



THE SOLINGER METHOD

by Root Health L.L.C.

Pediatric Impetigo Support

FUNCTIONAL WELLNESS SUPPORT PLAN

Pediatric Impetigo Support

Root Health L.L.C, The Solinger Method

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What Is Impetigo

Impetigo is a common, highly contagious superficial skin infection in children. It is caused by **Staphylococcus aureus** or **Streptococcus pyogenes**, bacteria that easily enter through small cuts, eczema patches, bug bites, or irritated skin.

There are two typical presentations:

- **Non bullous impetigo**, the most common form, with honey colored crusts on the face, nose, or arms.
- **Bullous impetigo**, with larger fluid filled blisters often seen in infants and toddlers.

Although impetigo spreads quickly, it is a surface level infection and responds extremely well to topical care, immune strengthening, and hygiene practices. From a naturopathic perspective, impetigo reflects a combination of **skin barrier vulnerability**, **immune imbalance**, and **bacterial overgrowth** in areas of irritation.

Children who develop impetigo often have underlying factors such as eczema, recent illness, compromised skin barrier, or exposure to warm humid environments that favor bacterial growth.

Signs and Symptoms

- Redspots that develop into small blisters
- Honey colored crusts on the face or around the nose
- Itching or mild discomfort
- Fluid filled blisters that rupture easily
- Spread of lesions from scratching
- Occasional mild swelling of nearby lymph nodes

Common Contributors

- Scratching eczema or irritated skin
- Recent respiratory illness
- Poor skin barrier integrity
- Warm humid conditions
- Close contact at daycare or school
- Sharing towels, clothing, or sports equipment
- Bug bites or small skin injuries



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When to Seek Medical Care

- Rapidly spreading infection
- Fever
- Areas of deep redness or swelling
- Painful or hot skin
- Infection around the eyes
- No improvement within forty eight to seventy two hours
- Infant younger than three months

Most mild cases respond well to topical antimicrobial botanicals and barrier support.

Functional Wellness Support

Support the Skin Barrier and Reduce Bacterial Overgrowth

Gentle Cleansing

Wash affected areas twice daily with warm water and a gentle, fragrance free soap. Pat dry. Avoid scrubbing.

Honey Based Applications

Medical grade honey or manuka honey contains natural antibacterial properties and supports healing of crusted lesions.

Diluted Apple Cider Vinegar Rinse

Mix one tablespoon vinegar with one cup warm water. Dab gently onto lesions to reduce bacterial load.

Calendula

Reduces inflammation and supports tissue healing.

Root Health L.L.C Healing Salve

Excellent for supporting the healing of impetigo lesions after cleansing. Apply a very thin layer to surrounding skin to restore the barrier and reduce irritation. Available in the Shop section of the website.

Tea Tree Hydrosol

A gentle water based distillate that reduces microbial activity without irritating the skin. Use only hydrosol form for children, never full strength essential oil.

Boost Immune Function

Vitamin C

Supports immune defense and wound healing.

Zinc

Essential for immune strength and skin repair.

Elderberry

Provides antiviral and immune supportive benefits, especially if impetigo follows a cold or viral illness.



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Calm Itching and Prevent Spread

- Keep nails trimmed
 - Use cotton clothing
 - Keep lesions covered with breathable bandages
 - Teach children not to touch or pick lesions
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Environmental Support

- Wash bedding, towels, and pajamas daily until infection resolves
 - Disinfect commonly touched items such as doorknobs and toys
 - Do not share washcloths, brushes, hats, or towels
 - Encourage frequent hand washing
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When Impetigo Suggests a Deeper Issue

A child may benefit from further evaluation if:

- infections recur frequently,
- eczema or chronic rashes are present,
- there is slow wound healing,
- digestive issues accompany skin infections.

A **comprehensive stool test** can identify dysbiosis, low beneficial flora, or immune imbalances that increase susceptibility to skin infections.

Pediatric Supplement Blends

- Vitamin C and zinc combinations
 - Elderberry syrup
 - Pediatric probiotics
 - Skin healing blends with calendula and chamomile
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Therapeutic Pediatric Dosing Guidelines

Vitamin C

Supports immune activity and wound healing.

- 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

Essential for immune response and skin repair.

- 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

Elderberry

Useful when impetigo follows a viral illness.

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

Oregon Grape Root or Goldenseal (glycerite)

Internal botanical support for bacterial overgrowth. Use glycerite only.

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

Echinacea (glycerite)

Supports the body's natural antimicrobial activity.

- 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

Pediatric Probiotics

Support immune balance and reduce recurrence.

- 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 Impetigo Support is available in Fullscript under Protocols. Parents may create a free account to access professional grade formulations and dosing guidance.

Parent Friendly Summary

Impetigo Looks Dramatic but Is Usually Mild and Surface Level

With proper topical care and immune support, healing happens quickly.

Easy Home Support



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- Clean skin gently twice daily
- Use manuka or medical honey for crusts
- Apply a thin layer of Root Health Healing Salve
- Keep nails short and lesions covered
- Wash towels and bedding daily
- Zinc and vitamin C support healing

When to Recheck

If infection spreads, becomes painful, does not improve in a few days, or appears around the eyes.



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