

Fast Chicken Pox Cure

***The Fastest, Safest Way
To Cure The Chicken Pox
In Only 3 Days Or Less!***

By Stefan Hall



***FAST
CHICKENPOX***

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**By Stefan Hall of
The Fast Chicken Pox Cure Website**

*This e-book is dedicated to all of the children and adults who are
currently suffering from the Chicken Pox and are looking for a
solution on how to get better as quickly and safely as possible.*

The information contained in this e-book is for informational purposes only.

I am not a doctor. Any health advice that I give is my opinion based on my own experiences and what I've researched and tested over the years with the Chicken Pox. You should always seek the advice of a doctor before acting on something that I have published or recommended.

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By reading this e-book, you agree that myself and my company is not responsible for the health or well-being of any individual that applies what is outlined in this e-book.

These Fast Chicken Pox Cures saved my life.

You've probably found your way to this e-book from my blog, website, or maybe a friend passed it along to you.

I wrote this e-book because the remedies and methods outlined here, as well as in my other e-book called **Top 3 Easy Chicken Pox Cures**, have saved my life. Not only did they help me quickly and safely recover from a severe case of the Chicken Pox, but it has allowed me to help thousands of people around the world suffering from the Chicken Pox. The **Fast Chicken Pox Cure** e-book, along with my website, are my way of giving back and to ensure that no child or adult ever has to go through the gruesome experience that I went through.

In this e-book, I will reveal to you everything you need to know about how to cure the Chicken Pox as quickly and safely as possible. It doesn't matter if you're an adult currently suffering from the Chicken Pox, or perhaps you're a parent and your child has the Chicken Pox - the remedies and methods outlined in this e-book will work for you. I ask that you thoroughly go through this e-book and apply the principles outlined for best results.

To all of my subscribers, followers, and friends out there, old and new, thank you for the gift of your support. I hope this **Fast Chicken Pox Cure** e-book can begin to repay you for the time and attention that you've given me. Here's to you and your family's health and prosperity!



"If at any point while you're reading this guide you have any questions, please don't hesitate to contact me. You can best reach me on Twitter ([@chickenpoxcure](#)), or on my [Facebook Fan Page](#). Even if you don't have any questions, I'd love for you to come by and say hello! If you want to reach me in private you can email me at stefan@fastchickenpoxcure.com."

Table of Contents

A Letter From Stefan Hall	5
What Is The Chicken Pox?	9
What's The Deal With This Itchy Red Rash	11
Chicken Pox Infection & Complications	12
Chicken Pox Risks	13
Chicken Pox & Pregnancy	14
What About the Chicken Pox Vaccine?	15
What Are The Symptoms Of Chicken Pox?	18
How To Cure The Chicken Pox Within Days	20
Top 12 Home Remedies To Cure Chicken Pox	21
Top 7 Bathing Procedures To Get Rid Itchiness	44
Top 10 Foods For Curing Chicken Pox	46
Top 3 Foods To Avoid To Cure Chicken Pox	58
Top 3 Supplements To Cure Chicken Pox	60
Medications To Treat The Chicken Pox	64
Other Products To Cure The Chicken Pox	66
How To Cure A Chicken Pox Fever	67
How To Avoid Scratching The Chicken Pox Rash	68
7 Steps For Curing The Chicken Pox Fast	69
When Is The Chicken Pox Cured?	72
Final Words From Stefan Hall	73

A Letter From Stefan Hall

Hi, I'm Stefan Hall and I want to thank you and congratulate you for purchasing this e-book, **Fast Chicken Pox Cure**.

Over the last several years, I have researched and committed myself to discovering the fastest, easiest and safest way for someone to recover from the Chicken Pox as fast as humanly possible.

I've now been fortunate to have helped thousands of children and adults recover from the Chicken Pox fast - within only a few days, whereas traditionally it takes 7-21 days.

"Did you know that most cases of Chicken Pox usually take about 7-21 days to fully recover? Sounds like a long time, doesn't it? Luckily we'll be able to speed up that process substantially. Most people who apply the methods here end up being cured within 3 days or less."

The reason why I got into the subject of the Chicken Pox and helping others is because I too once suffered from the Chicken Pox on two occasions - once as a child, and later as an adult.

The degree of suffering that I experienced with the Chicken Pox was much more intense than most. I spent weeks covered in itchy red spots, feeling exhausted and tired, and dealing with several other symptoms. I was forced to miss several weeks of work because of this. To make matters worse, I ended up getting infected and had to deal with a whole range of other problems.

However, during that time, it turns out that my suffering was a blessing in disguise.

Why is that, you ask?

Well, because it forced me to find solutions.

I ended up spending several months, and later years, researching the topic of the Chicken Pox. I began reading books, researching on the internet, trying all the remedies and cures available, and also interviewing other experts and doctors. Throughout this process, I essentially became an “expert” on the Chicken Pox and almost knew everything there is to know about it.

During my years of research, I discovered many secrets that most people NEVER KNOW about the Chicken Pox. I found out what works and what doesn't. I found out methods and strategies that can help any child or adult recover from this disease quickly.

“Most websites out there are usually saying the same things about the Chicken Pox. It can be difficult to go through all that information and find out what is useful and what isn't. I've tested almost everything at this point and in this e-book, I've supplied all of the best of what works and only the most useful information for you. This way you don't have to spend years researching the Chicken Pox like I did.”

I noticed that most doctors have NO IDEA what it really takes to cure the Chicken Pox quickly. They just recite what they've been taught in schools or in their text books about prescribing a certain drug or lotion. The truth is, most doctors aren't experts on the Chicken Pox. They haven't studied it as extensively as other doctors in the field.

I've had the unique opportunity to interview and talk to the very best experts on the Chicken Pox. And, they've generously shared with me effective methods to use to cure the Chicken Pox and what is possible.

With all the information I gathered, I began helping others. It became a passion. Because I went through such an intense experience and through such intense pain, that I wanted to make sure other people didn't suffer the way I did.

A good friend of mine, her daughter was suffering from the Chicken Pox a few years ago he asked me for help. I shared with him some secrets and some things that I had learned (and that are outlined in this e-book), and he was amazed to see that she recovered within a few days.

I ended up helping a few other friends and family members that had children who had Chicken Pox at different points in their life, and they were also amazingly able to heal within a few days - usually less than 3 days.

Soon enough, I was getting phone calls from other parents at schools and from around the neighborhood. They had all heard from other parents and the word was spreading. I essentially became a “Guru” on the topic, without having any intention for it.

Eventually, I decided to write an e-book on the subject and share it with the world.

I realized I'd be able to help more people, just by compiling all the information I've learned into an e-book and it'd be easier for people to apply things.

That's how the Fast Chicken Pox Cure e-book was born.

In this e-book, I'm going to share with you all of the best remedies, treatment and cures for you to apply to yourself or your child.

“All of the methods and principles outlined here are also effective for babies (age 0-1), children (1-14), teenagers, adults, seniors, and even pregnant women.”

Everything you learn in this e-book is all safe and natural methods of treatment. It's been tested many, many times amongst thousands of adults and children.

When you begin applying the information outlined in this e-book, you'll find that some remedies are more effective for you than others. My suggestion is to give as many as you can a try, find out what works, and keep doing what is most effective.

Everyone's bodies will react differently to the treatments. The recovery that you or your child will experience will depend on the individual. Some people experience immediate and fast results, and notice an effect within hours or days. Other people it may take a bit more time, depending on how severe case of Chicken Pox it is and what stage they're at.

So, while I can't guarantee that a cure will happen overnight, I can confidently say that these methods will most definitely SPEED UP THE PROCESS and save you a lot of time and pain. You will be very happy you invested in this e-book.

If you have any questions or concerns, don't hesitate to contact me or share your experience on my blog or website. You can find it at:

<http://www.FastChickenPoxCure.com>

Thanks again for investing in this e-book!

I wish you a fast and safe recovery!

Your friend,

A handwritten signature in black ink that reads "Stefan Hall". The script is cursive and fluid, with the first name "Stefan" being larger and more prominent than the last name "Hall".

Stefan Hall

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What Is The Chicken Pox?

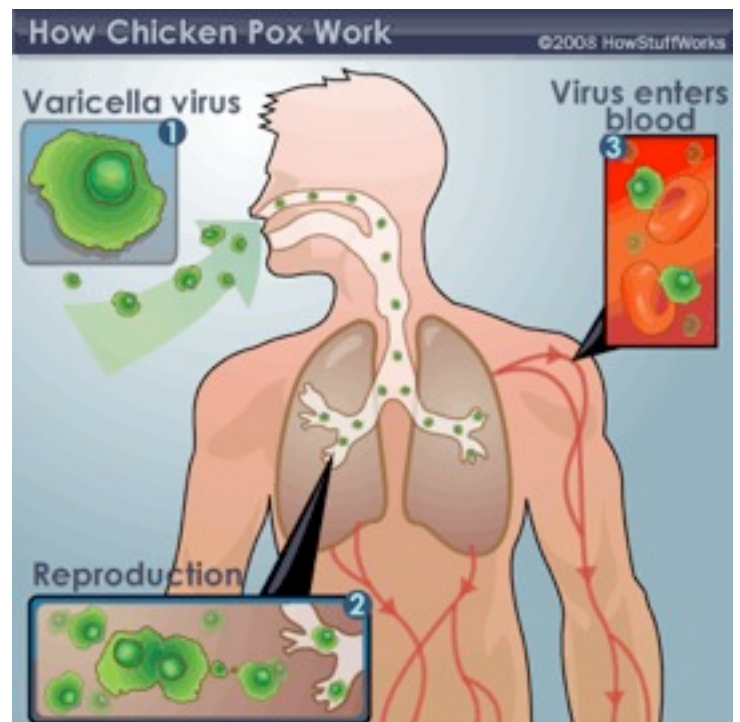
Let's start off by first discussing what the Chicken Pox is and some basic information about the disease. If you want to treat this disease, it's important to know a little bit about it.

The Chicken Pox is a highly contagious disease that is most common amongst children, but adults can get it as well. The disease is primarily caused by an infection known as **Varicella Zoster Virus (VZV)**.

A man named Giovanni Flippo Ingrassia, who studied the structure of bones, first identified the varicella virus in the 16th century. It took another few hundred years before doctors could consistently tell the Chicken Pox apart from Smallpox, its more lethal viral cousin.

The virus is spread easily through coughs or sneezes of others suffering from the Chicken Pox. That means if you or your child have the disease, then most likely it was spread from someone else that had the disease.

Viruses are incredibly small particles (about one-millionth of an inch) that must attach to host cells to live and reproduce. Viruses enter our bodies through our nose or mouth or through broken skin. The varicella virus also likes to sneak through the mucous membranes lining the eyelids and eyeballs.



Once inside your body, the varicella virus latches on to the host cells in the nose and surrounding lymph nodes and reproduces like crazy. The replicated varicella virus particles then travel to the liver, spleen and sensory nerve tissues. After another round of viral reproduction, the particles infect the skin cells. The skin infection prompts the well-known Chicken Pox rash or blisters.

Until the rash appears, people usually don't know that the varicella virus has been incubating in their body for 10 to 21 days. The incubation period refers to the time that elapses between when you get infected and when you start to show signs of being sick. People with Chicken Pox usually become contagious during the last one or two days of this period, right before the rash breaks out. This incubation period makes Chicken Pox highly contagious; people usually don't even know they have it until after they've spread it.

About nine out of ten people who live with someone with the varicella virus will catch it as well.

What's The Deal With This Itchy Red Rash?

Once the replicated varicella virus gets into your bloodstream, your immune system recognizes the foreign invader and begins fighting it off after the incubation period. You feel that fight in the form of a fever, which can last a few days to a few weeks.

The blisters, or vesicles, are membranous sacs filled with clear liquid. They form on small red spots on the skin about one to four millimeters across. The fluid inside the blisters contains a chemical that stimulates the nerve cells at the skin. The nerves then alert the brain that the body itches. Although unpleasant, itching is actually a positive sign that the body is working hard to get rid of the virus. The same goes with any other symptom - as it's your bodies attempt to get rid of any toxins in the body and to cleanse itself.

The itchy red rash can last anywhere from a few days to a few weeks. When it does subside, the blisters then burst or darken and scab over.

The number and location of the blisters can depend on age, skin condition and vaccination status. In general, the rash begins on the scalp, face and abdominal regions. From there, anywhere from 250 to 500 blisters will spread across the body, and may appear on eyelids, inside the mouth, and on genitals.

It should be noted that if you've had the Chicken Pox Vaccine, you are still susceptible to the Chicken Pox. However, the Vaccine will usually make the case of Chicken Pox a lot milder than most cases.

Chicken Pox Infection & Complications

Any Chicken Pox complications are more common amongst adults that have the Chicken Pox, but can occur for children as well.

About 1 in 20 cases, the Chicken Pox gets infected with children or adults. That's why it's important to avoid scratching the blisters or rash. Making sure finger nails are trimmed and hands are clean are important to avoid infection.

Some of the potential Chicken Pox complications than can occur are:

- Cerebral Ataxia (Brain)
- Meningitis (Brain & Spinal Cord)
- Hepatitis (Liver)
- Encephalitis (Brain)
- Pneumonia (Lungs)
- Arthritis (Bones)

The cases that you absolutely should go to the doctor are when:

- Fever lasts longer than a week or exceeds 102 degrees Fahrenheit
- Rash spreads to your eyeballs
- Rash appears infected
- Dizziness
- Tremors
- Stiff Neck
- Increased vomiting or coughing

Chicken Pox Risks

While most cases of Chicken Pox are pretty average, I want to spend some more time going into the potential risks and what you should be aware of.

Below I've outlined a list of the most common groups where a Chicken Pox complication is most likely to occur. Here it is:

- Infants younger than 1 years old
- Anyone over the age of 15 years old
- Pregnant women
- People who have weakened immune systems, such as cancer patients
- People taking steroids to treat another disease, such as asthma



Babies under the age of 1 years old are especially prone to risk of a complication, because they aren't old enough to receive the vaccination and their immune system hasn't fully developed yet.

The human body needs to develop the proper antibodies or specialized proteins necessary to fight off the virus. Babies usually get some antibodies from their mother when

born, but it may not last long or be able to fight off the virus.

Chicken Pox & Pregnancy

Any pregnant woman who hasn't had the Chicken Pox should be especially careful to avoid getting the disease. Since the mother lacks antibodies to fight off the disease (because she hasn't had Chicken Pox before), about one in three babies die if the mother gets the virus from five days before to two days after birth.

There's also a slight chance that the varicella virus can cause birth defects during the early stages of pregnancy. Such birth defects can include low birth weight, skin scarring, and eye abnormalities.

If exposed to the virus during pregnancy, it is highly recommended that the mother receive a prescription treatment from the doctor varicella zoster immune globulin (VZIG) that can protect her and her baby, while also applying the remedies outlined in this e-book.

If you happen to get Chicken Pox during pregnancy, go to your doctor and you'll get a detailed ultrasound to look for signs of defects or other problems and at least one follow-up sonogram to see how your baby is doing later on. You can also decide to meet with a genetic counsellor to discuss the risks in your particular case and discover what route you want to go.

Your doctor can also prescribe you antiviral drugs to reduce the severity of the disease and reduce the risk of complications. If your baby is born with Chicken Pox, they are usually treated with the varicella zoster immune globulin shortly after birth. This usually reduces the seriousness of the disease.

While I don't always advocate putting harmful chemicals or drugs in your body, sometimes it's better to be safe and take these precautions. It's always your choice, of course. In cases of pregnancy, it's best to consult your doctor while using this e-book.

What About The Chicken Pox Vaccine?

In 1988 the Chicken Pox (varicella) vaccine was first licensed in Japan and Korea. After many years of development, it was licensed in the United States in 1995. Since that time, the number of hospitalizations and deaths from the Chicken Pox greatly declined.

The Chicken Pox vaccine is a live attenuated vaccine, which means that the virus was modified (or weakened) in the laboratory to produce an organism that can grow and produce immunity in the body without causing illness.

It is recommended that children younger than 13 get the vaccine (one dose at 12-15 months of age, second dose at 4-6 years). As well as anyone that is 13 or older that hasn't had the Chicken Pox.



However, there is a lot of controversy going on that the vaccine isn't completely safe, which is why many parents refuse to let their children get vaccinated. The reason is that anytime you put a chemical or drug into your body, you're putting it at risk. The chemicals from the vaccination simply aren't natural to put into your body. Therefore, many parents believe it is healthy for children to get the Chicken Pox the natural way at an early age, so that they can recover from it and be immunized towards it later in life.

When you've had the Chicken Pox as a child, you're less likely to get it again as an adult. But, you CAN get it more than once (like in my case), so nothing is 100%.

In terms of the vaccine, millions of people get it every year and it is only very rarely there is a serious side effect. But, it's always the choice of the parent or individual.

Also know that the Varicella vaccine doesn't fully prevent someone from getting the Chicken Pox. It only makes it so that if you do get the Chicken Pox, it won't be as bad. So, yes, you can still get the Chicken Pox if you've been vaccinated.

It's been said that the Chicken Pox vaccine is only 80-90% effective in preventing the Chicken Pox from actually occurring.

I hear many cases of parents getting their child vaccinated, only as a result of getting the Chicken Pox immediately after. How does this happen?

Well, because the vaccine is made from a live, but weakened, virus, about 1% of recipients develop a mild form of the disease. It usually consists of limited rash, most often with 5-20 blisters. Sometimes there can be a fever, but usually not.

People that are recommended to receive the vaccine are:

- Healthy people one year old and above
- Women considering pregnancy
- People living with immuno-compromised individuals

People that are recommended NOT to receive the vaccine are:

- Pregnant women
- Babies under one year old
- Cancer, leukemia and HIV patients

- People prescribed high doses of steroids, such as asthma patients
- People severely allergic to any of the ingredients in the vaccine, including gelatin
- People who have received blood products during the past 3-11 months, depending on the dosage
- People with a family history of congenital hereditary immunodeficiency

If you currently have the Chicken Pox, or your child does, you do not need to consider the vaccine as the human body will be, for the most part, immune to getting the disease again.

If you or your child has the Chicken Pox but hasn't been vaccinated, you now understand why. Hopefully this section was able to shed some light about the vaccine.

If you know someone that is considering the Vaccine, or perhaps you're considering it for yourself or a child, then it is of my opinion that you first do your research. Research the ingredients of the vaccine to find out the potential side effects.

Some people also think that vaccines can have more debilitating effects on children, such as autism. To learn about this, there are many documentaries available out there (search YouTube) that go deeply into this.

Chicken Pox Parties

Many parents hold what is called a "Chicken Pox Party" for the purpose of infecting their children with the Chicken Pox, thus acquiring some immunity towards the disease. This is done because most believe that the disease is typically less severe in children than adults. This is also usually done to avoid getting the vaccine.

What Are The Symptoms Of Chicken Pox?

As I mentioned in earlier chapters, the most common symptoms of the Chicken Pox are the itchy red rash, blisters and a high fever.

Unfortunately, there are many more symptoms that go along with the disease.

The symptoms usually appear 1-21 days after initial exposure or contact with the Chicken Pox virus. The Chicken Pox is often heralded by a prodrome of anorexia, myalgia, nausea, fever, headache, sore throat, pain both ears, complaints of pressure in head or swollen face, and malaise in adolescents and adults.

Here is a list of symptoms that have been associated with the Chicken Pox:

- An Itchy Red Rash
- Blisters Filled With Fluid
- Fever/Chills/Sweats
- General Weakness
- Abdominal Pain
- Muscle Aches
- Headaches
- Diarrhea/Constipation
- Nausea
- Muscle Pain (Or Backache)
- Urinary Difficulties
- Eye Irritations
- Delerium
- Fatigue/Low Energy
- Throat Irritation
- Loss of Appetite
- Vomiting
- Coughing
- Nasal Discharge
- Impaired Breathing
- Photophobia (Sensitivity To Light)
- Weight Loss/Gain
- Inflamed Lymph Nodes
- Irritability
- Infection
- Sudden Onset

The very first signs of Chicken Pox are usually the high fever, general weakness and fatigue. There are a few others that will come up from that list, but you won't for sure know that it's Chicken Pox until the rash and blisters appear.

Ask yourself: Did I (or my child) recently come in contact with someone, within the last 30 days, that had the Chicken Pox?

This is the easiest way to find out whether the fever and symptoms are associated to the Chicken Pox, before the rash actually appears. Rarely, a person will have the disease without the rash, but it can happen.



The rash of Chicken Pox develops in crops of raised red spots arriving first, progressing to blisters that burst, creating open sores, and then crusting over. This process usually starts on the scalp, then the trunk (its area of greatest concentration), and finally the arms and legs. Any area of the skin that is irritated (by diaper rash, poison ivy, eczema, sunburn, etc...) is likely to be hit hard by the rash. The rash is also typically VERY itchy, if you haven't already found out by now!



After you've recovered fully from the Chicken Pox, the virus can still remain inactive in nerve cells near the spinal cord and reactivate later as Shingles, which can cause tingling, itching, or pain followed by a rash with red bumps and blisters.

How To Cure The Chicken Pox Within Days

Ok, so you already know probably a lot more than you should about the Chicken Pox. I understand you invested in this e-book for some of the Fast Chicken Pox Cures, but I still wanted to make sure I provided some valuable information about the Chicken Pox. You don't need to know everything there is about Chicken Pox to cure it, so don't worry, there won't be a test on all that stuff later. :-)

In the next few sections, I'm going to be sharing with you the top methods and procedures that you can apply to any child or adult to cure the Chicken Pox within days. For each procedure, I'm going to make sure I give detailed instructions on how you can apply them, as well as an action plan at the end of the e-book.

Keep in mind that you're not expected to use ALL of the methods outlined in this e-book. Of course, the more you're willing to apply the methods, the better the results you will get. But, I understand I'm giving you a lot here.

My suggestion is to go through each of the methods that I outline and then decide which ones you are going to apply. You may have to take a trip to your local grocery store, a health store, or perhaps purchase some additional products online. It's up to you what you want to do after reading the information here. It's my job to give you the best tools and information possibly for curing the Chicken Pox within days - and it's your job to put it to use!

Remember, if there's any questions about any of the procedures, you can always contact me by e-mailing stefan@fastchickenpoxcure.com. I get a lot of e-mails every day, but I do my best to respond to each one.

In the next section I'm going to jump into the **Top 10 Home Remedies To Cure Chicken Pox**.

Let's get to it, shall we?

Top 12 Home Remedies To Cure Chicken Pox

In this section I'm going to be sharing the **Top 12 Home Remedies To Cure Chicken Pox**.

The power of Home Remedies are not to be overlooked. For centuries, certain natural ingredients and substances have been able to cure or have a positive effect on almost any disease.

All of these remedies can be made from home and are also typically less expensive than other alternative forms of medicine.



Advantages Of Home Remedies

The natural shift back towards home remedies is slowly gaining momentum. More and more people are now looking into their own kitchens and gardens to find natural cures for daily ailments. Almost every illness will have a natural remedy.

The main benefits of natural remedies are:

- They are convenient and safe to use.
- They are comparatively less expensive.
- They are very easy to use and rarely have side effects.
- No chemicals are used while preparing natural cures.
- The “feel good” factor where you feel happy that you were able to treat the illness all by yourself with natural alternative therapies.

Generally, home made remedies are harmless compared to other forms of modern medicine and rarely cause reactions or side effects.

Home Remedy #1: Brown Vinegar Bath

The first powerful Home Remedy to cure the Chicken Pox is the **Brown Vinegar Bath**.

Brown Vinegar, also known as malt vinegar, is made from barley. It is first made into beer and then allowed to ferment into vinegar.

People have been using Brown Vinegar for health purposes for centuries. Like other vinegars, such as apple cider vinegar and red vinegar, Brown Vinegar contains properties to kill off harmful bacteria.

Brown Vinegar's other health benefits include fighting off sores, gout, kidney stones, urinary tract infections, and healing the Chicken Pox.

Now, don't worry, you won't be drinking Brown Vinegar. Instead, the Brown Vinegar is used to add to a bath to help the Chicken Pox rash and blisters cure more rapidly, as well as to get rid of the itchiness.

To speed up the recovery and keep the itchiness down, it is recommended to take one of these "Remedy Baths" every 2-4 hours. I will be sharing other bathing methods here as well.

Here Are The Instructions:

You'll need to buy some Brown Vinegar, which can be purchased at any health foods store or grocery store.



I personally like to buy a lot of my products online through **Amazon.com**. Some people might not be able to find it or it may be a hassle to go out and get the right product - well, you can easily purchase it online and get it shipped out to you within 24 hours. Here's a good [Brown Vinegar product](#) that I've tested and many others as well. It's [Organic Brown Rice Vinegar](#), which is much better quality than what you might find at your store. [Click here](#) to check it out.

STEP 1: Fill the bathtub with warm water.

STEP 2: Pour 1/2 cup of Brown Vinegar into the bath water. Make sure to mix it around the bathtub.

STEP 3: Lay in the bathtub for at least 20 minutes, making sure the water covers all the infected areas of the rash.

STEP 4: Get out of the bathtub and use a towel to gently dry yourself. Be careful not to rub the blisters, as it may cause bleeding or scarring.

After you're finished with the bath, it's very important to use a certain oil or lotion to gently rub over the rash, for faster recovery. I will be mentioning more of those later.

Home Remedy #2: Oatmeal Bath

Here is another bathing method that is also very powerful: the **Oatmeal Bath**.

You may have heard of this one before, because it is pretty popular. The reason it's so popular is simply because it's effective.

You can alternate the **Oatmeal Bath** with the **Brown Vinegar Bath** to see which one gets better results for you.

An oatmeal bath is a safe, natural and effective way to soothe the itching caused by the Chicken Pox. By dissolving colloidal oatmeal - which is rolled oats that have been milled into a fine powder - into a bathtub full of luke-warm water, you will experience relief from itching for several hours.

Here Are The Instructions:

You'll need a blender, food processor or coffee grinder and one cup of oatmeal.

You can use instant oatmeal (unflavored), quick oats or slow cooking oats - all work equally as well. You can purchase these items at any local grocery store. For babies, you'll only need about 1/3 cup per bath.

STEP 1: Blend or process the oats on the highest setting until you have a very fine, consistent powder. To test the colloid property of the oatmeal, stir one tablespoon of the ground oats into a glass of warm water. If the oats readily absorb the water and give it a milky look and a silky feel, you've blended long enough.

STEP 2: Dissolve the oatmeal into cool to luke-warm water, taking time to ensure the oatmeal clumps are broken up completely. The bath water should appear evenly milky before you get into the tub.

STEP 3: Soak in the tub for at least 20 minutes, taking care to submerge as much of your body as possible underneath the surface of the water. If this is for your child, let them play in the tub. Avoid getting water in the eyes, since the oatmeal will sting. And be careful getting in and out of the tub, since it will be slippery.



STEP 4: Remove the entire oatmeal residue from the skin before you completely exit the tub by rinsing it off. Any leftover oatmeal may dry out your skin and increase itching.

STEP 5: Dry your body carefully by dabbing away moisture with a thick, absorbent towel. Avoid rubbing the skin with the towel and irritating the sores from the Chicken Pox, which may cause bleeding and scarring.

It is recommended to follow a bathing procedure like this at least every 2-4 hours for best results and to keep the itchiness down.

You will want to make sure to add a lotion or ailment to the skin before getting dressed. I will outline on those later. This will help speed up the recovery and keep the itchiness down.

Home Remedy #3: Baking Soda

The next powerful Home Remedy I want to share with you is **Baking Soda**.

Baking Soda was first invented by Alfred Stock in the 1500's. Since that time it has been a staple in almost every home and for good reason. Not only is Baking Soda an ingredient in many recipes, but it's one of the most versatile all around home remedies of all time.

Baking Soda has the ability to balance PH levels, lower acidity, and has absorbent properties that make it a universal health and beauty aid especially when people are looking for ways to save money. It's an extremely powerful remedy to help cure the Chicken Pox.

There are two ways you can use the Baking Soda to help with the Chicken Pox:

- 1) You can add it to a bath (such as the Oatmeal Bath), to add an extra healing benefit.
- 2) You can use it as a paste and apply it on Chicken Pox scars, or the blisters to make them heal faster.

Here Are The Instructions:

You can buy Baking Soda at your local grocery store or health foods store relatively cheap.

Using Baking Soda In A Bath:

STEP 1: Simply add 1/2 a cup to 1 cup of Baking Soda to the bath, in addition to the Oatmeal. Make sure it's mixed around properly. See instructions listed above for the **Oatmeal Bath** and **Brown Vinegar Bath**.

Using Baking Soda On The Blisters:

STEP 1: Add a few tablespoons of Baking Soda to a glass of lukewarm water. Make sure the Baking Soda is mixed well with the water.

STEP 2: Use a sponge to soak the Baking Soda Water with, then gently use the sponge to apply the Baking Soda Water on all the infected areas. It's important to be gentle, as you do not want to irritate the skin or cause infection.

Be sure to stay in the bath for a full 20 minutes for the full effect.

Using Baking Soda will definitely help prevent the itchiness from coming up, as well as making the blisters heal over quickly, turn into scabs, and then fall off within a few days.



Home Remedy #4: Green Pea Water

Next up I want to share with you the power of using **Green Pea Water** as a home remedy to cure the Chicken Pox.

Green Pea Water can help the skin drastically if it's irritated. It will also help reduce itchiness of the blisters.

You can use the Green Pea Water to add to one of your baths, or use it in a glass with a sponge to soak onto the rash.



Here Are The Instructions:

You can buy Green Pea's at any local grocery store.

STEP 1: Start by boiling the Green Pea's in a pot full of water on the stove.

STEP 2: After they've cooked for a while, drain the Pea's and save the water from it by pouring the Green Pea Water into a glass.

STEP 3: Let the Green Pea Water cool down.

STEP 4: You can either use a sponge and apply the Green Pea Water on the rash or infected area. Or, you can use it to add to a bath, perhaps with the Oatmeal or Baking Soda.

Be careful not to burn yourself in the process of cooking the peas.

Also, be sure to stay in the bath for at least 20 minutes for full effect.

Home Remedy #5: Neem Leaves

Next up is the power of Neem Leaves as a Home Remedy to cure the Chicken Pox.

This is very powerful remedy is consistently used in India for curing many ailments, including the Chicken Pox. Both Neem Oil and the Neme Leaf are known as a fantastic skin care ingredient.

Here are some of the benefits of Neem Leaves:

- Neem relives dry skin.
- It relieves itchiness, redness and irritation.
- It improves general skin health and immunity, combating bacterial infections, as in acne, boils and ulcers.

The biggest benefit of Neem Leaves and Neem Oil is that it is good for your general health, as well as the condition of your skin and body, and your immune system. So whether you use it to help cure the Chicken Pox, fight any other skin condition, or prevent any skin problems, you are doing yourself some good.

Neem Leaves have been used in India for thousands of years. Not only does it help with the Chicken Pox, it also stimulates the immune system, improves liver function, detoxifies the blood, and generally promotes healthy circulative, respiratory and digestive system. It is famous for a malaria treatment and for diabetes.

You can use Neem Leaves to make into a tea, use it as a bath, use a Neem lotion/cream, eat the fresh Neem leaves, or take them in the form of capsules to boost immune function and for a blood cleansing effect.

I'll outline the instructions below of how you can use it to help cure the Chicken Pox.

Here Are The Instructions:

Finding Neem Leaves can be a bit tricky. You can usually find them at an Asian Health Store or an Indian Health Store, if you have one in your area. Otherwise, they are available to buy on the internet.

You can buy dried [Neem Leaves](#) on **Amazon.com** by [clicking here](#).

Or you can buy it as a lotion. I've tested two products from Amazon.com so far, there is [Neem Leaf and Oil Lotion](#) or another good one is [Neem Leaf and Oil Cream](#). These are both good quality lotions that are inexpensive.

If you want to research more about the power of Neem Leaves and Neem Oil, there's two books that I recommend reading. One is called [Neem: The Ultimate Herb by John Conrick](#) and [Neem: India's Miraculous Healing Plant](#).

NOTE: If you are pregnant, Neem Leaves are not recommended for you.

Eating Fresh Neem Leaves To Cure Chicken Pox:

STEP 1: You can eat the fresh Neem Leaves in a dry form to benefit the internal healing benefits. Try eating a few, it will be fantastic for your immune system and will help your body heal the Chicken Pox quickly.

Using Neem Leaves To Make A Tea: To Cure Chicken Pox:

STEP 1: Place the Neem Leaves and other desired herbs into a teapot or tea cup. Use a teaspoon of Neem Leaves for each cup brewed.

STEP 2: Pour boiling water over the leaves and herbs.



STEP 3: Allow it to brew in the teapot or cup for a few minutes until the water is proper temperature for drinking.

STEP 4: Pour into a glass or cup and enjoy! Be careful, it might be hot.

Using Neem Leaves In A Bath To Cure Chicken Pox:

STEP 1: Boil about 100 grams of freshly plucked Neem Leaves in a bucket of water.

STEP 2: Add the boiled Neem Leave water to a bath. You can include it in the bath procedures used above, such as along with Oatmeal, Baking Soda, Brown Vinegar, or Green Pea Water for added benefit.

Stay in the bath for at least 20 minutes for full effect.

Neem is by far one of the most powerful remedies outlined here. From

almost everyone that I know that has taken the time to use Neem Leaves as part of their action plan to cure the Chicken Pox, it has resulted in being **cured within days**.



Home Remedy #6: Honey

The next Home Remedy to cure the Chicken Pox is Honey.

This is another powerful method of treating the Chicken Pox, and it's something you can do after one of the bathing procedures that I talked about above.

Honey is a sweet and viscous fluid produced by honey bee's from the nectar of flowers. It's been used for centuries as a natural medicine for a variety of ailments. It has natural anti-bacterial and anti-fungal properties which will help speed healing and prevent infection of Chicken Pox blisters.

Here Are The Instructions:

You will need some raw, organic natural honey. You can buy this at your local health food store. Make sure it's the good stuff!

Or, you can order it on Amazon.com. I personally like this stuff called **Super Raw Honey by Wee Bee**. I've heard others get great results with it too. [Click here](#) to check it out.

STEP 1: Apply a thin layer of all natural honey to the affected areas. You don't need to use too much, just enough to cover everywhere that's affected.

STEP 2: Leave it on the skin for at least 30-60 minutes to allow it to absorb into the skin.

STEP 3: After you've left it on long enough, you can rinse the skin off with cool to luke-warm water if you choose. Sometimes it's so absorbed into the skin that you can just leave it and be fine. However, some people don't like the scent of it or it may feel a bit

uncomfortable. Make sure that you dry the skin off using a towel (do not rub the skin, it will irritate it). Instead, use the towel to dab the skin to dry it.

You can also use Honey to add to a bath, which I will go into a bit later.

The Healing Power Of Honey

Raw Honey - which has not been pasteurized or filtered, and ideally taken directly from the hive - is a treasure chest of nutritional value and medicinal remedies. It contains an abundance of vitamins and minerals and is a natural and powerful medicine, both internally and externally.

The list of honey's benefits is a long one. Honey increases calcium absorption; can increase hemoglobin count and treat or prevent anemia caused by nutritional factors; can help arthritic joints, when combined with apple cider vinegar; fights colds and respiratory infections of all kinds; can help to boost gastrointestinal ulcer healing; works as a natural and gentle laxative; aids constipation, allergies and obesity; provides an array of vitamins and minerals; and supplies instant energy without the insulin surge caused by white sugar.

Many have found raw honey helpful for its positive effects against allergies and hay fever, and one to two teaspoons last thing at night can help with insomnia. As an antiseptic, honey is also a drawing agent for poisons from bites or stings or infected wounds, and has outperformed antibiotics in treatments for stomach ulcerations, gangrene, surgical wound infections, surgical incisions and the protection of skin grafts, comas, blood vessels and bones!

Home Remedy #7: Chamomile

OK, the next Home Remedy to quickly cure the Chicken Pox is **Chamomile**.

Chamomile is a herb that comes from a flowering plant from the daisy family. Both the fresh and dried flowers of chamomile have been used to create teas for centuries to cure a number of health problems. The active ingredient in chamomile essential oil is known as bisabolol, which has a number of anti-irritant, anti-inflammatory, and anti-microbial properties.



Here are some of the uses and benefits of Chamomile:

- Can easily treat skin conditions, such as Chicken Pox, psoriasis, eczema, and diaper rash.
- Useful for anxiety and panic attacks.
- Muscle twitches.
- Wounds, burns and scrapes.
- Stomach problems such as menstrual cramps, stomach flu, and ulcers.

NOTE: If you are pregnant, Chamomile is not recommended for you.

You can use Chamomile to cure the Chicken Pox by using it as a bath, drinking it as a tea, or applying Chamomile lotions.

Here Are The Instructions:

You can buy Chamomile in teabags at your local grocery store or pharmacy. If you can't find it in your local area, then [click here](#) for a good one I found on **Amazon.com**.

For Chamomile lotions, you can try your local health foods store or pharmacy.

Using Chamomile As A Tea To Cure Chicken Pox:

It is recommended to drink two cups of caffeine-free Chamomile Tea an hour before bed, as it will help with the itchiness while you sleep and it is a highly effective relaxant which will allow you to sleep comfortably, allowing the other remedies to begin to work.

STEP 1: Boil water on the stove in a teapot or pot.

STEP 2: Use a Chamomile teabag, purchased your at local grocery store, and add it to the hot water in a cup.

STEP 3: Drink the tea 1 hour before bedtime, to help you relax and reduce itchiness while sleeping. Chamomile also has some healing benefits for the Chicken Pox.

Using Chamomile In A Bath To Cure Chicken Pox:

A Chamomile bath helps calm the mind and body, regenerate skin cells, moisten dry skin, and soothe irritations from the Chicken Pox.

STEP 1: Mix 1/4 cup of Baking Soda and 2 tbsp of dried Chamomile flowers into a bowl. You can powder the Chamomile in a mortar and pestle before beginning.

STEP 2: Add 1/2 a tbsp of honey to the bowl.

STEP 3: This is a bonus step, to make it into a nice Chamomile bath bomb. Add between 2-6 tbsp of almond oil gradually to the mixture, stirring constantly. Only add enough oil so that the mixture holds together without crumbling when formed into a ball.

STEP 4: Add the mixture to a luke-warm bath and make sure it's stirred around. Stay in bath for at least 20 minutes for full effect.

Home Remedy #8: Apple Cider Vinegar

Similar to the **Brown Vinegar Home Remedy**, another powerful remedy to cure the Chicken Pox is **Apple Cider Vinegar**.

Have you ever heard of the saying, “An apple a day keeps the doctor away”?

First, let me say that Apple Cider Vinegar is a completely natural product, resulting from the fermentation of apple juice to hard apple cider followed by a second fermentation to apple cider vinegar. This natural product retains all the nutritional goodness of the apples from which it was made, plus it is fortified with the extra acids and enzymes produced during the two fermentation steps. It's the sum of all these ingredients that give Apple Cider Vinegar it's amazing health benefits.

Apple Cider Vinegar can be taken internally, as well as externally.

External Uses For Apple Cider Vinegar:

- Curing The Chicken Pox!
- Soothe Sunburns & Insect Bites
- Make Your Hair Shine
- Treating Dandruff
- Facial Toner
- Treating Skin Conditions
- Curing Acne
- Sore Throat
- Yeast Infections

Internal Uses For Apple Cider Vinegar:

- Weight Loss
- Helps Arthritis
- Lower Blood Pressure
- Lower Cholesterol Levels
- Helps Diabetes
- Alkaline Acid Balance
- Acid Reflux
- Curing Acne
- Strong Bones

While it wouldn't hurt to take it internally, as there are many powerful health benefits to doing so, in the example here I want to talk about how you can use it externally to quickly cure the Chicken Pox.

Here Are The Instructions:

You can purchase Apple Cider Vinegar at your local health foods store, sometimes at a grocery store as well.

There are two ways you can apply Apple Cider Vinegar to help cure the Chicken Pox:

- 1) You can drink a tbsp of it everyday for the health benefits to strengthen your immune system and help your body cure itself from Chicken Pox.
- 2) You can add it to a bath or soak parts of the infected area with it to reduce itchiness and cure the rash.



Using Apple Cider Vinegar For A Bath

STEP 1: Simply add 1/2 a cup to 1 cup of Apple Cider Vinegar to a bath (can add it with the other bathing procedures listed above). You can also add 2 tbsp of Sea Salt for added benefit. Stay in the bath for about 20 minutes for full effect.

STEP 2: Or, you can use a sponge and soak the Apple Cider Vinegar in it. Gently dab the sponge over infected areas of the body with blisters and a rash on it.

You also want to avoid using over-the-counter soaps and bubble baths while suffering from the Chicken Pox.

Home Remedy #9: Aloe Vera Gel

Ready for another amazing Chicken Pox Home Remedy? The next one is **Aloe Vera Gel** - another powerful remedy for curing the Chicken Pox within days.

Aloe, which comes from a succulent cactus-type plant, is widely used nowadays for a variety of ailments and cosmetic purposes. It's a very safe and potent remedy for stomach and gastrointestinal problems, skin irritations and infections, and as a complementary treatment for more serious ailments such as diabetes and irritable bowel syndrome. Aside from all those benefits, it's also commonly used for curing the Chicken Pox.

Aloe Vera has been used in alternative medicines and therapies since biblical times, and is mentioned in the New Testament as a herbal medicine.

The following properties make Aloe Vera an effective remedy for Chicken Pox:

- The gel from the medicinal Aloe plant contains compounds such as mannans, lectins and anthraquinones, all of which are thought to support healing and promote wellbeing.
- Topical application of the gel will reduce inflammation and irritation of the skin, by soothing the epidermis
- Aloe Vera has antiseptic properties which can assist in reducing infection of skin complaints
- Aloe Vera inhibit the growth of certain bacteria

I'm going to next outline how you can get your hands on this wonderful product and how to apply it to a child or adult with Chicken Pox.

Here Are The Instructions:

You should be able to buy Aloe Vera Gel at your local health foods store, sometimes grocery store and pharmacy.

Of course, you can always buy it online if that's more convenient for you. There's a good product that I've tested, with many great reviews, called [100% Pure Aloe Vera Gel by Aubrey Organics](#). You can check it out at Amazon.com by [clicking here](#).

Using Aloe Vera Gel On Chicken Pox Rash & Blisters:

STEP 1: Apply the gel from Aloe Vera directly onto all areas infected by the Chicken Pox to reduce the itchiness, soothe any pain and prevent infection. The gel also has the ability to regenerate skin cells to promote healing of Chicken Pox and to prevent risk of scarring.

STEP 2: Apply Aloe Vera Gel 2-3 times per day to all infected areas until it is healed.



This product also helps cool the skin down, incase it is feeling hot from the rash or blisters.

Home Remedy #10: Vitamin E Oil

Another powerful Home Remedy for curing the Chicken Pox is **Vitamin E Oil**, which can be applied after one of the bathing procedures.

Vitamin E Oil, when applied on the skin, acts as an anti-oxidant which prevents formation of free radicals on the skin, protects the skin from any kind of damage, prevents Chicken Pox scars, and helps speed up the healing of the Chicken Pox. It also has anti-inflammatory properties

The best time to use Vitamin E Oil on the skin is after a bath.

Here Are The Instructions:

You can purchase Vitamin E Oil at any local health foods store.

STEP 1: Gently rub Vitamin E Oil on skin after a bath, being careful not to irritate any of the blisters or the rash. This will help heal it, as well as prevent scarring.

If you are worried about Chicken Pox scars or end up with any, it's important to come back to Vitamin E Oil (as well as Aloe Vera Gel), as it can help get rid of any scars that occur.



Home Remedy #11: Oil Of Oregano

The next Home Remedy to cure Chicken Pox is a very effective one. Much like honey, it can be used for a multitude of conditions. But more importantly, it is very powerful for treating the Chicken Pox.

Wild Organic Oregano Oil from the high mountains of the Mediterranean is one of the strongest antibiotics on the earth which many people are turning to as an alternative to pharmaceutical drugs. It is especially powerful for killing free radicals, bugs, toxins and infections.

Oil of Oregano comes from one of three plant species: *origanum vulgare*, *origanum acutidens*, or *origanum minutiflorum*, all of which are found in Turkey.

A 2004 study demonstrated that oil of oregano showed antibacterial properties against 27 different bacteria (including salmonella, E. coli, and two staphylococcus species, some of the most common bacteria that causes gastrointestinal illnesses) and antiviral properties against the herpes virus (responsible for cold sores, chicken pox, and shingles) as well as antifungal properties against 18 different types of fungus.

As you can tell, this special oil has MANY different uses and functions. I'm going to stick with it as the use for the Chicken Pox.

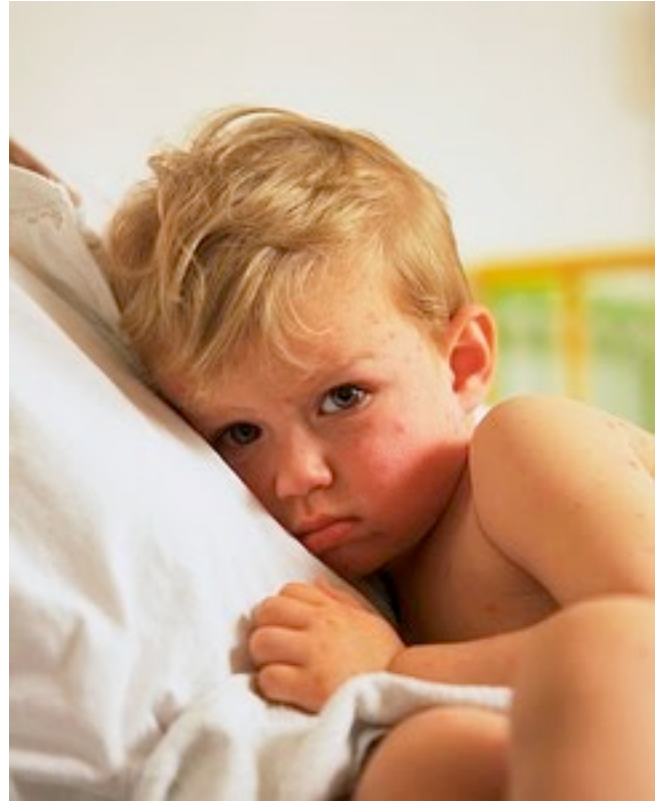
Here Are The Instructions:

You should be able to buy this at your local health food store. There is a liquid format, as well as a gels that have the actual liquid inside. And there's powder capsules if you don't like the taste of it.

Or if you prefer, you can purchase this online. I personally use the [Global Healing Center](#) website, they make really quality stuff ([click here](#) to check out their organic Oregano Oil).

The instructions will vary of course depending on which Oregano Oil you purchase. It's recommended to read the bottle and follow their directions.

STEP 1: Take X number of drops (read the label on the bottle/product you buy) per day taken orally to stimulate the immune system for the desired antibiotic and antifungal effects. For best results, begin taking oil of oregano as soon as symptoms first appear.



The ancient Greeks were one of the first people to recognize oregano oils for its health benefits and medicinal qualities. Some of the specific benefits of Oil of Oregano are:

- *Destroying organisms that contribute to skin infections and digestive problems.*
- *Strengthening the immune system.*
- *Improving respiratory health.*
- *Increasing joint and muscle flexibility.*

Home Remedy #12: Sandalwood Oil

Next up: Sandalwood Oil.

Sandalwood Oil has many healing properties that can be useful in a variety of ailments, Chicken Pox being one of them.

The essential nature of Sandalwood Oil, however, is one of cooling down the body and reducing heat. This is useful because usually the Chicken Pox rash and itchiness is caused by heat.



While there are many other benefits of Sandalwood Oil (which I won't get into), the main benefit you want to use it for is getting rid of the awful rash and itchiness.

It'd be best to apply the oil after a bath (or it can be anytime). You want to be using an oil like this at least 3 times per day on the skin.

Here Are The Instructions:

You can get Sandalwood Oil at your local health foods store.

STEP 1: It's simple to apply. Just gently rub it over the rash or infected area. Let it absorb into the skin. Apply several times per day, especially if the skin feels hot (Aloe Vera Gel is also great for this).

Top 7 Bathing Procedures To Get Rid Of Itchiness

Now that we covered the **Top 12 Home Remedies To Cure The Chicken Pox**, I want to quickly summarize and share the **Top 7 Bathing Techniques to Get Rid Of Itchiness**.

The top Bathing Procedures I outlined above are:

- 1) Brown Vinegar Bath
- 2) Oatmeal Bath
- 3) Baking Soda Bath
- 4) Green Pea Water Bath
- 5) Neem Leaves Bath
- 6) Chamomile Bath
- 7) Apple Cider Vinegar Bath

All of these Bathing Procedures are designed to help reduce and get rid of any itchiness that comes along with the Chicken Pox. They are all proven safe for children and adults.

To get maximum benefit, what I recommend is that you make sure to follow one of these bathing procedures **AT LEAST 3 times per day** - at minimum. These aren't just designed to get rid of the itchiness, but also quickly heal the rash and blisters fast.

You will want to go to the grocery store, local health foods store, or online to buy the necessary ingredients. I don't just recommend using one bathing procedure, but many. The human body will respond to different things and you need to find out what works.

For amazing results, here's a tip: Mix the bathing ingredients together to create an "ultimate bath experience". For example, you can add Honey, Baking Soda, Neem leaves, Apple Cider Vinegar all in the same bath. But, I recommend starting off small and

working your way up to more and more ingredients.

The idea is to find out what works and what's most effective.

Also, always keep safety in mind. If you have a child, see how they react to one ingredient first, and then for the next bath add another ingredient, and then another, etc...

Don't forget to let the entire body soak in the bathtub for at least 20 minutes with each procedure.

Overall, having a Bathing Procedure is essential if you want to cure the Chicken Pox within days, so do NOT ignore these steps.



Top 10 Foods For Curing The Chicken Pox

In this section, I want to go into an area that is highly overlooked for people that are suffering from the Chicken Pox and want to recover from the disease as quickly as possible. And that area is known as our diet and the foods we eat.

First, understand that the human body is designed to be able to heal itself naturally - so long as you give it what it needs.

When you're sick with the Chicken Pox, your body is working extremely hard to try to eliminate this disease as quickly as possible. It's working so hard that it's trying to get rid of this virus and all the toxins that go along with it, by using the largest organ of the body: the skin. This is one of the reasons why the Chicken Pox rash breaks out.

During this time, one of the greatest gifts you can give the human body during it's attempt to quickly heal from this disease, is the proper nutrients and foods.

There are certain foods that are going to help you strengthen the immune system, provided the essential vitamins and minerals that the body needs, along with nutrients. Not only that, but there are certain foods that are going to CLEANSE the body and are going to be easy to digest, while others are going to clog the body and be more difficult to digest or absorb nutrients from. Some foods are alkaline forming and will produce energy, while others are acidic and will drain your energy.

The goal here is to outline certain foods that you should be consuming while suffering from the Chicken Pox to help your body cure this disease as fast as possible.

It's time to take care of this powerful force we call the human body and give it a helping-hand to fight off this virus known as the Chicken Pox.

I recommend that you do your best to commit to eating a clean, healthy diet until this disease is completely out of the system.

Food For Curing Chicken Pox #1: Spinach

The first powerful food for curing the Chicken Pox is **Spinach**. I can hear the moans already... ;-) But yes, you have to eat your vegetables! Spinach is one of the best foods you can eat.

Here are some of the health benefits of spinach:

- 1) Spinach is a very nutrient-dense food. It's low in calories, but very high in vitamins, minerals and phytonutrients.
- 2) Spinach is loaded with flavonoids, which act as antioxidants, protecting the body from free radicals. Research has found at least 13 different flavonoid compounds that act as anti-cancer substances. The various nutrients offer much in the way of disease protection.
- 3) Spinach is a heart-healthy food. It's outstanding source of Vitamin C and A which help reduce free radical amounts in the body. The antioxidants work to keep cholesterol from oxidizing. In addition, folate is good for healthy cardiovascular system, as well as magnesium, a mineral that helps to lower high blood pressure.
- 4) Spinach has anti-inflammatory properties.
- 5) Spinach is an excellent source of iron.
- 6) Spinach strengthens your immune system.

And much, much more!

Bottom line: Eat spinach! It's recommend to buy organic spinach from the grocery store (you can buy them in containers usually), and make a salad out of it several times per day.

Food For Curing Chicken Pox #2: Kiwi

OK, I will give you a better a better tasting food to eat: **Kiwi**.

Kiwi's are rich in Vitamin C, essential minerals and other nutrients that help keep the respiratory system, skin and blood stay healthy. Kiwi is also rich in digestive enzymes. It's important for your body to digest meals rapidly so it can utilize helpful healing agents that will fight off the Chicken Pox virus.



Studies in Italy, though, performed on 6-7 year old children, have also demonstrated additional health benefits to the respiratory tract. In particular, children that were fed 5-7 portions a week of citrus and kiwifruits had 44% less probability wheezing compared to children eating less than once a week.

Shortness of breath was reduced by 32%, night time cough by 27%, severe wheeze by 41%, chronic cough by 25%, and runny nose by 28%. This results is not only traceable to the content in Vitamin C or Potassium, but in substances which are still largely unknown contained in kiwi fruit.

These substances are most likely flavonoids that help protect our cells from oxidative damage, and are therefore considered very helpful in protecting our DNA from mutations and damage.

Go to the grocery store and buy a bag full of Kiwi Fruit. Make sure to eat several throughout the day.

Food For Curing Chicken Pox #3: Cranberry Juice

If you're looking for a great juice to drink to recover from the Chicken Pox, organic **Cranberry Juice** will be it.

Drink a 10-12 ounce glass of Cranberry Juice with 1/2 an organic lemon squeezed into it with each meal. This mixture will help alkalize your body and allow the antioxidants to begin fighting the virus and healing your skin.

You want to make sure you buy **ORGANIC** products, since your body will be able to digest and absorb the nutrients from it a lot better. Stay away from produce that has been chemicalized in any way. Also, stay away from Cranberry juice that has preservatives, artificial flavors or artificial colors. You want it in it's freshest, most natural form possible.



Aside from Cranberry Juice, you want to make sure to be drinking lots of water, which is something I will be going into later. But, hydration is a key aspect of a fast recovery.

Food For Curing Chicken Pox #4: Wheat Grass

If you can stomach it, **Wheat Grass** is by far one of the best things to ever put into your body. It is extremely potent and very powerful. It is recommended to start at low doses of Wheat Grass, and work your way up to more. While the taste isn't great, the benefits are. I personally drink Wheat Grass frequently because of the health benefits. You can be sure that this will help your body cure the Chicken Pox much faster.

Here are some of the benefits of Wheat Grass:

- Wheat Grass Juice is one of the best sources of chlorophyll available.
- Chlorophyll is the first product of light and, therefore, contains more light energy than any other element.
- Wheatgrass juice is a crude chlorophyll and can be taken orally and as a colon implant without toxic side effects.
- Chlorophyll is the basis of all plant life.
- Wheatgrass is high in oxygen like all green plants that contain chlorophyll. The brain and all body tissues function at an optimal level in a highly-oxygenated environment.
- Chlorophyll is anti-bacterial and can be used inside and outside the body as a healer.
- Dr. Bernard Jensen says that it only takes minutes to digest wheatgrass juice and uses up very little body energy.
- Science has proven that chlorophyll arrests growth and development of unfriendly bacteria.

- Chlorophyll (wheatgrass) rebuilds the bloodstream. Studies of various animals have shown chlorophyll to be free of any toxic reaction. The red cell count was returned to normal within 4 to 5 days of the administration of chlorophyll, even in those animals which were known to be extremely anemic or low in red cell count.
- Chlorophyll can be extracted from many plants, but wheatgrass is superior because it has been found to have over 100 elements needed by man. If grown in organic soil, it absorbs 92 of the known 102 minerals from the soil.
- Wheatgrass Juice is a superior detoxification agent compared to carrot juice and other fruits and vegetables. Dr Earp-Thomas, associate of Ann Wigmore, says that 15 pounds of Wheatgrass is the equivalent of 350 pounds of carrot, lettuce, celery, and so forth.
- Chlorophyll neutralizes toxins in the body.
- Chlorophyll improves blood sugar problems.
- Chlorophyll helps purify the liver.
- Gargle Wheat grass Juice for a sore throat.
- Drink Wheatgrass Juice for skin problems such as eczema or psoriasis or Chicken Pox.
- Wheat grass juice is high in enzymes.
- Wheatgrass juice is an excellent skin cleanser and can be absorbed through the skin for nutrition. Pour green juice over your body in a tub of warm water and soak for 15 to 20 minutes. Rinse off with cold water.

To get Wheat Grass, you need to go to a juice bar and get them to juice it for you. That's the best way to go about it. Start off with one ounce a day.

Food For Curing Chicken Pox #5: Lemon Water

Anytime that you're sick, it's no secret that you want to be drinking lots of water and stay hydrated. So, water is going to be an essential piece of curing the Chicken Pox.

Your body needs water to flush out the toxins from the cells and replace it with new water. Water helps eliminate waste from the body and therefor, speeding up the recovery of disease.

You want to make sure to be drinking fresh, purified water. Make sure the water is filtered. That means no tap water, as there is usually heavy metals, chlorine, and other junk in there.

Bottled water should do, but you will want to squeeze a lemon in there so that it will alkalize the water, thus adding extra benefit.

Water is your body's principal chemical component and makes up about 70 percent of your body weight. Every system in your body depends on water. For example, water flushes toxins out of vital organs, carries nutrients to your cells and provides a moist environment for ear, nose and throat tissues.

Every day you lose water through your breath, perspiration, urine and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water.

So how much water should you be drinking every day? About 1/2 an ounce per pound of body weight is what you should be drinking every day - especially if you're sick with Chicken Pox.

Most people are dehydrated, so remember to be drinking lots of water! You should be going to the bathroom regularly. This is a good sign!

Food For Curing Chicken Pox #6: Soup

While dealing with the Chicken Pox, it is always best to stick to light meals and avoid anything really heavy. Therefor, Soup is a great alternative that can provide the body what it needs to recover, without taking too much effort to digest.



A great soup to have to help with the Chicken Pox is **Carrot and Coriander Soup**. It's been known to help with some of the symptoms with the Chicken Pox - it helps reduce the itching and removes inflammation, as well as helps early healing of the scabs.

To make this soup, you will need Carrots and fresh Coriander, which can both be bought at your local grocery store.

Here Are The Instructions:

STEP 1: Boil about 100 grams of Carrot and 60 grams of fresh Coriander for 30 minutes.

STEP 2: Strain the mixture, cool it down, and drink it at least once per day.

Since you may be experiencing a loss of appetite, a great soup like this is useful because it won't make you feel too full.

Food For Curing Chicken Pox #7: Yogurt

Another great food that I recommend is **Yogurt**, again, since it's easy to consume and it's a soft-food. Many people don't realize how valuable yogurt can be in living a healthy lifestyle.

Yogurt is an excellent source of protein, calcium, riboflavin and vitamin B 12. Yogurt must contain active and living cultures to be Yogurt. The cultures are composed of unique living organisms, known as Probiotics (or Good Bacteria), which are used to fight off bad bacteria.

Some of the health benefits of Yogurt are:

- Improves natural defense and strengthens the immune system.
- Contains a good amount of phosphorus and is 88% water.
- Great source of Calcium.
- Improves digestion.

Try to avoid a Yogurt with lots of sugar. Try to find the healthiest one you can, with the highest amount of Probiotics. Something natural and preferably organic.

Yogurt must be stored in the fridge.

I recommend at least one serving of Yogurt a day.

Food For Curing Chicken Pox #8: Herbal Teas

Another great way to fight off a virus is drinking **Herbal Tea**.

Tea products work to prevent or reduce inflammation. They also can help to produce agents that fight disease, such as interferon, a protein that fight viruses. If you consume the tea as a drink, it will help you stay hydrated as well (only if the tea is de-cafeinated).

Not only that, but you can add some Honey or Lemon to the tea as well, for extra benefit.



Another great benefit is that Tea has anti-cancer properties of an antioxidant known as polyphenols. There's been a lot of research behind the cancer-reducing benefits of Tea.

You can buy Herbal Tea at your grocery store. Just make sure it's decaffeinated and it's a quality herbal tea. You can also pick it up at your nearest Coffee Shop.

I recommend at least one cup of tea per day to fight off Chicken Pox.

If it's for a child, you can wait until the tea cools down and is cold before serving it to them.

Food For Curing Chicken Pox #9: Vegetable Juice

I had to make sure to throw in this one before making this list complete: **Vegetable Juice**.

In the first **Food For Curing Chicken Pox**, I mentioned the benefits of **Spinach**.

Well, there are many more vegetables that are important to consume to quickly get better from the Chicken Pox. Vegetables such as: Cucumber, Tomatoes, Broccoli, Lettuce, Avocado (which is actually a fruit!), Carrots, Spinach, and many more.

There are some options to consume them. One of which is making a vegetable salad. Just load up on organic fresh vegetables, rinse them off, and throw them together in a bowl. I recommend staying away from dressing, as most aren't good for you. Instead try squeezing a lemon on the vegetables and using some olive oil to give it some flavor. Consume AT LEAST one salad per day.

The other is to juice the vegetables. I know in some places you can buy vegetables juices in a container, others you can't. If you can find vegetable juice (like juice with broccoli, spinach, etc.) then buy those and drink them. If you can't, you get a juicer and juice the vegetables.

The only challenge with this is you need to buy the juicer at the store, but it will be well worth the investment. Sometimes it's easier to drink the vegetables than eat them from a salad. It's up to you, though.

Like Wheat Grass, you may have to go to a health store or a juice bar and ask them to juice some vegetables for you. There should be places in your area that you can get vegetables juices from.

Another option is blending them with a fruit smoothie, which is something I will talk about next. But again, the more liquid food and soft food you can consume, the better!

Food For Curing Chicken Pox #10: Smoothies

Last, but not least, I want to share with you one of my favorite foods to consume for curing the Chicken Pox: **Smoothies.**

Smoothies, also known as Shakes, are a great thing to consume since you can add so many elements to it. For example, it's a way you can add a lot of fruit and vegetables to something, get all the benefits and nutrients from it, in an easy to consume and digest form.



For this, you will need a blender.

Here are some ingredients you can blend together for a Smoothie. I will let you be creative and add what you will.

HEALTHY INGREDIENTS FOR SMOOTHIES:

- Blend With Almond Milk or Water (avoid Dairy)
- Add some fruit: Strawberries, Raspberries, Blueberries, Kiwi, Bananas, Watermelon, etc...
- Add some vegetables: Spinach, Broccoli, Cucumber, Lettuce, etc... (don't worry, you won't taste it as much as you think!)
- Add some superfoods: Spirulina, Hemp Seeds, Hemp Oil, Macai Root, and many others.

Blend it all together and you're good to go! There are many recipes for Smoothies and Shakes you can find on the internet. Alternatively, you can go to a juice bar and get one made for you.

Top 3 Foods To Avoid To Cure Chicken Pox

I want to quickly cover what are the **Top 5 Foods To Avoid To Cure Chicken Pox**.

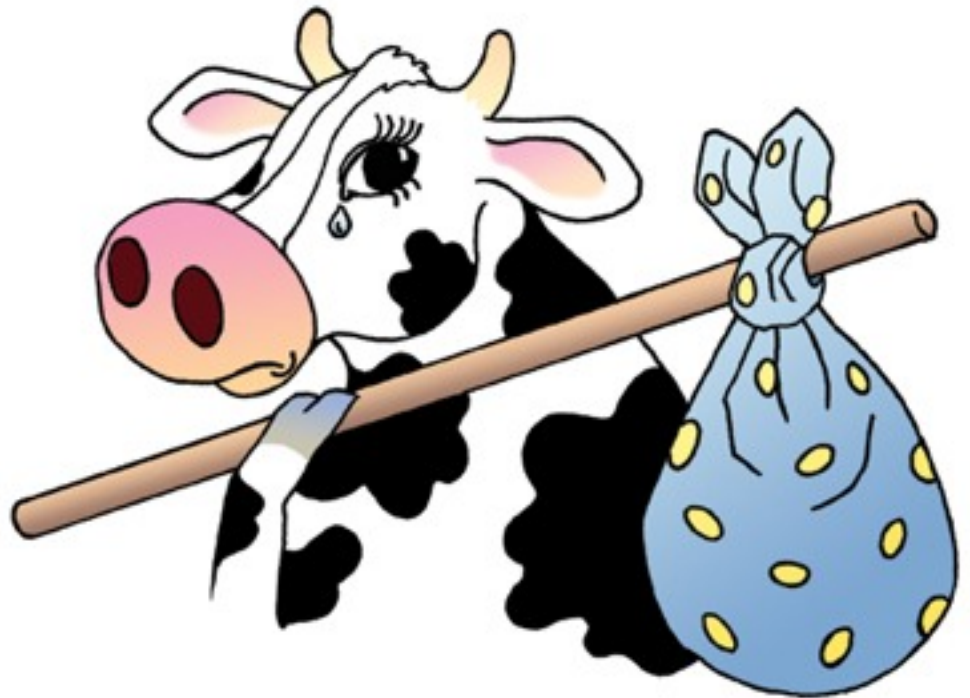
Too often, people consume the **WRONG** foods while suffering from Chicken Pox or any other disease, and they wonder why they aren't getting better.

It's simple. As I outlined before, the foods you eat are going to have an impact on how you feel and either provide your body the nutrients it needs to get better, or deprive your body of them. You want to help your body recover as fast as possible. You want to let it do its job and what it's working hard right now to do: fight off the Chicken Pox!

I'm not going to give big detailed explanation for this one, I will just mention the foods that I feel you need to avoid if you want to quickly recover.

Food To Avoid #1: Dairy Products

You want to stay away from **Dairy** products while suffering from the Chicken Pox. The only exception of this would be Yogurt. But, stay away from Milk, Ice Cream, and things of that nature. The main reason for this is that it builds up mucous in the body and your body can't properly absorb all the nutrients from dairy products. Dairy



contributes to something called a "mucous plaque" that builds up in your intestines, which

prohibits your nutrient absorption. If you want an alternative for milk, I would recommend organic Almond Milk or Rice Milk.

Food To Avoid #2: Meat

Next, you want to stay away from **Meat**, or what I call “Animal Flesh”. The reason for this is it’s too solid of a food and will be difficult for your body to digest during this period of time. Whenever you eat something heavy or something that your body can’t properly digest, your body will be expending nerve energy trying to digest that food. Meat is an example of this. Stick with fruits and vegetables, and softer foods.

Food To Avoid #3: Sugar

The next food you want to avoid is **Sugar**. Consuming sugar basically slows down your blood cells and make them stick together, preventing your cells to get to your brain and providing oxygen and energy that you need. Initially, you have a blood sugar spike, but then you crash. Sugar is also very acidic.

The only exception to Sugar would be consuming fruit, however, I recommend balancing your diet out with vegetables and other foods - don’t just eat fruit all day.

So this means no candy, soda pop, ice cream, junk food and foods that basically have no nutritive value. Remember, we want to be consuming things that our body can use and help fight off this virus as quickly as possible!

If you stay away from these 3 general food groups, you’re on the right track.

Top 3 Supplements To Cure Chicken Pox

I want to go into the **Top 3 Supplements To Cure Chicken Pox** that are used as an added boost to help your body fight off the Chicken Pox Virus.

The definition of what a “Supplement” is according to American Heritage Dictionary:

“ Something added to complete a thing, make up for a deficiency, or extend or strengthen the whole.”

During this time of your body working hard to fight off this virus, it can use some extra help. This is why it's important to add some extra elements to give your body an advantage and heal even faster.

I'm going to list the Top 3 Supplements that I recommend that will be beneficial for your immune system and fighting off this disease. You can buy most of these at your local health foods store, or on the internet.

If there's one thing I'll say about supplements, it's to buy **QUALITY** supplements. Your body's ability to absorb a supplement varies on the quality of it. For example, if you buy cheap vitamins or minerals, your body won't be able to absorb the properties of it as well as a high quality vitamin or mineral. This is based on how the vitamin or mineral is made. So, always go with quality or the more expensive stuff. You get what you pay for!

Also remember, supplements aren't mandatory. You can get all the listed vitamins, minerals and nutrients from food - however, supplements usually make things easier.

Supplement For Curing Chicken Pox #1: Vitamin C

Vitamin C is a water-soluble vitamin. It is also known as ascorbic-acid.

Vitamin C acts as an antioxidant required for 300 metabolic functions in the body, which includes tissue growth and repair, adrenal function and healthy gums. It also plays a healthy role in wound repair and recovering from a virus or disease quickly, like the Chicken Pox. It also strengthens the immune system and protects against infection.

In essence, Vitamin C is something that you need to give your body to heal fast from the Chicken Pox.

Vitamin C is not manufactured by our body, therefor must be obtained through the diet or in the form of supplements. Many of the foods above I've outlined contain Vitamin C. Most of the Vitamin C is lost through urine.

You can buy Vitamin C at your local health foods store. Or you can buy it online. I like [Nature Made Vitamin C](#) that you can check out on **Amazon.com**.

Please read directions on the body for how much to consume.



Supplement For Curing Chicken Pox #2: Multi-Vitamins

Aside from Vitamin C, I also recommend a **Multi-Vitamin** supplement to get all the essential vitamins that your body needs. You can purchase this on top of the Vitamin C, or you can get both. In my opinion, you can't go wrong with both and you could always use extra Vitamin C while recovering from a virus.

The human body needs vitamins to function properly. Each of the 13 essential vitamins (A, C, D, E, K, B12, and the 7 B-complex vitamins) provides the regulation of a crucial function. We acquire a majority of the vitamins our body needs from food. When there is a deficiency, we are in danger of becoming seriously ill or even dying. Vitamin supplementation can reverse illness caused by vitamin deficiency, sometimes miraculously. Nowadays, it is very rare to find someone who isn't taking a daily multivitamin.

Several people, if not all, testify to have a feeling of comfortable health in regularly taking in multivitamins. This is due to the synergistic or combined effects of the supplemental ingredients found in multivitamins. A fat-soluble antioxidant vitamin, like the Vitamin E, works to neutralize probable harmful free agents in the body. This vitamin also maintains healthy skin through protection of cell membranes, blood circulation, heart, nerves, red blood cells, and muscles. Another antioxidant is the Vitamin C which effectively fights blood cell infection and is vital in collagen formation, wound healing, and formation of bone structures, capillaries, and teeth. Vitamin is also helpful in the iron absorption from plant sources. Vitamins A, D, K and other supplemental nutrients found in multivitamins have specific functions that benefit the bodily functions.

You can buy Multi-Vitamins at your local health food store, or [Nature's Way Alive! Multivitamin](#) is one of the best on the market you can find at [Amazon.com](#).

Supplement For Curing Chicken Pox #3: Minerals

Giving your body the Minerals it needs is also essential to helping your body fight off the Chicken Pox virus. Like Vitamins, Minerals can be obtained by foods, but using a supplement can give an added boost and be easier for your body to get the minerals that it needs.

Mineral supplements play a crucial role in our metabolic processes. They are central in helping the body produce energy, growth, and the reproduction and health of our cells. A deficiency in even one mineral can lead to serious health problems because they often work synergistically with other minerals and also vitamins. To make sure this doesn't occur, a high-quality liquid multivitamin will cover all the necessary bases. For example, the mineral zinc is required for the body to convert vitamin A into its active form. Without vitamin A in its active form, a whole host of problems will soon appear, such as vision deterioration.

Some minerals also function as potent antioxidant free radical scavengers. Free radicals are highly reactive chemical substances in our bodies that if left unchecked can lead to premature aging and disease, such as cancer and heart disease. Antioxidant minerals such as selenium have the power to neutralize free radicals before cellular damage occurs.

You can buy Minerals at your local health foods store, or on **Amazon.com**. A recommended Mineral supplement is [Morningstar Minerals Energy Boost](#).

Medications To Treat The Chicken Pox

Now that I've spent quite a bit of time going over natural ways to treat and cure the Chicken Pox quickly, a lot of people ask about medications.

I always choose to avoid putting medications into the body, but for some severe cases, I understand it might be required. For those that don't have a problem using drugs or medications to treat their child or as an adult, then this section is for you.

Tylenol (Acetaminophen)

Tylenol can be useful for people with Chicken Pox that are suffering from a headache, fever, fatigue, and muscles. Doses are usually determined by the weight of the person. Tylenol won't cure the Chicken Pox, but can be a temporary relief of the symptoms you may be experiencing.

Children should never be given aspirin or medications containing aspirin for Chicken Pox or any other viral illness because of the risk of getting Reye's Syndrome.

You can buy Tylenol at your local grocery store or pharmacy.

Antihistamines

You can buy over-the-counter and prescription antihistamines to help control severe itching. Look for diphenhydramine (Benadryl), which is available over-the-counter, or hydroxyzine (Atarax), which is available as a prescription. Both of these cause drowsiness, so they can be useful to take before sleep. There are others that don't cause drowsiness, such as: loratadine (Claritin), cetirizine (Zyrtec), and fexofenadine (Allegra). You may have to visit your doctor and ask for a prescription.

Acyclovir (Zovirax)

Acyclovir, also known as Zovirax, is a anti-viral drug used to help treat the Chicken Pox and cure it. Taking Acyclovir about 5 times per day has shown to cause shorter periods of new blister formations, fewer blisters, and more rapid healing. But, this is only if taken 24 to 48 hours before onset of the rash. There is Oral Acyclovir that is recommended for children with underlying skin disease such as eczema, newborns, adults, and smokers since this group increases the risks of complications. IV acyclovir is used for people with compromised immune systems. This drug is also the only FDA approved treatment for Chicken Pox.

Calamine Lotion

This is a common lotion used by many people suffering from the Chicken Pox to relieve itchiness and pain. It helps dry out the Chicken Pox blisters as well, and scab over faster.

Calamine Lotion is a skin protectant. It works by soothing and protecting the skin.

It is available usually over-the-counter in USA and Canada, but I'm not completely sure about other countries. You may have to go to your doctor to get a prescription if necessary.

Other Products To Cure The Chicken Pox

As you can probably imagine, I've tested A LOT of products and researched a lot of them to find out what are beneficial in curing the Chicken Pox. Aside from the ones I've already mentioned in this e-book, I decided to create a section with a few more.

Aveeno Anti-Itch Concentrated Lotion With Natural Colloidal Oatmeal

I found this one on Amazon month's and recommended it to many customers, receiving some great feedback. We talked about the power of Oatmeal to reduce itchiness, which this natural product has. It's also a healthy alternative to using a medication to relieve the itchiness.

[Click here to find it on Amazon.com.](#)

Force Of Nature - Chicken Pox Balm

This was a product that I found out about from another customer that was effective, and I had to test it out. It's a balm that's specifically been designed to help with the Chicken Pox. I've heard many people get great results with it, so I can attest to it being a legit product. You can find out more about it on Amazon.com.

[Click here to find it on Amazon.com.](#)

How To Cure A Chicken Pox Fever

I get asked a lot about **How To Cure The Chicken Pox Fever**, which can be pretty bad.

I outlined some options above, such as using Tylenol or a medication. However, there are natural ways to get rid of it. These ways might not be as immediate as taking a drug, but will definitely help.

One of the biggest factors of getting rid of the Chicken Pox Fever is DIET. If you are consuming foods that are giving you energy and help heal your body, you will feel a lot better. That's why it's important to follow the **Foods To Cure Chicken Pox** section. This also includes **Supplements**, since you'll be giving your body the vitamins and minerals it needs to feel better.

Fever is the temporary increase in the body's temperature in response to some disease or illness. A child has a fever when the temperature is at or above 99.5 °F (37.5 °C) measured in the mouth (orally)

An adult probably has a fever when the temperature is above 99 - 99.5 °F (37.2 - 37.5 °C), depending on the time of day.

Of course, let's not forget drinking lots of water and staying hydrated. Water is a key factor to feeling a lot better and healing.

Something I haven't talked about that is very important is getting plenty of rest. Your body can best recover and heal itself when it's getting lots of rest. Don't do any physical activities or anything that requires a lot of energy - your body will need all the energy it has to fight off this disease. The Chicken Pox can be a good opportunity to relax, sleep, watch TV, play video games, or be in front of the computer.

If you follow these natural steps, the fever shouldn't last more than 1-3 days maximum.

How To Avoid Scratching The Chicken Pox Rash

Another question that I frequently get is **How To Prevent or Avoid Scratching The Chicken Pox Rash**. I have a few tips for you.

First, by following the bathing procedures outlined above and the lotions, the itchiness of the rash should be completely gone or very minimal. Anytime you feel itchy, it might be time for another bath. It's important to test which baths have the longest effects of stopping the itchiness - same with the lotions or oils.



However, one trick is using oven mitts taped to the hands. If you have children with the Chicken Pox, this is a good one. Make sure they keep those mittens on, to avoid scratching. It can also be useful for adults.

If you scratch the blisters or rash, you risk leaving Chicken Pox Scars. There are some treatments to get rid of the scars, such as some of the oils and lotions I mentioned above. However, it's best to avoid and prevent them in the first place.

Not only that, but scratching can lead to infection and other complications. That's why it's best to follow the procedures outlined in this e-book as best as possible, to get rid of the Chicken Pox once and for all.

7 Steps For Curing The Chicken Pox Fast

Whew! Almost done. Now, I know I gave you a lot of information and a lot of ways to cure the Chicken Pox. It can be overwhelming and many people don't know where to start. I decided to give some steps, or an "action plan", to help you get started on be on your way.

I don't expect you to go out and get everything that I outlined here or try everything here. There probably isn't enough time for that. I can give you some guidelines, but it's your choice to go out and get what you feel you need to get the job done.

STEP 1: Decide What Methods You Will Follow

The first step is for you to decide which methods from this e-book you will follow to cure the Chicken Pox for yourself or your child. I recommend you take out a pen and paper and make a list of which methods you will follow.

Which bathing procedures will you follow?

Which home remedies?

Which products will you purchase at the grocery store, health store, or through the internet?

Will you get any medication or additional treatments?

What groceries and foods will you need?

STEP 2: Go Out And Get What You Need

The next step is to go out and get what you need.

If you are the one experiencing the Chicken Pox and aren't in the best condition to do that, then I recommend to ask a friend or family member to go out and do it for you.

If you can't get out to do it, then the Internet and Amazon.com is your friend. You can buy almost everything you need online and have it shipped at your door within the next 24-48 hours.

So you'll want to make a trip to the grocery store, health store, pharmacy, or Amazon.com and purchase everything you need to treat the disease. Be sure to read the next few steps first, because I will outline what you will need. You won't need to buy everything here. If some products are too much for you, then create a budget and try to save money where you can.

STEP 3: Start With A Bathing Procedure

Once you have everything, one of the first things you'll want to do is start with a bathing procedure outlined in this e-book. Get rid of the itchiness as soon as possible and get your body to start healing this rash.

Since you will be bathing at least 3 times per day, I recommend to **pick at least 3 bathing procedures you can apply** - or a mixture of a few. Make sure to have the ingredients for it in advance.

Pick the time of day you plan on bathing (or whenever it's itchy), but make sure you do it in the morning, midway through the day, and before bedtime at least. I recommend bathing more than 3 times, if you can.

STEP 4: Apply Lotions After Baths And Throughout Day

Next you will want to make sure to use the lotions or gels immediately after the bathing procedures. You can also apply them throughout the day as much as you can. I recommend buying at least two types of gels or lotion products to use. It's better to mix things up than use the same things. Again, you have to test things for your body to see what works best.

STEP 5: Drink Water, Food And Supplements

Force yourself to start drinking lemon water immediately. If you're hungry and need food, make sure to eat the foods outlined here. Make sure you have the supplements you need and follow the directions on the bottle. Since loss of appetite can be an issue, still try to eat something, as your body does need it. You don't want to deprive the body or be deficient in anything.

STEP 6: Anything Else You Need

Make sure you have everything else you need. If you're using any medications, begin using them immediately. If you need mittens for preventing scratching, make sure to have those.

The key is to get started RIGHT AWAY. Take action now, don't leave it.

The sooner you get started, the sooner this virus will be out of your system and you can get back to normal!

STEP 7: Celebrate!

Once you've cured it, celebrate!

When Is The Chicken Pox Cured?

You're probably wondering **When Is The Chicken Pox Cured?** Great question. And I know you eagerly want this disease over and done with.

First, the Chicken Pox is no long contagious when all moisture is gone and the blisters begin to scab over. If there is slight moisture, it is still contagious. But when it is completely dry, the chances of you spreading it are very low.

When the blisters turn into scabs, they will soon begin to fall off. When this happens, you should be mostly cured from the Chicken Pox. There are some instances where the infection or virus can still be in your body, however, by that point the symptoms are basically gone.

Once the blisters and scabs are all gone, you're good to go back to your regular day to day life. You can freely go back to school, work, or daycare for your child.

I recommend to stick with the diet principles outlined here for a few days after, to make sure your body and energy levels have fully recovered after this huge battle your body just went through with fighting off the Chicken Pox.

When it's completely cured, congratulate yourself and pat yourself on the back for a job well done. It's important to give thanks and be grateful for your health. Be thankful for your body for doing such a great job and doing what it's designed to naturally do - fight off disease and illness.

Once you're fully healed, the good news is that you develop an immunity to the disease. It is very rare to get it more than once, but it can happen. It usually depends on the strength of your immune system. Consider yourself safe for the most part. :-)

Final Words From Stefan Hall

Congratulations, you have officially made it through the Fast Chicken Pox Cure e-book!

I really want to thank you for taking the time to go through this e-book. As you can probably tell, I spent a lot of time, energy and effort to put this e-book together for you to compile the best principles that I know of that exist in curing the Chicken Pox as fast as humanly possible.

In the age of the internet these days, it's easy to be skeptical and wary of what other people are selling online. But, you trusted me and invested in this e--book. I really want to thank you for that.

I hope that this e-book was all that you hoped it to be and more. I'm always of the mindset of contributing and offering value, and I really want to leave everyone better off for coming to my website and for reading this e-book.

This e-book is meant to be a reference guide, for you to come back to again and again. I provided a lot of information and methods here, it's now up to you to do what you will with them. Use this to come back to throughout the duration of the Chicken Pox. Go over the information, because it will take some time to fully absorb.

And of course, if there's any questions you may have about any of the content here, then don't hesitate to e-mail me at stefan@fastchickenpoxcure.com. Remember, I am here to help! I want to make sure you have the safest and fastest recovery possible from the Chicken Pox. So please, don't hesitate to e-mail me.

If you enjoyed reading this e-book and it did help you, then I want to hear about it! Don't hesitate to give me your success story or tell me how the methods or principles worked

out for you. The more success stories and testimonials I receive, the more people I'm able to help that are suffering from the Chicken Pox. It's hearing the success stories that really make this fun and enjoyable to me. I love being of service and helping in whatever way that I can.

And finally, if you know someone else that is suffering from the Chicken Pox - perhaps at your child's school or daycare - then please tell them about my website and e-book. Send them an e-mail, or give them a phone call, and tell them to go and check out my website at: <http://www.FastChickenPoxCure.com>.

If you want to keep in touch, then also follow me to Twitter ([@chickenpoxcure](https://twitter.com/chickenpoxcure)) or on my [Facebook Fan Page](#).

Again, I can't thank you enough for going through this e-book! I wish you and your family a safe, fast and healthy recovery from the Chicken Pox - as well as long-term health, well-being and happiness.

Your friend,

A handwritten signature in black ink that reads "Stefan Hall". The script is cursive and fluid, with the first name "Stefan" and the last name "Hall" clearly distinguishable.

Stefan Hall

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