

How to Treat Acute Respiratory Tract Infections in Children without Using Antibiotics?

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Abstract

Introduction: Acute respiratory infections (ARIs) are classified as upper respiratory tract infections (URIs) or lower respiratory tract infections (LRIs). The upper respiratory tract consists of the airways from the nostrils to the vocal cords in the larynx, including the paranasal sinuses and the middle ear. For the treatment of sinusitis and tonsillitis, the treatment done in Western Medicine constantly consists of antibiotics use. In Traditional Chinese Medicine (TCM), the pathophysiology of these kinds of infections is linked to invasion of external pathogenic factors (Wind, Cold, Heat, Dampness or Dryness). **Purpose:** To demonstrate that it is possible to treat children with acute respiratory tract infections without using antibiotics. **Methods:** Two case reports. The first was a 2-year-old girl; the second was a 2-year-old boy. They had constant tonsillitis and sinusitis, and had done several antibiotics treatments during years, but the symptoms would only disappear during the antibiotic treatment and return after the withdrawn of the antibiotic drugs. The parents searched for treatment with Traditional Chinese Medicine and received Chinese dietary counselling, as well as an advisement to protect themselves from the external pathogenic factors, such as not walk barefoot or sleep with the hair wet. They were also submitted to auricular acupuncture and apex ear bloodletting. **Results:** Both patients never had a recurrence of the upper respiratory tract infections with this treatment. No antibiotics were required at any time of the treatment. **Conclusion:** It is possible to treat children with acute respiratory tract infections without the use of antibiotics. To achieve this aim, it is important to treat the patient as a whole, understanding that the symptoms could be caused by the invasion of external pathogenic factors, and proper orientation for preventing this invasion is important for the recovery of the patient.

Biography

Huang Wei Ling, born in Taiwan, raised and graduated in medicine in Brazil, specialist in infectious and parasitic diseases, a General Practitioner and Parenteral and Enteral Medical Nutrition Therapist. Once in charge of the Hospital Infection Control Service of the City of Franca's General Hospital, she was responsible for the control of all prescribed antimicrobial medication and received an award for the best paper presented at the Brazilian Hospital Infection Control Congress in 1998. Since 1997, she has been presenting her work worldwide, working with the approach and treatment of all diseases of all systems of the human body in a holistic way, with treatment guided through the teachings of Traditional Chinese Medicine and Hippocrates.

Recent Publications

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