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Fever Treatments

This is not a treatment to be done during a fever, but rather to induce a fever to overcome acute and chronic infections. Increasing your core temperature mobilizes white blood cells and other immune factors resulting in a powerful boost to your immune system.

Equipment:

- bath tub
- hot herbal tea
- bed sheet
- several thick blankets

Directions:

1. Draw a very hot bath and make a cup of herbal tea (chamomile works well)
2. Immerse in bath and cover as much of your body with water as possible. Sip herbal tea to increase heating effect. Stay in bath until you feel extremely hot and your heart is beating a bit faster (usually takes 5-10 minutes).
3. CAREFULLY get out of bathtub (best to have someone help you as you can get very lightheaded after a hot bath).

DO NOT DRY OFF: wrap immediately in the sheet, making sure you also cover your head.

4. Go straight to bed and cover with at least 2-3 blankets.
5. Sweat and stay in bed until you start to cool down (can take 30 minutes).
6. Shower briefly with body-temperature water.

Note: before you begin this treatment, you may want to cover your bed linens with a few sheets as you will most likely sweat profusely.