



What is Measles?

Measles is a **highly contagious** viral disease and is sometimes also referred to as Rubeola. Symptoms and signs of measles include a hacking cough, fever, watery eyes and runny nose, as well as a rash. A characteristic feature of measles is the development of Koplik's spots – small red spots with blue-white centers that appear inside the mouth. **Sensitivity to bright lights** is another common feature in children who have measles.

Measles is **best known for the full-body rash it causes**. This rash usually has a reddish-brown blotchy appearance and initially surfaces on the face, around the ears, and on the neck. Within three days, it then spreads to the rest of the face, neck, body and then on to the feet. The rash lasts for about a week.

Diagnosing Measles

The diagnosis of measles is based on the physical symptoms presented, especially the characteristic rash. In some cases, measles may lead to other health complications such as croup, bronchitis, pneumonia, pink eye, myocarditis, and encephalitis. Secondary ear and bacterial infections may also occur.

The measles vaccine, together with the mumps and rubella (German measles) vaccines (MMR), should be administered to **prevent and protect against the disease**. A booster dose is generally administered around the age of 4 or 5 years old.

Infants who have not been immunized may receive the measles vaccine within 72 hours of exposure to the virus. However, there has been controversy surrounding the MMR immunization— it has been linked to autism— most likely related to the inactive ingredients originally found in the vaccine.

What Causes Measles?

It is a very common but dangerous childhood disease caused by the paramyxovirus. Because of widespread immunization, the number of children who contract measles has declined dramatically. When cases of measles do occur, it is generally because **children have not been vaccinated**, their immunity has diminished since they received the vaccine, or they have weakened immune systems.

The measles virus is spread by the **transfer of droplets from the nose, throat and mouth** of someone who is in the early stages of the disease. The droplets are sprayed into the air during sneezing and coughing. Measles can also be

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

transmitted through direct contact with the nasal and throat secretions of an infected person. Objects or personal items used by the infected person will also be contaminated with the [measles virus](#).

Help for Measles

Pregnant women, infants younger than one year old, as well as those with a weakened immune system who contract the [measles virus](#) may be given a protein (antibody) injection called hyper-immune gamma globulin within 5 days of exposure to the virus to combat infection. This **injection can prevent measles** from developing or lessen the symptoms. Children with [measles](#) should be kept in bed at home until they recover fully.

Home treatment is usually the only treatment needed for [measles](#). In short, you have to let the virus run its course. [Measles](#) is highly contagious, and it is crucial that the **person infected be kept isolated** until fully recovered. The period of isolation is normally from about four days before the rash breaks out, until four days after. Generally, children may resume their normal activities after 7 to 10 days once the rash and fever have disappeared.

Conventional Medicines

Medications that may be taken to relieve symptoms such as a fever include acetaminophen and non-steroidal anti-inflammatory drugs. It is also important to remember that children should not be given aspirin for fear that they may develop a potentially fatal disease known as Reye's Syndrome. Antibiotics may be prescribed by your doctor if you develop a **secondary bacterial infection** such as an ear infection or pneumonia.

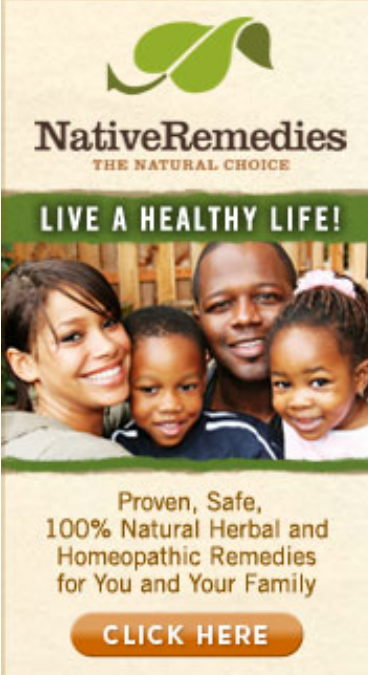
Natural Remedies

Natural treatments have also proven to be highly effective in relieving the [symptoms of measles](#). Herbal and homeopathic remedies are gentle and suitable for children to use. Use herbal ingredients such as Echinacea purpurea and Astragalus membranaceus for their **antiviral properties and tonic effect** on the immune system.

In addition, herbs such as Inula helenium are effective as a respiratory tonic, while Withania somnifera assists with recovery, energy, and stamina. Furthermore, nature has a few handy remedies to soothe itching and calm irritated skin from the inside out, such as the bichemic tissue salts Kalium sulphate and Kalium muriaticum.


Helpful Tips for Children with Measles

- Make sure children with [measles](#) drink plenty of fluids like water, juice, tea or lemonade during this period, as children in particular become dehydrated very quickly.
- Use a humidifier to relieve the symptoms of a cough and sore throat.
- It is quite likely that bright lights may bother children – so dim the lights, close the curtains, and keep them as comfortable as possible.
- Children should also get as much as rest as possible.



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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.

- Children should not scratch the rash, however hard this may be!
- Vitamin A has been linked to reducing the severity of [measles](#) – ensure your child eats plenty of food rich in Vitamin A such as fish, liver, egg yolks, dark green leafy vegetables and yellow fruits.

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 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

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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 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:

Immunity Plus: For full immune system support for adults and teens

ImmunityPlus is a 100% safe, non-addictive natural herbal remedy formulated to safely maintain the **health and systemic balance of the immune system**, without harmful side effects and stimulants.

ImmunityPlus contains a selection of herbs known for their supportive function in maintaining immune system health and well-being. It supports the healthy functioning of the immune system, thereby helping to maintain the **natural defense against pathogens** and optimum performance.



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As we grow older, we sometimes begin to notice that our immune systems are not as good as they used to be. ImmunityPlus can especially benefit those individuals needing to support routine immune strength to guard against common conditions associated with the maturing of cells.

ImmunityPlus can be used consistently, without compromising health and **not causing serious side effects**, to help maintain the body's natural ability to fight viral and bacterial infections-- while also supporting healthy convalescence.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bioavailability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Immunity Plus](#)

Kiddie Boost: Support healthy immune functioning in children.

KiddieBoost is a 100% safe and natural formula containing carefully selected herbal ingredients known for their **tonic effects on the immune system**, as well as their high safety profile in children's remedies, compared to possibly harsh antibiotic side effects in children.

When children attend school, daycare, or preschool, they are particularly prone to picking up viruses and bugs. To help protect their immune systems, KiddieBoost has been specifically formulated to **strengthen child's immune system** from the age of 12 months. KiddieBoost comes in a convenient drop formula that is easy to administer to children.

KiddieBoost is developed with care by our team of specialists, is 100% natural, and manufactured according to the highest pharmaceutical standards using the **whole spectrum method** of herbal extraction.

This method ensures the bioavailability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly **reduces the likelihood of side effects** and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Kiddie Boost](#)

Skin Dr.: Helps maintain lymphatic functioning, promoting blemish-free healthy skin.

Skin Dr. is a combination of selected herbs and biochemic tissue salts known for their **ability to cleanse and purify the entire system**, supporting healthy lymphatic functioning, as well as the health and integrity of all cells and layers of the skin.

Taken internally, Skin Dr. tablets help to maintain balance and hydration of the skin, as well as the supply of oxygen at cellular level. In addition, **routine removal of old skin cells and the natural regenerative processes of the skin are also supported.**

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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.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

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