



Fevers - When they are good and when they are bad.

Low grade fever is your body's next defense when your immune system fails. Many infectious agents do not live in elevated temperatures so fever is your body mechanism for killing the microbes. If you immediately get rid of the fever you are only helping the disease !

A fever is your body using heat to kill bad bacteria or germs. If you get a fever and it stays below 103 degrees take a big mug of warm water or ginger tea to sip and go to bed. Sleep and let your body do its thing, if your fever gets to 104 degrees or higher then your body is unable to kill the microbe and you may need some help to eradicate the pathogenic microbe, contact your doctor immediately. If your fever stays under 103°, rest and sleep.

Think of the fever as a healing response rather than a symptom of the disease!

Below is an excerpt on this from Dr. Thomas Cowans book, taken from [Dr. Kelly Brogan's website](#).

Fever and the Nature of Acute Disease

By [Thomas Cowan, MD](#)

We (modern doctors) have forgotten (or never learned) that acute disease—disease that is typically self-limiting and usually accompanied by fever, rash, and pus—is the primary



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way the body rids itself of unwanted toxins or other substances. For example, if you get a splinter in your finger and do not remove it, your body may make pus to expel it. The pus is the therapy for the splinter, not the disease to be treated. The splinter, technically speaking, is the disease. If you think of the pus as the disease because it is an infection, you might take antibiotics, but the splinter remains. This mistreatment of acute disease is a fundamental mechanism for chronic disease. In order for a disease to become chronic, there needs to be an insult, often a toxic exposure, and then a suppression of the body's attempt to detoxify.

Don't Ignore the Importance of Fever in Developing the Immune System!

Understanding the role of acute disease, in general, and fever, in particular, in the prevention and treatment of disease would do more to improve the health of our children than perhaps any other intervention or medical breakthrough. Any medical worldview that ignores the role of fever and acute illness in the development of the immune system—as our medical establishment currently does—will also be fundamentally misguided in treatment protocols—as our dominant medical establishment currently is. This is particularly serious in relation to vaccines, where we are dealing with the developing immune systems of very young children.

Thomas Cowan, MD