

INSECT REPELLENTS

Ants: peppermint

Aphids: cedar wood, peppermint, spearmint

Beetles: peppermint, thyme

Cutworm: thyme sage

Fleas: peppermint, lemon-grass, lavender

Flies: lavender, peppermint, rosemary, sage

Gnats: patchouli, cedar wood, peppermint

Lice: peppermint

Mosquitoes: lavender, lemon-grass, eucalyptus, cypress, lemon, orange, cedar wood, peppermint, geranium

Moths: cedar wood, peppermint, lavender, and even a glass of wine

Slugs: cedar wood. Fir (pine)

Ticks: clove, lemon-grass, sage, thyme

Weevils: cedar wood, patchouli, sandalwood

Bug Bite & Pest Control Testimonials

Our all around favorite is Young Living's Blend is Purification....we always have it with us.

Purification (#3399 \$14.00): will not only help keep the bugs away, but when applied to a bite or sting, will neutralize the venom. We have applied a drop of Purification to wasp, bee, and yellow jacket stings and felt the pain go away immediately and the swelling subside. The next day, there were no traces of a sting. It works well for mosquito bites too.

I (Richard)had been bitten by a Black Widow Spider about 4 years ago and used Purification immediately on the bite and reapplied every few minutes and within 2 hours there was no evidence of a bite or pain. Made me a believer! Our Therapeutic Young Living Essential oils are amazing. Have a great week and if you get a bite or sting.....you know what to do.

Rich and Shauna

Thank you Susan for sharing this. We find the Purification Blend and Lavender are the most effective.

Now we learn from you that other oils are working too. Isn't it amazing how effective our Young Living oils are? Glad your daughter is doing better.

Susan writes:

Thanks for the great info on the brown recluse spider. My daughter was bitten when she was in bed, also. She was in Kodiak at the time, and said that it was pretty common there, to have these brown recluse bites, and they would be sore and awful and get bigger and bigger for weeks, and sometimes months. She called me, because it had been several days and now she had a big bump on her arm. I asked if she had any of the essential oils I had given her earlier. She looked and had only Oregano and Lavender. I said, "Put them on. Wait about 10 minutes between applications, and put them on frequently--every couple hours when you can." Well, my daughter has

short term memory problems, and didn't do it all that often. I think she said she put them on 3 times. In two days, the place was completely flat and it healed up with no after-effects. She was most grateful.....

Thanks,

Susan Davis

BROWN RECLUSE SPIDER bite:

Fred writes:

I have had the opportunity to use essential oils on my wife and myself for a wide variety of problems from cuts, burns, sore muscles, and even the occasional flu. I can honestly say that without the oils the recovery time would not have been nearly as rapid.

About a year and a half ago I was bitten by a brown recluse spider. If you know about spiders, you know that the brown recluse is a bad one to tangle with. **In some cases it can leave you with a hole in the area of your body where the bite has taken place, it can cause the loss of a limb, or even death.** The venom dissolves the flesh, and grafts are often needed to restore the damaged tissue. I used a wide variety of oils on the bite, some to control the infection and others to help rebuild the tissue. Today I have only a very minor blemish where the bite the bite occurred.

About three months after I was bitten, a doctor spotted the bruise on my leg and asked what happened. When I told him the story about the bite, he was very surprised that I recovered so remarkably well. He said I was lucky I didn't lose my leg. I then told him how I treated the bite with essential Oils, and he asked for more information!

Fred Zerr,

This is what we would do with spider bites:

Brown Recluse Spider Bite

1 drop lavender

1 drop helichrysum

1 drop Melrose

apply neat to bite then add to an oatmeal poultice 5 drops each to draw out the poison. After the poultice than apply **Purification**

Black Widow Spider

10 drops **lavender** right after the bite and then 1 drop every two to three minutes until you get to the doctor. Also again apply **Purification** in between the lavender.

Bugs and Insects: Keep the following information handy!

Nancy Sanderson....Gary Young's sister, shares these recipes.....Great information.

Insect Sprays and bites

Here are some recipes that I have used and have been very successful for me and I wanted to share this with everyone now that summer is upon us..

For the house and garden insect spray.

3 drops spearmint

3 drops orange

2 qts water

Mix and spray on plants in the house and outside and in greenhouse to keep the bugs and aphids away. Also diffuse in the greenhouse. And for those that use a swamp cooler put lemon in, to keep the fungus at bay. That way you don't have to use chemicals.

One thing that I have found that really works great on ants of any kind is peppermint. I had these ants that kept coming into the house and my little granddaughter would pick them up between

her fingers and try to eat them. So I put peppermint clear across the door seal and as I was doing this here came an ant on high, just as he got close to where I put the peppermint he reared up on his hind legs and his antennas were waving back and forth and he pivoted and went the other direction. Needless to say I didn't have to worry about Kimberlee eating ants in the house.

Always remember to use purification on any insect bite especially poisonous insect bites to neutralized the poison. Here is a list of essential oils you can use on bites.

1 drop thyme Or 1 drop lavender
10 drops lavender 1 drop birch
4 drops eucalyptus
3 drops roman chamomile
1 Tbs V-6

Insect repellent

Peppermint has been great for me. I just rub it all over my head and my arms and legs and they never light on me. Purification and the Idaho tansy oil is good, plus the Sunsation suntan oil is great.

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Cockroaches

10 drops peppermint
5 drops cypress
1/2 cup water and spray where they run and live

Head Lice

2 drops eucalyptus
1 drop lavender
1 drop geranium
1 tsp V-6

mix and massage into scalp and leave for 1/2 hour then shampoo with Lavender shampoo and rinse well. Next apply

2 drops eucalyptus
2 drops lavender
2 drops geranium
1/2 oz. apple cider vinegar
8 oz water

This is an antiseptic rinse. Pour over the head making sure every hair is rinsed. Let dry naturally and repeat daily until lice and eggs are gone.

My friends little girl had head lice and had three spots the size of a quarter on her head where there wasn't any hair because of the lice and the medication the doctor had her on. After using the above recipe the lice are all gone and her hair has grown back and she is no longer fighting her mother about going to school.

Nancy Sanderson

Over the weekend our oldest daughter brought some of her family to visit. One of our granddaughter's had a bite from 'something' we think a spider. Her little arm swelled up and was red. We had her use purification every 10 minutes. Also used Idaho Balsam Fir several times. Within 3 hours the redness was gone, but there was still a little bump with white showing through. When they left last night it was almost gone. We have learned when 'something' attacks us....we use more oils more often. Surely glad we have these great products to help us stay well and to assist when 'stuff' happens to us.
Rich and Shauna

Bill writes:

I have used Young Living's Purification, a blend of therapeutic grade essential oils, on three cases of rattlesnake bites and one case of a severe attack of Africanized bees on one of my neighbors. I have used it personally on all sorts of spider bites, mosquito bites, and on one honey bee bite. At first I was amazed at the results. Now I expect the results.

As my family is aware, I am highly allergic to bee or wasp stings. Yesterday, I was standing totally still about 50 feet, and on the opposite side of a barn, from a known killer bee hive. Two of the "guards" decided to give me a couple of head butts (their warning sign) and I began to move away. One decided I was not moving fast enough and hit me on the back of the head.

The other did not want to miss an opportunity to become a suicide bomber and hit me on the forehead above the temple. I, thankfully, carry a bottle of *Purification* with me and immediately applied it to both locations as I ran to the house.

I cannot imagine what pain my neighbor endured before I was able to get to him with the Purification. He had literally hundreds of bites on his head, face, neck and hands. Surely he was in such shock and felt no pain because with only the two bites, I was literally crying with pain. Hey! The story has the expected ending: *the pain lasted about three minutes and subsided. Today the bites feel similar to a bruise and there is no swelling.*

Bottom line, Purification, in addition to Peppermint and Lavender should be in every first aid kit and certainly Purification should be in everyone's pocket if they venture out of doors.

Bill

P.S. My neighbor's body responded to the stings with a fever and I applied Peppermint all over his feet, the palm of his hands and the back of his neck. The fever subsided in less than twenty minutes. Just another indication of the power of therapeutic grade essential oils.

Blessings,
Rainbow Forever Trust

This information is coming to you by our up line Jean Marie Friedmann.....Dr. Terry Friedmann's wife.....please print and share freely.

For plants infested with insects, use one of the following essential oils. Fill a mist spray bottle with 4 oz. of water, add the essential oils and mist the infested plant. Use as little as possible. Several applications, a few days apart, may be necessary.

Spearmint (#3638 \$9.00): ants, aphids, caterpillars, black flea beetle, gnats, lice, moths, and plant lice.

Peppermint (#3614 \$16.00): ants, aphids, bean beetle, cabbage root fly, caterpillars, black flea beetle, flies, lice, moths, and plant lice.

Lemongrass (#3581 \$9.00): black flea beetle, fleas, mosquitoes, and ticks.

Tansy (#3656 \$22.00): black fly, carrot fly, fleas, flies, greenfly, mosquitoes, and white fly.

Hyssop (#3566 \$14.00): aphids, cabbage root fly, moths, and slugs.
Thyme (#3650 \$22.00): bean beetle, cabbage root fly, cutworm, and ticks.
Sage (#3632 \$19.00): cabbage root fly, cutworm, nematodes, ticks, and white fly.
Rosemary (#3626 \$11.00): cabbage root fly and carrot fly.
Patchouly (#3608 \$20.00): gnats, snails, weevils, and woolly aphids.
Pine (#3618 \$10.00): slugs, snails, and woolly aphids.
Sandalwood (#3635 \$42.00) weevils and woolly aphids.

> *****

> Oils and Plants:

>
> I haven't used Floral Water for plants, but I have
> made up a mix of my own for plants that have been
> infested with bugs and pests.

>
> What I do is mix up a blend consisting of about
> 1-2 Tbs of unscented bathgel, 30-40 drops of
> Citrus Fresh, 20 drops of Lemon all mixed into
> about 12 ounces of water. Put this in a spray
> bottle, shake and spray the plant thouroughly.
> It works like a charm!

>
> Boel
> *****

> Hi Pama and others
> I put a couple of drops of Joy in the water for my
> cut flowers, and I think they last longer. It also keeps
> the water from getting smelly. We also use Peppermint
> on our garden to help keep bugs and slugs away.
> We put 15-20 drops in a spray bottle with about 2 cups
> of water, and spray it on the plants. We spray flowers
> and vegetables with this and the plants are very healthy.
> We don't have any fruit trees, but
> supposedly you can spary Oregano on the blossoms to
> keep worms away from the fruit. I would like to know
> if anyone has tried this.

> In the spirit of sharing
> ~Valli

> *****

> I mixed some Purification and Peppermint in a spray
> bottle with water and sprayed my plants to get rid of
> spider mites. The plants didn't have any
> problems but the spider mites were gone in short order.

>
> Be well,
> Vanessa

>
> Hmmmm...I can't give you exact amounts. I didn't write
> the amounts down (I know the first rule is always write
> down the formula), oh well! Anyway, I used a 1
> ounce spritzer bottle of purified water with somewhere

- > in the neighborhood of 5 or 6 drops of purification and
- > 3 or 4 drops of peppermint. The spider mites
- > were gone with the first or second application.
- >
- > Be well,
- > Vanessa
- > *****
- > For pest control in the garden, try spraying a combination
- > of liquid soap and peppermint oil. Most leaf chewing, sucking kinds of
- > insects will leave or be killed. Use 8 to 10 drops of oil per gallon
- > of water and mix in about 2 teaspoons of liquid soap. Spray both the
- > top and under plant leaves. There are other oils that work as well for
- > this purpose. Jim
- > *****
- > I've had good luck with melaleuca oil, few drops added to spray
- > bottle, and misted over roses helps to keep aphids and
- > fungus away from roses.
- > Ruth
- > *****
- >
- > Hi,
- > We have had great success using lemon oil for adult and children head
- > lice. In 2 days even the eggs have fallen out. Just put a drop on the
- > front hairline, one on the crown, one on the brainstem area and rub a
- > couple of drops on the feet 3-4 times per day. Then to keep them
- > away, use lemon oil in some way regularly. Grace
- > *****
- > - Fleas: Try putting a drop of lemon oil or oil of rosemary on your
- > pet's collar for flea control.
- > *****
- > Pet Powder
- > 2 drops juniper oil
- > 2 drops lavender oil
- > 1/2 cup arrowroot (or cornstarch, clay, baking soda, or equal
- > part blend of these)
- >
- > Combine the arrowroot and essential oils, crushing the clumps of oil
- > between your fingers to evenly distribute them. Be sure to wash your
- > hands after handling the pure essential oils to avoid any contact with
- > the eyes or delicate mucous membranes. Sprinkle on pet as a preventive
- > powder.
- > *****

Here is some additional info on TERMITES using the oils...

Kay

Dear Sha-Faun Team

We have found Thieves, Oregano, Lemon Grass, and Purification has and does work for us. Years ago we just used Thieves and Purification and it clobbered them....so now we choose to beef it up a little and we added the other two. We used about 20 drops of each in a spritzer bottle and spray the base boards and out around the foundation.....concentrating

on the cracks. If we know we have termites we use a heavier concentration. Surely is a lot cheaper and safer than hiring a termite professional. Hope this gives you ideas if you run into these little critters.....works on ants too!

Karen Molitor submitted the following tip:

“We built a raised garden in June of last year, and I was amazed at how quickly the vegetables grew. However, I found holes in my broccoli plants shortly after harvesting the first crop. I could not find a testimonial for fighting cabbageworms, so I mixed my own brew after finding about forty green worms on just two plants. I sprayed the leaves with a mixture of peppermint, citronella, rosemary, and eucalyptus essential oils and water. In the four days after doing that, I only found one worm!”

Herbal Pest Control

by Meg McGowan

It is all well and good to espouse herbal theory and to wax esoteric on the balance of nature. The true test of one's commitment to the higher good of the universe over personal gain is not necessarily when it affects one's bottom line; the true test comes when nature meanders willy-nilly across one's threshold or pokes an antennae head through a crack in one's sacred domain. There's something about the sight of a bug that tends to make us scream "War!" Suddenly, the most extreme weapons seem feasible. This is, no doubt, the response that profits the pesticide biz. It also might be the very same impulse that funds our defense budget. Pause. Count, at least to ten. Enumerate the ways in which your life reflects a respect for the earth. Then jump on your bike and pedal over to the health food store to stock up on essential oils and dried herbs. Swing by the garden center on your way home to pick up some potted plants as well. You can beat bugs without violence to the planet. Here's how.

For general pest prevention, the mint family takes high honors.

Peppermint (*Mentha x piperita*) repels ants, mice, flies, lice and moths.

Pennyroyal (*Mentha pulegium* or *Hedeoma pulegioides*) wards off fleas, ants, gnats, lice, mosquitoes, ticks and moths.

Spearmint (*Mentha spicata*) is also effective against many of the same pests. Between them they form a good first line of defense against almost any nuisance. Mint may be grown near a doorway or window in an attempt to secure your abode from without. Because the mints can be invasive, you may want to grow them in a pot rather than in the ground, lest you have another nuisance on your hands. The mints are quite adaptable in their site requirements. Tolerant of sun or shade, you may even be able to coax them to grow on your screened porch. They prefer more moisture to less, so use a large enough pot to keep them happy. Mint leaves can be used as a barrier to discourage all manner of multi-legged marauders. Chop the leaves to release their oils, then scatter them in doorways, on window sills and around any cracks or crevices that are suspected of serving as entryways. Try tucking bags of peppermint tea into the corners of cupboards. A drop or two of spearmint, peppermint or pennyroyal essential oil on a fabric square could be used similarly. The same essential oils can be used in wash water to wipe counters, shelves and floors. Ants seem to have an affinity for water, so you may want to apply a few drops of the oils to pipes where moisture collects. While the scent of mint is not unpleasant, it is strong, so use the oils sparingly at first and increase as necessary.

Pennyroyal is not hardy in the Chicago area, so overgrowth is not much of a concern. And fresh pennyroyal leaves offer vigorous protection. They may be rubbed on skin to ward off stings of all sorts. Be aware, however, that it is a very potent herb. Apply carefully to the face, avoiding lips, the entire eye area, and skin close to the nostrils. The stems of pennyroyal can be hard to bundle, so try setting out small dishes of pennyroyal to repel mosquitoes on porches or decks. Pennyroyal essential oil should be used with caution. It is toxic.

Basil (*Ocimum basilicum*), especially bush basil, is particularly effective in discouraging flies. Folklore holds that the culinary marriage of basil and tomatoes was inadvertently arranged by Italian cooks who used basil leaves to protect their freshly sliced tomatoes. Growing basil plants near the door facilitates harvesting, allows you to enjoy its pungent aroma and deters flies from entering your house or joining your outdoor dining experiences.

Citronella (*Cymbopogon nardus*) essential oil is an old stand-by for keeping mosquitoes at bay. A few drops can be added to the melting wax of candles to permeate the air around outdoor activities.

Aura Cacia suggests that the scent can be tempered, if desired, with another citrus oil, rose (*Rosa centifolia* or *R. damascena*) or lavender (*Lavendula latifolia* or *L. intermedia*) oil. Try misting liberally with Aura Cacia's Outdoor Spray. Combine three drops of citronella, three drops lemon (*Citrus limon*), two drops rose otto (*Rosa damascena*), two drops lavender and two drops basil essential oils with two ounces of distilled water. Remember to shake thoroughly before spraying. Fewer insects around the entrance means fewer insects in the house.

A few drops of essential oil may be applied to the hems of curtains that will waft in the breeze. In addition to mints, basil, and citronella — cinnamon (*Cinnamomum zeylanicum*), lemongrass (*Cymbopogon citratus*), lavender, rue (*Ruta graveolens*), and thyme (*Thymus vulgaris*) essential oils are effective in deterring a wide variety of insects. (Rue should not be allowed to touch the skin, as it can be a severe irritant.) Valerie Worwood recommends dotting strips of paper or cotton ribbons with essential oils and hanging them in front of open windows. Bundles of herbs hung in strategic places can do more than add a touch of homespun charm. Tansy (*Tanacetum vulgare*) and common wormwood (*Artemisia absinthium*) are particularly effective, though other varieties of *Artemisia* can also be beneficial.

A bay leaf laid at the top of each container of grain stored in your kitchen (inside the container) will protect against invasions of weevils. Although we would like to think of moth-eaten as an adjective that appears only in mystery novels set in old England, the present passion for natural fabrics, combined with pesticide tolerance and less methodical household cleaning practices, are bringing the term back into current use. Clothing moths flourish in dark, damp conditions, where they feast on natural fabrics. Sweat and stains are delicious condiments. Old-fashioned habits such as airing seasonal clothes outside, making sure that clothes are clean before storing, and beating area rugs outdoors in the sunlight are all ways to deter clothing moths. But herbs can help in this, as well. Lining drawers with scented liners and packing clothes with herbal sachets helps to discourage moths from finding a home among your belongings. Camphor basil (*Ocimum kilimandscharimum*), cedar shavings, eucalyptus (*Eucalyptus spp.*), lavender, pennyroyal, painted daisies (*Chrysaemum coccineum*), rosemary (*Rosmarinus officinalis*), santolina (*Santolina chamaecyparissus*), tansy, and wormwood all provide suitable plant material for moth-be-gone sachets. Essential oils such as hyssop (*Hyssopus officinalis*), lavender, lemongrass and rosemary may be added to the final rinse when washing clothes.

Aura Cacia recommends vetiver (*Vetiveria zizanoides*) essential oil to protect clothes in seasonal storage. You can, for example, soak blotting paper in vetiver oil and place it in closets, drawers, and chests. And indeed, vetiver has historically been used for such purposes. Russian furriers sewed vetiver sachets into their coats. Blades of vetiver grass were woven into mats and screens in India, the plant's native habitat.

As you struggle to keep your house pest-free and to keep your quest in perspective, abandon your thoughts of war. Think, instead, about negotiating boundaries and fostering peace talks — communicating all the while via scent.

Kellie Prowse submitted the following tip:

Karin Davidson Young Living Essential Oil ID # 1462444 www.HowToTap.com Karin@howtotap.com

“My father's cat had kittens, and somehow they got fleas. My father did not want to use anything on them since they are less than three weeks old but needed to rid them of the fleas. I had heard that lavender works on fleas. As soon as I put drops of lavender essential oil on them, the fleas literally jumped off the kittens' bellies! I put a drop behind each ear, on the back near the tail, and on the underside of the belly. I checked them about an hour later and the fleas had disappeared.”*

Mary C. Ward-Farnham submitted the following tip:

“Mosquito and bug-bite season is here. This works amazingly fast: Roll a few swipes of Breathe Again™ Essential Oil Roll-On across a bite. This is a wonderful addition to my first aid kit and I now carry it with me at all times.”

Item No. 3528 10 ml

Susan Pralle submitted the following tip:

“I use about eight to ten drops of Purification, four drops of Idaho tansy, and a few drops of peppermint. This recipe is great insect spray for my horses and for me as well.”

Fran Vall submitted the following tip:

“I have found that Thieves Waterless Hand Purifier is very helpful on insect bites. It calms itching and redness and also cleanses the area.”

Item No. 3621 1 oz.

Karin Brock submitted the following tip:

“My small container garden was being eaten alive by all manner of insects and snails at the beginning of last summer. I sprayed everything liberally with Thieves® Spray (on top and under leaves and around the lip of the bin). I haven't seen another pest around there yet and it's April!”

Item No. 3265 1 oz.

Sandy Lee submitted the following tip:

“I am allergic to bees and it seems that they are attracted to me for some reason. When bees come around, I spray Thieves® Spray in the air around me. I cannot believe how well it works. It doesn't kill the bees; they just fly away from me. Thanks for this product!”

Item No. 3265 1 oz.

“My wife and I own a rafting business in southern Oregon. On our full-day raft trips, we serve lunch at a beautiful, sandy beach on the Rogue River. At the end of June, the weather gets really hot and the bees are out in full force. The bees were such a nuisance to the guests that we had to find a new lunch spot down river for the remainder of the season. One day we decided to put drops of Purification® and peppermint essential oil on the table. We also left the bottles open and put them in front of the meat dishes. To our astonishment, the bees never came around. Our guests were able to have lunch at our favorite beach spot, and we never had to leave it again.”

Tim O'Brien

KARIN DAVIDSON YL 146244

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