

Treating Fevers

NATURALLY

a parent's guide to
keeping their cool
while managing fevers
in children naturally



Meagan Visser - RN, FH

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FROM UNTOUCHABLE TO UNCERTAIN

When I was 18, I had all the answers, and I could do it all. The world was at my fingertips. I was young, smart, and capable.

Fast forward 4 years. I was 22, head over heels in love, and ready to build a life with the man that rocked my world (and still does). Where we would go... it didn't matter. As long as we were together Sappy, but very true.

Tack on another 2 years. At 24 I had my first child. It wasn't the ideal birth I had planned, but that's what happens a lot of the time with first births, especially when you aren't prepared. No matter... we were both well, and he was perfect.

After the dreamy gaze I had for my tiny new baby cleared from my eyes and the endorphins of giving birth settled down, I could see him as he was. Pure, whole, and fragile. Not fragile in the sense that he would break if I had to bend his arm to get his shirt off or hold his legs a certain way to wipe his dirty bottom, but fragile in that his life was my responsibility.

There were so many things I didn't know about caring for a baby. Yes I was a Registered Nurse, and I had a good foundation of knowledge. But that didn't make me feel any better. I knew a little about a lot of

things, and most were geared toward emergency situations with adults. What was I to do when my little man got sick? What was the best way to feed him healthy foods while trying to avoid allergies? What would happen if, God forbid, he developed some horrible disease?

That's a lot to take in... not to mention having to deal with all the post-partum hormone crazies you feel.

There we were. My husband, my mom, and my midwife all sleeping. Me and my little man, swaddled, sleeping in my arms. It was overwhelming. All I could do was thank God for this precious gift, ask Him to teach me how to raise and care for him as He saw fit, and beg Him to help me not mess it all up!



Table of Contents

INTRODUCTION	1
SECTION 1: UNDERSTANDING THIS THING CALLED “FEVER”	4
WHAT IS A FEVER?	6
WHAT CAUSES A FEVER?	7
WHAT IS THE PURPOSE OF A FEVER?	9
WHAT IS HAPPENING IN THE BODY WITH A FEVER?	11
WHAT SYMPTOMS ACCOMPANY A FEVER?	13
UNDERSTANDING “DEGREES” OF FEVER	16
HOW TO PREVENT A FEVER	21
WHEN TO BE CONCERNED ABOUT A FEVER	22
SECTION 2: NATURAL TREATMENT OPTIONS FOR FEVERS	32
TREATMENT OPTIONS FOR FEVERS	34
REMEDY RECIPE BOOK	50
MATERIA MEDICA	64
CONCLUSION	65
THANK YOU!	66
ABOUT THE AUTHOR!	67
REFERENCES & SOURCES	68

INTRODUCTION

Fevers.

Everyone's experienced them to some degree.

They can range from low-grade to high-grade, they can be caused by viral or bacterial infections, and they can last anywhere from 1 day to a week or more depending upon what you're dealing with, how the body handles it, and the treatment given.

But no matter how bad, how long, or what has caused a fever, they're no fun to have and no fun to deal with... especially when it comes to your kids having them.

Here's the deal though. Fevers are typically a good thing. Yeah, I know they're a bummer, but it means that the body is doing its job. It's getting hot and trying to kill whatever is making it sick. It should give us moms a good feeling when our children's bodies are working like they're supposed to!

The purpose of this guide is to educate you and to serve as a resource for you when your child comes down with a fever.

It's broken up into 2 different sections.

The first section teaches you all about fevers. What they are, how the body works with them, and when to be concerned by them.

The second section goes into detail about treatment and includes some of my favorite remedies as well as information on all of the herbs talked about in this guide.

The more you know about fevers, the better able you'll be to handle the situation when it arises... and fevers will certainly arise!

Now for some technical information before we dive into this guide.

If you don't read anything else... please, **READ WHAT COMES NEXT!!!**

I am NOT a medical doctor. Although I do have a medical background, I'm not licensed to give medical advice. The information in this guide is intended for educational purposes only. It has not been evaluated or approved by the FDA or anyone that holds that kind of authority. It comes from my personal research and the research of others I trust and respect... doctors and herbalists alike.

Core Points To Take Away

- Fevers are a good sign that the immune system is working to heal your child's body. When you suppress a fever you are suppressing your child's immune system and telling it not to do what it was designed to do.
- Keep a close eye on fevers, especially if your child is under the age of 6, has a history of febrile seizures, or has other medical conditions. Do not leave them unattended!

- The most important thing you can do during a fever is to keep your child hydrated. Dehydration happens easily and quickly with fevers and can be deadly.
- Do your research in order to understand fevers. The more informed you are, the better able you'll be to handle the situation.
- Know your limits and know your number.
- Be prepared with herbs for treating fevers and medications in case you need them.
- If you have questions or concerns, consult your child's doctor. Most doctors are open to hearing your concerns and working with you to find the best option for your family. If not, I'd suggest finding a new doctor.

SECTION 1:

UNDERSTANDING THIS THING CALLED “FEVER”

The first thing you can do as a parent to prepare yourself for a fever is to know what a fever actually is, what it’s doing in your child’s body, the difference in degrees of fevers, and concerns that may accompany it. Understanding these things will help you feel more in control of the situation and help you to decide how you will go about caring for your little one during this time.

- What is a fever?
- What causes a fever?
- What is the purpose of a fever?
- What is happening in the body during a fever?
- What symptoms accompany a fever?
- Understanding “degrees” of fever

- When to be concerned by a fever
- How to prevent a fever

SECTION 2:

NATURAL TREATMENT OPTIONS FOR FEVERS

I wholeheartedly believe that trying to prevent our children from getting sick by nourishing them with healthy foods is the first step. But, no matter how hard you try, sickness is all around us, and it's bound to show up in your home.

What then? Will you run to the doctor or reach for a pill the moment it rears its ugly head, or will you be prepared with research, understanding, and natural remedies that can help the body heal itself naturally?

Like I said at the very beginning of this guide. We've all experienced fever... either in ourselves or in our children. I think by this point you know that fevers are the response of a healthy body and that, for-the-most-part, should be left alone while being consistently monitored.

No matter, there may come a time where you'll want to lower your little ones fever.

In this next section I'm going to address bring fevers down naturally.

I'll talk about the 4 stages of fevers as well as give you step-by-step walk through of herbal remedies that can be used during each stage of a fever.

- Treatment options for fevers: Medical vs. Natural
- Fever Remedy Recipe Book
- Materia Medica