



Presents:

# Break a Fever

HOW TO BRING DOWN A FEVER IN 20  
MINUTES OR LESS WITHOUT DRUGS,  
USING THINGS YOU ALREADY HAVE IN  
YOUR KITCHEN

## How to Bring Down a Fever in 20 Minutes—Mini Lesson

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When a fever builds, you can know that the immune system is struggling to conquer an infection. While fever is part of a natural, normal immune response, it is not part of an ideal immune response! Fever implies that normal flow of fluids through the body is impeded. It implies that the immune system is encountering large accumulations of the pathogen.

Fever functions to rapidly build immune response. Each degree increase in temperature of a fever represents approximately a 100x increase in immune efficiency and activity. Fevers also thin the blood and activate enzymes which help break down blockages in the blood and lymph. Fevers are our friends in these ways. The question that should present itself, however, is why does the fever NEED to build that high? Fever does a little damage. Even a fever which comes and then goes without incident still stresses the kidneys and creates quite a bit of oxidative stress. It is not as harmful as many drugs we might use in response to the fever, but still it is not the ideal scenario.

Further, sometimes fever is dangerous. If the patient is not well hydrated, a high fever can cause neurological damage/brain damage. A fever which rises quickly can cause seizures in some susceptible children (though this might have more to do with whether the patient has been eating lots of fresh fruit...those patients who do have far fewer incidents of fever-induced seizures). Most of the time, the fever will not do any real harm. The biggest challenge is that it frequently scares the parents!

Now, one of the tenets of natural healing is that you always work WITH the body, never against it. So, you need to have some idea of the underlying problem and how nature (or your body naturally) deals with that problem or prevents the problem as the case may be.

In the case of fever, it builds when the fluids of the body (lymph, blood, bile, urine, cerebral spinal fluid) running through the tubes of the body is too thick or obstructed in some way. Usually, we happily do this to ourselves indulging in chemical-rich food (have you ever looked at the ingredients of soft drinks?) or food that is processed or just too high of a percentage of cooked food. Some natural foods, such as dairy and pork, can be highly congesting. Modern wheat in the United States is mostly the product of intensive hybridization to make a very high protein wheat that is poorly digested by humans. This wheat and all products, pastas, breads, cereals, etc. made from it are also quite congesting. The common thread in all these congesting foods is undigested protein fragments which simply clutter up the whole system. This may lead to immune reactions which can cause the body to inflame, rather than drain. This leads not only to ingredients for fever, but also a lot of discomfort while sick!

Fortunately, the majority of the body can be drained very quickly. In most cases (and every case in my personal household—but then we do feed our kids a bit healthier than the average), the fever is completely gone in 20 minutes using this approach. The infant, child or young adult can get back to recovery and out of “sick” mode and everyone gets to sleep at night and stop stressing about the child!

It has long been understood as one of the finest tools of natural healing to clean the bowels out really well. Old fecal material, pockets of bad bacteria and inflamed sections of the large intestine can make illness stay, instead of being cleared from the body and the body restored to normal health. In addition to problems inside the actual colon, debris and wastes and endotoxins from bad bacteria can

accumulate in the lymphatic vessels that surround all the intestines. Lymph and lymph ducts and nodes of varying size and concentration are everywhere in the body. But the digestive tract already contributes upwards of 90% of all the load on that system. If that can be suddenly removed, the entire lymphatic system will clear up in a matter of minutes. Actually, those who have used this approach to healing have observed that there is some reflex where when the bowel is fully emptied which triggers rapid flow and drainage of the lymphatic system.

So useful has this been that until fairly recently, every hospital room had an enema machine in it! This was because this saved lives. Even (and perhaps especially) in cases of uncertainty, an enema was often administered. This would lower inflammation and improve immune response. It would reduce smooth muscle spasm everywhere, saving lives and reducing discomfort associated with things not normally considered related to the bowel at all. As diagnostics improved and drugs advanced, enemas were discontinued. This was more about promoting drugs and simple convenience than anything else. Certainly, the broad range efficacy of enemas has been understood for a long time and has not diminished. The Essene Gospel of Peace records Jesus coming among that people as a physician and teaching them to fast and use enemas for healing. Egyptians and Greeks used enemas in their herbal medicine and as the skills of herbal medicine passed on to Europe, enemas were kept with them (though experiencing a slight hiatus during the dark ages in Europe). From the 1400's until present day, natural healing has literally always used enemas to save lives in emergencies and to help cleanse people in desperate, life-threatening situations.

In my practice and in my home, we always use enemas right away in the case of a fever. We also use enemas anytime the illness (be it ear infections or colds or flu or chicken pox or even a wound that does not heal) seems persistent or stubborn. In addition to enemas, sick kids only get fruit and herbal teas to eat. Of course they get plenty of water. There is no point in cleaning out the bowels if you fill them right back up with wastes, residues and toxins. There is no point in cleaning out abnormal bacteria if you immediately start feeding the wrong kind of bacteria again.

So, here is how we do it:

For Infants:

1. Stir 2 tablespoons of ginger powder or granulated garlic (ginger if the fever is high or if the child is dehydrated, garlic if the illness is stubborn) into 2 cups of distilled water (well water may be used if it is pure and there is no chlorine used in the system). This water may be room temperature or up to 105 degrees F. Water slightly higher than body temperature, like 100 Degrees F, will be more comfortable but room temperature water brings down the fever much quicker.
2. Draw the mixture into a 3 ounce bulb syringe, turn it up to squeeze out the air and turn quickly back into the mixture to draw it full, be sure there is no air in it.
3. Use an herbal ointment or petroleum jelly and coat the anus and perineum (the ginger or garlic will be irritating to the skin when it comes out).
4. Lubricate the tip of the syringe with the same ointment.

5. Slide the tip of the syringe into the anus about 1.5-2 inches and squeeze the bulb to expel the contents quickly into the rectum.
6. Diaper the baby and hold them up with their knees up to their chest. Bounce and talk sweetly to the baby until they void.
7. Change the diaper and repeat.
8. Again, Change the diaper and repeat for a total of 3 back to back enemas. Note: for this to really work, you have to clean the bowels out completely. I will do the enemas back to back until I no longer get anything solid out of the bowel. Actually, I am looking for loose material with a little mucus in, which tells me it has reached the cecum.
9. Note: In the case of a baby who has become dehydrated, the ginger enema is always used. This will come out as dry(ish) powder until the baby is rehydrated which will happen almost instantly. Certainly by the third enema the enema usually comes out looking like it went in and the baby will start sweating almost immediately and the fever generally breaks within 20 minutes.
10. Put the baby in a nice warm bath (keep it at safe temperatures course).

If the diet is appropriate as described above, this enema is generally only needed once. However, once when we treated a baby with RSV we did have to do one to clean the baby out and then another one the next day to rehydrate the baby.

For older children:

1. Mix 5 cups of water with 3 tablespoons of ginger powder or granulated garlic. Put into an enema bucket (you can find the kind I use on my website: [www.soundmountainhealing.com](http://www.soundmountainhealing.com) ).
2. Open the hose so the air runs out. Close the clamp.
3. Lubricate the tip of the hose from the bucket.
4. Lay the child on their back on the floor and the bucket is on the counter by the sink. Child may need ointment\*
5. Insert the hose no more than 2 inches into the rectum.
6. Fill the bowel until they get the urge to void. Clamp off hose and let them void. Repeat at least 2 times more.
7. A bath following is very soothing.

\*Covering the back side may not be as important where a diaper is not holding the liquid against the skin, but the sensitivity of the child should be considered. Some kids should have their bottom pre-salved with ointment for comfort.

Normally, a child of any age will want to go to sleep after the bath. The sleep will be sound and restful and they often wake up completely cured.

Basically, it is all quite simple and easy. There is very little discomfort except for the occasional compunctions about it. Those worried about enemas will find that if they do even one the concern will be abated. Only once in 20 years of teaching and practicing did I have a case that did not let go of all concern after actually doing an enema. That person had clinical OCD and could not tolerate being around human waste and was, herself, very constipated because she hated dealing with her own body when she went to the toilet. Every other case has reported that they really have no idea what they were squeamish about. It was easy, made them feel great and worked great!