

LIBRACIN NATURAL MEDICINE IND. LTD



FEVER

- CAUSES & NATURAL REMEDY -

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MEANING

A fever is a temporary increase in your body temperature, often due to an illness. Having a fever is a sign that something out of the ordinary is going on in your body.

For an adult, a fever may be uncomfortable, but usually isn't a cause for concern unless it reaches 103 F (39.4 C) or higher. For infants and toddlers, a slightly elevated temperature may indicate a serious infection.

Fevers generally go away within a few days. A number of over-the-counter medications lower a fever, but sometimes it's better left untreated. Fever seems to play a key role in helping your body fight off a number of infections.

SYMPTOMS

You have a fever when your temperature rises above its normal range. What's normal for you may be a little higher or lower than the average normal temperature of 98.6 F (37 C).

Depending on what's causing your fever, additional fever signs and symptoms may include:

- Sweating
- Shivering
- Headache
- Muscle aches
- Loss of appetite
- Dehydration
- General weakness

High fevers between 103 F (39.4 C) and 106 F (41.1 C) may cause:

- Hallucinations
- Confusion
- Irritability
- Convulsions
- Dehydration

When to see a doctor

Fevers by themselves may not be a cause for alarm — or a reason to call a doctor. Yet there are some circumstances when you should seek medical advice for your baby, your child or yourself.



CAUSES

Taking a temperature

To check your or your child's temperature, you can choose from several types of thermometers, including oral, rectal, ear (tympanic) and forehead (temporal artery) thermometers.

Although it's not the most accurate way to take a temperature, you can use an oral thermometer for an armpit (axillary) reading:

- Place the thermometer in the armpit and cross your arms or your child's arms over the chest.
- Wait four to five minutes. The axillary temperature is slightly lower than an oral temperature.
- If you call your doctor, report the actual number on the thermometer and where on the body you took the temperature.

Use a rectal thermometer for infants:

- Place a dab of petroleum jelly on the bulb.
- Lay your baby on his or her tummy.
- Carefully insert the bulb 1/2 to 1 inch into your baby's rectum.
- Hold the bulb and your baby still for three minutes.
- Don't let go of the thermometer while it's inside your baby. If your baby squirms, the thermometer could go deeper and cause an injury.

Infants

An unexplained fever is greater cause for concern in infants and in children than in adults. Call your baby's doctor if your child is:

- **Younger than age 3 months** and has a rectal temperature of 100.4 F (38 C) or higher.
- **Between ages 3 to 6 months** and has a temperature up to 102 F (38.9 C) and seems unusually irritable, lethargic or uncomfortable or has a temperature higher than 102 F (38.9 C).
- **Between ages 6 to 24 months** and has a temperature higher than 102 F (38.9 C) that lasts longer than one day but shows no other symptoms. If your child also has other signs and symptoms, such as a cold, cough or diarrhea, you might call your child's doctor sooner based on severity.
- **A newborn** and has a lower than normal temperature — less than 97 F (36.1 C). Very young babies may not regulate body temperature well when they're ill and may become cold rather than hot.

When in doubt, go ahead and call your child's doctor, whether you think your baby's temperature is abnormally high or abnormally low.



CAUSES

Children

There's probably no cause for alarm if your child has a fever but is responsive — making eye contact with you and responding to your facial expressions and to your voice — and is drinking fluids and playing.

Call your child's doctor if your child:

- **Is listless or irritable, vomits repeatedly**, has a severe headache or stomachache, or has any other symptoms causing significant discomfort.
- **Has a fever after being left in a hot car.** Seek medical care immediately.
- **Has a fever that lasts longer than three days** (in children age 2 and older).
- **Appears listless and has poor eye contact** with you.

Ask your child's doctor for guidance in special circumstances, such as a child with immune system problems or with a pre-existing illness. Your child's doctor may also recommend precautions if your child has just started taking a new prescription medicine.

Adults

Call your doctor if:

- Your temperature is 103 F (39.4 C) or higher
- You've had a fever for more than three days

In addition, seek immediate medical attention if any of these signs or symptoms accompanies a fever:

- Severe headache
- Severe throat swelling
- Unusual skin rash, especially if the rash rapidly worsens
- Unusual sensitivity to bright light
- Stiff neck and pain when you bend your head forward
- Mental confusion
- Persistent vomiting
- Difficulty breathing or chest pain
- Extreme listlessness or irritability
- Abdominal pain or pain when urinating
- Muscle weakness or sensory changes, which might indicate a problem with your nerves, spinal cord or brain function (focal neurologic deficit)
- Seizure
- Any other unexplained signs or symptoms



CAUSES

Fever occurs when an area in your brain called the hypothalamus (hi-poe-THAL-uh-muhs) — also known as your body's "thermostat" — shifts the set point of your normal body temperature upward. When this happens, you may feel chilled and add layers of clothing or wrap up in a blanket, or you may shiver to generate more body heat, eventually resulting in an elevated body temperature.

Normal body temperature varies throughout the day — it's lower in the morning and higher in the late afternoon and evening. Although most people consider 98.6 F (37 C) normal, your body temperature can vary by a degree or more — from about 97 F (36.1 C) to 99 F (37.2 C) — and still be considered normal. Factors such as your menstrual cycle or heavy exercise can affect your temperature.

Fever or elevated body temperature might be caused by:

- A virus
- A bacterial infection
- Heat exhaustion
- Extreme sunburn
- Certain inflammatory conditions such as rheumatoid arthritis — inflammation of the lining of your joints (synovium)
- A malignant tumor
- Some medications, such as antibiotics and drugs used to treat high blood pressure or seizures
- Some immunizations, such as the diphtheria, tetanus and acellular pertussis (DTaP) or pneumococcal vaccine

Sometimes the cause of a fever can't be identified. If you have a temperature of 101 F (38.3 C) or higher for more than three weeks and your doctor isn't able to find the cause after extensive evaluation, the diagnosis may be fever of unknown origin.



Any serious illness, especially painful ones, can make you tired. But some quite minor illnesses can also leave you feeling washed out. Here are 10 health conditions known to cause fatigue.

1. Coeliac disease

This is a type of food intolerance, where your body reacts badly when you eat gluten – a substance found in bread, cakes and cereals.

Other symptoms of coeliac disease, apart from tiredness, are diarrhoea, anaemia and weight loss. Your GP can check if you have coeliac disease through a blood test.

2. Anaemia

One of the most common medical reasons for feeling constantly run down is iron deficiency anaemia. It affects around 1 in 20 men and postmenopausal women, but may be even more common in women who are still having periods.

Typically, you'll feel you can't be bothered to do anything, your muscles will feel heavy, and you'll get tired very quickly.

Women with heavy periods and pregnant women are especially prone to anaemia.

3. Chronic fatigue syndrome

Chronic fatigue syndrome (myalgic encephalomyelitis, or ME) is a severe and disabling tiredness that goes on for at least six months. There are usually other symptoms, such as a sore throat, muscle or joint pain, and headache.

4. Sleep apnoea

NATURAL REMEDY

Libracin herbal alternative is the answer:

A. Libracin Herbal Pill > <http://libracin.com/product/libracin-herbal-pill/?ref=19>

B. Neem Tea > <http://libracin.com/product/neem-tea-plus-vernonia-bitters/?ref=19>

C. Nutri-Shield > <http://libracin.com/product/nutri-shield/?ref=19>

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