

Natural Help 4...

Scarlet Fever



What is Scarlet Fever?

Scarlet fever is an infectious bacterial illness which most commonly affects children and is caused by the Group A streptococcal virus. While this illness used to be considered a scary and often fatal disease, it is now controlled and easily treated. Children with [scarlet fever](#) often first present with a high fever and a distinctive rash.

It is also associated with a sore throat, an achy body and a swollen red “strawberry” tongue which can remain swollen for days after the initial infection. It must be noted that **scarlet fever is not the same as rheumatic fever**, although in some children the [scarlet fever](#) may progress into rheumatic fever a serious complication that can result in long term consequences.

Diagnosing Scarlet Fever

It is important to call your health care practitioner if your child presents with a rash accompanied with a fever, especially if this is accompanied by a sore throat, swollen glands or if someone your child has been in contact with has had a strep throat infection.

Your doctor will first examine your child’s rash to determine whether the rash is more likely to be another childhood illness such as measles, rubella, roseola or glandular fever. If [scarlet fever](#) is then suspected, a throat swab will be able to determine the presence of streptococcus bacteria thus confirming the diagnosis.

Symptoms of Scarlet Fever

The most distinguishing [symptom of scarlet fever](#) is the characteristic rash which is fine, red and has a rough sand-paper-like texture, often first resembling bad sunburn, which then becomes itchy. The rash usually appears between 12 and 24 hours after the fever begins, and **most commonly begins on the chest**, under the armpits, behind the ears and on the face leaving a clear unaffected area around the mouth. This often gives children a “slapped cheek” appearance as the cheeks become bright red. After about four days the rash fades and starts peeling. Other symptoms include:

- High fever (usually between 101-104 degrees F)
- Sore throat([ailment/natural-sore-throat-remedies.html](#)) or infected tonsils
- Fatigue([/ailment/causes-of-fatigue-symptoms.html](#))
- Headache
- Nausea or vomiting
- Tongue (which may be swollen) with red spots referred to as a strawberry

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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

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

- tongue
- Loss of appetite

What Causes Scarlet Fever?

Scarlet fever is caused by the Group A streptococcal bacteria which are the same bacteria responsible for a number of other **throat and skin infections** including strep throat, impetigo, and tonsillitis. Being highly contagious, the **streptococcal bacteria** are spread through contact with an infected person or by inhalation of the bacteria.

Help for Scarlet Fever

Scarlet fever is a potentially serious illness and so it is important to seek medical attention the moment your child shows symptoms. **Swift treatment will prevent serious complications** such as rheumatic fever, kidney disease, meningitis, and pneumonia.

Scarlet fever is usually treated with an oral course of Penicillin or other antibiotic such as erythromycin. It is **essential for your child to complete the given antibiotic treatment** even if they start feeling better. Many parents use over-the-counter medications to reduce fever or relieve pain Relief.

However, contradictory to popular beliefs, these too **come with side effects** and should thus be administered with caution. Lastly, bed rest and a healthy nutritious diet accompanied by lots of fluids will help to speed recovery.

Natural Remedies

Scarlet fever is a **potentially serious medical condition** and is therefore not suited to home treatment. Whether allopathic medical treatment is chosen or whether your child is treated by means of natural medicine, treatment should always be supervised and carried out by a trained health care professional.

As is the case when fighting off any illness, it is essential to boost the immune system order to support the body's own efforts to kill off the infection. A number of herbal and homeopathic remedies can provide great benefit if used alongside allopathic medication to **strengthen the body's natural immune response**.

Herbal ingredients including Echinacea purpurea, Astragalus membranaceus, Inula helenium and Withania somnifera are well known for their **antiviral, antifungal and antibacterial properties** as well as their ability to strengthen and assist the immune system to promote faster recovery. It is also important to strengthen the immune system after it's taken a knock from illness and a lengthy course of antibiotics.

Other herbs such as Meadowsweet and Yarrow are effective in reducing and controlling fever, a **prominent symptom in scarlet fever**. With a little help and support from nature, your child will be bouncing about as usual in no time at all!

Caring for a Child with Scarlet Fever



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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.

- Eating may be painful for a child with [scarlet fever](#), so provide soft enticing foods or offer a liquid diet. Try including nutritious warm soups or cold popsicles or ice-cream to ease the sore throat.
- Make sure that your child drinks plenty of fluids to prevent dehydration.
- Use a warm moist towel over your child's neck to soothe swollen glands. A cool-mist humidifier will also help sooth a sore throat as it moistens the air and prevents drying out of the throat.
- If you notice your child scratching the rash, make sure you trim nails short to prevent injury. Try applying calamine lotion or another soothing lotion to the rash if it is uncomfortable.
- Keep your child isolated from other young family members and friends when contagious.
- Lastly, make sure your child gets plenty of rest and sleep to help the body recover and fight off the infection.

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 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

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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 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.

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Immunity Plus: For full immune system support for adults and teens

ImmunityPlus is a 100% safe, non-addictive natural herbal remedy formulated to safely maintain the **health and systemic balance of the immune system**, without harmful side effects and stimulants.

ImmunityPlus contains a selection of herbs known for their supportive function in maintaining immune system health and well-being. It supports the healthy functioning of the immune system, thereby helping to maintain the **natural defense against pathogens** and optimum performance.

As we grow older, we sometimes begin to notice that our immune systems are not as good as they used to be. ImmunityPlus can especially benefit those individuals needing to support routine immune strength to guard against common conditions associated with the maturing of cells.

ImmunityPlus can be used consistently, without compromising health and **not causing serious side effects**, to help maintain the body's natural ability to fight viral and bacterial infections-- while also supporting healthy convalescence.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring 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 Immunity Plus](#)

Kiddie Boost: Support healthy immune functioning 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, compared to possibly harsh antibiotic side effects in children.

When children attend school, daycare, or preschool, they are particularly prone to picking up viruses and bugs. To help protect their immune systems, KiddieBoost has been specifically formulated to **strengthen child's immune system** from the age of 12 months. KiddieBoost 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 Kiddie Boost](#)

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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