

## Could Tylenol Fever Relief Be Causing Your Child Pain Somewhere Else?

It was once believed that Autism was directly connected to the MMR (Measles, Mumps, Rubella) vaccination given to children. However, the more it was researched it was suggested that maybe it wasn't the vaccine itself but the Tylenol (Acetaminophen) given to treat the fever/pain afterwards. There is a considerable amount of evidence supporting this theory, especially since 1980 when more households began treating children with Tylenol rather than Aspirin (Ibuprofen). The cause for the switch: a report put out the CDCP (Centre for Disease Control and Prevention) that stated that Aspirin was directly linked to Reye's syndrome (fatty, hardened liver, swelling of the brain, etc). This rumor has been proven to be highly untrue.

Which leads us to question whether or not treating a child's fever or cold/flu with Tylenol is really the right way to treat? We at the Woodside Clinic say no, it is not the best way to treat fever and cold/flu. We believe in supporting fevers (which help to kill off bacteria using your body's natural heat) and using natural herbal remedies to help your child's immune system battle against this illness on its own. There is however a time and place for some other methods (antibiotics) when the infection is too strong and needs to be brought down to a level their body can handle to fight off. Although once it has been brought down the herbal remedies can help prevent it from coming back. Naturopathic medicine not only helps to prevent these illnesses from becoming chronic but also helps to stop other complications from developing. For example, an ear infection treated with antibiotics helps right away but if the immune system is not repaired i.e. healthy bacteria (note: this is not the only thing) then the child is predisposed to more infections and illnesses, thus the recurrent ear infection syndrome.

What do we suggest? A visit to a Naturopathic doctor near you for proper dosing of the right herbs and vitamins to keep your child strong during illness and also to help them "nip it in the butt" next time they are presented with the infection. It can be done naturally and safely without pharmaceuticals and reduce the frequency and severity of reoccurrence.