

## 1. Fevers:

A child has a fever when the temperature is at or above one of these levels:

- 38°C measured in the bottom (rectally)
- 37.6°F measured under the arm (axillary)

An adult has a fever when the temperature is above 37.6°C (orally) – 38.1°C (rectal or ear)

### **Considerations**

Normal body temperature may change during any given day. It is usually highest in the evening. Other factors that may affect body temperature are:

- A woman's menstrual cycle. In the second part of this cycle, her temperature may go up by 1 degree or more.
- Physical activity, strong emotion, eating, heavy clothing, medications, high room temperature, and high humidity can all increase body temperature.

Fever is an important part of the body's defense against infection. Most bacteria and viruses that cause infections in people thrive best at 37.6°F. Many infants and children develop high fevers with mild viral illnesses. Although a fever signals that a battle might be going on in the body, the fever is fighting for, not against the person.

**Brain damage from a fever will not occur unless the fever is over 42°C. Untreated fevers caused by infection will seldom go over 40.5C unless the child is overdressed or trapped in a hot place.**

### **When to Contact a Medical Professional**

#### **Call a doctor right away if your child:**

Is 3 months or younger and has a rectal temperature of 38°C or higher (rectal) or 37.3°C (axillary)

Is 3 to 12 months old and has a fever of 39°C or higher

Is 2 years or younger and has a fever that lasts longer than 24 to 48 hours

Is older and has a fever for longer than 48 to 72 hours

Has a fever of 40.5°C or higher, unless it comes down readily with treatment and the person is comfortable

#### **Causes for Damp Heat:**

1. Greasy Food
2. Sweet Foods
3. Alcohol

## WAVES:

### **Dense Wave / High Frequency Continuous**

50 -100 pulse per second

- this is more sedative
- inhibits the excitability of sensory and motor nerves
- reduces stress function of the nerves for its effective in stopping pain
- release muscle and vessel spasms making it effective in treating circulation problems and nervous tension
- good for scalp acupuncture
- relieving pain, tranquilizing the mind, relieve spasm of muscle and blood vessel

### **Sparse Wave / Low frequency Continuous**

2 - 5 pulses per second

- helps the patient stay more awake its more shocking
- gives a muscle twitch
- this is more stimulating
- this is a stronger stimulation resulting in a vibrating sensation and muscle contraction
- with stronger stimulation it enhances tension to the muscle causing the muscle to contract, increasing muscle tone and strength to the ligaments
- stimulates the connective tissues (soft tissue injury)
- slower action on the sensory and motor nerves
- stimulates points, relieves muscular spasm and pain
- wei syndrome, paralysis, injury to muscle ligaments and joints

## **Please know:**

Miraculous Pivot, chapter 1:

The point at first where qi springs up (**rises**) is called the Jing Well point.  
The point where qi flows (**glides**) copiously is called the Ying Spring point.  
The point where qi flows (**pours**) like a stream is called the Shu Stream.  
The point where the qi flows more widely is called the Jing River point.  
The point where qi gathers (**enters inwards**) is called the He Sea point.

## **The Nomenclature of the Eight Extra Meridians:**

Governor Vessel (GV) Dumai 督脈/督脉

Conception Vessel (CV) Renmai 任脈/任脉

Flush Vessel (FV) Chongmai 衝脈/冲脉

Belt Vessel (BV) Daimai 帶脈/带脉

Yin Heel Vessel (Yin HV) Yinqiaomai 陰蹻脈/阴跷脉

Yang Heel Vessel (Yang HV) Yangqiaomai 陽蹻脈/阳跷脉

Yin Link Vessel (Yin LV) Yinweimai 陰維脈/阴维脉

Yang Link Vessel (Yang LV) Yangweimai 陽維脈/阳维脉

