

Meningitis

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There are two types of meningitis - viral and bacterial. **Viral meningitis** usually passes within two weeks. Sore throat, headache, stiff neck, fever, vomiting, fatigue, and rash may be indicators of viral meningitis.

Bacterial meningitis

requires a physician's care immediately as it develops quickly. Symptoms include: headache, stiff neck, high fever, irritability, chills, vomiting, nausea, light sensitivity, and delirium. Infants, especially, should be taken to a doctor immediately if any of the following symptoms are present: poor muscle tone, fever, difficulty feeding, irritability, vomiting, high-pitched crying, and bulging soft spot.

Catnip Tea Enemas- External - Purposes: To break fevers.

Echinacea- Internal - Purposes: Enhances the immune system.

Goldenseal- Internal - Purposes: Antibiotic (natural). Cautions: Do not use if pregnant, allergic to ragweed or internally for more than a week.

Olive Leaf- Internal - Purposes: Kills viral infection.

St. John's Wort- Internal - Purposes: Good for infection (viral)