

# Insects – You

# Bugging

## *No Need to Panic – Take Action Using Common ‘Scents’*

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Protect yourself and your child from the summer time bugs. Insect bites can be a quick way to destroy a fun time or your holiday.

### **What insects cause itchy or painful bites?**


Bites of mosquitoes, harvest mites (also called chiggers), fleas, and bedbugs usually cause itchy, red bumps. The size of the swelling can vary from a dot to a centimetre (half inch). Mosquito bites near the eye usually cause massive swelling for 2 days.

Clues that a bite is a mosquito bite are itchiness, a central raised dot in the swelling, presence of the bite on a surface not covered by clothing. Some mosquito bites in sensitive children form hard lumps that last for months. In contrast to mosquitoes, fleas and bedbugs don't fly; therefore, they crawl under clothing to nibble. Flea bites often turn into little blisters in young children.

Bites of horseflies, deerflies, gnats, fire ants, **harvester ants, blister beetles, and centipedes usually cause a painful, red bump. Within a few hours,** fire ant bites change to blisters or pimples.

West Nile virus may be frightening and the media has certainly created it to be more alarming than it is. Only one in 300 people who are bitten by mosquitoes carrying West Nile Virus will actually get the disease. Symptoms may show up between 3 to 14 days, expressing itself as a mild flu with slight fever, headaches, body aches, swollen lymph glands and /or a skin rash. Only 1 in 100 to 150 with the disease will become seriously ill; high fevers, intense headaches, convulsion and a stiff neck. Out of this group 3% to 15% will die. Those who are at a greater risk are those with a compromised immune system and over 50. Rest assured, minimizing your risk is easy. As Canadian Wildlife Federation points out, out of the 75 mosquito species in Canada, only two are known WNV carriers. They include the northern house mosquito (*Culex pipiens*) and the white-dotted mosquito (*Culex restuans*). CWF recommends taking some simple steps:



1. Eliminate breeding grounds by removing sources of standing water (flowerpots, kiddie pools, garbage bins, birdbaths, etc.)
2. Encourage natural predators such as birds, frogs, beetles and dragon flies. 
3. Minimize chances of getting bitten. I recommend the use of the [\*essential oils\*](#) prior to your outings, avoid chemical repellants. **AVOID DEET** and other harmful chemicals like Dimethyl phthalate which has been linked to testicular cancer and cell mutation.

### **Why Essential Oils?**

Essential oils have many therapeutic properties and are well known for their ability to keep a person **sting-free**. A recent article in the April 29<sup>th</sup>, 2005 Duluth (MN) News Tribune, reported how the CDC gave its approval to the plant-based oil of *lemon eucalyptus* as a mosquito repellent. The article stated that this has been used throughout Europe, Asia, Australia, and Latin America since the 1980's!!

Essential oils are the active ingredient in many brand-name products. As author Valerie Worwood points out, “When you use the real thing (the natural product unhampered by chemical solvents and the like) you have tremendous flexibility in their use. The same little bottle can give protection in a room, on the balcony, in a car, on the body, and even on our clothes...plus the essential oils can help you to deal with encountered trouble.” Plus essential oils are helpful to the environment- they increase atmospheric oxygen. **“Go Green by Going ‘Scents-able’ this summer!”**



### Essential Oils to Use

As a general rule, use **Lemongrass** or **Citronella** to keep insects at bay by airborne methods, paper strips at the windows, on light bulbs, etc. Use **Lavender** oil to deter insects from landing on your skin.

**Lavender** and **Peppermint** reduce insect-bite-induced itching and infection.



## **Essential Oils as Insect Repellants**

To create an **Insect Deterrent Repellent**, combine:

4 drops **Thyme**, 8 drops **Lemongrass**, 4 drops **Lavender**, 4 drops **Peppermint**

Dab neat on neck and legs or add to spray bottle and spray. Ankles are a prime target for mosquitoes.

Cover the ankles with cotton socks and add a drop of **Lavender** or **Purification** to the tops of the socks. Put drops of essential oils on bottom of pant legs.

### Other Mosquito Repellants

Combine **Lemon**, **Peppermint**, **Eucalyptus** and **Lemongrass**

Single oils: **Peppermint**, **Eucalyptus**, **Lemon**, **Lavender**, **Cedarwood**, **Idaho Tansy**, **Rosemary**, or **Patchouly**. Use the new Ecuadorian oil – **Palo Santo**

Oil Blends: **Lemongrass** with **Citronella**, **Idaho Tansy** with floral water, **Purification**, **Thieves** or **Melrose**

**If bitten**, disinfect the area by combining:

10 drops **Lavender**, 20 drops **Thyme** and 10 drops **Eucalyptus**

Add 8 drops of above oils in a bowl of water for washing. You can also add 5 drops **Oregano oil**.

Take **Oregano** oil, **Longevity blend** or **Exodus caps** internally.

Apply oils of **Lavender** or **Purification** over the bite.

**Moth Repellent:** Patchouly

**Horse-Fly repellent:** Idaho tansy (create floral water and spray)

**Aphids repellent:** Mix 10 drops spearmint and 15 drops orange essential oils in 2 quarts salt water. Shake well and spray on plants.

**Cockroach repellent:** Mix 10 drops peppermint and 5 drops cypress in ½ cup salt water. Shake well and spray where roaches live.

**Silverfish repellent:** Eucalyptus radiata, citriadora



## Oils For Other Insects

### Bee Stings

Single oils: **Lavender, Idaho Tansy.** Blends: **Purification, Melrose, Pan Away**  
Recipe:

2 drops **Lavender**

1 drop **Helichrysum**

1 drop **Chamomile**

1 drop **Wintergreen or Birch**

- Flick or scrape stinger out with credit card or knife, taking care not to squeeze the venom sack.
- Apply 1-2 drops **Purification, Melrose, Lavender,** or **Idaho Tansy** on location. Repeat until the venom spread has stopped.
- Apply **Lavender** with or without one or more of the single oils listed, 2-3 times daily until redness abates.



### Chigger (Mite) Bites

Use **Lavender, Tea tree (melaleuca)** or **Purification** or **R.C. blend.** Massage undiluted 2-6 drops on location, 3-5 times daily.

### Ticks

Use single oils of **Thyme, Oregano, Peppermint** or **R.C. blend** or **Purification blend.** Apply **Thyme** oil to tick to loosen from skin. Then apply **Purification** on site to detoxify wound. Apply 1 drop **Peppermint** every 5 minutes for 50 minutes to reduce pain and infection.

### Brown Recluse Spider Bite:

The bite of this spider causes painful redness and blistering which progresses to a gangrenous slough of the affected area. Seek immediate medical attention.

Use **Purification, Thieves blends**

Spider bite blend:

1 drop lavandin

1 drop helichrysum

1 drop Melrose

Apply one drop of either of the 2 above blends until reaching medical treatment.



### House and Garden Insect Spray

\*3 drops **Spearmint**, 3 drops **Orange** oil mixed in 2 quarts water.

Spray on plants in the house and outside to keep the bugs and aphids away.

\*Mix equal parts of vinegar with a cap of **Thieves Household Cleaner** concentrate in a quart of water. Spray on plants.