

Why do we get fever?

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By Granny's Mettle

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God provided us with an ingenious body that knows what to do when something unwelcome invades it. As an animal must defend itself against enemies, so does our body fight bacteria or viruses when they try to occupy our system.

The normal body temperature of a healthy man is 98.4 degrees Fahrenheit. When bacteria, viruses, or even fungi, invade our body it usually results to an infection. When our body gets infected, its natural response is to activate cells in the immune system. These cells are called white blood cells. When they are activated, they fight these bacteria in many ways, one of which is to raise the body temperature. That's when you have a fever.

When the virus or bacteria enters the body system, they produce toxins that can directly set the body's temperature up. Meanwhile, these toxins also trigger the white blood cells to emit substances that can also increase the body temperature.

Fever then, fights off toxins when we are sick. Toxins are usually weaker than normal cells and have low tolerance to heat. When we start to sweat because of the fever, our body starts to detoxify from the viruses, tumors and other toxic cells that caused the infection. Moreover, blood circulation and respiration increases during fever. Both these processes help the body fight off the poisonous germs present in our body when we have infection.

However, fever that is persistent for a longer period of time is not good. There is a tendency for a disorder to set in the brain when the temperature continues to be high. It is therefore a big mistake to ignore fever.

So at the first signs of chills, loss of appetite, and a feeling of weakness, don't delay. It is our body's way of telling us that we are sick. It's time to go to the doctor for a dose of medical treatment and tender loving care.

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Granny's Mettle is a 30-something, professional web content writer. She has created various web content on a diverse range of topics, which includes digital printing topics, medical news, as well as legal issues. Her articles are composed of reviews, suggestions, tips and more for the printing and designing industry. For Inquiries visit <http://www.onlinehomemedicalsupply.com>

Gas Pump Fever

By Vijay Gibson

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Recalling the gas crisis twenty years ago, a songster has created a song timely for today: Cyril May's release "Gas Pump Fever" goes miles toward cheering us through the high prices and long lines:

"Gas pump fever in the gas pump line

This is gas pump fever time. And it doesn't have a vaccination for your behind It's mighty catching and its pure hell As the pain in your wallet will plainly tell. You got gas pump fever from waiting in the gas pump line"

A down to earth singer, and songwriter, Cyril May and his musical cohort Jack McDonald make a timely statement with "Gas Pump Fever", creating lyrics we sing along to, and Jack's lilting musical arrangements providing the cheerful flavor.

Though they live half a world apart, Jack in Australia and Cyril in Southern California, the music they make together brings all of us closer. So while you're in line, sing along to "Gas Pump Fever" and perhaps it won't feel quite so bad.

"Gas Pump Fever" is only one of the great songs on Cyril May and Jack McDonald's CD "Off The Beaten Track". Listen to samples of their tunes on the web site:

www.cyrilmay.com , and place your order online. For more information contact via postal mail at 266 Orizaba, Long Beach, CA 90803; 562/433-0734 or email at divingds@juno.com

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