



# Caring For Your Child's Fever

By Dr. Kael Moulton D.C.

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As a parent, it can be scary watching your child deal with a fever. We tend to take to the internet, asking Dr. Google what to do only to come away with way too much fear and anxiety driven information.

As a Chiropractor, one of the most common childhood symptoms parents ask me about is a fever. What do they mean? Should I be worried? What can I do to help? In this short article, you will get the answers to these questions and our personal recommendations for caring for your child's fever. **NOTE: Some of these recommendations work for adults too!**

## What Does It Mean If My Child Has a Fever?

A fever is a very normal bodily response during an infection. This can range from viral to bacterial bugs, but is often nothing to worry about. If you are worried about something extreme, always take your child into their primary care doctor right away. But, we see a lot of fevers in our office; some low grade and some much higher. Why is there a range? What makes it go up and down?



### Great questions!

Your child's fever is a response to their immune system needing a jump start or a boost in the midst of a fight. Our immune systems are made up of "T-cells" which fight certain bad guys. These T-cells require calcium in order to activate and join in the fight. T-cells need a lot of help, but in order to replicate they need even more calcium. Our bodies pull calcium from various places, but the main source is right from our own bones! And the T-cells sometimes need a fever

to help extract it from our bones. The fever raises our body temperatures in order to soften bone, which helps release calcium into our blood stream to be carried where it is needed. Whenever the body uses its stores of calcium and needs more, the fever will raise back up for more extraction. This is why you will often see fevers go up and down and why you often feel weak and sore during a fever. It's actually bone pain!

***Our recommendation:*** Supplement with calcium to decrease the need for the body to run a fever in the first place. Read on to see which calcium is best and which to avoid.



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# So, Should You Be Worried?

It's easy as a parent to be worried for your child's health, and a fever is no exception. One of the biggest fears surrounding a fever includes febrile seizures if a fever gets too high. The important thing to remember is these seizures are not neurological; they are muscular. However, this is definitely a scary experience and medical care can be taken in this situation. It may take intravenous (IV) fluids and supplementation of electrolytes to rehydrate your child. But if proper care of the fever is taken (see our recommendations below), then the chance of febrile seizure is very low. As long as the fever is shifting up and down in temperature (even high temps of 104 can be normal) your child should be safe.

Think about a muscle that is not properly nourished and is overworked. It can spasm and cramp. Well, when our body is heating and cooling, it is pulling calcium and electrolytes from muscle and bone. Muscles can react in this seizure-like activity because calcium is needed to unbind a muscle contraction. If your body used all its calcium stores in the battle, you might be left without enough calcium to unbind your muscle contraction, thus resulting in febrile seizure.

This brings us to the best section.



# What Can You Do to Help?

## Our #1 Recommendation: Bring Them into the Chiropractor

It is much easier to help your child if you can bring them in early. There are lots of bugs and reasons why they might feel yucky. As a Chiropractor, I am assessing their nervous system and helping them from the inside out. The more their bodies are functioning properly, the more equipped they are to quickly fight off the infection without any symptoms at all!



## Recommendation #2: Calcium Lactate

As I said above, your body needs calcium to fight infections and replicate the good guys in order to win the battle. Supplementing with calcium will keep the fevers down or less severe by providing plenty of calcium to keep up the fight. You will see many brands and varieties, but the most absorbable and fast acting is *calcium lactate*. Calcium lactate can be easy to locate depending on where you live. We sell it in our office and prefer the lactate variety because of its absorption rate. It is hands down our favorite supplement for kids and fevers.



CALCIUM  
LACTATE  
330  
TABLETS

***A word about calcium:***  
Avoid any calcium supplement in the form of *calcium carbonate*. This is limestone and can contribute to inflammation and degeneration.

## Recommendation #3: Electrolyte Drinks

This is one we often tell parents to go ahead and use, especially if your kid is having a hard time drinking anything. This will at least supplement some of the minerals like calcium and also have some flavor that will keep them sipping. **The downside?** Watch the sugars. Sugar is not going to help the fight their immune system is going through, so less is best.



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## Recommendation #4: Cool Shower/Bath

Sometimes the best thing you can do to get them comfortable is getting them under some cool water. The fever can make them feel hot, so warm water is going to feel cool to them. Be careful not to turn them into a freezing icicle. Start warm and slowly go cooler in a range they are comfortable but still cools them off.

This is also a great time for some skin to skin contact if your kid is smaller and able to be held. We often tell parents to get in the water with their child and hold them to their chest. There are numerous benefits of skin to skin time, and a fever or infection is a good time to bring your bodies close.



## **Recommendation #5: Peppermint Oil (*mixed with a carrier oil*)**

This is our go-to after a cooling shower with our kids. Take a few drops of a carrier oil like avocado oil, olive oil, or coconut oil and add a drop or two of peppermint oil. Then rub it on their back, belly, and feet. The smell will immediately remind you of Christmas, but will also help your kids feel cool.



*Be sure you know if your child has allergies to an oil before using it, and any questions about oils should be answered before using them on your kids. A lot of oils are not able to be used on infants.*

# Final Thoughts on Fevers

Remember, it's normal for the fever to go up and down, their appetite to be low, and even for this to take a few days to fight. Do not give up. Your kid is developing an immune army that will help them fight future wars. But, you want to absolutely be sure your child is responsive, feels progress being made, and is drinking a lot of water. Dehydration and lack of electrolytes can cause symptoms secondary to the infection, which will only make them more uncomfortable.

Hopefully you can see that fevers are not as scary as the internet will have you believe and can be very easily managed. As a mother of 3 and a Chiropractor who sees newborns to adults, a fever is nothing to be scared of. Letting your child (or your adult) run a fever and avoid fever suppressing medications will help them build a rock solid immune system for future invaders. These tactics along with Chiropractic care will help you avoid the fear and anxiety of taking care of sick kids. Kids get sick! Let them be sick so their bodies can learn and have less sickness as adults. Instead of trying to get them better as quick as possible, ease them through their symptoms using these natural methods.

Again, if at any point you feel they need immediate attention, get them into their primary care doctor. You should never feel wrong or shamed for being too cautious for the health of your babies.

I challenge you to keep learning about your body and empower yourself with knowledge to avoid the pitfalls of fear and anxiety. I am dedicated in my practice to educating my patients in a variety of these topics, but fevers are one of the most common.

If you ever have questions or need advice, please contact our office. We would be more than happy to help!



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It is our passion at Moulton Chiropractic to provide the best care possible to our families that see us.

We hope to serve you all with the love and respect you deserve, giving you your individual time and attention, and helping you find the relief you desire.

**As a thank you, present this offer to the front desk and get \$50 OFF of your New Patient Visit.**

Thank you!

**Moulton Chiropractic Team**

## **Caring for Your Kid's Fever**

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