FEVERS

Fevers can be harmful in the presence of certain diseases such as infectious disease therefore encouraging sweating is not always the correct approach to healing.
Fevers above 104 degrees Fahrenheit are considered dangerous (except in children) and the fever should be interrupted by cooling the body with cool wet towels.
A good sponge bath of equal parts water and apple cider vinegar will cool the body and help remove the toxins. When sponging, keep the body covered except for the part being sponged in order to avoid chilling the body.
During a fever the body is waging a battle with foreign organisms and releasing and dislodging many toxins throughout the entire system and if allowed to be eliminated, all is well.

If these are allowed to be stopped short of completion, the toxins will start dropping out into the tissue and perhaps into the major organs. If these toxins settle in muscle tissue where they can produce an acid catarrhal situation in the body it is called latent rheumatic fever which can lead to heart problems, arthritis, rheumatism.
There are however many instances where fevers assist the body to get rid of many diseases especially where the particular organism can be destroyed at higher body temperatures. Also, many times the taking of aspirin or other drugs to control a fever is in effect halting an important cleansing process and can cause the toxins to fall into muscle tissue and organ tissue, creating further crisis in the body.

To Treat or Not to Treat?

If temperature is 100 degrees (low grade) and the person feels chilled. Raise the body temperature so they don't feel chilled. Give diaphoretics, such as ginger, or yarrow tea (elderflower is o.k. for children).
If the temperature is 103 degrees and the person feels comfortable, leave it alone.
If the temperature is 103 degrees and the person feels hot. Bring the temperature down with anti-diaphoretics: Willow, bitter herbs like meadowsweet, mulberry bark. Some put cooked cool cabbage leaves on children's heads to protect brain. A tepid bath of about 98 degrees will help cool down, as will a tepid water enema. Do not give an alcohol rub.

If the temperature is 103 degrees and the person feels chilled. Take the person to the hospital. Possible serious implications eg. meningitis. Often children go up to 104 degrees without any serious disease, to cool down the head you can put cooling cabbage leaves on the top of the head.
If the child has a cold or flu but is not perspiring, you can use yarrow tea to help stimulate perspiration.

Other diaphoretic herbs(usually taken in hot strong tea): Camomile flowers, Blessed Thistle, Spearmint, Garden Sage leaves, Hyssop, Thyme, Catnip leaves.

Here a formula presuming the fever is not over 104 degrees F.

Formula:

1 oz. yarrow flower and/or Spearmint, and/or Sage leaves
Pour 2 pints boiling water over herbs, cover tightly and keep warm 15 min. Strain. Must consume warm. Also, keep body covered and warm. Honey can be added if desired.
Take 1/2 to 1 cupful every 30-45 minutes until perspiration occurs, then 2 tbsp every hour or two until asleep.
In the morning sponge entire body with equal parts apple cider vinegar and warm water. Do one portion of the body at a time so not to get chilled. Suitable also for babies or children. With children use spearmint instead of peppermint and add honey to make formula weaker.