

WellnessPlus

QUICKIES

# Strep or Acute Recurrent Pharyngitis

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## Definition:

Inflammation of the Pharynx (most commonly affects the oro and laryngopharynx). Often accompanied by fever, swollen lymph nodes, ear ache, conjunctivitis, runny nose, sneezing and overall malaise.

## Symptoms:

- Sore throat
- Red throat
- Pain throat constant or sensation of needles everytime you swallow
- Difficulty swallowing
- Swollen lymph nodes
- Fever occasionally

## Diagnostic:

- Good anamnesis
- History of chronic throat inflammation and pain that comes and goes
- Physical examination
- Throat culture to check for strep throat
- Blood test to rule out possible EBV

## Root Causes

- Most Common: Viral Pharyngitis
  - Cold, Flu, Mononucleosis (EBV), Measles, Croup, Chicken Pox, HSV
- Bacterial Pharyngitis:
  - Most Commonly Beta Hemolytic Group A Streptococcus. Has added symptoms of white exudates on the tonsils or can also be Chlamydia/Gonorrhea
- Fungal Pharyngitis (Esophageal Candidiasis)
  - White patches on tongue and other surfaces of the oral cavity. More common in immunocompromised and or post antibiotic treatment.

- Allergic pharyngitis: Dander, Pollens, Mold
- Exposure to Respiratory Irritants: Indoor and Outdoor chemical Pollutants, Smoke (Cigarette or Fire)
- Chronic Gastrointestinal Reflux (GERD)
- Mold Exposure, Toxic Burden and/or Chronic Infections affecting overall immune function.

## Solutions:

### Conventional treatment:

- Antibiotics like azitromicine is commonly used for three days
- Antiinflammatory drugs like NSAIDS or analgesia like tylenol

### Holistic treatment:

- Identify Acute Cause: Viral/Bacterial/Allergic as this will determine appropriate course of treatment.
- Rapid Strep Throat Swab and Culture to rule out Bacterial. ASO titer (checks antibody levels, useful with chronic or recurrent infections)
- Important to treat bacterial quickly and thoroughly as there is a chance of complications such as PANDAs, Rheumatic Fever, Scarlet Fever, etc.
- Support Systemic Immune Function
- Nutrition: Eliminate Added Sugars and Dairy, Add in: Warming, Easy to Swallow and Digest Broths, Blended Soups with Onion, Garlic, Thyme & Oregano.
- Vitamins/Nutrients: Vitamin C, A, D, Zinc
- Check with provider for dosing (varies with age, sex, constitution)
- Vitamin A is very effective however do not use Retinoid form with liver/kidney disease, or if pregnant/nursing or possibly pregnant. Instead use Mixed Carotenoids.
- Address Local Infection and Inflammation: There are many options here, the key with natural therapies for acute conditions is starting at first signs of infection and frequent dosing.
- Gargles: Hydrogen Peroxide (1:1 with water), Salt Water (1 tbsp Himalayan or Celtic Sea Salt, can open capsule of Zinc and mix with salt for added benefit)
- Antimicrobial/Immune Support: Echinacea, Goldenseal, Berberine spp (Oregon Grape, etc), Thyme, Myrrh, Garlic (Tinctures or Sprays to Swallow and Gargle), Colloidal Silver, Biocidin LSF or Tincture.
- Lymphatic Drainage/Tissue Healing/Inflammation Soothing: Calendula, Licorice Root, Galium, Baptisia, Slippery Elm (Tinctures, Teas, Sprays or Lozenges.

- If Recurrent or Chronic: Address Local Inflammation while also addressing root cause: Chronic Infections, Toxin Exposure/Burden, Mold, Etc.
- Consider Mental/Emotional/Energetic Realm: Often Throat issues have to do with self expression, feeling safe speaking our truth, trusting others, ability to swallow (accept) our reality/self/truth.
- Neural therapy-find an expert in our practitioner directory who specializes in this! Did you know you can inject the tonsils with procaine, a mild anesthetic as well as tailored homeopathics such as tonsilla, lymphomyosot or traumeel