



# KRISTIN GRAYCE MCGARY

HOLISTIC HEALTH PRACTITIONER LAc, MAc, CFMP® CST cert, CLP

*Health & LifeStyle Alchemist*

## Homeopathy for Fevers

### Remedies for: Viral fever, influenza with body aches, fatigue & headaches:

1. **Belladonna** – For sudden dry fevers, without sweating, and often accompanied by a terrible headache – throbbing, with rosy cheeks, red flushed face, delirium, & pupils often dilated. They will often prefer a dark room and crave a lemon drink, although it is possible to be thirstless. A mild ear infection or tonsillitis, especially on the right side, might trigger the fever.
2. **Aconite or Aconitum** – For fevers without rosy cheeks, and often accompanied by “the chills,” with a thirst for cold water. A fever that sets in after exposure to cold wind, or a terrible/horrific fright. It is often accompanied by restlessness and anxiety.
3. **Ferrum Phosphoricum** – For the beginning stages of cold and fever, at the onset of feeling sick, but not yet differentiated. Used for fevers with intense symptoms, mucus and a runny nose. Children may seem restless and alert but not anxious. Also used to treat high fevers in cases of pneumonia, with shortness of breath, anxiety and restlessness, especially apparent in elderly patients.
4. **Gelsemium** – For beginning stages, remittent fevers (abate at intervals but do not totally cease) accompanied by muscle weakness, tiredness and a feeling of exhaustion. Symptoms such as weakness, dizziness and tendency to faint.
5. **Bryonia** or “**Silent fever**” – They have restlessness, pain in their eyes, dry mouth, and “the chills.” They have body aches but unlike a Rhus Tox fever, they want to lay down, and they feel worse with movement. They have an increased thirst for water.
6. **Nux Vomica** – This fever is accompanied by discoloration of their fingernails (they turn bluish), body pain, upset stomach, nausea, thirst, vertigo and weakened muscles. They have extreme an extreme case of “the chills” and want to remain covered at all times. This fever may have been induced by overdoing it or too much of *something*. For example, getting sick after a night of binge drinking.
7. **Rhus Tox** – A fever caused by getting wet in the rain – severe body aches that lead to restlessness, and the child wants to move around a lot, looking for relief.

### General fever like teething, a urinary tract infection, or an infected wound:

1. **Phosphorus** – A dry fever, excessive thirst – child appears normal and healthy.
2. **Pulsatilla** – Fever associated with teething in infants and a simultaneous infection causing a cold. Their fever may be high or low, the child will be clingy, and want to be held and cuddled. They won't like stuffy rooms and will prefer fresh air. They will likely not be thirsty.
3. **Chamomilla** – Helps protect from high fevers. Used with fevers associated with teething where the face feels hot and the body is a normal temperature, or one cheek is red and the other is pale.

## Other Conditions and Homeopathic Remedies:

### Pneumonia:

- **Aconite**
- **Ferrum Phosphoricum**

### Measles, Chicken pox & Scarlet fever:

- Never suppress these eruptions, this can lead to serious brain complications.
- Best *remedies are*: **Belladonna**, **Bryonia Alba**, **Antimonium Tartaracum** and **Rhus Toxicodendron**.

## General Guidelines

Homeopathy is individualized and specific. I'm offering very generalized guidelines to help you get started. Be open to learning and gaining more confidence as you go. Homeopathy is safe and effective. Less is always better, don't administer like Western medicine, because it isn't. Never take with food, mint, garlic, alcohol, cigarettes, coffee, or while teeth brushing. Wait at least 15-20 minutes before eating.

**Potency:** Begin with a 30 C or 30 X.

**Dosage for Acute fever:** Give one pellet under the tongue once every 15-30 minutes – no more than 4 doses. As soon as you notice a change, either for better or worse, stop administering and wait an hour to assess the condition. Any change is a sign that the remedy is working. You can give 1 pellet in another hour and assess. You may then give 1 pellet every few hours. The following day only give 1 pellet 2 to 3 times, if at all. If you do not see a change after 4 doses of a remedy, it is likely the wrong remedy, so use a different one that has an appropriate application for the signs and symptoms you observe. You will likely notice a change with one or two doses.

If you can't get the tiny pill into your child's mouth, you can add it to a small bottle of water, shake it by pounding the bottom of the bottle against the palm of your hand – this is called succussing and it activates the medicine. You can then give them a sip of this therapeutic water. Or you can add the homeopathic pellet to a small dropper bottle. *It's best to consult a trained holistic healthcare provider versed in homeopathy.*

**Caution:** Be aware that a prolonged fever, dry mucus membranes, a temperature higher than 40.5C (105F), a mottled rash, stiff neck, or unusual weakness, drowsiness and lethargy, may indicate something more serious than a simple fever. If at all concerned about the severity or cause of the fever, *or if your child is under 2 months of age*, please consult your health care professional.

*Please visit my website for more information on Homeopathy:*  
<http://kristinmcgary.com/therapies/homeopathy/>

