**Home Remedies For Measles**

Measles is a highly contagious acute viral disease. This disease is marked by a characteristic rash, fever, sneezing, coughing, and lymph node tenderness. Spread primarily by airborne droplets that travel from the throat, mouth, or nose of an infected person, there are two types of measles, rubella and rubeola. German (or three-day) measles is actually rubella. The second kind, rubeola, is sometimes called the seven-day measles. Most people have had the disease as children and have developed an immunity or have been immunized against it.

**Home Remedies for Measles**

**MEASLES TEA #1**  
1 teaspoon goldenseal root  
1 teaspoon marshmallow root   
1 cup boiling water  
Combine the above herbs in a nonmetallic container and cover with the boiling water; steep for 30 minutes; cool and strain. Take up to one cup a day, a tablespoon or two at a time.

**MEASLES TEA #2**  
2 teaspoons echinacea root  
3 teaspoons pau d'arco bark   
1 teaspoon mullein leave  
3 teaspoons yellow dock root   
1 cup boiling water  
Combine the above herbs in a container. Take one teaspoon of the mixture and cover with the boiling water; steep for 20 minutes; strain. Take up to two cups a day, a tablespoon or two at a time.

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