

Why do we get a fever?

To raise the temperature of the body to make it in-hospitable to the offending bacteria or virus.

What do we do?

Don't reduce the fever, ever. It prolongs the length of the infection (viral or bacterial). Instead welcome it as your immune system kicking up to combat the illness.

When do I call for help? Symptoms are more important than numbers here.

- A child under six (6) months has a fever over 100.4 or exhibits any serious symptoms
- A fever over 106 (again, this number will be different for everyone, symptoms are more important signs than the thermometer numbers).
- A fever for more than 48 hours continuously
- Additional symptoms like stiff neck, listlessness, or sensitivity to light, rapid breathing, feeble pulse
- Vomiting or diarrhea for more than a few hours or shows any signs of dehydration
- Any sign of respiratory distress (call 911)
- Has been exposed to toxins or poisons that may have caused the fever
- Your intuition says there is something more serious going on

Things you can do to help comfort a fever without medication:

1. **Lots of fluids.** Water + herbal tea (chamomile), bone broth, breast milk
2. **Double up the probiotics.** Yup take extras of those babies.
3. **Go on a date with Mama Earth.** If the weather isn't hot or cold, get out and get in touch with the earth.
4. **Magnesium Spray.** Use to soothe muscle aches and headaches.
5. **Take them to a chiropractor for adjustment.**
6. **Soothing bath.** Soak in a tub to relax, be mindful of the water temperature.

Feel Better!

Audrey Christie

Questions? Join us in the [FREE Facebook Group](#) and ask away!

Boring disclaimer: You may be reading this without having worked with me which means I am not your provider and I do not play your provider on the internet. Any information received must be run through your own intuitive filter and common sense. Ultimately you are responsible for your health and actions.