

## Glandular Fever



### What is Glandular Fever?

Glandular fever is the more **common term for infectious mononucleosis**, or the 'kissing disease', as it is sometimes known. It is a viral infection caused by the Epstein-Barr virus. **Glandular fever symptoms** are typically characterized by a sore throat, high fever, swollen lymph nodes or glands, and extreme fatigue.

Glandular fever is **not highly infectious**, even though the most common way of spreading the virus is through saliva from person to person. This viral infection is **most common among young people** 10 to 25 years old.

If you catch glandular fever, you **may be potentially infectious for weeks or even months afterwards**. Sometimes infectious mononucleosis can lead to symptoms associated with chronic fatigue syndrome.

In rare cases, **glandular fever may lead to serious complications** affecting other parts of the body, including inflammation of the heart muscle (myocarditis), inflammation of the sac around the heart (pericarditis), inflammation of the brain (encephalitis), pneumonia, ruptured spleen, or cause the destruction of red blood cells.

### Diagnosing Glandular Fever

The diagnosis of glandular fever or infectious mononucleosis is based on your physical symptoms, and **will include a blood test and a throat swab**. Your doctor will perform a blood test to determine abnormalities in the white blood cells. A throat swab will help determine if you have glandular fever.

### Symptoms of Glandular Fever

Glandular fever symptoms include:

- Headache
- Fever
- Sore throat
- Tiredness
- Muscle aches
- Tender enlargement of the glands (lymph glands or lymph nodes)
- Rash
- Sweating
- Stomach pain and enlargement of the spleen
- Liver may become enlarged and yellow jaundice may develop
- Depression



The content of this eBook is intended for informational purposes only.

It is not intended to diagnose or treat any medical condition. Nothing in this eBook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this eBook or on ANY website.

## What Causes Glandular Fever?

The cause of [glandular fever](#) is the **Epstein-Barr virus (EBV)**. The most common way of spreading the virus is through the transmission of saliva from one person to another. Coughing, sneezing, and sharing drink bottles, eating utensils and other personal items can also spread the virus. In addition, the virus can also be spread through blood transfusion and organ transplantation.

## Help for Glandular Fever

There is **no specific treatment for [glandular fever](#)** and it is generally symptomatic. Rest and sleep are recommended, as well as drinking plenty of fluids to keep hydrated.

Fever and pain can be treated with pain killers such as non-steroidal, anti-inflammatory drugs such as ibuprofen or aspirin. **Recovery usually takes about two weeks** and complementary and supportive treatments such as acupuncture and massage can help to improve immune function and congestion of the liver, spleen, and lymphatic system.

## Natural Remedies for Glandular Fever

**Natural and holistic treatments** have proven to be a **wonderful alternative to traditional medicines** in providing relief for [glandular fever symptoms](#) or other viral infections. Herbal and homeopathic remedies can be greatly beneficial to ensuring optimal physical, emotional, and mental health.

Herbs such as *Viscum album* and *Echinacea purpurea* can also **strengthen the immune system while reducing inflammation** and encouraging repair of damaged cells, while research has suggested that *Olea europea* may **help to fight against the Epstein-Barr virus (EBV)**, while Wild indigo (*Baptisia tinctoria*) and Licorice (*Glycyrrhiza glabr*) are used in acute conditions to **boost immunity and soothe the throat**.

**Homeopathic ingredients can also assist in treatment and recovery.** Belladonna can help to address the early stages of [mononucleosis](#) with the sudden onset of fever, while Ferrum phosphoricum can treat fever accompanied by a painful cough and sore chest. Kali muriaticum is a good choice to address extremely swollen tonsils. Remember to always source herbal and homeopathic remedies from a reputable company, as therapeutic dosage and ingredient quality are important when using natural medicines.

## Home Treatment

There are a few **things that you can do at home to help relieve your symptoms**.

- Drink lots of fluids, particularly water and fruit juices
- Rest as much as possible, especially if you are running a fever or feeling tired
- Avoid vigorous physical activities until you are fully recovered
- Avoid contact sports for at least eight weeks to prevent damage to your



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### Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

- spleen, which may have enlarged because of the [glandular fever](#)
- Avoid alcohol for six weeks until you are fully recovered

## How to Prevent Contracting Glandular Fever

- Practice good personal hygiene and remember to wash your hands frequently before eating, cooking, and after visiting the bathroom
- Avoid sharing personal items such as towels, toothbrushes, food, or drinks
- Cover your mouth with a tissue when you cough or sneeze
- Avoid kissing or any close contact with people who have been infected

## The Natural Approach

While Western medicine has become the norm in many cultures, it is **not the only treatment option**. Conventional Western medicine (often called allopathic or orthodox medicine) is the system of medicine taught at most medical schools, and many pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that only a few decades ago, homeopathic, herbal and other natural medicines were commonly available and freely used-- even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that **both natural and conventional remedies have a role to play in the treatment program**.

Natural medicine has often been frowned upon by conventional doctors, especially by those who do not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby **providing doctors with a wider range of treatment options** from which to choose. In many countries, especially in Europe, India and China, **natural and homeopathic medicines are commonly prescribed** by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the **body has an innate capacity to heal itself**. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a **unique and independent form of medicine** in their own right, well able to **treat a variety of conditions**. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine. This encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a **holistic way to support health, relieve symptoms and prevent future disease**. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to **support health**

## Ask Our Experts a Product Question

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(thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer. In many cases, **holistic medicine can accomplish just as much**, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, **natural medicines can work quickly and safely to promote healing.**

In many cases, they can **succeed where pharmaceutical drugs have failed.** Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a **long history of usage** and there is a **wealth of empirical evidence** to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to **support the extensive traditional and empirical evidence behind natural medicines.**

It is also important to know that, like any medicine, herbal and homeopathic medicines **must be manufactured in the correct way**, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately, **not all of them are equipped to manufacture to the correct standards**, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While **‘standardized’ extracts** may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have **grave disadvantages**, including an increase in side effects, as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which **retains the benefits of ALL the active ingredients within the herb** as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, **always choose wisely.** Research what is best for you. If you have a chronic or life-threatening condition, don’t make changes without first discussing them with your doctor, in order that your condition may be monitored. **Well-informed and supportive practitioners will support patients** who want to take responsibility for their own health.

## **Related Natural Remedies:**

**AdrenoBoost™**: Protects adrenal glands from the damaging effects of stress to



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AdrenoBoost is a 100% safe, non-addictive, natural herbal remedy. AdrenoBoost can be used consistently to safely support **health and systemic balance in the adrenal glands and endocrine system.**

AdrenoBoost contains a selection of herbs known for their supportive function in maintaining hormonal balance. AdrenoBoost supports the **healthy functioning of the adrenal glands**, thereby helping to maintain balanced metabolism, energy levels, sleep patterns, and routine, healthy performance of the immune system.

AdrenoBoost can make all the difference, without compromising health and **without the risk of serious side effects.**

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about AdrenoBoost](#)

**ImmunityPlus™:** Promotes bladder and urinary tract health.

ImmunityPlus is a 100% safe, non-addictive natural herbal remedy formulated to safely maintain the **health and systemic balance of the immune system**, without harmful side effects and stimulants.

ImmunityPlus contains a selection of herbs known for their supportive function in maintaining immune system health and well-being. It supports the healthy functioning of the immune system, thereby helping to maintain the **natural defense against pathogens** and optimum performance.

As we grow older, we sometimes begin to notice that our immune systems are not as good as they used to be. ImmunityPlus can especially benefit those individuals needing to **support routine immune strength** to guard against common conditions associated with the maturing of cells.

ImmunityPlus can be used consistently, without compromising health and **not causing serious side effects**, to help maintain the body's natural ability to fight viral and bacterial infections-- while also supporting healthy convalescence.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bioavailability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about ImmunityPlus](#)

**Kiddie Boost™:** Support healthy immune functioning in children.

### **Six Good Reasons to choose Native Remedies as your trusted suppliers of herbal & homeopathic remedies:**

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

KiddieBoost is a 100% safe and natural formula containing carefully selected herbal ingredients known for their **tonic effects on the immune system**, as well as their high safety profile in children's remedies, compared to possibly harsh antibiotic side effects in children.

When children attend school, daycare, or preschool, they are particularly prone to picking up viruses and bugs. To help protect their immune systems, KiddieBoost has been specifically formulated to **strengthen child's immune system** from the age of 12 months. KiddieBoost comes in a convenient drop formula that is easy to administer to children.

KiddieBoost is developed with care by our team of specialists, is 100% natural, and manufactured according to the highest pharmaceutical standards using the **whole spectrum method** of herbal extraction.

This method ensures the bioavailability and balance of all the active ingredients contained in the remedy. This method of manufacture also **significantly reduces the likelihood of side effects** and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Kiddie Boost](#)

Read the testimonials for these quality products [here!](#)



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