



What is Rubella?

Rubella, more commonly known as German measles, is an **infection caused by the rubella virus**. Rubella is highly contagious and primarily affects the skin and lymph nodes. Rubella is usually spread through droplets in the air when an infected person coughs or sneezes. While **the symptoms of Rubella** are similar to those present in measles, the illnesses are caused by two totally different viruses and Rubella comes with an added danger to pregnant women.

While it is generally considered a mild illness in children, Rubella can pass through a **pregnant woman's bloodstream** to infect her unborn child (a congenital infection) making it a potentially devastating disease for pregnant women to contract.

Congenital rubella syndrome can cause severe consequences such as miscarriage, growth and mental retardation, deformities of the heart and eyes, deafness and even liver, spleen, and bone marrow problems.

Once infected with Rubella, it can take between 1 and 2 weeks before symptoms develop. Starting with a mild fever and **swollen and tender glands**, a characteristic itchy pink rash develops along with flu-like symptoms. Other symptoms include:

- Headache
- Sore throat
- Stuffy or runny nose
- Red or inflamed eyes
- Enlarged and tender lymph nodes at the base of the skull, the back of the neck and behind the ears
- Aching joints, a symptom common in young women
- Loss of appetite
- Conjunctivitis

For many children, **the symptoms of Rubella** are mild and may even go unnoticed. Adults however tend to get more ill with Rubella and may experience more severe symptoms as well as a longer recovery time.

Diagnosing Rubella

It is important to contact your medical practitioner if you think you or your child has been exposed to rubella, or are showing **symptoms that may indicate rubella**. While medical attention may not be necessary, if your doctor confirms Rubella, it is essential to stay clear of those people who may spread the virus to a

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pregnant woman. Your doctor will be able to make a diagnosis by examining the rash and sending a blood sample off to the lab.

If blood tests reveal the **presence of rubella antibodies**, it is likely that you have [rubella](#) or have previously been inoculated against it. If pregnant, you should contact your doctor immediately if you think you may have been exposed to the virus. **Blood screening tests** will be able to determine if you have had the illness as a child or had the vaccination which should mean that you are immune to the virus.

What causes Rubella?

As mentioned, [Rubella](#) is caused by the [rubella virus](#) which is transmitted through droplets in the air or direct contact. This makes [rubella](#) **highly contagious as an infected individual** only has to sneeze, cough or yawn to send these infected droplets into the air which are then breathed in by others.

People with [rubella](#) are most contagious from 1 week before they even know that they are ill, until 1 week after the rash appears, and so they should make sure to stay clear of people in contact with pregnant women during this period. An infected person who does not show any symptoms at all can still pass the virus to others.

Because most children are now vaccinated against [Rubella](#), it has become fairly rare in the United States, and complications resulting from congenital [rubella](#) are not as serious as they used to be.


Help for Rubella

[Rubella](#) is one of those illnesses that doctors can do little about, and unless complications arise, the best thing you can do is to get plenty of bed rest and wait for the virus to run its course. [Rubella](#) cannot be **treated with antibiotics** because they are ineffective against viral infections and so your doctor may simply recommend over-the-counter medications to help deal with your symptoms such as acetaminophen or ibuprofen.

A common misconception is that these OTC medications are all safe for your child, but be sure to **research all side-effects and precautions**. It is also not advisable to give your child aspirin during a viral infection as complications have been documented. Bed rest, fever monitoring, a healthy diet and plenty of fluids are still the best treatment.


Fighting off any illness requires a strong and efficient immune system, and so it makes perfect sense to dose up with a few ingredients from nature's first aid box when illness strikes. Some herbal and homeopathic remedies have long been known for their immune boosting qualities such as Echinacea purpurea, Astragalus membranaceus, Inula helenium and Withania somnifera.

These herbs are commonly used to **strengthen and assist the immune system** to promote faster recovery and are well known for their antiviral, antifungal and antibacterial properties. By boosting the immune system naturally, the body is able to quickly and effectively kill off the [rubella](#) virus making recovery



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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.

time faster and symptoms less disruptive.

More Information on Rubella

[Rubella](#) can be easily prevented with a [rubella vaccine](#). While you may think that [Rubella](#) is not too serious for your child, immunization is critical in order to control the **spread of the disease** and the incidence of congenital [rubella syndrome](#).

The vaccine is generally given to children between 12 to 15 months of age as part of the measles-mumps-[rubella](#) (MMR) immunization, although a single [rubella vaccination](#) can be requested if you are hesitant about the MMRI.

Be sure to research the advantages and disadvantages of all vaccinations. There is a great deal of controversy and contradictory scientific evidence and so it is important that you research the facts and make an informed choice as to what is the best option for your child's health.

Tips for caring for your child with Rubella:

- [Rubella](#) like most of the childhood illnesses requires lots of love and attention, bed rest and immune boosting measures. Make sure your child gets sufficient nutrients and plenty of liquids while ill.
- Keeping a sick child in bed is not always easy, so arrange for some quiet activities that do not require running about. DVD's, books, puzzles and coloring/activity books always work wonders!
- Use a warm moist towel over your child's neck to soothe swollen glands.
- If you notice your child scratching the rash, make sure that nails are trimmed short to prevent injury. Apply calamine lotion or another soothing lotion to the rash if it is itchy or uncomfortable.
- Keep your child isolated from friends and family members who have not been inoculated. This is especially important for pregnant mothers.

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:

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.

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](#).

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](#)

KiddieCool: Soothes irritability and restlessness, and promotes the effectiveness of child's natural cooling methods

KiddieCool is a 100% safe and natural herbal remedy especially formulated to **maintain a normal temperature in children and soothe common fretfulness**. KiddieCool acts as a supportive tonic to maintain your child's natural regulatory processes, and also helps to promote healthy sleep patterns.

KiddieCool comes in a **convenient drop formula** that is mixed in water or juice, and is easy to measure and administer to children of all ages.

[Learn more about KiddieCool](#)

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**.

[Learn more about SkinDr.](#)

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