

Natural Help 4...

Body Temperature



What is Body Temperature?

The body's normal body temperature is approximately 98.6 degrees Fahrenheit (37.0°C).

What causes High Temperature?

Developing a [high temperature](#) is apart of the body's natural way of supporting the immune system in fighting off illness and infection, however, it can become dangerous if the body's temperature becomes too high, especially in children.

When children and infants develop a [fever](#) it is very important to monitor them closely and try and bring down their [fevers](#) to **avoid complications such as dehydration** and febrile seizures. In addition, it's not enough to reduce a [fever](#) without trying to discover the underlying cause.

In some cases, a mild [fever](#) in infants and children are indicative of a serious illness that needs medical attention and prompt treatment. However, low grade [fevers in older children and adults](#) are usually not serious and provided the underlying cause is not serious, they can generally be managed successfully at home.

How is a High Temperature diagnosed?

While normal body temperature tends to fluctuate slightly throughout the day, when the body reaches a temperature of 100.4°F or 38.0°C, it is medically defined as a [fever](#).

Help and Treatment for people with High Temperature

There are plenty of over-the counter medications used to reduce a [high temperature](#), however, many come with unwanted side-effects and may cause more damage than good. Aspirin in particular should never be given to children as it can trigger the **potentially fatal Reye's syndrome**.

Many parents are therefore turning to herbal and homeopathic remedies to **naturally reduce fevers** gently and effectively without worrying risks or side-effects. Both Yarrow and Meadowsweet have long histories of use in [reducing fevers](#) and relieving fever-related symptoms.

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

Other herbal ingredients that work well for sick and feverish children include Passiflora incarnate which helps to promote sleep and ease irritability, and Echinacea purpurea and Astragalus membranaceus which both work to **strengthen and support** the immune system for a faster recovery.

Tips for regulating body temperature:

- Make sure you monitor your [child's fever](#) closely. This can be done by checking your child's temperature at least every 4 hours until it has completely subsided.
- Guard against dehydration by ensuring your child drinks plenty of fluids and make sure these do not contain caffeine.
- A lukewarm bath or sponge bath will help to cool down a high [fever](#) but never use cold water or ice.
- Encourage plenty of bed rest as moving around raises body temperature even more. This can be tricky with children that get frustrated when confined to bed, so you may have to think creatively. Try quiet activities such as coloring, game books, books on tape and playing cards.
- Dress your child in light cotton pajamas so that body heat can escape and do not bundle your child up at bedtime.

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 medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox 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 have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did 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, which encompasses many different disciplines, including herbalism, homeopathy,



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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.

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 (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 and that, 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. These include 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

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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:

KiddieCool: Soothes irritability and restlessness, and promotes the effectiveness of child's natural cooling method.

KiddieCool is a 100% safe and natural herbal remedy especially formulated to **maintain a normal temperature in children and soothe common fretfulness**. KiddieCool acts as a supportive tonic to maintain your child's natural regulatory processes, and also helps to promote healthy sleep patterns.

KiddieCool comes in a **convenient drop formula** that is mixed in water or juice, and is easy to measure and administer to children of all ages.

Like all Native Remedies products, **KiddieCool is 100% natural and manufactured according to the highest pharmaceutical standards**. Individual ingredients are well-researched and have been specially chosen for their high safety profile in children's remedies.

[Learn more about KiddieCool](#)

FluGo: Homeopathic remedy temporarily relieves symptoms of the flu or cold including cough, runny nose, fever, sore throat and fatigue

FluGo is a safe, non-addictive, FDA-registered *100% homeopathic remedy* containing ingredients especially selected to temporarily **relieve symptoms of the flu or cold** like cough, runny nose, fever, sore throat and fatigue.

FluGo should be taken at the first sign of a blocked nose, sneezing or sore throat to **decrease the severity of flu or cold symptoms**. This natural remedy works quickly to support the immune system and assist the body in its task of fighting invading germs.

FluGo is a natural flu remedy taken internally and presented in small dissolving tablets. It is easy to ingest and hassle-free with **no artificial colors or preservatives**. As a result, FluGo can make all the difference, without compromising health.

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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](#).



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