

# Cold Sheet Therapy

## Helping the Fever do its Job



### Fevers

Fevers can cause great alarm, especially for the parents of a sick child. But do we really need to fear a fever?

While it is possible for a fever to run too high and cause injury, most people start trying to lower a fever too soon. For a fever to be effective, it needs to reach 102°. Contrary to popular belief, fevers do our bodies good. A fever is our immune system's natural way of fighting off infection. If the fever isn't allowed to do its job, our body has to find another way to clear the infection.

### Cold Sheet Therapy

Rather than using medication to lower but prolong a fever, the cold sheet therapy helps a fever do its job more effectively so it can break on its own.

The cold sheet therapy is performed by first putting the patient in hot steamy shower or bath. Just make it as warm as is tolerable, obviously being careful not to burn the patient.

Next, wrap the patient from neck to feet in a wet sheet, cocoon-style. Then, wrap them in a wool blanket. If you do not have one that is wool use two blankets.

#### Cautions:

Do not use the wet sheet therapy if the fever has already reached 104°

#### Herbs:

Diaphoretic herbs such as yarrow, elderflower, or catnip may be a helpful addition to the cold sheet therapy

Allow the patient to rest or sleep. They will begin to shiver. Soon, however, they will warm up until they are hot and sweaty. The fever may break within the hour, or it may take longer. Allow the patient to continue in this state as long as they are comfortable.

As the body works to warm the wet sheet, the body's temperature increases, helping the body boost its internal temperature to fight the infection. This method is especially helpful for overcoming a fever that has been lingering for awhile.

**1**

#### WARM

Make sure the patient begins very warm. They may be sufficiently from the fever alone, or they might need a hot shower or bath.

**2**

#### WET

Wrap the patient in a wet bed sheet, followed by 2 warm blanket, or 1 wool, and let them rest.

**3**

#### WAIT

The patient will begin to shiver, but within 30-60 minutes will be warm and sweaty.

#### References:

- Dick-Kronenberg L. The Ultimate Text In Constitutional Hydrotherapy. Spokane, WA: Carroll Institute of Natural Healing; 2012.
- Boyle WSaine A. Lectures In Naturopathic Hydrotherapy. East Palestine, Ohio: Buckeye Naturopathic Press; 1988.