

Alternatives for Fever Treatment

There is emerging evidence that conventional medicines are causing more adverse effects than previously thought. Specifically, acetaminophen has been linked to increased risks of asthma and liver toxicity. Ibuprofen, although safer than its counterpart, is taxing on the stomach and kidneys. In light of this evidence, we have started incorporating new fever treatment protocols in our office.

Fever is one way in which our body mounts a defense against invading viruses and bacteria. Therefore, fever is natural and a positive sign that our immune system is functioning properly. Fevers do not necessarily have to be treated with medicines. If your child's activity, hydration, and appetite are normal, you may leave the fever untreated. If your child is less than 2-3 months of age and has a fever, please call the office.

Below is a table of four new treatments being instituted, one of which is an essential oil and three are homeopathic remedies. When administered, you should see a difference in your child within 30 minutes. Sometimes it takes 1-2 doses for the fever to start decreasing. If the fever is not responding to the first treatment, you can try a different treatment. If after two different treatments the fever is not decreasing and/or your child appears more ill, please call the office.

	When to Use	Symptoms to Treat	Dose	Frequency	Maximum Doses in 24 hours
Peppermint	any fever	None specified	1-2 drops on neck or feet	every 15-20 minutes	6 doses
Aconite (6C)	beginning of fever and sudden onset	restlessness, difficult to calm, hyperactive, fearful	3-5 pellets	every 2 hours	2 doses
Belladonna (30C)	sudden onset	chills, flushed face and body, sensitivity to light and noise	3-5 pellets	every 1 hour	4 doses
Ferrum Phosphoricum (6C)	moderate fever	pale, weak	3-5 pellets	every 2 hours	6 doses