



Fit For Life Newsletter

Health tip of the Month. Among the many chemicals in our environment that get into our body & make us sick, are the pesticides we use in our homes & in our personal care. We use them because they are toxic to the creatures that bug us - they are also toxic to us!! Sometimes the toxicity is immediately apparent: we get a headache, get sick or feel nauseous from the fumes or other contact. Sometimes the toxicity is subtle & accumulates resulting in chronic complaints & disorders (including allergies, cancer & miscarriages) that can be serious, even deadly over time. Sometimes we even put poisons on our pets to deal with ticks and fleas, not realizing that these substances are not healthy for us or our animals.

How to Use Oils for Pest Control

We don't need poisons to kill pests. We can repel them (and even sometimes kill them) with substances that are not only harmless to us but are actually healthful to us. A list of oils follows to help solve many of your pest problems. A great way to use oils is to get a pistol-grip squirt bottle. Mix a few drops of the oil with some water, shake it up, and start firing. If you have bugs on your plants, like aphids on your roses, you can squirt the leaves and drive the bugs away with no harm to your plant. You can do the same with the other pests. As for ants, you can smear a line of peppermint or spearmint across your kitchen counter or floor and the ants won't cross it. If you already have a line of ants invading your house, just draw a line of oil across them and they will turn back. It is fun to watch. And as for flies, you can knock them dead right out of the air with one shot from your pistol grip.

Specific Oils versus poisons for Specific Insects

ANTS: Peppermint Spearmint Thieves Spray

APHIDS: Cedarwood Hyssop Peppermint Spearmint - Mix 20 drops in 2 quarts salt water, shake well & spray on plants

BEEES: Lavandin, Idaho tansy Purification Melrose Pan Away - Mix 2 d lavender 1 d helichrysum 1 d German chamomile 1 d wintergreen. Regimen - Flick or scrape stinger out with credit card or knife, taking care not to squeeze the venom sack. Apply 1-2 d Purification, Melrose, lavender, or Idaho tansy on location. Repeat until the venom spread has stopped. Apply lavandin with or without one or more of the single oils listed, 2-3 times daily until redness abates. PanAway may be substituted for Purification

BEETLES: Peppermint Thyme

CATERPILLARS: Spearmint Peppermint

CHIGGERS (Mite bites): Lavender Lemongrass Melaleuca Alternifolia Sage Thyme RC Purification

COCKROACH: Mix 10 d Peppermint & 5 d Cypress in ½ cup

salt water, Shake well & spray on live roaches. My one & only experience with a cockroach was effective. We were in a hotel, there was a 1 inch long cockroach in the bathtub. I put 2 d of oregano onto the back of the 'little beastie'. To my amazement the thing went bezerk, it zoomed back & forth across the bottom of the tub a few times, then right before my eyes it started to disintegrate. In a matter of 60 seconds over ½ of the critter was gone. Oils digest petrochemical. Could it be that cockroaches are filled with petrochemicals?

CUTWORM: Thyme Sage

FLEAS: Peppermint Lemongrass Spearmint Lavender

FLIES: Lavender Peppermint Rosemary Sage

GNATS: Patchouli Spearmint

LICE: Cedarwood Peppermint Spearmint

MOSQUITOES: Lavender Lemongrass Lemon Peppermint

Eucalyptus Radiata

MOTHS: Cedarwood Hyssop Lavender Peppermint Spearmint Patchouli

PLANT LICE: Peppermint Spearmint

SILVERFISH: Eucalyptus Radiata

SLUGS: Cedarwood Hyssop Pine

SNAILS: Cedarwood Pine Patchouli

SPIDERS: Peppermint Spearmint Black Widow Spider - Get victim to an emergency care facility immediately. Rub 1 d lavender every 2-3 minutes over the bite until you reach the hospital. Brown Recluse Spider - The bite of this spider causes a painful redness and blistering which progresses to a gangrenous slough of the affected area. Seek immediate medical attention. Use Purification or Thieves

Spider Bite blend 1 d lavandin 1 d helichrysum 1 Melrose

Apply neat, 1 d of either of the two above blends every minute until you reach professional medical treatment.

TICKS: Lavender Lemongrass Sage Thyme Oregano Peppermint R.C. Purification. Apply neat, 1 d thyme or oregano to tick to loosen from skin. Apply 1 d neat Purification on site to detoxify wound. Apply 1 d neat peppermint every 5 minutes to reduce pain and infection

WEEVILS: Cedarwood Patchouli Sandalwood

A Brown Recluse Experiment done by David Stewart: Seeing how squirting a Peppermint-water spray would kill flies in mid-air, I wondered what pure oil would do. So I did an experiment on a brown recluse spider. I captured a live one in a jar and carefully placed one drop of peppermint on one side of the jar. The pure Peppermint repelled the spider that stayed to the other side to avoid the oil. When I tipped the jar to force the spider to fall into the oil, it merely squirmed and got away, still repelled by the oil, but not apparently harmed. Then I put a drop of water with the oil and tipped the jar so that the spider slid into the water and oil together and, instantly, it shriveled up dead. Conclusion: The oil alone is an insect repellent. Combined with water, it is an insecticide.

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