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## Causes of brain fever

Bacterial InfectionWhen the body’s temperature increases, a person may feel cold with chills and shivering until the temperature drops. Various factors can contribute to elevating the temperature of the body. Many people believe that any rise in body temperature is afflicted with any microbe or infection. Flu and sore throat are the most common infections that increase the body’s temperature, but the infection is not the only cause for temperature. Sometimes, most uncommon factors like brain injury, reaction to drugs, tumors, or even cancer can show fever symptoms. Here are some of the causes that can cause feverBacterial InfectionThe bacterial infection is considered to be one of the most common causes of infection. The body increases its temperature as a defense mechanism to fights against the infection because bacteria survive easily at normal temperatures. In contrast, if the body’s temperature is high, it becomes hard for them to service.Almost any kind of infection can be a cause of fever. Skin infection, respiratory infections like flu and sore throat, ear infection, bone infection, sinus infection, bronchitis, or pneumonia all of these infections can give rise to fever. Some of the infections includePneumonia- Lower respiratory infections, including pneumonia and bronchitis, can show symptoms of fever. It is a bacterial infection of the lungs, which is caused by streptococcus bacteria. In this condition, it becomes very difficult for the patient to breathe. One of the symptoms of pneumonia is high temperate.Upper Respiratory Infection- Respiratory tract infection includes the infection in areas of the throat, ear, nose, and sinus. In this infection, mucus is filled in respiratory cavities like the nose and throat, and the patients suffer from headaches, cough, and fever that indicate the attack of viral infection.Infections of Genitourinary System- In this type of infection, the person has a burning sensation while urinating. The disease is characterized by the urge to urinate frequently along with back pain and fever. This indicated the infection of the bladder, kidney, or urinary tract. Antibiotics are given to kill the bacteria and infection.Reproductive Infection- This is the infection of the reproductive area of the body. The person faces discharge from the vagina or genital area. It can damage the reproductive organs.Gastrointestinal infection- This infection is characterized by diarrhea, vomiting, blood from the stool, and upset stomach—the bacterial infection results in abdominal pain and infection of the appendix, gallbladder, and liver. The person suffers from fever, for which medical care should be accessed.Circulatory System Infection- It is a bacterial infection; the person does not show any symptoms except fever. The individual can face weakness, body aches, and chills. The infection affects the heart valves and causes inflammation that requires to be hospitalized as possible.Animal Exposure- Certain people who work with animals can get a fever. This fever also occurs as a result of any exposure of the human body to animal bacteria. The bacteria can be present in livestock, unpasteurized dairy process, and in the urine of animals, resulting in infection and leading to fever and chills in humans. Fever is a symptom, not an illness, and so there’s no specific cure. But there are some useful home remedies to be found right in your kitchen. These fever-relievers may make you feel better for the duration.Home Remedies from the CupboardCream of tartar. Try this fever tea. Combine 1 1/2 teaspoons cream of tartar, 1/2 teaspoon lemon juice, 2 1/2 cups warm water, and 1/2 teaspoon honey. Drink 4 to 6 ounces at a time.Pineapple. Fresh is best. It’s one of nature’s anti-inflammatory agents that can fight fever. Pineaapple is also packed with juice that can prevent dehydration.Raisins. Put 3/4 cup chopped raisins in 7 1/2 cups water. Bring to a boil, then simmer until the water has been reduced by one-third. Drink a little of this several times a day to keep yourself hydrated during a fever.Home Remedies from the FreezerPopsicles. These can reduce the risk of dehydration. Fruit juice bars are good, too. This can be an especially handy way to keep fluids in small children.Home Remedies from the RefrigeratorApple water. It tastes good, relieves the miseries of fever, and keeps the body hydrated. To make it, peel, skin, core, and slice 3 sweet apples. Put them in a pan with 3 3/4 cups water. Bring to a boil, then simmer until the apples are barely mushy. Remove, strain without pressing apple puree into the liquid, and add 2 tablespoons honey. Drink and enjoy.Blackberry vinegar. This is a great fever elixir, but it takes several days to prepare. Pour cider vinegar over a pound or two of blackberries, then cover the container and store it in a cool, dark place for three days. Strain for a day, since it takes time for all the liquid to drain from the berries, and collect the liquid in another container. Then add 2 cups sugar to each 2 1/2 cups juice. Bring to a boil, then simmer for 5 minutes while you skim the scum off the top. Cool and store in an airtight jar in a cool place. Mix 1 teaspoonful with water to quench the thirst caused by a fever.Fruit juice. It will replace the fluids lost through sweating. Lemonade is a good choice, too.Lettuce. Pour a pint of boiling water over an entire head of lettuce and let it steep, covered, for 15 minutes. Strain, sweeten the liquid to taste, and drink. In addition to keeping you hydrated, this lettuce infusion may help you sleep better.Home Remedies from the SinkWater. Drink lots of it to prevent dehydration. Sponging the body with lukewarm water can relieve fever symptoms, but it’s recommended that you use fever-reducing medication first to reduce the possibility of chills and shivering. Do not use cold water or ice on the body.Home Remedies from the Spice RackBasil. Mix 1 teaspoon basil with 1/4 teaspoon black pepper. Steep in 1 cup hot water to make a tea. Add 1 teaspoon honey. Drink two to three times a day.Oregano. A tea made from a mixture of some spice-rack staples can help reduce fever. Sleep 1 teaspoon each of oregano and marjoram in a pint of boiling water for 30 minutes. Strain, and drink warm a couple times a day. Refrigerate unused portion until needed, then gently warm.Now you’ve got some great ideas to help you fight a fever the next time you come down with something. For more information on conditions commonly associated with fever, try the following links.ABOUT THE AUTHORS:Timothy Gower is a freelance writer and editor whose work has appeared in many publications, including Reader’s Digest, Prevention, Men’s Health, Better Homes and Gardens, The New York Times, and The Los Angeles Times. The author of four books, Gower is also a contributing editor for Health magazine.Alice Lesch Kelly is a health writer based in Boston. Her work has been published in magazines such as Shape, Fit Pregnancy, Woman’s Day, Reader’s Digest, Eating Well, and Health. She is the co-author of three books on women’s health.Linnea Lundgren has more than 12 years experience researching, writing, and editing for newspapers and magazines. She is the author of four books, including Living Well With Allergies.Michele Price Mann is a freelance writer who has written for such publications as Weight Watchers and Southern Living magazines. Formerly assistant health and fitness editor at Cooking Light magazine, her professional passion is learning and writing about health.ABOUT THE CONSULTANTS:Ivan Oransky, M.D., is the deputy editor of The Scientist. He is author or co-author of four books, including The Common Symptom Answer Guide, and has written for publications including the Boston Globe, The Lancet, and USA Today. He holds appointments as a clinical assistant professor of medicine and as adjunct professor of journalism at New York University.David J. Hufford, Ph.D., is university professor and chair of the Medical Humanities Department at Pennsylvania State University’s College of Medicine. He also is a professor in the departments of Neural and Behavioral Sciences and Family and Community Medicine. Dr. Hufford serves on the editorial boards of several journals, including Alternative Therapies in Health & Medicine and Explore.This information is solely for informational purposes. IT IS NOT INTENDED TO PROVIDE MEDICAL ADVICE. Neither the Editors of Consumer Guide (R), Publications International, Ltd., the author nor publisher take responsibility for any possible consequences from any treatment, procedure, exercise, dietary modification, action or application of medication which results from reading or following the information contained in this information. The publication of this information does not constitute the practice of medicine, and this information does not replace the advice of your physician or other health care provider. Before undertaking any course of treatment, the reader must seek the advice of their physician or other health care provider. URL of this page: A fever is a body temperature that is higher than normal. A normal temperature can vary from person to person, but it is usually around 98.6 °F (37 °C). A fever is not a disease. It is usually a sign that your body is trying to fight an illness or infection. Infections cause most fevers. You get a fever because your body is trying to kill the virus or bacteria that caused the infection. Most of those bacteria and viruses do well when your body is at your normal temperature. But if you have a fever, it is harder for them to survive. Fever also activates your body’s immune system. Other causes of fevers include Treatment depends on the cause of your fever. If the fever is very high, your health care provider may recommend taking an over-the-counter medicine such as acetaminophen or ibuprofen. Adults can also take aspirin, but children with fevers should not take aspirin. It is also important to drink enough liquids, to prevent dehydration. ClinicalTrials.gov: Fever (National Institutes of Health) The information on this site should not be used as a substitute for professional medical care or advice. Contact a health care provider if you have questions about your health. Typhus fevers are a group of diseases caused by bacteria that are spread to humans by fleas, lice, and chiggers. Typhus fevers include scrub typhus, murine typhus, and epidemic typhus. Chiggers spread scrub typhus, fleas spread murine typhus, and body lice spread epidemic typhus. The most common symptoms are fever, headaches, and sometimes rash. We include products we think are useful for our readers. If you buy through links on this page, we may earn a small commission. Here’s our process. How the human brain worksThe human brain is an intricate organ. At approximately 3 pounds, it contains about 100 billion neurons and 100 trillion connections. Your brain is command central of all you think, feel, and do.Your brain is divided into two halves, or hemispheres. Within each half, particular regions control certain functions.The two sides of your brain look very much alike, but there’s a huge difference in how they process information. Despite their contrasting styles, the two halves of your brain don’t work independently of each other. Different parts of your brain are connected by nerve fibers. If a brain injury severed the connection between sides, you could still function. But the lack of integration would cause some impairment.The human brain is constantly reorganizing itself. It’s adaptable to change, whether it’s physical or through life experience. It’s tailor-made for learning.As scientists continue mapping the brain, we’re gaining more insight into which parts control necessary functions. This information is vital to advancing research into brain diseases and injuries, and how to recover from them.Share on PinterestThe theory is that people are either left-brained or right-brained, meaning that one side of their brain is dominant. If you’re mostly analytical and methodical in your thinking, you’re said to be left-brained. If you tend to be more creative or artistic, you’re thought to be right-brained.This theory is based on the fact that the brain’s two hemispheres function differently. This first came to light in the 1960s, thanks to the research of psychobiologist and Nobel Prize winner Roger W. Sperry.The left brain is more verbal, analytical, and orderly than the right brain. It’s sometimes called the digital brain. It’s better at things like reading, writing, and computations.According to Sperry’s dated research, the left brain is also connected tologicsequencinglinear thinkingmathematicsfactstinking in wordsThe right brain is more visual and intuitive. It’s sometimes referred to as the analog brain. It has a more creative and less organized way of thinking.Sperry’s dated research suggests the right brain is also connected to:imaginationholistic thinkingintuitionartsrhythmnonverbal cuesfeelings visualizationdaydreamingWe know the two sides of our brain are different, but does it necessarily follow that we have a dominant brain just as we have a dominant hand?A team of neuroscientists set out to test this premise. After a two-year analysis, they found no proof that this theory is correct. Magnetic resonance imaging of 1,000 people revealed that the human brain doesn’t actually favor one side over the other. The networks on one side aren’t generally stronger than the networks on the other side.The two hemispheres are tied together by bundles of nerve fibers, creating an information highway. Although the two sides function differently, they work together and complement each other. You don’t use only one side of your brain at a time.Whether you’re performing a logical or creative function, you’re receiving input from both sides of your brain. For example, the left brain is credited with language, but the right brain helps you understand context and tone. The left brain handles mathematical equations, but right brain helps out with comparisons and rough estimates. General personality traits, individual preferences, or learning style don’t translate into the notion that you’re left-brained or right-brained.Still, it’s a fact that the two sides of your brain are different, and certain areas of your brain do have specialties. The exact areas of some functions can vary a bit from person to person.According to the Alzheimer’s Association, keeping your brain active may help increase vitality and possibly generate new brain cells. They also suggest that a lack of mental stimulation may increase the risk of developing Alzheimer’s disease.Here are a few tips to keep your brain stimulated:In addition to thinking exercises, your brain benefits from a good physical workout. Just 120 minutes of aerobic exercise a week can help improve learning and verbal memory.Avoid junk food and be sure to get all the essential nutrients you need through diet or dietary supplements. And, of course, aim for a full night’s sleep every night.If you’re trying to nourish your creative side, here are a few ways to get started:Read about and listen to the creative ideas of others. You might discover the seed of an idea you can grow, or set your own imagination free.Try something new. Take up a creative hobby, such as playing an instrument, drawing, or storytelling. A relaxing hobby can help your mind wander to new places.Look within. This can help you gain a deeper understanding of yourself and what makes you tick. Why do you gravitate toward certain activities and not others?Keep it fresh. Break your set patterns and go outside your comfort zone. Take a trip to a place you’ve never been. Immerse yourself in another culture. Take a course in a subject you haven’t studied before.Even something as creative as music takes time, patience, and practice. The more you practice any new activity, the more your brain adapts to the new information.Want to boost your creativity? Give adult coloring books a try.Whether you’re working out a complicated algebraic equation or painting an abstract work of art, both sides of your brain are actively participating and providing input.You’re not truly left-brained or right-brained, but you can play to your strengths and continue broadening your mental horizons. A normal, healthy brain is capable of lifelong learning and boundless creativity.Read this article in Spanish.

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