



THE SOLINGER METHOD

by Root Health L.L.C.

Pediatric Influenza Support

FUNCTIONAL WELLNESS SUPPORT PLAN

Pediatric Influenza Support

Root Health L.L.C, The Solinger Method

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What Is Influenza

Influenza is an acute viral respiratory illness that affects the nose, throat, and lungs. Unlike the common cold, influenza tends to produce more intense symptoms and a faster onset. It is caused by influenza viruses A and B, which circulate seasonally.

From a naturopathic perspective, influenza is a **systemic viral illness** that involves the immune system, respiratory tract, gut, and inflammatory pathways. Fever is common and represents the immune system activating to slow viral replication and accelerate recovery.

Children typically recover fully with rest, hydration, and supportive care. The goal in naturopathic management is to:

- support the immune response,
- reduce inflammatory load,
- keep the airways clear,
- strengthen nutrient reserves,
- and prevent complications.

Most cases resolve within five to seven days, though fatigue and cough may linger.

Signs and Symptoms

- Sudden fever
- Chills
- Sore throat
- Body aches
- Headache
- Runny or congested nose
- Dry persistent cough
- Fatigue or irritability
- Reduced appetite
- Occasional nausea or vomiting



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Common Contributors and Risk Factors

- Low vitamin D levels
 - Poor sleep or high stress
 - Recent illness
 - Food sensitivities increasing inflammation
 - Gut dysbiosis reducing immune efficiency
 - Close contact in daycare or school
 - Dehydration during early illness
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When to Seek Medical Care

- Difficulty breathing or rapid breathing
- Blue tinted lips or fingernails
- Fever lasting more than seventy two hours
- Child cannot keep fluids down
- Lethargy or unusual drowsiness
- Symptoms improve then worsen again
- Infant under three months with fever

Most children recover well at home with supportive care.

Functional Wellness Support

Support the Immune System

Elderberry

Supports antiviral activity and shortens duration.

Vitamin C

Reduces inflammatory stress and enhances white blood cell function.

Zinc

Helps the immune system mount a more efficient response to viral illness.

Echinacea

Helpful in early illness to support immune activation.

Vitamin D

Modulates immune response and reduces illness severity.

Reduce Fever Discomfort Without Suppressing the Immune Response

Lukewarm Baths

Gently cool without triggering chills.

Light Clothing

Allows heat to dissipate naturally.

Hydration

Offer fluids frequently which helps regulate temperature and supports recovery.

Ease Respiratory Symptoms

Steam Inhalation



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Loosens mucus and relaxes airways.

Humidifier

Reduces dryness and irritation in the nose and throat.

Honey for Children Over One

Soothes cough and throat discomfort.

Chamomile

Calms irritability and supports hydration.

Hydration and Nutrition

Fluids

Use water, broths, electrolyte drinks, fruit infused water, and herbal teas.

Nourishing Foods

- Soups and broths
- Smoothies
- Mashed vegetables
- Soft fruits
- Avoid heavy, greasy, or high sugar foods



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The Naturopathic Perspective on Influenza

Influenza requires **restorative healing**, not push through energy. The immune system uses significant metabolic resources to fight the virus, and supportive care ensures the body can focus entirely on recovery.

Proper hydration, nutrient support, sleep, and airway care reduce the risk of complications and shorten duration.

When Influenza Suggests a Deeper Issue

Further evaluation is recommended if:

- the child experiences four or more significant illnesses yearly,
- recovery is unusually slow,
- eczema or digestive issues accompany illness,
- or repeated infections occur after antibiotics.

A **comprehensive stool test** may identify dysbiosis, yeast overgrowth, or insufficient short chain fatty acids that weaken immune resilience.

Pediatric Supplement Blends

- Elderberry and echinacea blends
 - Vitamin C and zinc combinations
 - Omega three fatty acids
 - Vitamin D drops
 - Pediatric probiotics for immune support
 - Herbal cough and throat support glycerites
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Therapeutic Pediatric Dosing Guidelines

Elderberry

Antiviral and immune supportive.

- **Glycerite, one to two milliliters up to three times daily depending on age**

Echinacea

Most helpful in early illness.

- Ages two to five, fifteen to twenty drops two to three times daily
- Ages six to twelve, twenty to thirty drops two to three times daily
- Ages thirteen to seventeen, thirty to forty drops two to three times daily

Vitamin C

Reduces inflammatory load and supports immune efficiency.

- Ages two to five, two hundred fifty to five hundred milligrams two times daily
- Ages six to twelve, five hundred to seven hundred fifty milligrams two times daily
- Ages thirteen to seventeen, seven hundred fifty to one thousand milligrams two times daily

Zinc

Important for antiviral defense.

- Ages two to five, seven to ten milligrams daily
- Ages six to twelve, ten to fifteen milligrams daily
- Ages thirteen to seventeen, fifteen to twenty milligrams daily



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Vitamin D

Immune modulating.

- Ages two to five, one thousand IU daily
- Ages six to twelve, one thousand to two thousand IU daily
- Ages thirteen to seventeen, two thousand IU daily

Mullein Leaf

Supports cough and lung comfort.

- Glycerite, one to two milliliters up to three times daily based on age

Marshmallow Root or Slippery Elm (glycerite)

Soothes throat irritation.

- Ages two to five, one milliliter three times daily
- Ages six to twelve, one to two milliliters three times daily
- Ages thirteen to seventeen, two to three milliliters three times daily

Pediatric Probiotics

Shorten illness duration and regulate immunity.

- Toddlers, ten to fifteen billion CFU
- Ages six to twelve, fifteen to twenty five billion CFU
- Teens, twenty five to fifty billion CFU

Supplement Access

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

Parent Friendly Summary

Influenza Is Intense but Very Manageable

Most children recover beautifully with rest, hydration, and immune support.

Easy Home Support

- Offer fluids every one to two hours
- Use steam and a humidifier
- Provide vitamin C, zinc, and elderberry
- Use honey for cough if over age one
- Encourage bedrest and calm activities
- Avoid sending the child back to school too soon

When to Recheck

If breathing becomes difficult, fever persists beyond three days, or dehydration develops.



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