



What is Mumps?

Before the introduction of the vaccination, Mumps was a **common childhood illness** that affected up to 200,000 people in the United States each year. While the prevalence of the illness has drastically decreased, mumps still occurs, especially in third world countries, and tends to come in waves or epidemics where a number of people are affected over a short period of time.

Mumps is a viral infection that primarily affects the **salivary glands causing them to become inflamed**, resulting in the characteristic “chipmunk cheeks” that are commonly associated with the illness.

As with most childhood illnesses, mumps is usually a fairly mild illness in children and tends to be far worse if contracted in adulthood. Adults are also more likely to develop complications such as infertility deafness, or to suffer a miscarriage. Although mumps can cause some serious consequences, most children recover swiftly without complications with in 10 -12 days.

Diagnosing Mumps

If you suspect that you or your child may have mumps it's important to see a health care professional. Your doctor will perform an examination and ask for a full description of the symptoms. He may also recommend blood tests or a viral culture to confirm a diagnosis.

The most characteristic symptom of mumps is the **swelling of the parotid glands**; commonly know as the salivary glands which are found towards the back of each cheek, in the area between the ear and jaw. This swelling can either be unilateral or bilateral. Other common symptoms include:

- Fever often up to 103 degrees Fahrenheit
- Headache
- Sore throat
- Sore face and/or ears
- Loss of voice occurs in some cases

Mumps can also lead to a number of complications. While these complications are not very common, it is important for parents to **closely monitor children with mumps** and call the doctor should complications arise or a very high fever develops. Complications tend to be more common in cases of adult mumps. Complications include:

- Encephalitis (inflammation of the brain)



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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.

- Meningitis (inflammation of the lining of the brain and spinal cord)
- Orchitis (inflammation of the testes) which in rare cases can lead to male infertility.
- Inflammation of the ovaries which may lead to female infertility.
- Inflammation of the pancreas
- Hearing loss

What causes Mumps?

Like measles, **mumps is caused by a paramyxovirus** which is easily spread from person to person through saliva droplets. These droplets can be breathed in after an infected individual sneezes coughs, yawns or the saliva can be transferred to objects such as eating utensils or cups.

Because **mumps** is as contagious as the flu, it is important to stay in bed and avoid contact with others to prevent the spreading of the disease. People with **mumps** are usually most contagious from 2 days before symptoms begin until 6 days after they end.

Help for Mumps

Because **mumps is caused by a virus**, it cannot be treated with antibiotics, and so the best treatment is a combination of bed rest, symptom relief and naturally boosting the immune system as it is this that will eventually fight off the virus. Parents should monitor their child's fever and watch out for any complications that may develop.

Your doctor may recommend some over-the-counter medications to help **relieve symptoms** such as high fever or sore throat, however it is always advisable to research all side-effects and precautions of any synthetic medications as many come with side-effects. Aspirin in particular should not be given to children during a viral infection as complications such as Reye Syndrome have been documented.

Natural Herbal and Homeopathic Remedies related to [Mumps](#)

Mumps is one of those illnesses you have to let run its course. Eventually your immune system "System" will nurse your body back to health. While there is little your doctor can do to help, there are **natural ways to boost the immune system** thus encouraging faster recovery and fewer complications.

Herbal and homeopathic remedies have long been known for their immune boosting qualities and herbal ingredients such as Echinacea purpurea, Astragalus membranaceus, Inula helenium and Withania somnifera, can **naturally support the body's own defense mechanisms**.

These herbs are thus commonly used to **strengthen and assist the immune system** to promote faster recovery and are well known for their antiviral, antifungal and antibacterial properties, making Mother Nature the best nurturing force to restore the body's natural balance and health.

Tips caring for your child with Mumps



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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.

- Bed rest is the best treatment for anyone with mumps so it's important to keep your child in bed until the fever subsides. Plan a few fun activities such as videos, books and puzzles so your child doesn't get too bored or frustrated – as kids tend to struggle with concentration and attention span.
- Use a warm moist or cool towel over your child's neck to soothe the pain of swollen glands.
- Keep your child isolated from friends and family members to prevent the spreading of the disease.
- Prepare enticing foods that provide good nutrition and promote an increase in appetite so that your child will enjoy eating and get the nutrients they need to recover. Soft foods and foods that do not require too much chewing such as soup or mashed potatoes will be easier for your child to eat.
- Make sure your child gets plenty of fluids. Regular cool drinks will also help ease the pain of a sore throat.
- Avoid sour foods or citrus drinks as these stimulate the salivary glands.
- Monitor your child closely for any signs of complications such as pain and swelling of the testes, abdominal pain, and high fever.

More Information on Mumps

Mumps is **preventable with the use of vaccination**. Most children are inoculated against the illness as a part of the Measles, Mumps and Rubella (MMR) injection – with many kids getting a booster shot when they start school. There is a great deal of controversy and contradictory scientific evidence surrounding vaccinations and so it is important to research the facts and make an informed choice as to what is the best option for your child's health.

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

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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 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



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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.

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

herbal & homeopathic remedies:

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.

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.

6) We offer an unconditional [One Year Money Back Guarantee](#).

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](#)

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



[**Read more about the Native Remedies Full Spectrum Approach™**](#)

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