

Fever

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A rise in the temperature of the body; frequently a symptom of infection.

Catnip Tea, Dandelion, and Lobelia- Internal Purposes: Combining Catnip Tea, Dandelion and Lobelia and making into a tea or taking as an extract has proven beneficial for reducing fevers. Lobelia can be taken alone by taking 1/2 tsp of extract or tincture every three to four hours until the fever is gone. Should this cause an upset stomach, cut back to 1/4 tsp.
Cautions: Lobelia is not to be taken on an ongoing basis.

Elderberry Tea- Internal/External- Purposes: Drinking Elderberry Tea usually promotes heavy perspiration and sweating; thus helping in reducing fevers. Hot steam baths have also been beneficial.

Hyssop, Licorice Root, Thyme, and Yarrow Tea- Internal Purposes: Make a tea combining these four herbs and drink as needed. This will promote heavy sweating and in this way reduce the fever. Cautions: Licorice is not to be used if you have high blood pressure. Not to be used on a daily basis for more than seven days at a time.

Blackthorn, Echinacea, Fenugreek Seed, Feverfew, Ginger, and Poke Root-Internal Purposes

: These six herbs all contain beneficial properties that aid in reducing fevers. Cautions: Feverfew is not to be use if you are pregnant.