

# Childhood Diseases (Measles Mumps Chicken Pox)

## Possible Causes and Contributing Factors:

- Viral infection
- Psychological stress resulting in lowered resistance
- Malnutrition resulting in lowered resistance

## Suggested Dietary Changes:

- Increase fluid intake (avoid citrus). Use only pure water
- Avoid refined carbohydrates, processed foods, caffeine
- Until problem clears, avoid mucous producing foods such as dairy, gluten, gelatin
- Increase raw foods, vegetable juice and quality proteins

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*