

October 18, 2006

Volume 2, Issue 31

# Achieving

## VICTORIA FAMILY CHIROPRACTIC

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## Feverously Healthy

In the last issue, we discussed how a fever is a healthy adaptive immune response by the body. A fever is commonly misunderstood and can cause major anxiety.

A fever is anything higher than 37.4 C (99.4 F). A fever is typically the result of a bacterial or viral infection. A moderate fever, 38.9 to 39.4 C (102 to 103 F) 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 and prolong recovery, plus there is risk of side effects. However, if the fever gets higher than 40.3 C (104.5 F), or if your child is miserable, medical intervention may be warranted.

Support the immune response by increasing fluids. Fevers increase fluid loss, so push fluids like water, diluted juice, or broth. Frequent small sips are best as drinking too much at once can cause nausea. Follow the body's cues: if your child feels cold, bundle them up. If they feel hot, remove extra layers. Don't push food, especially anything sugary. The body is working hard and too much food can delay healing. Let your child sleep. [Kids, Herbs, and Health: A Parents' Guide to Natural Remedies by Linda B. White, MD, and Sunny Mavor, Interweave Press, 1999.](#) Finally, have a chiropractor examine the spine. Chiropractic adjustments stimulate immune function by removing nervous system interference!

## Learn to Meditate

Do you want to achieve wellness yet struggle? Do you want more energy, increased mental clarity, reduced anxiety, insomnia relief, normalized blood pressure, to be more positive, to slow aging, and have better personal relationships? These are some of the benefits of meditation. Victoria Family Chiropractic has teamed up with PlayFullLife meditation to offer a **FREE** introductory meditation session on **Wednesday November 8<sup>th</sup> at 7pm** here in the office. Make sure to sign-up as space is limited.

Certified Life Coach, Certified Personal Trainer, and Master Meditation Instructor. Take advantage of his experience of teaching over 1000 people the art of meditation, a systematic procedure to unfold pure awareness.

In this fun, interactive introduction, you will learn how you can step out of the mind-traps that confine you and your potential. Learn how to begin experiencing presence and how it is entirely possible to live this magic 24/7. Find out how to get control of your life. Do you have thoughts or do thoughts have you?

Cal Danyluk of [www.Playfullife.com](http://www.Playfullife.com) is a

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!**