



THE SOLINGER METHOD

by Root Health L.L.C.

Pediatric Teething

FUNCTIONAL WELLNESS SUPPORT PLAN

Root Health L.L.C, The Solinger Method

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What Is Pediatric Teething

Teething is a normal developmental process in which primary teeth erupt through the gums, typically beginning between 4–7 months of age and continuing through early childhood. While physiologic, teething can be associated with significant discomfort due to local inflammation, pressure, and nervous system activation.

Common symptoms include gum swelling and tenderness, increased drooling, chewing or biting behaviors, irritability, disrupted sleep, low grade temperature elevation, loose stools, diaper rash, and decreased appetite. Severe fever or systemic illness is not considered a normal feature of teething and should prompt evaluation.

What Conventional Medicine Says

Conventional medicine recognizes teething as a benign developmental phase. Management focuses on reassurance and symptomatic relief using chilled teething rings, topical anesthetics, or occasional analgesics. Little attention is given to inflammatory load, nervous system sensitivity, mineral status, or digestive stress during this period.

The Naturopathic Perspective

Naturopathic medicine views teething as a **neurological and inflammatory developmental milestone** that places temporary stress on the infant nervous system, connective tissue, and digestive tract. Discomfort varies widely depending on mineral sufficiency, inflammatory tone, gut integrity, and nervous system regulation.

Support focuses on:

- Reducing local inflammation
 - Supporting nervous system calm
 - Strengthening connective tissue and gum integrity
 - Supporting digestion and elimination
 - Improving sleep quality during tooth eruption
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Common Functional Contributors to Teething Distress

- Magnesium insufficiency affecting neuromuscular relaxation
 - Calcium and vitamin D imbalance impacting tooth eruption
 - Inflammatory foods or gut irritation
 - Immature nervous system regulation
 - Increased histamine response
 - Altered stool patterns and digestive stress
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Nutrition Foundations

Breastmilk or Formula First

Primary nutrition should remain consistent during teething.

AntiInflammatoryFoods

For older infants, prioritizesimple, whole foods without added sugar.



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Avoid

Excess juice, sweetened teething snacks, and inflammatory additives.

Targeted Nutrient Support

Therapeutic Pediatric Dosing by Age

Magnesium (Nervous System and Muscle Relaxation)

Primary role: neuromuscular relaxation, pain modulation, sleep support

Ages 4–6 months

- 25–50 mg daily

Ages 7–12 months

- 50–75 mg daily

Ages 1–3 years

- 75–150 mg daily

Clinical note: Glycinate or chloride forms are preferred.

Vitamin D3

Primary role: calcium regulation, tooth eruption support, immune balance

Ages 0–6 months

- 400 IU daily

Ages 6–12 months

- 400–800 IU daily

Ages 1–3 years

- 600–1,000 IU daily
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Calcium (If Dietary Intake Is Low)



Primary role: tooth and bone mineralization

Ages 6–12 months

- 200–260 mg daily from food and supplements

Ages 1–3 years

- 500–700 mg daily from food and supplements

Clinical note: Prioritize food sources whenever possible.

Vitamin C (Gum Integrity and Healing)

Primary role: collagen synthesis, tissue repair

Ages 6–12 months

- 25–50 mg daily

Ages 1–3 years

- 50–100 mg daily
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Targeted Herbal Support

Therapeutic Pediatric Dosing by Age

Chamomile (*Matricaria chamomilla*)

Primary role: anti-inflammatory, nervous system calming

Ages 4–6 months

- 1–2 oz cooled tea once daily

Ages 7–12 months

- 2–4 oz cooled tea once daily

Ages 1–3 years

- 4–6 oz tea once daily
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Catnip (*Nepeta cataria*)

Primary role: mildsedative, nervous system support

Ages 4–6 months

- 1–2 oz cooled tea once daily

Ages 7–12 months

- 2–4 oz tea once daily

Ages 1–3 years

- 4–6 oz tea once daily
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Lemon Balm (*Melissa officinalis*, Tincture 1:5)

Primary role: calming, antiviral, digestive support

Ages 6–12 months

- 0.25–0.5 mL once daily

Ages 1–3 years

- 0.5–1 mL once or twice daily
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Clove (*Syzygium aromaticum*, External Use Only)

Primary role: local analgesic

Use:

- 1 drop clove essential oil diluted in 1 tablespoon carrier oil
- Apply externally to jawline, **not directly on gums**

Clinical note: External use only, never internal in infants.

Local and Supportive Care

- Chilled teething rings or clean cold washcloths
- Gentle gum massage with clean finger
- Amber necklaces not recommended due to choking risk



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- Upright positioning to reduce pressure
 - Extra comfort and skin to skin contact
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When Teething Is Not the Cause

- Fever above 101°F
- Persistent diarrhea
- Lethargy or poor feeding
- Symptoms lasting beyond typical eruption windows

These warrant further evaluation.

Why Support Matters

While teething is a normal developmental phase, excessive discomfort can disrupt sleep, feeding, and nervous system regulation. Supporting mineral balance, inflammation control, and nervous system calm helps infants move through teething with less distress and better overall resilience.



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