

Fever - Dr. Phil's Interpretation of The Research on Lowering Fever With Medication

By Dr. Phil Smith

Most people grew up with the idea that lowering a fever was a good and that if you didn't it was possible to have brain damage. There is no research to show that brain damage can occur. There is no scientific documentation of this happening ever to one person! It is scary how there is plenty of evidence to show taking drugs for a fever has proven bad side effects (Reye's syndrome). In summary, letting the fever go has no proven side effects- just better health outcomes. So my questions are: How has this myth been perpetuated? Who stands to profit by keeping this myth alive?

I personally put more clothes on and try to help my body do what it naturally wants to do: increase core temperature. This stimulates the natural immune system response to fight off foreign invaders. In lay terms: cooking the bugs. Trust your innate intelligence, your body is always doing the right thing at the right time. Deepak Chopra, a Harvard trained medical doctor, knows the inside of your body is a wonderful pharmacy. In this book, *Quantum Healing*, Dr. Chopra states, "the living body is the best pharmacy ever devised. It produces diuretics, pain killers, tranquilizers, sleeping pills, antibiotics and indeed everything manufactured by drug companies, but it makes them much, much better. The dosage is always right and given on time; side effects are minimal or non-existent; and the directions for using the drug are included in the drug itself, as part of its built-in intelligence."