

A Holistic Approach to Fevers

Tools to help you feel CALM & CONFIDENT when your child gets a fever

BE PREPARED, NOT SCARED!

Fevers are scary, especially when it is your first fever with your first child. I get it! That's why I want to share a couple resources and tools that I have found helpful for supporting my kids when they do get a fever. Knowledge is power Mama!

FEVERS ARE A BENEFICIAL PART OF THE IMMUNE SYSTEM

Half of the fear in seeing a fever in our babies is because we don't understand fevers and their benefits.

Fevers are beneficial for the immune system, they help the body eliminate waste. Bacteria & viruses thrive at 98.6F, so a fever helps create a body temperature inhospitable to bacteria. Fevers help support the body in fighting off the infection. Suppressing the fever can prolong the illness.

Remember to look at the CHILD & not just the fever.

Two great resources to read up on.

1. One of my favorite Naturopathic Doctors wrote this article on fevers.

<https://naturopathicpediatrics.com/2012/12/30/dont-suppress-that-fever/>

1. This article is written by Seattle's Children's Hospital to help break down all the facts and myths on fevers.

<https://www.seattlechildrens.org/conditions/a-z/fever-myths-versus-facts/>

HOLISTIC FEVER SUPPORT TOOLS



Magic Wet Socks

A form of hydrotherapy to do during the night. The body reacts to the cold by reflexively increasing circulation, thereby stimulating the immune system

- 1) Run thin cotton socks under cold water and wring them tight. Place on their feet.
- 2) Over the cold wet socks, place the thick DRY wool socks.

You will wake up to dry socks!

Skin to Skin

Skin to skin with a baby can help regulate their temperatures.

Herbs & Supplements

Lemon Balm: Antiviral & helps kids relax

Echinacea root: Antimicrobial & stimulates our white blood cell proliferation & movement which is the primary defense of our cell-mediated immune response. AKA treating one of the root causes of fevers.

Vitamin C: Antimicrobial

Elderberry: Antimicrobial

Cod Liver Oil: Rich in vitamin A (According to Dr. Thomas Cowan in his book "The Nourishing Traditions Book of Baby & Child Care" he talks about how fevers and inflammatory processes rapidly use up our Vitamin A stores.)

Lavender Essential Oil

Lavender Essential Oil has anti-inflammatory & analgesics properties.

I like to dilute it in a carrier oil and put it in a 10ml roller bottle and roll down the spine and on the bottom of their feet.

Some of our favs we use during a fever

Immunity Boost

Organic Echinacea, Elderberry,
Vitamin C & Astragalus



Liquid Vitamin C

Rose Hips, Acerola & Ascorbic Acid



Temperature Tamer

Lemon Balm, Catnip,
Elder Flower & Chamomile.



Cod Liver Oil

High in naturally occurring
Vitamin A & D



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THOUGHTS ON TYLENOL



There are 3 main concerns I have with Tylenol:

1) Tylenol depletes the body's glutathione stores. Think of glutathione like natures mop, an essential antioxidant our bodies need to bind to toxins and escort them out of our bodies. When we are sick we want all the antioxidants in our bodies working for us to heal, not be totally depleted.

2) Tylenol is incredibly toxic to the liver.

3) There are numerous studies coming out showing a possible link between Tylenol use and autism & ADHD. If you stop to think about it it makes sense. Since we are constantly being exposed to an onslaught of toxins, when we deplete our bodies main helper at getting rid of those toxins (glutathione) then those toxins can accumulate and trigger health issues & inflammation. If it is a neurotoxin exposure in the absence of glutathione then it will be much easier for those neurotoxins to damage your brain and nervous system.

One study showed a 20% higher risk of autism and a 30% higher risk of ADHD for children who had prolonged exposure to acetaminophen during fetal development.

(<https://academic.oup.com/aje/article/187/8/1817/4980325>)

When reaching for Tylenol just make sure to weigh the benefits and risks so you can make an informed decision for each individual scenario.

Disclaimer

Please remember this is NOT medical advice. When in doubt, reach out to your trusted healthcare provider. Fevers in babies less than 3 months old are not normal and you should reach out to their doctor right away.

You got this Mama!
XO,
Heidi

