



# SEATTLE NATURAL HEALTH LLC

## CHIROPRACTIC AND NATUROPATHIC CLINIC

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### FEVER TREATMENT FOR COLDS AND FLU

Note: If you are pregnant, have a serious medical condition, are taking medications or are unsure if this is the right treatment for you, consult your health care provider first before doing the fever treatment.

Quite often our first response to a temperature is to bring it down immediately. In some cases this is important but most of the time we want to try to induce a fever. A fever will help slow down the rate that a bacteria or virus will grow and can completely inactivate it altogether. The following description of the “fever treatment” has been used for many years by naturopaths and will help your body to heal itself naturally.

1. Obtain fresh gingerroot from a store. Grate it finely and put about one teaspoon of fresh ginger into 8 oz. of hot water and steep for 10 minutes. If you cannot find fresh ginger, then drink regular ginger tea or any other herbal tea. Drink the cup right before you get into the bathtub. This will cause you to perspire and raise your body temperature.
2. Fill your bathtub with hot water (106 degrees). Take a pan or small bucket of cold water and place it next to the tub. Dip a washcloth into the pan and place the washcloth on your forehead. This will keep your head cool while you raise your body temperature and prevent you from feeling lightheaded or dizzy. It is best to have someone present in your house in case you do become dizzy so they can help you get out. Try to keep as much of your body immersed in the water for best effects. Stay in the tub for half an hour. If you start to feel lightheaded and faint, get out of the tub immediately.
3. Once you are out of the tub, dry yourself off immediately. Put on lots of clothes (sweats, wool socks, etc.) to keep as warm as possible. Go directly to bed with lots of covers. You will sweat most of the night and feel the fever peak for several hours. Some of your symptoms of chills and aches may increase. This is a normal feeling and is your body healing itself. Be sure to take your temperature during the night. If it gets above 103 degrees you may want to take some kind of medication to lower your fever. By the next morning you should feel better and notice the fever has subsided.