



What is Roseola?

Roseola is a common **viral childhood illness** that generally affects children between the ages of 6 months and two years. In fact, **Roseola** is so common that most children contract the illness before reaching kindergarten, after which they **develop lasting immunity**, making **roseola** much less common in adults and older children.

Roseola is generally considered a mild infection in which complications are rare, and if they do occur, they are generally related to the accompanying high fever. Once this fever has broken, a characteristic pink spotty or patchy rash usually develops and can last anywhere between a few hours to little over a week.

What are the Symptoms of Roseola?

While the main **symptoms of roseola** are a high fever that lasts for approximately 3-7 days followed by a rash, other symptoms may include:

- o Fatigue
- o Swollen glands
- o Irritability
- o Mild diarrhea
- o Loss of appetite
- o Swollen eyelids

Many children develop mild cases of **roseola** where the symptoms are very mild or go unnoticed or all together.

Diagnosing Roseola

Roseola can be **difficult to diagnose until the fever breaks and the rash develops**. Your doctor may examine your child to determine if another illness such as an ear infection, strep throat or the **flu** could be causing the symptoms. While blood tests can determine if **roseola** anti-bodies are present, they are not generally necessary, as **roseola** is treated symptomatically and is a fairly mild illness that is usually left to run its course.

What Causes Roseola?

Roseola is caused by the human herpes virus (HHV) types 6 and 7. The herpes virus family causes a large number of illnesses such as cold sores, genital herpes, mono and chicken pox.

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

While **the herpes virus strains that cause roseola** are related to this family of viruses, each of the eight strains causes different illnesses. Like many childhood illnesses, [roseola](#) is commonly spread through saliva and respiratory droplets in the air from the coughs, sneezes and yawns of an infected person.

Help for Roseola

[Roseola](#) cannot be treated with medications such as antibiotics so the doctors usually recommend letting the illness run its course naturally. **Children with roseola** typically have a fever for a few days and thus the only necessary treatment is close monitoring and controlling of your child's fever while boosting their immune system to promote faster recovery.

Parents should always avoid giving their children aspirin during a viral infection such as roseola, as complications such as Reye's Syndrome have been documented.

Natural Remedies

Herbal and homeopathic remedies have long been known for their immune boosting qualities. In the case of viral infection, sometimes the only course of action to take is to strengthen and support a child's developing immune system.

Herbal ingredients such as Echinacea purpurea, Astragalus membranaceus, Inula helenium and Withania somnifera can naturally and effectively **support the body's own defense mechanisms** resulting in a speedier recovery and reduced symptoms without the risk of addiction or unwanted side effects.

Tips for Caring for Your Child with Roseola:

- Make sure your child gets plenty fluids to prevent dehydration from the fever. Keep ice water, children's electrolyte solutions, and chilled juice in high supply. If you are still breastfeeding, breast milk is especially good at preventing dehydration.
- Use a cool sponge or face cloth or a warm bath to cool your child if the temperature becomes too high. Avoid the use of ice, cold baths or fans.
- Dress your child in light and loose-fitting cotton so that body heat can easily escape.
- Keep your child's room cool and well ventilated.
- Ensure that your child gets plenty of bed rest and adequate sleep.
- Once the fever has broken and the roseola rash develops, your child is no longer contagious and will probably start feeling much better. The rash generally looks worse than it feels, since it does not cause itchiness or discomfort.

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



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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.

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 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

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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 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:

KiddieBoost: Promotes healthy immune function, and reduces infection and illness risks 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.

KiddieBoost has been **specifically formulated to support children's immune systems** from the age of 12 months and 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 KiddieBoost](#)



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Skin Dr.: Support skin strength, health and functioning from the inside

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.**

The formula remains true to the whole spectrum method of manufacturing, ensuring the bio-availability 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 Skin Dr.](#)

KiddieCool: Soothes young children and maintains temperature within the normal range

What is KiddieCool?

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](#)

Read the testimonials for these quality products [here!](#)

Six Good Reasons to choose Native Remedies as your trusted suppliers of 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.](#)



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