

Respiratory Tract Exercises

1. A 5-year-old child tells you she is not feeling well. You feel her and she is very hot, taking her temperature, 104 deg. F. You look her tongue and it is red, with a thin coating. She says her throat is sore and she is thirsty. No cough. The mucus is pouring out of her nose and clear.

a. what is your course of action for the child? What are the first things you will do?

b. what do you do about the fever?

c. What herbs will you use?

2. A 7-year-old complains of fatigue and a sore throat. He has a productive cough. The mucus is rather thick and yellow on the tissue. His fever is 102 deg. F. His tongue has a thick yellow coating. He has had symptoms for at least 24 hours. His throat is sore.

a. what is your course of action for the child? What are the first things you will do?

b. what do you do about the fever?

c. What herbs will you use?