Glandular fever recovery



Glandular fever is a virus that often affects young adults. Initially someone with glandular fever will feel tired, have a sore throat, enlarged tonsils and probably lose their appetite. This virus is easily tested for on a blood test, and the most common advice is to stop and rest until you feel better. This is definitely important, but sometimes it can still take months of resting for an improvement to occur. Natural medicines are very effective at treating this kind of virus, and for the most part, the naturopath will work on a convalescent type approach, which is supportive to bed rest, but allows the body to respond faster and recover more fully.

**Naturopaths top 5 tips for glandular fever recovery:**

1. **Prescription of herbs and nutrients:** these fight the virus, support the drainage of the glands and rebuild energy. YEP tea – yarrow, elder and peppermint is great for the symptoms and fever of glandular fever.
2. **Increase foods to support the appetite:** This is really important because if you don’t eat enough you will be tired and you won’t have enough nutrients to allow the immune system to do it’s job effectively. Increase ginger, chicken soups,hot lemon and honey tea, spicy pumpkin soup and fresh juices with beetroot, carrot and celery as well as red meat stews.
3. **Eliminate foods that compromise the immune system:** sugar, fatty foods, caffeine and refined white carbohydrates all deplete the immune system and make recovery slow. It is important to avoid these foods until you are completely recovered,
4. **Support the liver:** Glandular fever is a virus that lies dormant in the liver and progresses to the throat when you are run down. To protect your liver from the virus, increase the above herbs, foods and nutrients.
5. **Continue to rest even once you feel your energy returning and follow up with a stress management plan.** The main reasons we see GF relapsing, is because someone has not managed their stress well or has hit the exercise too fast, too soon. We can work with you to devise a program that supports your exercise and lifestyle needs, at the right time.

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