



THE SOLINGER METHOD

by Root Health L.L.C.

Pediatric Rubella (German Measles)

FUNCTIONAL WELLNESS SUPPORT PLAN

RootHealth L.L.C, The Solinger Method

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What Is Pediatric Rubella

Rubella, commonly referred to as German measles, is a viral illness caused by the rubella virus. It most often presents in children with mild, flu like symptoms followed by a characteristic pink or red rash that typically begins on the face and spreads downward to the trunk and extremities.

Common symptoms include low grade fever, headache, fatigue, swollen lymph nodes (particularly behind the ears and at the back of the neck), mild conjunctivitis, sore throat, and rash. In children, rubella is generally mild, but it represents a systemic viral immune challenge.

What Conventional Medicine Says

Conventional medicine considers rubella a self limiting viral illness in children. Management is supportive only, focusing on rest, hydration, and fever control. Once the rash resolves, no further care is typically recommended.

Clinical attention is primarily directed toward preventing infection during pregnancy due to the risk of congenital rubella syndrome.

The Naturopathic Perspective

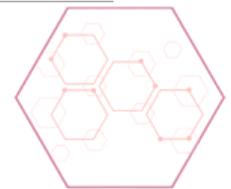
Naturopathic medicine views pediatric rubella as a **lymphatic and immune mediated viral illness**. The rash and lymph node involvement reflect active immune clearance rather than pathology. The goal of support is to assist immune resolution, reduce inflammatory burden, support lymphatic drainage, and ensure full recovery without lingering fatigue or immune suppression.

Supportive care focuses on:

- Optimizing antiviral immune response
- Supporting lymphatic flow and detoxification
- Protecting connective tissue and vascular integrity
- Reducing oxidative stress
- Supporting recovery after viral clearance

Common Functional Concerns in Rubella

- Lymphatic congestion and node tenderness
- Mild but persistent inflammation
- Oxidative stress
- Post viral fatigue
- Temporary immune suppression



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Nutrition Foundations During Acute Infection

Hydration

Adequate fluids support lymphatic flow and immune clearance.

AntiInflammatoryWholeFoods

Soups, broths, cooked vegetables, soft fruits, and easy to digest proteins reduce metabolic stress.

Avoid

Refined sugar, ultra processed foods, and excess dairy during acute lymphatic involvement.

Targeted Nutrient Support

Therapeutic Pediatric Dosing by Age

Vitamin A (Short Term Immune Support)

Primary role: antiviral defense, epithelial integrity, immune modulation

Ages 1–3 years

•5,000IU daily for 3–5 days

Ages 4–8 years

•5,000–10,000IU daily for 3–5 days

Ages 9–13 years

•10,000IU daily for 3–5 days

Ages 14–18 years

•10,000–15,000IU daily for 3–5 days

Vitamin C

Primary role: antioxidant protection, immune activation, tissue repair

Ages 1–3 years

•250–500mg daily, divided

Ages 4–8 years

•500–1,000mg daily, divided

Ages 9–13 years

•1,000–1,500mg daily, divided

Ages 14–18 years

•1,500–2,000mg daily, divided

Zinc (Short Term)



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Primary role: antiviral immunity, cellular repair

Ages 1–3 years

- 5–10 mg daily

Ages 4–8 years

- 10–15 mg daily

Ages 9–13 years

- 15–25 mg daily

Ages 14–18 years

- 25–40 mg daily

Limit use to 7–10 days unless otherwise indicated.

Magnesium (Recovery and Nervous System Support)

Primary role: immune regulation, nervous system support

Ages 1–3 years

- 75–150 mg daily

Ages 4–8 years

- 150–250 mg daily

Ages 9–13 years

- 200–350 mg daily

Ages 14–18 years

- 300–500 mg daily
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Targeted Herbal Support

Therapeutic Pediatric Dosing by Age

Elderflower (*Sambucus nigra*, flower)

Primary role: antiviral support, lymphatic drainage, mild diaphoretic



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Ages 1–3 years

- 2–4ozcooledtea once daily

Ages 4–8 years

- 4–6ozteaoncedaily

Ages 9–13 years

- 6–8ozteaoncedaily
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Calendula (Calendula officinalis)

Primary role: lymphatic support, immune modulation

Ages 1–3 years

- 0.5–1mLtincture 1–2x daily

Ages 4–8 years

- 1–2mLtincture1–2x daily

Ages 9–13 years

- 2–3mLtincture1–2x daily

Ages 14–18 years

- 3–5mLtincture1–2x daily
-

Cleavers (Galium aparine)

Primary role: lymphatic drainage, immune clearance

Ages 1–3 years

- 0.5–1mLtincture once daily

Ages 4–8 years

- 1–2mLtinctureonce daily

Ages 9–13 years

- 2–3mLtinctureonce daily

Ages 14–18 years

- 3–5mLtinctureonce daily
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Lemon Balm (*Melissa officinalis*, Tincture 1:5)

Primary role: antiviral support, nervous system calming

Ages 1–3 years

- 0.5–1 mL once or twice daily

Ages 4–8 years

- 1–2 mL once or twice daily

Ages 9–13 years

- 2–3 mL once or twice daily

Ages 14–18 years

- 3–5 mL once or twice daily

Supportive Care Strategies

- Adequate rest during rash and lymphatic phase
- Gentle movement to support lymph flow once fever resolves
- Avoid overstimulation during acute illness
- Monitor lymph nodes for tenderness and resolution

Why Recovery Support Matters

Although rubella is typically mild in children, supporting immune resolution and lymphatic clearance helps prevent lingering fatigue, recurrent infections, or prolonged inflammatory responses.



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