

German Measels

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GERMAN MEASELS (Rubella)- Another name for this disorder is 3-day measles. This is an infection that primarily targets the skin and the lymph nodes. The cause of German Measles is the rubella virus. Thankfully, due to vaccination programs, this disease is kept much more in control than was evidenced back in 1969.

Catnip Tea or Garlic Enemas- Internal Purposes: If fever should be present, drinking Catnip Tea or using Garlic Enemas can take the fever down.

Clove & Peppermint Tea- Internal Purposes: Symptomatic relief can be obtained from both Clove and Peppermint Tea.

Maitake, Shiitake, and Reishi Mushrooms- Internal Purposes: These three herbs are immune system boosters.

Goldenseal Extract/Echinacea Extract- Internal Purposes: Using alcohol-free goldenseal extract under the tongue can assist in removing bacteria and viruses, as well as ease coughing. Another method would be to get a goldenseal/echinacea extract combination readily available at any health food store. Echinacea is thought to be helpful in treating the immune system.
Dosage: 3 drops 3 x daily for children 3-10 years of age; 1 dropperful 3 x daily for children over 10 and adults. Keep the extract under the tongue for a few seconds before you swallow it. Use for 3 days Cautions: If you are pregnant, do not use goldenseal. Also limit your use of goldenseal to 7-day treatments.