

MEASLES

HEAL Marketplace, 360 Carpenter Road, Rutherfordton NC 28139
<http://www.healmarketplace.com> healletters@aol.com 866-581-4390



Definition



An acute and highly contagious viral disease that usually affects young children who have not been vaccinated

Symptoms

This is mainly a child's disease, although older people sometimes contract it.

It is an infectious febrile affliction, characterized by round red eruptions on the skin, and catarrhal inflammation of the mucous membrane passages.

It begins after two weeks incubation with the common cold (coryza), cough, inflammation of the conjunctive (referred to as conjunctivitis), and the appearance of small red spots surrounded by white areas.

On the third or fourth day of chills and fever, dark rose-red maculopapular eruptions appear (concentric and confluent groups) on the face or behind the ears. In three or four days the eruption fades, and the skin sheds or peels (including the mucous membranes).

Measles begin with sneezing and dry coughing, redness of the eyes and sensitivity to light. The red rash appears on the fourth day. The fever subsides on the sixth day, and peeling continues until the ninth to eleventh days.

German measles are not quite so severe as **Red Measles** (although, of course, dangerous to a pregnant woman and the unborn child). After an incubation period of one to three weeks, the disease German measles begins with a slight fever and catarrhal symptoms, sore throat, pain in the limbs, and the appearance of an eruption of red papules similar to those of measles but lighter in color, not arranged in crescentic masses, and disappearing--without scaling or flaking--within a week.



Cause

Measles is evidence that the body is loaded with toxic poison and is trying to expel it with the assistance of nature. Microorganisms are brought into activity by nature as the cleansing scavengers.

It is alarming to hear a mother say, "When my child was breaking out with chicken pox (measles, or some other childhood disease), he was given some suppressive medication, and only two or three small spots broke out on his body." Here, unknowingly, the parents have gone against nature's procedure for cleaning out the toxins of the body. They have locked in the harmful condition, which may give the body trouble, perhaps many years later.

Herbal Aids

General Instructions: This disease must be brought to the surface through the skin as rapidly as possible.

Diaphoretic herbs such as yarrow and raspberry leaf are excellent.

Use vapor baths (such as ginger, mustard and cayenne) which bring the toxic wastes to a head quickly.

Moisture is required or the organic calcium will turn into inorganic calcium because of the feverish dry body heat, which causes further tissue damage.

Rheumatic fever is often the aftermath of diseases such as chicken pox and measles.

Take care of the bronchi and the eyes. Avoid bright light, since the eyes are weak at this time.

The bowels should be kept open with the lower bowel tonic.

A catnip enema is soothing and beneficial.

Ripe fruits will assist in the cleansing process.

General Instructions Especially for Children:

If the child is slow in breaking out, give a good hot bath.

It is important to clean out the bowels, so give the patient a warm catnip (tea) enema each day.

Put him to bed and give a tea made of equal parts of yarrow, pleurisy root and lady's slipper (use valerian root or catnip if lady's slipper is unavailable). Give this tea freely to produce perspiration which will also lower the fever.

(Red sage, red raspberry leaf or camomile teas are also excellent for a patient with measles.)

Also, a pleasant herbal tea made of equal parts catnip, raspberry leaf, peppermint leaf, can be given freely throughout the day.

It is best to keep the room dark so that the eyes will not become irritated. In the event the child's eyes do become sore, bathe them two or three times a day with a solution (tea) made of equal parts of eyebright, raspberry leaf, and golden seal.

If the child complains of itching, bathe or sponge the skin with a tea made of yellow dock and burdock root and/or golden seal.

Adding a little apple cider vinegar to a tub of bath water is also helpful. Guard the patient against bronchial troubles and earache and have him drink plenty of liquids (distilled water, herbal teas, as recommended, and fruit juices).

The diet should be simple--plenty of fresh ripe fruit, fruit juices and fresh vegetable juice.

One very good combination is carrot juice with celery, spinach and parsley juice added to taste.

Bistort: Bistort decoction, powder, etc., is very cleansing, astringing and toning; also combine equal parts with red raspberry leaves (*Rubus idaeus*).

European Pennyroyal: Give the infusion in teacupful doses, repeated frequently (every 1-2 hours), and when the herb is unavailable, 1-3 drops of the oil in warm water is excellent.

Valerian for Restlessness in Measles: Give small doses of Valerian infusion 2 to 3 times daily. A sound sleep will generally result.

Golden Seal Wash: Use as a wash the formula using golden seal and linseed oil.

Yarrow: If you give the tea to children during the early stages of eruptive diseases, such as measles, chicken pox, smallpox, etc., the tea will help the disease to break out more quickly and thus shorten the time.

Dr. Christopher recommended a mixture of Yarrow, pleurisy root and lady's slipper (or skullcap) for the measles.

Anytime there is a fever, no matter what the disease, Yarrow can help break it and bring the disease to a speedier ending.