

## Can We Treat Children with Acute and Chronic Respiratory Tract Infections without Using Antibiotics?

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**Abstract:** 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 in antibiotics use. In Traditional Chinese Medicine (TCM), the pathophysiology of these kind of infections are linked to invasion of external pathogenic factors (Wind, Cold, Heat, Dampness or Dryness). Purpose: To demonstrate that is possible to treat children with acute respiratory tract infections without using antibiotics. Methods: Two case reports. Two children who 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treatments during years, but the symptoms would only disappear during the antibiotic treatment and return after the withdrawn of the antibiotic drugs.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 counseling, as well as advisement to protect themselves of the external pathogenic factors, such as not walk barefoot or sleep with the hair wet. They were also submitted to auricular acupuncture, apex ear bloodletting and homeopathy use. No antibiotics were required in any time of the treatment. Results: Both patients never had recurrence of the upper respiratory tract infections with this 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 whole, understanding that the symptoms could be caused by the invasion of external pathogenic factors, and proper orientation for prevent this invasion is important for the recovery of the patient.

**Overview:** 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 in antibiotics use. In traditional Chinese medicine (TCM), the pathophysiology of these kind of infections are linked to invasion of external pathogenic factors (Wind, Cold, Heat, Dampness or Dryness). Purpose: To demonstrate that is possible to treat children with acute respiratory tract infections without using antibiotics.

**Methods:** Two case reports. Two children who 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 counseling, that consists of avoiding dairy products, raw food, cold drinks, specially water and sweets. Another group of foods that was also advised to avoid was coffee, soda and matte tea as well as frying foods, eggs, chocolate, coconut, honey, melted cheese. The doctor also advised the mother to protect them of the external pathogenic factors, such as not walk barefoot, avoid to sleep with the hair wet, prevent staying in front of ventilator or air conditioning and try to stay shortly when open the refrigerator. They were also submitted to auricular acupuncture, apex ear bloodletting, initially with the intention to block the entrance of the external pathogenic factors inside the body, using auricular points (Occiput point) and treat the symptoms that the children were presenting using localized points according to their symptoms (Lung to treat the pulmonary symptoms, nose point to treat the nose congestion symptoms, and the Temple, Vertex and Forehead points to treat sinusitis symptoms). The author many times associate the use of apex ear bloodletting to take out the Heat retention that usually accompany the infections symptoms, taking out three to five drops of blood after pricking the apex of the ear, using a syringe insulin needle. After all the symptoms of upper respiratory were recovered, the author usually treats the energies deficiencies that the patient usually has of Yin, Yang, Qi and Blood to rebalance the energy disharmony that was causing the recurrence of the infections. Both patients were submitted to the radiesthesia procedure to measure the energy of the seven chakras. Both patients were completely depleted in energy from chakra 1 to 6, rated in one from a scale from one to eight, being 1 the lowest level and 8 the normal level. This lack of energy in these chakras were treated with highly diluted medications such as homeopathies and crystal-based medications that the author will describe in discussion section. No antibiotics were required in any time of the treatment.

**Results:** Both patients never had recurrence of the upper respiratory tract infections with the treatment done.

**Discussion:** There are different perspectives between Western and traditional Chinese medicine diagnoses and treatments. These differences are well explained by the author in several of her publications, demonstrating thought a schematic drawing of a tree figure, that Western medicine usually treats diseases at the leaf level. According to Hippocrates, father of medicine, we need to consider other ancient medical traditions prior to the knowledge we have nowadays. The author, following Hippocrates recommendation, search for traditional Chinese medicine reasoning that usually treats the underlying energies imbalances

that is causing the symptoms, usually invisible by the naked eye, in the root of the tree. Other factor that contributes to the formation of infections, mainly upper respiratory tract infections are the external pathogenic factors (Cold, Wind, Dryness, Humidity and Heat), that is not usually considered by Western medicine, so patients do not receive any recommendation to avoid the exposition to these factors, to avoid the formation of diseases, in this case, upper respiratory tract infections. Another quote from Hippocrates is that "Make your food your medicine and your medicine your food". Using Chinese nutritional therapy, considering the energy of each food to recover the energy imbalances presented by each patient, the author usually uses this tool as the first step in all her treatments. Foods that can cause Spleen-pancreas deficiencies, can increase the formation of mucus and phlegm, that is normally treated by Western medicine physician as infection, using antibiotics. The author has many articles about treatment of community and hospital infections without using any antibiotics published by several medical journals. The first publication entitled "Why do Patients Still Catch Hospital Infections Despite the Practice of Infection Prevention and Control Programs?" published by Acta Scientific Microbiology on April, 2018, the author explains that the sign and symptoms of infections could be caused by disharmony of the internal energies leading to the formation of internal Heat and considering the influence of external pathogenic factors, diet, emotions.

**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 whole, understanding that the symptoms could be caused by the invasion of external pathogenic factors, and proper orientation for prevent this invasion is important for the recovery of the patient.

**Foot Note:** This work is partly presented at 3rd International Conference on Pediatrics and Healthcare, October 29-30, 2020