



Options for Fevers

Fevers are our body's natural response to helping the body kick out infections. So instead of facing fevers in fear, we should be grateful that the body is doing exactly what it needs to do to help itself and we should do what we can, with wisdom, to help support the fever and help the body recover as quickly as possible.

Note: The American Academy of Pediatrics recommends seeing a doctor or going to the emergency room if you have a child with a fever over 104 degrees. Infants younger than 3 months old should be seen by a doctor if they have a fever over 100.4 degrees. Adults are encouraged to see a doctor if their fever is over 104 degrees.

There are many valuable and effective options for supporting the fever or for helping to reduce the fever if the fever is getting too high.

They include:

- **Herbal teas** such as yarrow tea or a blend of elder flowers, peppermint and yarrow.
 - Use 1 tsp of loose herbs to one cup of boiled water. Cover and allow to steep for 20 minutes. Serve nice and warm to help the body “sweat out” the fever. One cup can be given as often as needed, every hour or so.
- **Peppermint essential oil** (diluted for children) rubbed onto the spine area and the bottom of the feet.
- **Egg whites** applied to the bottom of the feet. Strange folk remedy but it works! Onions can also be used on the bottom of the feet but are super smelly.
 - Apply egg whites to paper towels and place the paper towels on the bottom of your feet then wrap with saran wrap. You should see the fever drop within 10 minutes to an hour with this method.
- **Gua Sha** - Gua Sha helps break up stagnation in the body and gets the blood and lymph flowing which helps reduce fevers and helps the body fight off infection. Foot rubs can do the same thing though it's not quite as effective as doing Gua Sha. (Watch some YouTube videos about how to do Gua Sha or read the info in my Beyond Wheat and Weeds book.)
- **Cool ice pack** on the back of the neck.

And, of course, getting rid of the infection will help eliminate the cause of the fever. Most fevers occur from either viral or bacterial infections which can be addressed using formulas or remedies such as these:

- **Viruses:** Oscillocoquinum, Influenzinum, Anti-Viral Herbal remedies, Lomatium Root tincture, Elderberry, high doses of vitamin C, Zinc, L-lysine, Andrographis, Garlic.
- **Bacteria:** Echinacea, high doses of vitamin C, Garlic, Anti-Bacterial herbs such as Oregon Grape Root, Oregano, Thyme, Thieves essential oil blend, Goldenseal root, or Nano Silver
- **Either bacteria or viruses** - Fire Cider - 1 Tbsp every 1-2 hours.

Master Tonic (aka "Fire Cider")

Ingredients: 1/2 onion, 1/4 bunch parsley, 1 cup fresh ginger, 1 cup fresh horseradish, 1/4 cup fresh turmeric, 1/2 to 1 head garlic, pinch of cayenne, & approx. 6-8 cups of raw apple cider vinegar.



1 Chop into large chunks.



2 Place in blender.



3 Add ACV and blend until chunky.



4 Place in quart jar(s). Fill up rest of way with ACV. Keeps in fridge for 6-12 months.

(Shake jar before using.)

Use 1 T. (straight or in water) as a PREVENTATIVE remedy.
Use 1 T. (straight or in water) every 1-2 hours for colds, flu's, other illnesses.

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Taking some preventative measures is also wise during this time of the year. Things we do to help prevent us from getting sick include:

- **Take vitamin D daily** - 1,000 IU daily for children, 5,000 IU daily for teens and adults
- **Vitamin C** - 500 - 1000 mg twice a day
- **Influenzinum or Oscillocochinum** - once a day, 1-2 times a week
 - Place 3 beads of the Influenzinum under the tongue once a day, once a week.
 - Place 10 beads of the Oscillocochinum under the tongue, once a day, once a week.
 - Or take our Anti-Viral homeopathic remedy (purchased from our store page at HealthyPreparedness.blogspot.com)
- **Anti-Viral tea regularly** - 1-3 cups can be taken daily or as wanted, maybe every other day.
 - Anti-Viral herbs include: Mullein, Oregon Grape Root, Elderberry, Licorice Root, Lemon Balm, Cat's Claw, Lemon Balm, Thyme, Nettle (use some or all of these in whatever quantity you'd like.) Make a tea by adding 1 tsp of loose herbs to one cup of boiled water. Cover and let steep for 30-60 minutes. Drink 1-3 times a day or even up to six times a day if an infection is present.
- **Wash hands regularly** - especially after being out in public and before eating and before touching your eyes, ears, mouth or nose.

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