



## What is Chickenpox?

[Chickenpox](#) is a highly contagious, yet common disease caused by the varicella-zoster virus. It develops into an itchy rash with an outbreak of blisters that occurs on the scalp, face and torso. It is usually a **mild illness which occurs in children** but can also cause serious complications in teenagers, adults, pregnant women, newborns and people with weak immune systems.

Symptoms may appear between 10 and 21 days of the time of exposure to the virus. [Chickenpox](#) affects approximately 4 million people per year, predominantly children.

## Symptoms and signs

The most common symptoms and [signs of chickenpox](#) include:

- Mild fever
- Headache
- Body aches and pains
- Abdominal pain or loss of appetite
- Flu-like symptoms such as a runny nose, sore throat, mild cough the first two days before the rash appears
- Rash (red spots)
- Itching
- Blisters filled with liquid which develops into scabs

## What Causes Chickenpox?

The [chickenpox](#) virus is contagious and spreads easily from person to person. It can be transmitted through direct contact with the rash or when an infected person sprays droplets into the air during coughing or sneezing.

People with [chickenpox](#) can **spread the virus during the first 2 to 5 days** before the rash appears - they are most contagious from the day before and for the first few days after the rash appears.

## How is Chickenpox Diagnosed?

The [diagnosis of chickenpox](#) is based on the physical symptoms, particularly the **presence of a distinctive rash** on the body. If you experience complications such as the rash spreading to the eyes or the rash becoming warm or tender, consult your doctor immediately.



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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

In addition, if the **rash is accompanied by a fever** higher than 103F, dizziness, tremors, vomiting, loss of muscle co-ordination or coughing that worsens, get immediate medical attention.

## Help and Treatment for Chickenpox

Treatment generally depends on your age, personal health and the severity of the illness. Healthy children seldom require medical treatment and **home rest is usually sufficient**.

Drink plenty of liquids such as water, juice or soup, particularly if there is fever. To bring the fever down, acetaminophen (Tylenol) may be administered – remember to **never give aspirin to children** as it may increase the risk of Reye's disease.

**Apply calamine lotion** to the skin to relieve itching, keep the [skin](#) cool with compresses and lukewarm, oatmeal baths. Your health practitioner may also prescribe an antihistamine to reduce the itching.

### *What complications can occur during chickenpox?*

People with a **high risk of complications** from [chickenpox](#) such as pregnant women, newborn infants or those with weakened immune systems **need immediate medical attention** if exposed or develop [chickenpox](#). They may be prescribed antiviral drugs such as acyclovir or intravenous immune globulin (IGIV).

Other complications that may result from [chickenpox](#) include **bacterial infections of the skin**, pneumonia or inflammation of the brain (encephalitis). If you have had [chickenpox](#) as a child, there is a likelihood of developing shingles (when some of the varicella-zoster virus remains in the nerve cells and reactivates and surfaces as shingles).

[Chickenpox](#) can also cause **serious complications during pregnancy**. When the infection occurs early in the pregnancy or just before the birth, a number of problems such as low birth weight, fetal abnormalities such as limb abnormalities, neurological damage and scarring of the internal organs can develop.

### *Can chickenpox be prevented?*

The easiest way to [prevent chickenpox](#) is to get the **chickenpox (varicella) vaccine**. The vaccination provides protection in 90% of young children who receive it. This vaccine is recommended for young children, unvaccinated older children and adults who have never had [chickenpox](#) but may have a **high risk of exposure**.

Young children receive two doses of the varicella vaccine. The first dose is administered between the ages 12 and 15 months and the second between ages 4 and 6 years as part of the routine childhood immunization schedule.

Children aged between 7 and 13 years and older who have not been vaccinated are required to receive two catch-up doses of the varicella vaccine.

Adults who have never had [chickenpox](#) or been vaccinated should receive two



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### **Michele Carelse, Clinical Psychologist**



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

doses of the vaccine. People who have an **increased risk of been exposed** should also receive the vaccine – these include individuals who have professions as teachers, health care workers, child care employees, women of childbearing age and adults who live with young children.

Most people who have had [chickenpox](#) do not require the vaccine as an episode of [chickenpox](#) makes an individual develop immunity to the virus for life.

Natural treatments have also proven to be highly effective in **relieving the symptoms of chickenpox**. Herbal and homeopathic remedies are gentle, effective and suitable for children to use. Use herbal ingredients such as Melissa Officinalis (Lemon Balm), Scutellaria Laterifolia (Scullcap) and Echinacea purpurea as a nerve relaxing tonic and **immune system booster**.

Other well known herbs such as Calendula Officinalis (Marigold), Hamamelis Virginianum (Witchhazel), Stellaria Media (Chickweed) and Verbena Officinalis (Vervain) contain **soothing and restorative properties** to help relieve angry skin.

## Tips to relieve the discomfort of chickenpox

There are a number of things that you can do to make yourself or your child feel more comfortable. These helpful tips include:

- Do not scratch as scratching causes scarring and increases the risk of infection
- Keep fingernails short and clean to avoid scratching
- Cover hands with gloves to prevent scratching
- Add baking soda or oatmeal to a cool bath to relieve [itching](#)
- Use cool compresses to ease the discomfort of itching
- Get plenty of bed rest
- Eat soft, bland foods such as soups, scrambled egg, jello if [chickenpox](#) develops in the mouth or and avoid acidic or salty foods

## The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is

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encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have



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grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

## **Related Natural Remedies:**

**Chikkie Spot Drops:** Natural sleep tonic for a restful night

Chikkie Spot Drops is a 100% safe and natural remedy formulated for children that helps to **promote comfort and wellness**. Providing support for the immune system and promoting a peaceful demeanor, Chikkie Spot Drops can make all the difference.

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Like all Native Remedies products, Chikkie Spot Drops is 100% natural, and manufactured according to the highest pharmaceutical standards. Individual ingredients are well-researched and have been specially chosen for their high safety profile in children's remedies.

[Learn more about Chikkie Spot Drops](#)

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Chikkie Spot Soother is a **topical herbal and homeopathic cream that is 100% safe and natural**. Especially formulated to soothe the skin, Chikkie Spot Soother is also an **excellent skin tonic for all ages**, especially children.

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[Learn more about Chikkie Spot Soother](#)

Read the testimonials for these quality products [here!](#)

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1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

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