

Creating Therapeutic Hyperthermia (Fever)

The goal of this therapy is to artificially induce a fever. This therapy stimulates the immune system, destroys viruses and bacteria that are sensitive to increases in body temperature, and promotes detoxification through the skin. It can be helpful in supporting you heal from both acute and chronic infections.

Contraindications & Precautions

There are some medical conditions for which this technique is contraindicated, including:

- Heart disease or vascular disease, including hypertension, high blood cholesterol, intermittent claudication, weak connective tissue (relating to high risk for plaque rupturing), etc.
- Vascular insufficiency or stasis, including blood clots, deep vein thrombosis, phlebitis, etc.
- Pregnancy
- Any condition that makes it difficult for you to sense temperature or tell if your skin is being burned.
- Dehydration

Discontinue if you feel dizzy, lightheaded, nauseous, or excessively chilled.

Acute illness, menstruation, dehydration, decreased vitality, and poor nutrition can limit your tolerance for hyperthermic treatment and in these cases, it should be undertaken cautiously.

Materials needed

- ❖ Bathtub or hot tub full of water as hot as you can stand without burning your skin
- ❖ Towels or a flannel sheet
- ❖ 2 layers of wool or blankets
- ❖ Hot water bottle
- ❖ Thermometer

Procedure

- ❖ Immerse as much of your body as possible in the tub for 5 to 20 minutes.
- ❖ Drink sips of cool water and apply cool damp clothes to your forehead and the back of your neck to help keep yourself from overheating.
- ❖ You can take your temperature every few minutes and make sure you don't go above 102° F.
If you start to feel lightheaded or feel pounding in your head, it is time to get out of the tub!
- ❖ Immediately get into a bed or couch lined with towels or a flannel sheet with at least two layers of wool blankets on top.
- ❖ Place the hot water bottle on the liver and spleen area (across the lower rib cage/upper abdomen).
- ❖ Sweat! Lie down for at least 20 minutes or fall asleep.
- ❖ After you are done, rinse off with a warm shower using soap- this will help to rinse off any sweat and the toxins that you may have just eliminated.

You can repeat this as often as daily, but it is recommended you do this at least 1-2 times per week.