

Fever, Vomiting and Other Fantastic Things

There has been something going around town that has not been fun. Perhaps you have had it or a friend of yours has. It involves a fever, vomiting and achiness. Another popular option includes a throat that feels like it is on fire, a lot of sleeping and, again, fever. You may hear these words coming from the afflicted one, “WHY ME?!?”. It is miserable and no fun and yet it is how we were made to function.

When we are not feeling well, what is the real problem? Is it the fever or the vomiting that is making us sick? Why do we have these unpleasant reactions and what are they reacting to?

Let's think about why we have fevers. A fever is how our body kills off infection. It is the same principle as boiling contaminated water to make it safe to drink. There is something that our body is trying to fight so that it does not harm us. Fevers are efficient at what they do and necessary for good health. In some cases (depending on health history and medications taken previously) a fever may need to be cooled. But for the general population if we let fevers run their course it is much better for our overall health. If we focus on treating the fever it is like taking the batteries out of the smoke alarm so we don't hear that annoying sound instead of acknowledging the fire.

Vomiting is another way that our bodies react to a bad situation. Our bodies are telling us that we have something harmful in us that we need to get out! Where is the toxin, bacteria or virus going to go if we take something to stop the vomiting? We need to have confidence that we are made to adapt to invaders to our health.

Modern medicine is remarkable, but it cannot duplicate what we already have inside of us. We are made to heal and recover and be stronger afterward. It is important to strengthen the immune system by what we eat (or don't eat), getting enough rest, and exercising. It has also been noted by many people that regular chiropractic adjustments have a marked improvement in immune function. However, when the immune system is overcome and we do get sick, it is important to know that the immune system has not failed, it is kicking into high gear and we need to let it do its work.

It is equally important that common sense is used. Reading an article in the paper written by someone who has never met you and then deciding that you are no longer taking medication is not the best way to go. We need to take responsibility for ourselves and think through the process. If an illness prolongs or something seems out of place, it may be time to call your medical doctor. There is a time and place for medical intervention when it is necessary. You need to ask yourself a couple questions. First, what would happen if I did nothing and let my body handle it? Will I get worse, can I wait two days and see what changes, or is it an emergency? Secondly, does the treatment make sense, or is it treating the wrong thing? Will it just shut down the symptom or will it treat the cause?

Talk to your Wellness Family Chiropractor to help you find the answer to these questions and for information on how to strengthen your immune system. Other resources can be found at www.VibrantSpine.com, www.icpa4kids.org or www.mothering.com. While it is no fun to be sick, it may be the best thing for your health in the long run.

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