



Kids Our Family Newsletter First

Ferguson Family Chiropractic ~ Dr. John M. Ferguson
54 Crossing Blvd. Ste. H ~ Exit 9 ~ Clifton Park, NY
518.383.5595 ~ www.ForLifetimeWellness.com

Our goal is to inspire you, to provide you with the latest health care options available, make you smile, and help you to help us fulfill our mission – *to reach as many parents and children as we can!*

Sickness & Fever

Spring time is upon us and, unfortunately, many are still getting “sick”. Read on to find out what these symptoms mean, why people get a 2-3 day flu (that’s not really the flu) and why apple cider will help your health now!

When a child gets the a cold or flu, for example, the nose is running, they are coughing, they have fever, the eyes are swollen and glassy, they have loss of appetite, they are lethargic and not feeling well at all, they feel weak, have lost their spark, etc.

And most parents have been conditioned by commercials and medical doctors and taught to believe that their child is sick!

Yes! This is sickness at its best.

But...I have news for you: All those amazing symptoms have a reason. They are not random.



The nose runs to excrete the virus. The child may have diarrhea to further excrete the bug.

They have **fever** which is the result of extra work produced by the body as defense mechanisms are brought online to fight the invading organism. The lacrimal glands produce continuous tears to cool down the cornea so that its heat-sensitive protein make-up is not damaged – your child looks glassy-eyed. There is no appetite – the body shuts down digestive cycles and shunts all energy to defense.

All these activities are designed for one purpose only – to restore health and remove the invading organism. That puts this whole “sickness thing” in a very different light now doesn’t it?

It means that all these things are not random effects that need to be treated. It does not mean that this child is “sick”.

No! It means that the body is doing exactly what it was designed and programmed to do. This is not an example of “sickness.” This is an example of health! It is what should happen!

Ok...It may not be pleasant – your child may not like it, but it is an expression of health.

Know this: There is an Innate Intelligence ruling their bodies. It is part of the Universal Intelligence that rules the Universe. And ultimately, that Innate force knows what is best for that body at that time. And it also knows that all body systems need to be exercised regularly in order to function at their optimum level at all times – that is the expectation, isn’t it?

And just like any other part of the body, the immune system also needs to be exercised.

So...I feel we have a built-in “clock” which activates the immune system, temporarily lowers our immune response and we are then attacked by a bug of some sort. The response is a sudden activation of the immune system to fight off the invading organism. This is turning your world around and: This is NOT sickness. This is an expression of health – the body doing exactly what it is programmed and designed to do. This is a good thing!

So...when my patients get “sick” or have a “fever”, I say to them; **“Wonderful!”**
And at first they look at me as if I’ve just lost all my

marbles, but once I explain this process, they understand and know that they're in the right place – and they are! They understand that having the occasional cold or fever is a very important part of keeping healthy – your body will not be at its best without it.

Fever Frenzy

Most parents know that normal body temperature is 98.6F. Right?

Wrong! The figure 98.6F is an average. Body temperature can fluctuate anywhere between 96 and 101F and still be “normal”. Parents need to understand that fever is simply heat. When the body's nervous system awakens the immune system's response to fight an impending infection, many normal body activities speed up. This extra work produces heat and fever. It's that simple.



The height of a fever has no bearing on the seriousness of the condition and there is absolutely no clinical evidence that high fever causes convulsions or brain damage. In fact, Dr. Ross Parker, a leading pediatrician at the McMaster University Medical Centre in Hamilton, Ontario feels that physicians should not take the temperatures of their patients. Dr. Richard Mittleman agrees, stating that “the taking of temperature in the doctor's office is basically an unnecessary ritual.”

Plainly, your body always has a “fever” going on according to its definition. Let me illustrate. If it's 60 degrees outside and your body is intelligently trying to maintain its own temperature somewhere around 98 or 99 to sustain normal body function, doesn't it have to create more heat (a “fever”) to do that? YES! The chemicals that create a fever are still active – just not over-reactive. The intelligence of the body knows exactly what to do as long as it's not interfered with. Now that I've got you thinking logically, onto the science!

There is no scientific evidence to indicate that it is necessary, or even wise, to lower the body's temperature. Fever is not the problem, but only

the result of the body attempting to deal with an impending infection. It should be viewed as a positive sign: the immune system is doing exactly what it is designed to do. Next time your child has a fever, understand the reason the fever is there in the first place. Do not jump the gun and give your child medication to lower her temperature. Although you may be concerned that it could do some harm, fever is actually a good thing.

Consider this study that investigated the hypothesis that febrile infectious childhood diseases (FICDs), those illnesses accompanied by fever, are associated with a lower cancer risk in adulthood. The study consistently revealed “a lower cancer risk for patients with a history of FICD.” Albonico HU, Braker HU, Husler J. Febrile infectious childhood diseases in the history of cancer patients and matched controls. *Medical Hypotheses*. 1998;51(4):315-320.

Health and medical journalists are not presently providing the public with what might be the most important health advice that they should be given during the flu season: people with the flu should avoid taking fever-reducing drugs, such as aspirin or acetaminophen (aka TylenolTM), except in rare situations.

It is widely recognized that fever is a vital defense of the body in its efforts to fight infection. A fever enables the body to increase its production of interferon, an important antiviral substance that is critical for fighting infection. Fever also increases white blood cell mobility and activity, which are instrumental factors in fighting infection. Jane Brody, a long-time respected health columnist for the *New York Times*, reported back in 1982 on the healing benefits of fever. She noted, a number of physicians, *including pediatricians*, are now suggesting that moderate fevers be allowed to run their course, for they may shorten the illness, potentiate the action of antibiotics and reduce the chances of spreading the infection to others. [1]

Recognition that fever is beneficial has been known for more than 2,000 years, and historically, the healing benefits of fever are so substantial that many patients have actually been treated with “fever therapy” to aid their recovery from such ailments as cancer, syphilis, tuberculosis and even mania.[2] [3] However, in the 1800's, aspirin compounds that rapidly reduced fevers became commercially available, and the medical view of fever changed dramatically. Since the mid-1800s, drug companies have successfully convinced conventional physicians and the general public to become vigilant in bringing down fevers, even sometimes using such drastic

measures as cold baths and alcohol rubs along with aspirin.

In reference to the flu and fever, the bottom line is that it makes little sense to aggressively suppress the body's natural defenses against viral infection. There are, of course, some exceptions here. For instance, it may make sense to seek medical care if one's fever is above 104 degrees for over six hours or in any fever in an infant under four months of age, especially if recently vaccinated.

I tell **parents** to keep the child comfortable and not to give any products with sugar or dairy, and stay away from wheat. In addition, we add a spinal adjustment so the child is unsubluxated and is therefore better able to fight infections and keep their body healthy. Vitamins C (2000 – 7000mg/day) and D3 (400-1000 units/day) depending on age/size along with probiotics are beneficial to an enhanced immune response.

“Fever phobia” is so rampant that many usually intelligent people, including physicians and medical reporters, forget what they know about the inherent defenses of the body when they become sick.

On September 23, 2009, Sanjay Gupta, MD, CNN's chief medical correspondent, described his own experience in getting the H1N1 flu while reporting from Afghanistan.^[4] Although Dr. Gupta reported that he experienced a “high fever,” he never gave specifics, but it is unlikely that over 104 degrees. The fact that Dr. Gupta was away from home and in war zone probably led him to want some relief of his fever, and because of this, he choose to take Tylenol. However, he certainly didn't help himself by taking this drug to suppress his fever.

It is therefore no wonder that he became the sickest he has ever become. Taking drugs that suppress fever disables the body's own defenses in fighting infection. It is akin to unscrewing the warning oil pressure light in your car as a way to get rid of that irritating red signal. Such “treatment” is not curative, and in fact, it can lead to much more serious problems.



Ironically, the word “symptom” derives from the words “sign” or “signal” ...and just turning “off” a sign or signal is simply not smart, even if double-blind studies show that unscrewing the warning bulb is “effective” in turning the light off.

Ultimately, Dr. Gupta missed a great opportunity to educate the public about not taking fever-reducing drugs, except in certain extreme fevers. Perhaps this article will “light a fire” underneath him to do so.

The New Drug Pushers: Parents

We all want to do the right thing, but we are creating a drug-dependent child without even realizing it. How does it all start? Newborn runs a *fever*. Concerned about the symptoms...mom goes to the MD who prescribes drugs...Toddler has *cold/flu* symptoms...run to MD...child given drugs... Elementary school child *sneezes* and has *runny-nose* and is sent home. We run to drug store and buy O-T-C drugs...In middle school (or younger), a concerned teacher calls and says, “Your son/ daughter is having *problems concentrating*.” We go back to the MD...for more drugs. Our kids become adults... *stresses and pressures* of life can be incredible. When they're *feeling down* they run toward their old standby...drugs.

In a 2007 survey of Australian parents published in a pediatrics journal, a shocking 91% of parents used fever-suppressing drugs in the treatment of their children's fever. Even more startling is the fact that this survey found that the medications were refused or spat out by the child in 44% of the cases, and yet, 62.4 of the parents actually used force to get their child to take these drugs, using different methods of ingestion (29.5%) or by using a suppository (20.8%).^[5]

It is interesting to note that children tend to have an inherent fear of doctors, and this fear may not simply be the result of getting injections from them. This fear may be an instinctual fear that what doctors offer them may not really be good for them, despite the seemingly short-term benefits of many drugs. It may be time for us to listen to our children.

Serious Problems from Aspirin and Acetaminophen

Many people minimize the problems from these common drugs, but do so at their own and their family's peril.

Children who get a viral infection and are given aspirin can lead to Reye's syndrome, a serious neurological condition that can cause death. Aspirin is also known to thin the blood and increase the chances of various bleeding disorders. Its use more or less doubles the risk of a severe gastrointestinal event, which in most cases can lead to hospitalization. Lower doses that people take to reduce heart problems only seem to decrease these risks by a small amount.



"An aspirin a day will help prevent a heart attack if you have it for lunch instead of a cheeseburger."

Many people take acetaminophen because it is not associated with increased bleeding. However, the general public is usually not aware of the fact that poison control centers in the US receive more calls as a result of an overdose of this drug than any other drug.[6] Most commonly, overdoses of acetaminophen can lead to acute liver failure. In children, it has been associated with increased asthma and eczema symptoms.

Safer Solutions for the Flu and Fever...

Instead of using conventional drugs that suppress fevers or that inhibit other important defenses of the body, it makes more sense to use some type of natural remedies that mimic and augment the wisdom of the body.

Homeopathic medicines are one method to augment the body's own defenses so that they can more effectively heal themselves from various ailments, including the flu. Because of the similarity between the 1918 flu and the H1N1 flu, it may be helpful to reference homeopathy's impressive successes in treating people during the 1918 flu.[7] The death rates in the homeopathic hospitals in the US were only around 1%, while the death rates in conventional hospitals were closer to 30%. Another important fact from that era is that New York City had the lowest mortality rate during

the 1918 flu than any city in the U.S., and this impressive statistic is primarily due to the fact that this city's health commissioner at that time was Royal Copeland, MD, a renowned homeopathic physician, who later became a thrice-elected U.S. Senator (Franklin D. Roosevelt was even his campaign manager during his first election as senator).[8] Copeland asserted, "There can be no doubt that the superiority of homeopathy in a purely medical condition is just as great as it was fifty years ago."

Chiropractic's Role in Preventing/Treating the FLU

In Davenport, Iowa, 50 medical doctors cared for 4,953 cases, with 274 deaths. In the same city, 150 chiropractors including students and faculty of the Palmer School of Chiropractic treated 1,635 cases with only one death.

In the same state, Iowa, medical doctors treated 93,590 patients, with 6,116 deaths - a loss of one patient out of every 15. In the same state, excluding Davenport, 4,735 patients were treated by chiropractors with a loss of only 6 cases - a loss of one patient out of every 789.

National figures show that 1,142 chiropractors treated 46,394 patients for influenza during 1918, with a loss of 54 patients - one out of every 859.

Yes, the medical profession was seeing a majority of the worst of the worst; however, one of the greatest statistics backing chiropractic care comes from the state of Oklahoma. In addition to chiropractors treating 3,490 cases of influenza with only 7 deaths, chiropractors were called in to treat 233 cases where medical doctors had cared for the patients and pronounced them as "lost" or beyond hope ... Chiropractors took care of all 233 with only 25 deaths.

In the same epidemic, New York health authorities (who kept records of flu as a reportable disease) showed that under chiropractic care, only 25 patients died of influenza out of every 10,000 cases; and only 100 patients died of pneumonia out of every 10,000 cases.

Which system do you want to trust your life to? Medical - which research shows to have prevented fewer deaths? Or Chiropractic - where the research shows treatment is safe, effective and saved the lives of those that the medical profession diagnosed as "lost"? Your health is your choice. Make an educated decision.

Chiropractic's journey into health care took a huge leap forward thanks to its incredible effect on the thousands of Americans during the flu crisis. What I hope you all gain from this is the incredible results of the chiropractic adjustment.

When you get adjusted, you decrease sustained sympathetic tone in your nervous system (bad), which subsequently leads to an increase in immune function (good), among many other consequences (Journal of Neurophysiology, February 2007).

An increase in immune function is important for everything from the cold and runny nose to fever, influenza, cancer, and heart disease, not to mention the great enhancing effects on a healthy individual. This is why we encourage you all to [come in to get checked with our state-of-the-art technology](http://www.subluxation.com) (www.subluxation.com) despite if you are not feeling the best. An adjustment will stimulate your immune system to better fight off any illness in your body.

The stresses that people endured in the early 1900s were entirely different than those we incur presently. In order to achieve these dramatic results you must not only get adjusted, but also make changes in your lifestyle so your body can at least have an opportunity to heal.

A few simple steps can maximize the effects of your adjustments. Eat more green, leafy vegetables with every meal, take a 20 minute walk outside every day, and have a more optimistic view on life.

Spring-time "sickness"?

Does this scenario sound familiar? Every fall and spring you or someone you know seems to come down with a 2-3 day "flu" or "cold". Ever wonder why?

In the spring, the body shifts from 'heat conservation' to 'heat dissipation' mode in preparation for warmer weather ahead – the body's innate intelligence does this so that it can regulate its own internal environment. In doing so, the gall bladder (located in the upper right quadrant of your abdomen) must begin to change its activity pattern and the accumulated toxins and thick stored bile begin to ooze from it into the intestines.

The blood vessels connected to the intestines send blood, toxins, and nutrients right to the heart, which then pumps that blood to the lungs. Now the body can expel from the body - through coughing – these toxins. Brilliant! Most

often, this toxic dumping of built up waste into the body causes an immune response and general symptoms consistent with the flu or common cold – but it's not the flu at all. Those "illnesses" take 6-10 days to usually recover from and this one is only lasting 2-3 days. Hmmm?

Apple cider to the rescue... Loaded with phosphorus to thin out the thick, nasty, toxin filled bile and support better gall bladder function is accomplished easily by drinking apple cider!!



"I encourage everyone to have a glass of apple cider daily and get their spine and nervous system checked and adjusted if needed. An adjustment often stimulates the immune system to better fight off any challenge, including influenza, the common cold or help the body handle a fever."

REFERENCES:

- [1] Brody J. Fever: New View Stresses its Healing Benefits. *New York Times*, December 28, 1982.
- [2] Hobohm U. Fever therapy revisited. *British Journal of Cancer* (2005) **92**, 421–425. doi:10.1038/sj.bjc.6602386
- [3] Brody J. Fever: New View Stresses its Healing Benefits. *New York Times*, December 28, 1982.
- [4] <http://pagingdrgupta.blogs.cnn.com/2009/09/23/i-went-to-afghanistan-and-all-i-got-was-h1n1/>
- [5] Walsh A, Edwards H, Fraser J. Over-the-counter medication use for childhood fever: A cross-sectional study of Australian parents. *J Paediatr Child Health*. 2007 June 29.
- [6] Lee WM (July 2004). "Acetaminophen and the U.S. Acute Liver Failure Study Group: lowering the risks of hepatic failure". *Hepatology* **40** (1): 6–9. doi:10.1002/hep.20293.
- [7] Marino R. Flu pandemics: homeopathic prophylaxis and definition of the epidemic genius. *Int J High Dilution Res* 2009; **8**(28): 100-109. <http://www.feg.unesp.br/~ojs/index.php/ijhdr/article/view/354/399>
- [8] Robins N. Copeland's Cure: Homeopathy and the War between Conventional and Alternative Medicine. New York: Random House, 2005, p. 154.
- [9] Vickers A, Smith C. Homoeopathic Oscilloccinum for preventing and treating influenza and influenza-like syndromes. *Cochrane Database of Systematic Reviews* 2006, Issue 2. Art. No.: CD001957. DOI: 10.1002/14651858.CD001957.pub4 <http://www.cochrane.org/reviews/en/ab001957.html>
- [10] Rabe, M. Weiser, P. Klein, Effectiveness and tolerability of a homeopathic remedy compared with conventional therapy for mild viral infections. *Int J Clin Pract*. 2004 Sep;**58**(9):827-32.

Please let the fever run its course and let the body heal itself!

Please...if you have any questions, or would like any information on any health topic, it would be my pleasure to help you! Talk with you next month -about Ear Infections!!!