

# Remedies 4

fever



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## Remedies 4... fever

### Companion Remedies for Fever

[Immunity Plus](#) - For full immune system support

[Detox Drops](#) - Promote elimination of toxins and naturally flush out the system

[KiddieBoost](#) - Support healthy immune functioning in children

[KiddieCool](#) - Helps to calm, soothe and reduce fever in children

### Fever Fallacies

When you feel as if you're coming down with a fever, the best thing you can do is take an over-the-counter (OTC) nonsteroidal anti-inflammatory drug (NSAID) such as Motrin or Tylenol to make it go away... right? Not necessarily, says Thomas A. Kruzel, ND, a naturopathic physician in private practice in Scottsdale, Arizona, and past president of the American Association of Naturopathic Physicians. In fact, in most cases, the answer is no.

According to Dr. Kruzel, fever is one of the body's most effective weapons for fighting disease, and usually the best thing you can do is to let it run its course and do its job. Forcing a fever down can cause an illness to last longer or even to possibly be worse than it might have been if the fever were allowed to burn it out. To clear away any further misconceptions or misunderstanding, Dr. Kruzel shared more thoughts on what a fever does and how to best cope with one...

### **FEVER CAN BE YOUR ALLY**

We are constantly bombarded with pharmaceutical ads for OTC

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.



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Getting sick (or at least pretending to) was sort of fun back in the old da

fever and pain relievers. The result: Our culture has developed a fear of fever, when in reality fever can be our ally. In children, for example, fever's destruction of bacteria is an important way to build up young immune systems.

Just what is a fever and what does it do? Fever is an elevation in body temperature in response to infection or other illness. When an infection or illness is detected, a part of the brain called the hypothalamus triggers the body to mount a fever to ward off invaders. This mobilizes white blood cells to surround and engulf bacteria, viruses and other [Toxins](#). Essentially, your body burns up the invaders, explains Dr. Kruzel. In most adults, a fever does its optimal work at 102 degrees, and then breaks.

Dr. Kruzel recommends a number of measures to support your body during a fever...

## **DRINK LOTS OF FLUIDS**

Whatever other steps you take to intervene with a fever, don't forget this age-old one — drink plenty of fluids. Don't allow yourself to become dehydrated, cautions Dr. Kruzel. To replace fluids lost through [Sweating](#), keep water, juice, seltzer, tea and soup close at hand. It can also be very refreshing to suck on popsicles. (To keep the sugar content under control, I make my family popsicles using diluted fruit juice.)

## **REST IS ESSENTIAL**

Another oldie but goodie — get plenty of rest. Left to its own resources, this would be the body's natural response to fever, notes Dr. Kruzel. It's called "adaptive withdrawal," and children and animals still respond this way. When they develop a fever, they naturally grow more subdued. Most adults respond instead by fighting a fever, says Dr. Kruzel. They take a Tylenol and tough it out, insisting on going to work and meeting social obligations. .. when listening to their bodies and taking it easy would in reality help them get better faster.

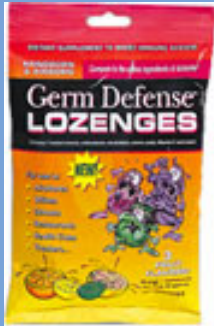
## **EMBRACE HYDROTHERAPY**

Of course, sometimes you need to get your fever down — either because you truly don't have time to be sick, or because the fever is dangerously high. One of the best ways to do this is something called hydrotherapy. Dr. Kruzel notes that while hydrotherapy sounds counterintuitive, it is an excellent way to help break a fever that is



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“stuck” for two or three days.

### What to do...

- Wet a T-shirt and socks (cotton is best) with cold water. Wring as much water out of them as possible. After taking a warm shower, put on the cold, wet T-shirt and socks. Next, cover them with a dry, warm sweatshirt, a dry pair of cotton [Sweat](#) socks, and dry [Sweat](#) pants and climb into bed. According to Dr. Kruzel, this technique calms the nervous system, and causes the fever to spike and then break.
- Cool down. In addition to hydrotherapy, you can help cool down with the help of a wet towel or a cool bath. Wet a towel with cold water, and wring it out. Wrap the towel around the base of the skull and neck. This cools blood going to the brain. You can also simply take cool (65' F to 70' F) baths.

### CONSIDER Natural Remedies

If you feel that you need to take something for a fever, it's still not necessary to reach for an OTC pill. As we've read in study after study in recent months, these drugs are far from benign and have a number of potentially serious side effects. Aspirin and other NSAIDs (e.g., Advil, Motrin, Aleve) are associated with gastrointestinal bleeding and [Kidney Damage](#), while excess Tylenol can harm the liver. (Caution: Never give aspirin to children, since it is associated with a rare but life-threatening condition known as Reye's syndrome.)

### Two of Dr. Kruzel's favorite natural alternatives are...

- [Yarrow](#) tea. This fever-breaking herb stimulates the body's immune response to infection. [Yarrow](#) kicks the fever up half a degree, which is what we want to do to get to the 102-degree healing point, explains Dr. Kruzel. Add a teaspoon of dried [Yarrow](#) to 8 ounces of hot water, and drink up to three cups daily. Sweeten with honey if desired. [Yarrow](#) can be combined with elderberry or [Spearmint](#).
- Ferrum phosphoricum (ferrum phos). This homeopathic combination of the [Minerals](#) iron and phosphate encourages the body's natural response to fever. For best results, take at the first sign of a fever, and again if you start to feel worse. If symptoms improve, there is no need to take more. An average dose consists of two pellets of a 30C potency dissolved under the tongue up to four

## Great Health Sites

[Natural Holistic Health Blog](#)

[Natural Herbs & Remedies](#)

[Akobi Natural Health Database](#)

[Natural Pet Health Blog](#)

[Anxiety Depression Info](#)

[ADHD Info](#)

[Mom's Blog](#)

[Natural Men's Health](#)

[Men's Health Zone](#)

[Women's Health Nurse](#)

[Avatrim - Natural Weight Loss w/  
Green Tea](#)

[Melatrol Insomnia Relief](#)

[Breast Actives](#)

[Cellulite Solution](#)

[Cushy Lips Lip Plumper](#)

[Enlast Male Enhancement](#)

[Deer Antler Plus](#)

[Bowtrol Colon Cleanse](#)

[Eazol Natural Pain Relief](#)

[Herbal Health Buy](#)

[HGH Energizer](#)

[Hypercert for Blood Pressure](#)

times daily. Other beneficial [Homeopathic Remedies](#) for fever include Belladonna, Bryonia, Eupatorium perfoliatum, Nux vomica and Sulphur. [Homeopathic Remedies](#) have subtle variations depending on your symptoms. It's best to check with a trained professional before taking any homeopathic remedy for fever.

Daily Health News contributing editor Andrew L. Rubman, ND, shared with me his favorite fever-breaking tea. Combine 1 teaspoon of dried [Yarrow](#), 1 teaspoon of [Ginger](#) and 1 teaspoon of stinging [Nettles](#). Take 1 tsp of this mixture and let steep in boiling water for five to six minutes. Drink one cup every hour until the fever breaks. Bundle yourself up to help break the fever.

## WHEN TO INTERVENE

Of course, the causes of fever vary widely. Depending on individual symptoms and circumstances, there will be times when it is appropriate to suppress a fever or seek medical attention, notes Dr. Kruzel. These include when fevers continue to spike above 102 degrees, if you are malnourished or dehydrated, if you have a pre-existing medical condition or if fever is accompanied by other symptoms such as a severe headache or a rash. In most cases, however, letting a fever run its course is the best thing you can do to support your body. Should you or a loved one get a fever, it is best to talk to your naturopath before starting treatment so that you are sure you're treating the right symptom in the right way.

### Sources:

- *Thomas A. Kruzel, ND, naturopathic physician in private practice in Scottsdale, Arizona, past president of the American Association of Naturopathic Physicians and the former dean of clinical [Education](#) and chief medical officer at the Southwest College of Naturopathic Medicine in Phoenix. Dr. Kruzel is author of [Homeopathic Emergency Guide: A Quick Reference Handbook to Effective Homeopathic Care \(North Atlantic\)](#).*
- *Andrew L. Rubman, ND, adjunct professor of clinical medicine, Florida College of Integrative Medicine, Orlando, and director, Southbury Clinic for Traditional Medicines, Southbury, CT.*

## Fever Compress Recipe

- 3 d. [Tea Tree](#) oil
- 2 d. [Bergamot](#) oil: in 4 oz of iced water.

[Menozac - Natural Menopause Relief](#)

[NicoCure Stop Smoking Aid](#)

[Prostacet for Prostate Health](#)

[ReloraMax - Stress, Anxiety and Weight Loss](#)

[Thyromine for Thyroid Health](#)

[Venapro Hemorrhoids Treatment](#)

[ZetaClear Nal Fungus Relief](#)

[VirilityEx](#)

[Hair No More Removal Cream](#)

[Hoodia Diet Review](#)

[Acnezine Acne Treatment](#)

[Joint Advance](#)

[Revitol Anti-Aging Skincare](#)

[Mountain Rose Herbs](#)

[Optimum Diabetics](#)

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Wring out a piece of fabric in water, and apply to forehead or back of neck. Re-apply when it has warmed to body temperature.

## Common Fever treatment using Holy Basil

The leaves of holy basil are one of the most effective of several home remedies in the treatment of common fever. A decoction made of about twelve grams of these leaves, boiled in half a litre of water, should be administered twice daily with half a cup of milk, one teaspoon of sugar and a quarter teaspoon of powdered cardamom (chhoti elaichi). This will bring down the temperature.

## Common Fever treatment using Fenugreek

A tea made from fenugreek seeds is equal in value to quinine in reducing fevers. This tea should be taken twice daily. It is particularly valuable as a cleansing and soothing drink. Fenugreek seeds, when moistened with water, become slightly mucilaginous, and hence, the tea made from them has the power to dissolve a sticky substance like mucus.

## Common Fever treatment using Saffron

A tea made from saffron is another effective home remedy for fever. This tea is prepared by putting half a teaspoon of saffron in 30 ml of boiling water. The patient should be given a teaspoon of this tea every hour till the temperature returns to normal.

## Common Fever treatment using Raisins

The use of an extract from raisins is beneficial in the treatment of common fever. This extract is prepared by soaking twenty-five raisins in half a cup of water and then crushing them in the same water. They are then strained and the skin is discarded. The raisin water thus prepared becomes a tonic. Half a teaspoon of lime juice added to the extract will enhance its taste and usefulness. It will act as a medicine in fevers, and should be taken twice daily.

## Common Fever treatment using Apricot

A cup of fresh juice of apricots mixed with one teaspoon of glucose or honey is a very cooling drink during fevers. It quenches the thirst and eliminates the waste products from the body. It tones up the



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[Natural Health Supplement Shop](#)

[PetAlive Herbal Remedies](#)

[Xtend-Life - Natural Health Products](#)



eyes, stomach, liver, heart, and nerves by supplying vitamins and minerals.

## Common Fever treatment using Grapefruit

The juice of grapefruit is a valuable diet in all fevers. It quenches thirst and removes the burning sensation produced by the fever. Half a glass of grapefruit juice should be taken with an equal quantity of water.

## Common Fever treatment using Orange

Orange is an excellent food in all types of fever when the digestive power of the body is seriously hampered. The patient suffers from blood poisoning called toxemia, and the lack of saliva results in the coating of his tongue, often destroying his thirst for water as well as his desire for food. The agreeable flavour of orange juice helps greatly in overcoming these drawbacks. Orange juice is the ideal liquid food in fevers. It provides energy, increases urinary output, and promotes body resistance against infections, thereby hastening recovery.

## Common Fever treatment using Bloodwort

Bloodwort is one of the best known herbal remedies for fevers. A hot infusion of the herb prepared by steeping 15 gm of the herb in 250 ml of water should be taken twice daily. It will induce perspiration, which will, in turn, cool the fever and expel toxins.

## Common Fever treatment using Hog Weed

Another herb found beneficial in the treatment of fever is hog weed. It should be taken twice daily in the form of an infusion prepared by steeping 15 gm of the herb in 250 ml of water. It brings down temperature by inducing copious perspiration.

## Warm-water enema, cold compresses

While the patient is on an orange juice fast, a warm-water enema should be given daily to cleanse the bowels. Cold compresses may be applied to the head in case the temperature rises above 39.4 degree C or 103 degree F.



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## Cold pack applied to whole body

If this method does not succeed, a cold pack may be applied to the whole body. The procedure is to wring out a sheet or any other large, square piece of linen material in cold water. It should be wrapped twice right round the body from face downwards. The body should then be covered completely with a thin blanket or similar warm material. This pack should be applied every three hours during the day while the temperature is high, and kept on for an hour or so each time.

## Remedies for fevers

Some things that you can do at home to help a fever:

- 1) Extract 1 teaspoon each juice of tulsi leaves and bel flowers. Add 1 teaspoon honey. Take twice every day.
- 2) Tea made by boiling 1teaspoon fenugreek seeds (methi dana), taken twice or thrice a day provides excellent remedy. (A little honey or lemon juice can be added to improve the flavour).
- 3) Grind a few roots of the mango tree into a fine paste and apply on the palm and soles of the patients.
- 4) 1/2 teaspoon ground black pepper is mixed in warm water along with 1teaspoon palm candy (sugar obtained from palm). This drink is taken at bedtime.
- 5) Apply sandalwood paste on the forehead to bring the temperature down.
- 6) Boil 2 tablespoon fennel seeds (saunf) in 1 teacup water till it is reduced to half. Filter. Take 1 tablespoon every morning and evening for a few days.
- 7) A decoction of one-tablespoon garlic, 20 leaves of tulsi and one cup of water, if consumed twice daily, gives relief from fever.
- 8) Fever of unknown origin:  
  
Boil 1 tablespoon tulsi leaves with 1 teaspoon powdered cardamom (chhoti elaichi) in 2 teacups water. Take 1 cup of this decoction with milk and sugar to taste 2 or 3 times a day.

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## Fever Reducer Tea

2 tsp dried [Catnip](#)

1 tsp dry [Vervain](#)

Pour 2 cups boiling water over herbs. Steep 10 minutes & strain.

**Egg Whites:** By far the best method to lower a high temperature within MINUTES! When I was about 4 or 5 years old, I had acquired a fever so high that I started to hallucinate. My mother was in a panic, she feared brain damage if something didn't lower the fever and FAST. My grandma told her about an old-wives' remedy.

Soak 2 cloths or hankerchiefs in egg whites and put on the soles of the feet (cover with socks). The egg whites instantaneously start to draw the temperature DOWN from the brain (where it is dangerous) to the feet (where it can do no damage). After that incident my mom used this method successfully every time I had high temp. If no eggs are on hand, chopped onion mixed with vinegar or chopped potato can be applied to feet instead, although egg whites are the fastest method.

The egg whites are also a miracle cure for minor and more severe burns. Soak or coat affected area in egg white. While the egg white is still wet you will feel no pain from the burn. As soon as it dries up the pain comes back so reapplication is necessary. This also prevents scarring from the burn."