

# Measles Protocol

## Measles Protocol (prevention):

- First and foremost, **STOP** degrading your, and your children's, immune system by:
  - ~ Lack of sufficient sleep.
  - ~ Consumption of processed junk foods.
  - ~ Smoking cigarettes.
  - ~ Sedentary lifestyles (avoidance of exercise).
  - ~ Avoidance of sunlight (not spending enough time in nature).
  - ~ Nutritional deficiencies of important minerals like zinc.
  - ~ Exposure to pesticides, herbicides, glyphosate and other chemicals.

## Measles Protocol (added measures for prevention):

- **Vitamin A** - I suggest World Organic's Vitamin A. Adults: 8-10 drops / Children: 1 drop
- **Wellness Formula** (by Source Naturals) - Adults: 6 capsules every 6 hours / Children: Liquid children's wellness formula 3 times a day.  
To supply: Vitamin D, Zinc, Selenium & Vitamin C
- **Vitamin D** (recommended dose is 2,000iu's per 35lb's of bodyweight)
- **Vitamin C** (work up to 3,000mg's)

## Measles Protocol (if infected):

- If you suspect you might be infected, the very first thing to do is isolate yourself from others so that you don't spread the virus.
- Children having measles should not be allowed to mix with others. They should be given complete rest. Hygienic conditions along with the below mentioned will lead to speedy recovery. Wash bedding, towels and clothes daily to avoid infection.

## General Measles Protocol (\*Not intend to treat or cure Measles\*):

- **Licorice Root & Manuka Honey Tea** - best taken as an infusion or strong tea sipped continuously throughout the day for coughs
- **Tamarind seeds & Tumeric** - take in powder form 50/50 in 350mg doses 3 times a day.
- **Garlic & Valerian Root** - infuse in water together and drink as a tea. Add honey for taste if needed.
- **Lobelia & Yarrow** - infuse both herbs in water and drink as a tea as often as needed.

- **Seeds of Eggplant** - It has been said that the seeds of eggplant / Aubergine may help to develop stronger immunity against measles. The suggested amount to take is 500mg to 1gram of seeds daily for 3 - 5 days when there is an outbreak.

### **Fever:**

#### **INTERNALLY:**

- Plenty of good, pure water.
- Juices: aloe vera, radish juiced, coconut milk, pineapple juice, (prevents dehydration) warm water with honey, lemon and ginger
- Teas: basil, coriander, mint, mustard seeds, raisins, saffron, thyme, yarrow, (steep 1 or more of these ingredients in hot water for 20 minutes, strain and then sip slowly)

#### **EXTERNALLY:**

- A slice of raw onion or crushed garlic and olive oil held in place with medical tape and lint on the soles of the feet can bring down the fever.

>>> 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.

### **Rash:**

**-Oatmeal** is helpful for the treatment of measles. One or two cups of oatmeal can be added in the bath water. This natural cure would help in soothing the itchiness caused due to measles.

**-Baking soda** is beneficial for individuals suffering from measles. Take one cup of baking soda and add it in bath water. Taking bath with this bath water would be useful and recommended.

### **Immune Booster with Breakfast**

- 1 teaspoon of Vitamin C powder
- 10 drops of Echinacea Tincture OR 10 drops of Olive Leaf Extract during times of exposure.
- 1 tablespoon of Elderberry Syrup a good remedy to use in place of tinctures so that we can rely on the tinctures during times of illness.
- in 4oz's of concord grape juice (organic preferably)

### **Super Immune Boosting Infusion**

- Stinging nettle (nettle)
- Peppermint
- Rosehip
- Elderflower

For little ones you can give this with juice.

For infusion strength, 1/4 cup of each herb in 1 litre of water, steeped for 4 hours and strained is sufficient.

Drink a cup as often as you like but try to get in a cup at least twice a day.

**I'd also like to suggest an article that was shared with me with some interesting information about Measles: <http://myemail.constantcontact.com/Special-Edition-on-Measles-from-the-VRLibrary-.html?soid=1101364019044&aid=cXYc6U2PkGw>**

**Wishing you all good health!**