers,
- enzyme insufficiency affecting digestion,
- short chain fatty acid deficiency,
- food reactivity patterns,
- and immune activation rooted in the gut.

Because the gut and skin communicate constantly, healing the skin requires understanding the microbiome and digestive environment. Stool testing removes guesswork and allows for targeted, root cause treatment that strengthens the skin barrier, reduces flare frequency, and improves long term outcomes.



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Pediatric Supplement Blends

• Children's skin support blends with calendula and chamomile • Pediatric probiotics with Lactobacillus and Bifidobacterium species • Omega three blends • Vitamin D drops • Zinc and antioxidant formulas

Pediatric Dosing Guidelines

Vitamin D

- 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

Omega Three

- 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

Zinc

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

Probiotics

Use age appropriate formulas once daily.

Supplement Access



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

Parent Friendly Summary

Eczema Comes From Inside and Outside

It reflects skin barrier weakness and a sensitive immune system.
Both need attention for long term improvement.

Simple Home Support

- Moisturize twice daily
- Use oatmeal baths
- Avoid fragrance
- Choose soft cotton clothing
- Apply Root Health Healing Salve during flares
- Add omega threes and probiotics for long term healing

When to Recheck

Seek care for infection, severe itching, or rash that does not improve within one to two weeks.



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