

What Fever Is Actually About

This section gets a tad technical. According to former NASA scientist, researcher, and editor for www.brojon.org, Marshall Smith explains in his article "The Tamiflu Myth" that "The body causes a fever above 101 degrees which stops the telomeres on the ends of the virus from allowing any viral replication." [Note: Telomeres are chromosome caps to keep chromosome threads from randomly sticking together.]

Fever is the immune system's response in addition to sending T-Cells to fight antibodies. The T-Cells can kill bacterial pathogens. Those pathogens are killable by T-Cell attacks. Fevers are also part of the clean up process for toxic bacterial waste products.

Viruses are not living microorganisms that rummage about internally looking for food to scavenge, as bacteria do. A virus does not have a nucleus cell that divides to create more microbes, as bacteria do. The body's thalamus/thyroid reaction raises the temperature slightly, and that stops viruses from replicating.

Great, but what's the difference between bacterial cell division and viral replication, and why can't the T-Cells get all those viruses anyway?

Marshall Smith explains the virus replication process: "When a virus enters one of your cells, it escapes from within its own old protein surface coating and it stretches out into a long string. The viral DNA then collects millions of free amino acids floating in your salty cell fluid to make a mirror image copy of the four types of amino acids in the viral chain. This reversed mirror image chain is called Retro-deoxy-ribo Nucleic Acid or shortened to RNA."

"The RNA molecule is special and continues to make another mirror image of itself which is, of course, an exact copy of the original viral DNA. This unique method of making a mirror image of a mirror image to make an exact copy of the original viral DNA is the only method a virus can use to make copies. This is called Replication."

Smith continues, "The RNA molecule string will then continue to make many, many copies . . . This starves your cell of all the amino acids and in a matter of minutes, destroys it. The original virus and its many replicate copies are now free to invade your other body cells. . . the thousands of new viral DNA copies then steal pieces of the protein bag coating from your damaged and dying cell, and then covers the viral DNA with stolen cell wall material. . . the virus then hides from your immune system, since the virus now looks like just one of your own friendly cells and not a dangerous foreign virus."

Therefore, since these viruses can be so sneaky and replicate so rapidly, the T-Cell antibody actions so successful with bacteria invasions may prove to be futile against viruses. It's the rise in body temperature that halts viral replication by inhibiting the DNA strand telomeres from capturing the free amino acids needed to replicate.

Any attempt to reduce fever during a viral influenza attack may accelerate the virus's rapid replication and produce viral pneumonia or worse. Leave the fever alone to stop the viral replication process is Marshall Smith's message.

Fever Phobia in Pediatrics

The frantic effort to reduce fever with children under six years of age is alarming. Not only parents, but many doctors fall into this fever phobia phenomena. There is a Meningitis concern. So if there are convulsions from the child's rise in temperature, that concern could be checked to exclude Meningitis as the source of convulsions. However, the occurrence of Meningitis is actually extremely rare.

Only 5% to 10% of children under six get febrile convulsions, which usually last for a few minutes. The commonly misdirected concern is that a high fever in a young child can create brain damage. The actual situation is that vaccinations and other illnesses are the real causes of brain damage, not the fever itself.

The fever phobia has led parents and maybe some doctors to alternate Tylenol with Advil or any Ibuprofen in a desperate effort to reduce fevers. This effort has occasionally resulted in more serious damage, sometimes death. Even the American Academy of Pediatrics advises against these desperate measures to reduce fever. They advise sticking with one medication, using conservative doses carefully.

A Blast From the Past - Feed a Cold; Starve a Fever

Remember that one? Well there is truth in it. Lena Sanchez, a retired RN medical office administrator, now holistic healer and author of Antibiotic Alternatives to Preventing Mega Bacteria, confirms this from her 30 years of experience. Her experience was that most patients, especially mothers of young patients, would panic over fevers and insist something be done to lower the temperature.

Doctors often foolishly succumbed to their pleas. Lena Sanchez's stance is that fever is part of the immune system's clean up from bacteria waste products or an attempt to halt viral replication. Either way, fever needs to be there and not minimized by drugs. It is extremely rare that a fever will exceed 106 degrees Fahrenheit or 41 degrees Celsius.

But while it may be okay for a person with a common cold and very little (under 101 F or 38 C) or no fever to eat or be fed, a solid fever does need to be starved, especially if viral influenza is being experienced. The liver is the clearing house for both digestion and detox. Lena Sanchez recommends fasting on very light broths and purified water to assist an overburdened liver during the fever process of getting rid of the body's microbe waste materials. She also recommends enemas, which could shorten the fast.

She has seen pneumonia patients who were encouraged to eat more get worse and even die. She claims this only serves to push the disease one's fever is fighting deeper. And of course, she has seen several who followed her suggestion of starving the fever get thoroughly well quicker.

Another Blast from the Past - Sweat It Out

It was quite common for many to observe that by not trying to cool off, and by actually bundling up more and allowing the body heat to induce even sweating, that the next day the fever broke or reduced significantly. But even with that, the notion was to break the fever. What was really happening was that by encouraging the fever to completely take over, the fever did its job and was no longer needed!

An American practitioner of Chinese Medicine, Karen S. Vaughan, advises, "Initial levels of both Wind heat and Wind cold [Chinese Medicine terms describing underlying situations that induce fever] are treated by inducing sweating. You would take a warm bath, cover yourself with quilts and go to bed

drinking the teas.

"If the disease is not treated at this level or is treated inappropriately then it will penetrate to more internal levels and you will need strong antimicrobial herbs that drain the pathogens through the bowels and the urine."

Often a fever is accompanied by chills, even to the point of shivering. That makes it easy to bundle up and sweat! But sometimes that is not the case. Then it takes a willful effort to follow the bundle up and sweat protocol. So never mind breaking the fever with or without medication as the goal. Let the fever help you heal.

All the sources cited for this article tend to agree. It's the condition of the patient that matters more than the fever. Someone who is very ill without fever (under 101 F or 38 C) should cause more concern than someone running a high fever but resting well while taking in fluids and eating little.

An Exception

This is not to say that if you are unfortunate enough to suffer a Swine Flu vaccination in the near future you should ignore a possible cytokine storm reaction. Such a probable event is the berserk T-Cell reaction to being overwhelmed by the vaccine adjunct squalene. It actually causes the immune system to become your worst enemy, attacking healthy nerve and lung tissue, and possibly resulting in permanent internal injury, such as Guillian-Barre Syndrome (paralysis), or death from destroyed lungs.

Dr. Russell Blaylock outlined a protocol for this, which is detailed in the Natural News article Urgent: "What To Do If You Cannot Avoid the Flu Shots . . ." linked here:
http://www.naturalnews.com/027106_v...

A major point to distinguish between ordinary fever and cytokine storm reaction is from Dr. Blaylock's description (in the video interview linked under sources of the above article) of noticing how cold packs placed on infants' points of inoculation in pediatric wards would calm down hysterical, screaming and thrashing infants.

Those are not just regular fever reactions. Those are cytokine storms. This cold pack technique is what he recommends you do upon receiving a vaccination, along with a list of natural supplements to help you avert that cytokine storm. Other than that, fever is your friend.

Sources:

Fever Is Good
<http://www.health-bytes.com/fever.htm>

How To Treat Colds and Flu with Herbal Medicine <http://www.acupuncturebrooklyn.com/...> medicine

The Tamiflu Myth <http://www.brojon.org/frontpage/the...>

Fever and It's Necessity for Good Health
[http://www.antibiotic-alternatives....](http://www.antibiotic-alternatives...)