



## Newsletter – FALL 2009

### New Developments

- Sara Inch, R.M.T. has decided to further her education, and has returned to Nipissing University, at the Faculty of Education. As a result, her hours at the WIHC have changed, but appointments are still available. We wish Sara all the best with her schooling. Please call the Clinic for Sara's new hours.
- Rachel Beaudry has joined our office team at the WIHC, and may answer the phone or help you out if Karen is away. Many of you will have met Rachel at Action Potential in Sturgeon Falls. We are thrilled to have her on our team. Please make Rachel feel welcome when you meet her!

### Upcoming Events

- The 3<sup>rd</sup> annual Naturopathic Flu Clinic is quickly approaching. This combination of homeopathic remedies are administered orally, in the Fall, or more often, if necessary, and help support the immune system to defend the body against viral illnesses such as colds and flus. These remedies are safe for children, seniors and people of all ages. They do not contain mercury, formaldehyde or egg ingredients. They will help protect against the H1N1 virus, as well as common colds and flus. For more information, or to book an appointment, please call 474-2727. Dates for this year's clinic are as follows:

***Wednesday, September 30<sup>th</sup> 12-6 p.m. at the WIHC***

***Tuesday, October 6<sup>th</sup>, 12-6 p.m. at Action Potential, Sturgeon Falls***

***Thursday, October 8<sup>th</sup>, 8 a.m. – 2 p.m. at the WIHC***

- Kelly Wallace, N.D. will be hosting another information session for Healthy & Active, The Metabolism Program, on Monday, October 19<sup>th</sup>, at 7:00 p.m. at the WIHC. Please check out [www.wallacehealth.com](http://www.wallacehealth.com), or [www.healthy-active.com](http://www.healthy-active.com) for more information on the program. The information session will run for approximately 1 hour. Please call 474-2727 to reserve your seat.
- The Ontario Association of Naturopathic Doctors (OAND) will be holding their annual conference in Toronto, in November 2009. This year's

keynote speaker is David Suzuki, who will be speaking about the environmental links to health. The OAND has decided to open this lecture to the general public. If you are interested in attending, check out [www.oand.org/suzuki](http://www.oand.org/suzuki)

- North Bay's annual Holistic Health Harvest Conference will take place Saturday, October 24<sup>th</sup>, at Nipissing University. This day-long event will feature a wide array of speakers, on various health topics (including the WIHC's own Kelly Wallace, N.D.), a health market place, a delicious lunch and much more. For more information, or tickets, check out [www.holistichealthharvest.com](http://www.holistichealthharvest.com)

## **Articles**

With the cold and flu season upon us, many of us will find ourselves, children or family member suffering from various illnesses that are accompanied by a fever. Fevers can be frightening, however, they are a very important part of the body's immune defence system. Fevers should be embraced as a helpful mechanism to rid the body of infection. Below is an article to help every parent get their children through a fever safely.

### **How to manage a fever – Kelly Wallace, N.D.**

Fevers are defined as an increase in the regulated body temperature, and often occur in response to an infectious disease. This is a normal and natural response that occurs for a number of very important reasons. When the body temperature is elevated, more white blood cells (the body's infection fighting cells) are made and released into the blood, and their ability to kill bacteria and viruses increases. The warmer body temperature also kills bacteria and viruses outright.

Higher temperatures also cause some muscle breakdown, releasing proteins into the blood. These proteins are used to build immune cells and to nourish the body (people with a fever rarely have much of an appetite for this reason). The digestive system actually shuts down at temperatures over 99.5 F (37.5 C), and forcing food into someone will hinder the work of their immune system to fight the infection. Likewise, suppressing a fever with acetaminophen (Tylenol), ASA (Aspirin) or other medications often prolongs an infection, since the body is unable to deal as effectively with the virus or bacteria at the lower temperature.

Generally fevers between 102-103 F (38.8-39.4 C) are considered optimal for fighting infection, between 104-107 F (40-41.6 C) are risky for dehydration, and fevers above 107 F (41.6 C) are dangerous.

The major concerns or dangers of fever are generally due to dehydration or the infection itself, not from the fever. Febrile seizures, which are most people's greatest fear, are usually due to dehydration and electrolyte imbalance. They

very rarely cause any lasting effects on the brain. When they do, it is often following a meningitis or encephalitis infection, which in itself can damage the brain.

So how do we use a fever to our advantage? The following guidelines will help you optimize fevers as a natural part of your body's own defences.

- Don't panic, fevers are helpful.
- Leave the fever alone, unless it is threatening to go above 104 F (40 C).
- REST!!
- If a fevered person is sweating, leave them alone. Sweating is the body's natural cooling mechanism.
- Do not feed the person, wait until their appetite resumes, and temperature is below 99.5 F (37.5 C).
- Do maintain a regular intake of water and fluids, to prevent dehydration.
- If a low grade fever is lingering, you can try to raise it to the optimal level of 102-103 F (38.8-39.4 C), with warm blankets, herbal teas and broths, or a warm bath.
- If a fever is threatening to go above 104 F (40 C), and the person is not sweating, use tepid (cool/room temperature) water as a sponge bath.
- Stop any treatment if shivering occurs, as this is a mechanism to raise the temperature again.
- If you have any doubts or concerns, call your health care provider.