

## Fever



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**I**t can be distressing to watch a child who is feeling sick and has a high temperature. Often the first thing we want to do is 'make it go away' so the child is no longer in pain. Symptoms such as a fever, however disagreeable, serve a purpose. Suppressing them immediately with medication is not always in the child's best interest.

When it comes to the flu, for example, the viruses that produce the symptoms need the right conditions to grow. A healthy body can often fight the viruses that cause the flu and prevent them from developing. It is interesting that even in the worst flu epidemics, the majority of people do not get sick. Understanding why people don't get sick can assist in identify ways to develop a natural resistance to disease.

### What is a Fever?

If your child contracts an infection, the fever that accompanies it has a purpose. The body tries to create extra heat so that the foreign organism cannot survive. Having a temperature helps you fight illness. Fever is part of the body's defence mechanism against viruses or bacteria. Fever indicates the repair mechanisms of the body are working and healing is occurring. Immediately suppressing a child's fever with medication may interfere with the natural healing processes and delay the child's recovery. A fever should always be monitored and watched carefully. If you have concerns that your child is not getting better or the fever appears serious it is always important to check with your health care professional.

### Chiropractic

Chiropractic is a non-drug approach to health care. It is traditionally opposed to interfering with the bodies systems (for example, the immune system) as this may affect other body systems. Chiropractic is based on respect for the whole body, which is far more complex than any human could fully understand.

Chiropractic works by bringing balance to the function of the child's nervous system from the brain down to the nerve endings. Keeping the body in neurological balance in turn balances all of the body's complex systems, including the immune system. This leads to improved health and a greater ability to fight disease and expel toxins.

*The use of chiropractic care can assist produce a neurological balance, which along with plenty of sleep, good food and exercise is the best approach to keeping a child's body strong and healthy so it can fight viruses and disease.*