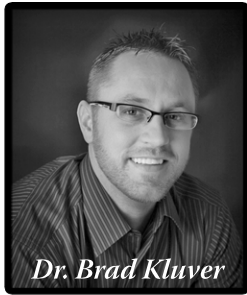


KIDS FIRST



Dr. Brad Kluver

Upper Respiratory Tract Infections

'Tis the season....

Your child is hot, flushed, has no appetite, is listless, has diarrhea or vomiting, has a runny or congested nose and sounds like your Saint Bernard. OK, so it's this flu thing - it has been "going around" you say.

These words reverberate through our office every day. Some people take peace that other children are also afflicted. There seems to be some kind of safety in numbers it seems.

The other thing that we as a society have been taught, is that this child is sick. Yes, absolutely! There is no question in our minds. This is "sickness" at its best.

But wait....

Let's look at this in some detail.

Your child has a fever. This is actually a good thing. It is your body's way of literally "burning" the bug. It is also the result

of all the necessary body activities kicked into high gear to fight for survival. All this extra work produces extra heat - Fever. It is that simple. At the same time, however, the eyes take on a glassy appearance - the result of being continually washed with tears to cool down the cornea, which is very heat sensitive. In its wisdom, your child's body may want to get rid of this germ really fast - diarrhea and vomiting comes to mind. There isn't a quicker way!

This is good!

Your child may be competing with your Saint Bernard. It is simply another portal of exit for the germs that have invaded his body. Breathing and respiration also increase - your child literally exhales the invading organism faster. You'll notice that the skin is moist and clammy - simply another method of exit for the bugs.

At the same time, however, you notice that your child has no appetite. Even his all time favorites gives them the heeby-jeebies. The reason is that his body energy is geared toward survival and is on emergency stand-by. There is no energy wasted digesting food.

You, by now, are probably thinking, "I didn't know that."

There you have it - the logic behind the scenes. Pretty amazing isn't it? In case you didn't know this, your nervous system, that amazing computer-Network complex that runs all of you, is responsible for all this marvelous activity. It is the system that causes your immune system to spring into action to protect you - any way it can. This is not "sickness." It is an expression of health. It is your body doing exactly what it needs to do, in order to regain your health.

I am not saying you have to like it, though, but it is, nevertheless, in your best interest.

When your child is feeling like this, parents have the compulsion to intervene and interfere with this process unknowingly - cough suppressants, anti-fever medication, antibiotics, etc. We have been carefully taught that a child needs these drugs to be healthy. Nonsense! Your child simply needs no interference. There are a number of things you can do, however, to help your child while his/her body is "doing its thing." Have your child checked by a chiropractor to make certain his nervous system is functioning optimally so it can handle this "sickness" thing.

Make sure you are getting sufficient amounts of Vitamin C.

Lots to drink. Water is best but kids don't like it. You can use diluted fruit juice.

Lots of rest and vegging out.

Echinacea in drop form in a bit of juice. Do for a week use Zinc lozenges as a last resort. Taste awful for kids.

In the event that your child is not improving on his own in a week, it means that his immune system is weak and crisis care may be needed. Call us.

Kluver Chiropractic *& Wellness*

Dr. Brad Kluver

"My mission is to help as many people in my lifetime as I possibly can - especially kids!"

111 First Street NE, Mount Vernon • (319) 895-6789
www.kluverchiropractic.com