

Achieving

VICTORIA FAMILY CHIROPRACTIC

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Feverously Healthy (Part 2)

Last issue we discussed how a fever is a healthy adaptive immune response by the body. Fever is commonly misunderstood and causes parents anxiety.

A fever is anything higher than 37.4 C or 99.4 F. Fever is typically the result of a bacterial or viral infection. A moderate fever (102 to 103) not only stimulates immune function but it also impairs bacterial and viral replication. Many experts recommend avoidance of fever medications as it can mask symptoms, prolong recovery, plus the risk of side effects. However, if the fever gets higher than 104.5 F or if your child is miserable fever medications may be warranted.

Support the immune response by increasing fluids. Fever increases fluid loss so push fluids like water, diluted juice or broth. Frequent small sips is best as drinking too much at once can cause nausea. Follows the body's cues. For instance if you feel cold bundle up and if hot remove extra layers. Don't push food especially sugary stuff. The body is working hard to fight an infection and too much food can delay healing. Get rest. Finally, have your chiropractor examine your spine. Remember immune function is controlled by the nervous system which is impaired with vertebral subluxations.

Drugs = Big Business

Between 1996 and 2002 antidepressant use increased by 73% in BC with a total of 124 million pills being dispensed in 2002. While no antidepressants are approved in Canada for individuals under than 19 years of age, prescriptions in this age group have doubled between 1998 and 2003. Current evidence suggests that a first-line therapy should include exercise, dietary modifications and some form of cognitive therapy BEFORE drugs. In 2004 the world's number one industry was selling drugs (\$500 billion).

A recent study by the American Medical Association shows that the wait-and-see prescription (WASP) approach could create a reduction in the overprescription

of antibiotics. The parents of children in the WASP group were given prescriptions, but were told not to fill them unless their child did not show improvement within 48 hours. In the WASP group, 62 percent of the parents did not fill the prescriptions!

A fever is a sign the body is protecting itself and is a natural and healthy defence mechanism. Infectious "bugs" release a substance called endogenous pyrogens which signal the brain's hypothalamus to raise the body's thermostat. Fever increases the amount of interferon in the blood, a natural anti-viral and anti-cancer substance. **To be Continued...**

HEALTH
IS NOT
A CHANCE,
IT'S
A CHOICE



Our mission is to educate that a properly functioning nervous system and healthy lifestyle are vital to achieving wellness. Change someone's life; have them get their spines examined today!