

## **Mumps**

Written by Delores A. Hampton  
Sunday, 17 November 2013 13:26

---

If you are experiencing swollen glands on the jaw line below your ears that are accompanied by fever, chills, loss of appetite, and sore throat, then you may have mumps. Mumps is spread through saliva, and usually occurs in children.

**Catnip and Chamomile teas- ☐ Internal** Purposes: Relaxes to help you sleep.

**Echinacea- Internal** Purposes: Decreases swelling and cleanses the bloodstream and lymphatic system.

Elder Flower Tea- Internal Purposes: Reduces Fever.

**Lobelia- Internal** Purposes: Helps with pain. Dosage: 1/2 Tsp every 4 hrs. Cautions: Lobelia is not recommended for an ongoing basis.

**Peppermint tea- Internal** Purposes: Relieves upset stomach and rids body of infection.

**Slippery Elm Bark and barley water- ☐ Internal** Purposes: To Relieve the throat and digestive tract.

**Yarrow- Internal** Purposes: Decreases inflammation and fever