

FEVER – *Don't Put the Fire OUT!* by Deborah Holcomb

In our culture we seem to face endless lists of things to do while never really getting a break unless it is to accomplish something else in its place. For most of us this becomes a real dilemma when it comes to becoming sick, especially if we have a fever. Unfortunately, the first thing many of us reach for is an OTC fever reducing medication allowing us to continue our agenda. This however is NOT the response your body was looking to see from you.

A fever shows us in a healthy immune system that the body is defending itself from an invader it believes is threatening or harmful. The invader may be bacterial, viral, microbial, parasitic or fungal in nature. When we have an elevated fever it is our body's best form of defense and within reason should not be interrupted. When reaching for medications or antibiotics to suppress a cold related fever, a confusing message is sent to your immune system.

It's important to remember when using a medication, the cause of the fever remains even if it is stifled. If you continue to interfere with this natural means of protection, a dysfunctional pattern can begin and lead to deeper long term issues where your body no longer responds against invaders. This is how a weakened immune system begins to become confused and mistake healthy tissues for an invader. The result is auto-immune syndromes and diseases many of which are inflammatory in nature and rarely seen 100 years ago. It is actually healthy to have a fever every so often to build a stronger immune system.

Proper rest, hydration, and supportive supplementation is necessary to move through a fever from a cold or virus. It is also imperative to have a good thermometer on hand. I suggest taking your temperature every few hours from the time you feel chilled or hot. If the fever rises to 101F, begin checking it at least hourly, but if it should rise to 102F begin checking it every 15 minutes or so. If it doesn't break and begin to lower in an hour, take one Aspirin or Boswellia (Indian frankincense) to bring the fever down but not put it out. If you are allergic to aspirin it is fine to take one dose of Tylenol.

During any fever it is highly important to support your electrolytes which can be done by drinking water, Pedialyte or taking original plain EmergenC. The EmergenC may be taken twice daily.

Being a Homeopath, I also suggest homeopathy depending on how the fever is presenting as fevers are actually quite different. The following is a brief list of a few remedies you might want to have on hand in either 12c or 30c potency's to be taken at 2-3 hour intervals only while the fever is present:

If a fever should come on suddenly, during cold dry conditions, with sweating, dizziness & paleness: Aconitum

Flushed cheeks and nose bleeds: Ferrum Phos

Hot & dry without sweating, red hot cheeks and dilated pupils: Belladonna

Desire to remain still: Bryonia

Sensitivity to cold: Nux Vomica

Great restlessness: Rhus Tox

With these simple tried and true methods, you will come out of a cold and feverish state, with a stronger and more resilient immune system to benefit from in the future.

Warning: Should you have a fever lasting longer than 24-36 hours or is not from a cold or virus and accompanied by pain, swelling, dizziness or excessive vomiting it is important to contact a medical professional since this can reflect a serious condition or a more immediate need for intervention.

Further information about homeopathy, to contact Deb or schedule an appointment please visit

<https://www.empoweringbetterhealth.org/>

