

# Ask our **Experts**

*Professionals from a variety of health-care fields answer your questions about natural medicine.*



## **Fever, Fever**

**"My mother-in-law wants me to give my children medication whenever they have a fever. What should I do?"**



**Ogi Ressel, DC, says:** Parents all over North America have been taught to fear fever—that fever is “bad.” Most of this “fever frenzy” is the result of massive marketing campaigns by the pharmaceutical industry to convince parents to treat fever. Why? The motivating factor here is the sale of anti-fever medication. Yes...profit.

What exactly is fever? Fever is heat. It is the result of approximately 150,000 chemical reactions occurring in the body every second. These produce work and work produces heat. Simple.

When your child's body is invaded by some “bug” however, the immune system and nervous system command many body functions to speed up—part of your normal defence system. All this extra activity produces more work. More

work produces more heat. We call this fever. It is not a bad thing; it is part of your body doing exactly what it needs to do to get rid of the germs. So don't panic.

The other interesting aspect of this is that germs that invade the human body can only survive at a “normal” human body temperature. So the nervous system and immune system produce fever to “burn” the bugs. This is an example of the inner wisdom of your child's body. Why would you want to interfere?

There is no clinical evidence that a high fever causes brain damage. Why would the body want to injure itself? This is an old tale designed to frighten parents for the sake of, yes, profit. As a matter of fact, many researchers and doctors feel as I do, that fever is very beneficial.

So the next time your child has a fever, provide supportive care only. Don't interfere and lower the fever—you'll be delaying recovery. There are times, however, when your youngster may need outside help. When she/he is not winning at getting well and the body exhibits signs of this, a trip to your family health-care advisor is recommended. Under one year of age, serious symptoms to watch for include unremitting diarrhea, shallow prolonged breathing, listlessness, inability to eat, dehydration or difficulty urinating.

**In this issue: the truth about oh-so-convenient microwave cooking; what to do when your child has a fever; info on sun-sensitive herbs; and a reader wonders about whey protein powders.**