



Foods to reduce fever

Eliseeva Tatyana, editor-in-chief of the EdaPlus.info project

Tkacheva Natalya, herbalist, nutritionist

E-mail: eliseeva.t@edaplus.info, tkacheva.n@edaplus.info

Abstract. High temperature is a symptom of many diseases. Accompanied by headaches, chills, body aches and loss of strength, it brings a lot of discomfort to a person who is trying in every possible way to reduce it. However, doctors and scientists insist that this is not always advisable. And they explain in detail why in their numerous publications. They also include a list of special products that can, if not knock it down, then at least alleviate the patient's condition.

Key words: food against temperature, recommendations, benefits, harm, beneficial properties, contraindications

What you need to know about temperature

Body temperature above 36-37°C is considered high. In the process of increasing, before it reaches its peak and stops, a person feels a feeling of cold, although he himself is burning. And few people know that 36.6°C is not a standard. Moreover, depending on time or various factors such as exercise, food intake or sleep, it may change, and this is absolutely normal. As a rule, body temperature is highest at 6 pm and lowest at 3 am.

By raising the temperature, our immune system tries to fight off the infection. The mechanism of its operation is quite simple: such increases lead to an acceleration of metabolism, which in turn helps to destroy pathogenic organisms in the blood.

If a person leads a healthy lifestyle, she succeeds. However, sometimes the temperature can rise too quickly. This is a serious problem that can lead to complications. In this case, it is important to take antipyretics in a timely manner and increase the amount of fluid consumed. This will allow you to quickly establish thermoregulation.

Is it always necessary to lower the temperature?

According to Western therapists, if the temperature has increased slightly, it is not worth bringing it down. After all, at this moment the immune system successfully neutralizes bacteria and viruses that provoked the disease. It is advisable to take antipyretics only if such changes cause discomfort. And also if the thermometer exceeds 38°C. Since then, it has ceased to be insignificant and requires

immediate intervention from the outside. The obtained indicators need to be rechecked every couple of hours.

By the way, the mark of 38°C is correct only for the temperature that is measured in the mouth. If a person is more accustomed to holding a thermometer under his arm, he needs to lower it by 0.2-0.3 ° C and start taking antipyretics earlier.

Under no circumstances should high fever in children be ignored. It can provoke the development of febrile convulsions, or febrile attacks in them. Most often, they appear between the ages of 6 months and 5 years and can recur with subsequent diseases accompanied by high fever.

Food at temperature

For a speedy recovery, doctors recommend following several tips, namely:

- **Increase fluid intake** during illness. This can be water or juice, the main thing is that you drink a glass every three hours. They will help not only curb the rise in temperature, but also saturate the body with vitamins and increase its defenses (in the case of juice).
- **Eat more fresh fruits.** They are quickly digested and enrich the body with useful substances. Nevertheless, it is still better to focus on grapes, apples, oranges, peaches, lemons and pineapples. But it is better to refuse any canned ones. They are rich in preservatives, which can only make the situation worse.

At very high temperatures, it is useful **to switch to easily digestible foods**. These can be steamed vegetables, vegetable soups, oatmeal, boiled eggs, yogurt [1], etc. While saturating the body with energy, they are still quickly digested, preserving its strength to fight infection.

Top 14 High Temperature Foods

1. Green tea or juice. You can replace them with water [2], compote and even harmful soda, as one famous children's doctor said. Drinking plenty of fluids is the key to success in the fight against high fever. It is appropriate even when taking antipyretics, especially since the latter are especially effective when combined with a sufficient amount of fluid. This is explained by the fact that it allows you to effectively cleanse the body of toxins and establish thermoregulation processes. It also prevents the proliferation of viruses and bacteria that prefer dehydrated cells.
2. Citrus. Oranges [3] and lemons [4] are extremely rich in vitamin C [5]. It is responsible for the functioning of the immune system and helps the body cope with infection faster. In addition, lemon helps restore lost appetite and relieves nausea. There is an opinion that 1 grapefruit, 2 oranges or half a lemon can lower the temperature by 0.3 - 0.5 ° C. However, they are allowed only if the cause of the fever is not a sore throat. Firstly, they irritate him. And, secondly, they create favorable conditions for the development of pathogenic organisms.
3. Basil. [6] It has bactericidal, fungal and disinfectant properties and is considered a natural antibiotic in many countries. Moreover, it not only eliminates fever, but also acts directly on the cause of its occurrence, helping the body heal faster.
4. Raisin. Oddly enough, it is dried grapes that effectively combat high temperatures. It contains antioxidants and vitamin C, which can enhance the body's defenses.
5. Oregano (oregano). It is used in Chinese medicine. It reduces fever, relieves nausea and indigestion. It is also used to treat respiratory diseases and throat diseases.
6. Rice. [7] It contains a lot of water (according to various sources from 40 to 90%), necessary during this period, is quickly digested and prevents diarrhea.

7. Vegetable soup is an excellent refreshing and easily digestible dish. Doctors recommend adding carrots [8] and a clove of garlic [9] to it. They help speed up metabolism and improve immunity.
8. Boiled potatoes. [10] It is quickly digested and prevents diarrhea. And the addition of black pepper and cloves [11] to it makes this dish especially effective for colds and coughs if they are accompanied by fever.
9. Apples. [12] 1 apple a day saturates the body with fluid, as well as many vitamins and minerals, including iron, which is necessary to maintain normal hemoglobin levels [13] and good immunity.
10. Boiled eggs, preferably quail. They contain a huge amount of useful substances, increase the body's defenses and are easily digestible.
11. Milk and lactic acid products. It is a source of calcium [14], which is necessary for restoring strength at high temperatures. If possible, it is better to add live yogurt or biokefir to your diet. In fact, these are probiotics that are responsible for intestinal health. But immunity depends on it. In July 2009, an interesting publication appeared in the journal Pediatrics stating that recent research had found that “probiotics are highly effective in treating fever and cough. Moreover, they act on children like an antibiotic.” But consistency is important here. The studies involved children from 3 to 5 years old who consumed live yoghurts for 6 months or more.
12. Oatmeal. [15] It is very nutritious and healthy. Saturating the body with potassium [16], sulfur, sodium, magnesium [17], phosphorus [18] and other substances, it helps strengthen the body and speed up recovery.
13. Chicken bouillon. It is a source of fluid and protein [19], which are essential for the body at high temperatures. By the way, a handful of vegetables also gives it antioxidant properties, making it especially beneficial for a weakened immune system.
14. Ginger. [20] Much has been written about this root vegetable, and there are explanations for this, since it has anti-inflammatory and strong diaphoretic properties and helps the body cope with infection, effectively reducing the temperature. Most often they drink tea with ginger. But it is useful only at low temperatures (37°C). **If it rises to 38°C or more, ginger is contraindicated!**

How else can you help the body with fever?

- Remove fatty or spicy foods from your diet. They provoke the appearance of diarrhea.
- Eat small meals 5-6 times a day. Overeating slows down the digestion process and can cause nausea.
- Avoid fried and unhealthy foods, as well as meat. The body needs to spend a lot of energy to digest them, which it could use to fight the infection.
- It is undesirable to smoke and drink alcohol, as they can only aggravate the situation.
- Regularly ventilate and moisten the room.
- Give up coffee. It reduces the body's defenses.
- Try to cool your body in every possible way by removing an extra jacket or lowering the room temperature by a few degrees.
- Reduce your consumption of sweets to a minimum. Sugar slows down the process of suppressing the virus.
- Minimize the consumption of raw foods, as they are less digestible.
- Replace tight clothes with loose and comfortable ones. During this period, the body needs to relax as much as possible, improve blood circulation and ensure sufficient oxygen supply to the lungs.

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Eliseeva Tatyana, editor-in-chief of the project EdaPlus.info

Tkacheva Natalia, phytotherapist, nutritionist

E-mail: eliseeva.t@edaplust.info, tkacheva.n@edaplust.info

Received 06/28/2020

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