

Bug bites

Perhaps one of the most popular questions asked via phone is, “What do I do about this bug bite?” When I ask what bit them the answer is always the same, “I don’t know.” This makes it a little difficult to determine what to use. But, we’ll go for some generics and some specifics (for those of you who caught a glimpse of the biter).

Some basics that work on pretty much anything (these oils are all antitoxic and anti-venomous):

- Basil
- Chamomile
- Cinnamon (hot oil, dilute)
- Fennel
- Lavender
- Lemon
- Peppermint (hot oil, dilute)
- Tea Tree
- Thyme (hot oil, dilute)

Note: if you know you got bitten by something serious (snake, venomous spider, etc) please visit your local emergency room for anti-venom.

If you’re having an **allergic reaction** to a bite (again, get professional help if serious):

- Peppermint will help open the airways
- Chamomile will help stop the spasms, open the airways, and calm the person

General insect bites:

- Lavender
- Tea Tree
- Eucalyptus

If you’ve got a bite that **just won’t stop bothering you**, chances are it’s hit a nerve or involves a neurotoxin. In this case apply:

- Helichrysum
- Sometimes you can get away with just Chamomile (it’s a great pain killer, decreases swelling, and calms the person who got bit).

Specific biters

Bee and hornet stings: (first, remove the stinger, then)

- Apply a cold compress of Chamomile; Lavender is also often successful.
- Keep the compress on for at least an hour (if possible, longer)
- Apply the essential oil three times a day after having the compress on (may rotate with Lavender).
- I’ve found that a clay pack often soothes the site of the sting and tends to stay on those active youngsters longer. I mix 1 tsp Redmond’s clay with 1 drop of essential oil (Chamomile or Lavender) and then add just enough water to get it to stick.
- Some people swear by Spice for Life or Cinnamon, applied to the site of the sting. These are both hot oils, they should be diluted, but the people I know who use them on stings don’t. I haven’t tried it personally (my dad does it all the time and it works for him), so I don’t know how hot it gets.

Wasps are different than bees and hornets. They have a venom that needs to be neutralized. To do this apply:

- Basil
- If it still gives you trouble try this recipe:
 - 1 drop Basil
 - 2 drops Chamomile
 - 2 drops Lavender
 - 1 tsp alkalizer, this can be lemon juice, apple cider vinegar, or just vinegar

Spider bites or fire ants. Again, we have a venom involved:

- Basil
- Cinnamon (hot oil, dilute)
- Lavender
- Lemon
- Lemongrass
- Peppermint (hot oil, dilute)
- Thyme (hot oil, dilute)

Note: if you have been bitten by a spider that uses a **neurotoxin** (brown recluse, black widow, etc) you will want to use Helichrysum. These are the bites where the skin begins to blacken and then a sore appears, oozes, and continues to grow no matter what is done. These are the bites that you hear about people getting and then having amputations or dying. These are not to be played around with. Make sure you have real Helichrysum that is not synthetic or diluted or you will continue to have problems with the neurotoxin. (At the time of this writing Helichrysum will run you around \$100.00 a small bottle, if it's the real thing, due to a crop failure, cheaper than losing a limb or your life to be sure.) You may also want to take a homeopath called Pyrogenium (200 C level) and use it in conjunction with the Helichrysum.

The nasty tick.

I've read every which way on ticks, burn them out, force them out, have a doctor get them out, etc. You decide which way you want to get it out, but you should follow this part, save the tick in a jar, label the jar with when you got the tick and where (approximately) you were when you got the tick. If you develop symptoms of a disease this information will be needed. Oh, and don't handle the tick unnecessarily and wash your hands immediately after removing it, add some Lavender or Tea tree to your soap when you do this. Now, the tick is out:

- Apply 1 drop of Lavender (or Tea Tree) every 5 minutes for 30 minutes (6 times). This will not only help neutralize anything the tick spit in you, but will also help heal the wound area.
- Check the site of the bite at least once a day for a couple of weeks. If a rash develops visit a doctor fast and take that jar with you that you put the tick in and labeled.

One last note, always keep essential oils away from eyes! If an essential oil comes into contact with the eye DO NOT rinse with water, instead apply a drop of carrier oil (olive oil, Message oil, grapeseed oil, coconut oil, butter will even work) and it will absorb the essential oil and slow down your body's absorption of the essential oil decreasing the pain associated with having the essential oil in the eye.

To order, for class information, or if you have questions contact:

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