

## How to Treat Acute Respiratory Tract Infections 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). 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 acute respiratory tract infections without using antibiotics. **Methods:** Two case reports. Two children that had constant tonsillitis and sinusitis, and have been in taking several antibiotics during years, but the treatment would only be effective until the withdrawn of the antibiotic drugs. They searched for treatment with traditional Chinese medicine, and were oriented to withdrawn dairy products, replacing it by goat's milk, and protect themselves of the external pathogenic factors, do not walk barefoot, sleep with the hair wet.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. Both patients did the chakras' energies measurement and the result were that all the chakras' were in the lowest level of energy. They began to replenish the energy of these chakras with highly diluted medications for a period of one year. **Results:** Both patients never had recurrence of the upper respiratory tract infections with these orientations. **Conclusion:** the conclusion of this study is that we can treat upper respiratory tract infections without the use of any antibiotics.

For this end, we must see the patient as a whole, looking the dietary, emotional and external pathogenic factors influence that are contributing to the formation and maintaining the infectious process through energies imbalances. The replenishment of the chakras' energies is important to fortify the immune system, represented in this case, by the energy itself.

### 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 works with the approach and treatment of all chronic diseases in a holistic way, with treatment guided through the teachings of Traditional Chinese Medicine and Hippocrates.

### References

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