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Don't Lose
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GRANDMA'S CURE CORNER
HOW TO FIGHT BED BUGS AND WIN



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Win the Bed Bug Battle Naturally



By Dr. Amanda Box, ND (Guest Author)

“Sleep tight, don’t let the bed bugs bite!” This phrase may bring back fond memories for some, but for thousands of people across the United States and elsewhere, it has become nothing less than a nightmarish reality.

Bed Bug History

Bed bugs have been wreaking havoc for thousands of years. They were mentioned in Greece as early as 400 B.C. and were brought to the Western Countries by the European Settlers. Upon the invention of DDT, a powerful and extremely toxic pesticide, they were almost completely eliminated in the West. In the 1990’s, following the ban of DDT, bed bugs made a comeback in cities like New York and San Francisco. They have since made their way across the U.S.A. and have invaded dormitories, hotels, apartments, and even the personal homes of unsuspecting families.



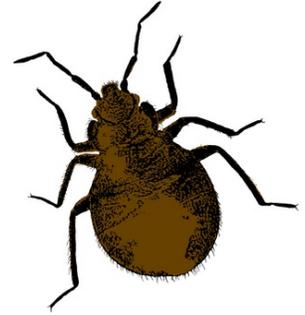
Bed Bugs vs. Dust Mites

First of all, please don’t confuse bed bugs with dust mites. They are two very different organisms. Dust mites are microscopic and feed on human skin cells. Bed bugs on the other hand can grow up to a quarter of an inch in size and are parasitic creatures. They feed off the blood of warm-blooded animals or humans. They can cause a whole host of allergic reactions in those who sleep in their presence. Bed bugs have also been known to carry pathogens for several diseases such as anthrax, plague, yellow fever, and typhus. However, there is no conclusive scientific proof linking bed bugs to the spread of these diseases.

Bed Bug Identification

Adults are broad, oval, with a wingless flat body and are about 4-5 mm long and 3 mm wide.

- They range in color from brown to reddish brown (after a meal of blood)
- They give off a distinct, disagreeable, sweet odor when crushed.
- The nymphs appear translucent or pale in color before a feeding and resemble adults, but are much smaller.
- They shed their skins leaving behind a light brown shell.



Checking your Home for Bed Bugs

Most people don't realize they have a problem unless they are noticing the itchy bites on their skin. Bed bugs are very small and are very good at hiding in cracks and crevices. They also do not like light, so they will rarely be out where you can see them.

How to spot check your bed

- Peel back the sheets
- Run your fingers along the upper and lower seams of the mattress
- Look around the mattress tags
- Check behind your headboard and under your bedside tables.

What to look for:

- Black poppy seed sized spots (hatchlings)
- Translucent bug skins (moltings)
- Adult bed bugs
- Bug fecal matter



Bed bug life cycle: egg, nymph, and adult (courtesy of Dr. Mike Potter, University of Kentucky)

Bed bug fecal matter is dark brown to black and it sticks to the surface. If it falls off easily it is something else. You can also use a moist towel and if it smears, it is most likely fecal matter. When traveling check your hotel beds as well. Be sure to use the suitcase stands, which keep your clothes from coming into contact with possible pests.

How to Eliminate Bed Bugs

If you find any signs of bed bugs, you unfortunately have very few options. Bed bugs are some of the most resilient creatures on the planet and are terribly hard to get rid of. Hatchlings can go weeks without eating and the adults can live up to a year without a meal! I would recommend spending the money to have a professional come in and take care of the problem. To date there is no natural remedy that will kill bed bugs other than extreme heat and extreme cold. Find a professional who uses steam heat and not pesticides to kill the bed bugs. Pesticides are chemicals and they are toxic carcinogens that you don't want in your home. Pesticides have been linked to a whole host of illnesses, including Cancer and Parkinson's disease.

Bed Bug Prevention is Key

Truly, the best way to treat bed bugs is prevention. Thankfully, there are several natural remedy options in the prevention of bed bugs.

Keep a clean and sanitary environment

- Wash your bedding regularly
- Fold your bedding into itself when you gather up your sheets trapping anything inside.
- Wash your bedding in hot water
- Dry on the hottest setting for at least 25 minutes. Extreme heat can kill bed bugs and their hatchlings.
- Vacuum regularly around and under your bed.

Many professionals also recommend purchasing a mattress cover. Any cover that specifies use for allergy and dust mites will work for bed bugs. There is no need spend the extra money on a "bed bug" approved cover. If it works for microscopic dust mites, it will work for the much larger bed bugs. Your local superstore should carry just what you need.

Bed bugs cannot jump or fly. They usually crawl from the floor up into your bed. Cover your bed support legs with a one-inch strip of petroleum jelly and they will get stuck in it. This is a virtually cost free and effective solution.

Essential Oils for Bed Bugs

Another easy and natural remedy to deter bed bugs is using essential oils. There are many essential oils that stave off all kinds of bugs ranging from spiders to ants and even the dreaded bed bugs!



- Tea tree
- Lavender
- Eucalyptus
- Cedarwood
- Thyme

You can use the essential oils alone or in combination for stronger bed bug prevention. There are several ways to use the oils as well; one would be to make a bed bug spray.

Bed Bug Spray

- 20 drops of essential oils (one or combination)
- 4 oz of distilled water
- 1 tbsp of vodka or grain alcohol (for preservation)

Mix all the ingredients in a small spray bottle and shake. Shake before use and mist your linens every 3-4 days and let it dry before retiring to bed. This mixture is great to travel with, as well.

Additional Bed Bug Prevention Techniques

1. Another option would be to mix baking soda with several drops of essential oil and put the mixture in a cotton sachet or empty cotton tea bag. You can put these on the underside of your mattress.
2. You could also fill sachets with the actual dried herbs and not only put them underneath the mattress, but also around headboard and in your nightstand drawers. Many of you may have lavender growing around your home giving you a cheap and easy deterrent at your fingertips.
3. One last option for using essential oils is to put several drops in a diffuser, which releases the fragrance into the air. The nice part about these oils is that they have medicinal effects on you while you're discouraging bugs!
 - Lavender is great for relaxation and stress relief
 - Eucalyptus works for respiratory problems and headaches
 - Cedarwood and thyme are both antiseptics

Though even the thought these menacing pests can evoke disease, fear and trembling in many people, the solution is simple and easy: Bed Bug Prevention. Using natural remedy essential oils and keep your sleeping area clean and sanitary can keep those bed bugs at bay and will truly help you, "Sleep tight and not let the bed bugs bite."

Amanda Box is a Doctor of Naturopathy and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 10 years and currently has a Naturopathic consulting practice in Sioux Falls, SD. Her passion is helping others achieve wellness of the whole person - mind, body, and spirit. If you don't have a good local naturopathic doctor to turn to for your personal needs, Dr. Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at <http://amandabox.blogspot.com/> for contact info.



Don't Lose Sleep Because Of Bed Bugs

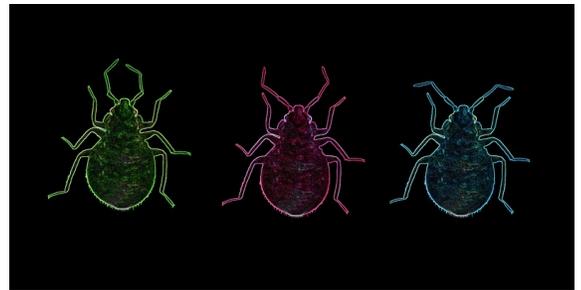
Bugs By David Randall

Do you have bed bugs?

Chances are you may not have them, but with their ease of transportation, global reach and long life, it is possible for you to come across their path in the near future.

Fact: Bed bugs can live for up to 18 months without a food source.

Fact: Most people will acquire bed bugs at hotels, motels, bed-and-breakfasts or travelling abroad, bringing the bed bug infestation to their homes in their luggage or clothing.



Understanding Bed Bugs

It's important to understand bed bugs, where they hide and how to locate their hiding places. The bed frame is their favorite hiding places and knowing where to look is the first step in bed bug control.

Bedbugs aren't known to infest an entire house or apartment. They like to hide in places where they know people or animals sleep. They can be anywhere in the bedroom such as the box springs, mattress, baseboard, springs, wicker furniture, along the tracks of dresser drawers, behind cove molding or even in the laundry.

Natural Treatments for Bed Bugs

1. The first step in eradication is detection.

To pinpoint a problem with bed bugs, there are a variety of signs one should be on the lookout for. Below you will find some of the most common signs of bed bug:

- **Bites:**

While bites are a sure indication of bed bugs, it is important to note that not all bites received in the middle of the night are the handiwork of the bed bug.

- **Dried Blood:**

Also known as fecal spots, dried blood that appears along the seams of a mattress, the box spring, behind the headboard and anywhere else around the bed is a telling sign of bed bugs.

- **Shed Bed Bug Skin:**

The hollowed-out remnants of bed bugs are called “skin casts,” which are a result of the nymphal stage.

- **Bed Bug Eggs:**

While difficult to see, some individuals have discovered the eggs of bed bugs, which are about 1 millimeter in length and shaped like rice.



2. The next step is cleaning and organizing.

- Reduce clutter to eliminate hiding places for the bugs.
- Thoroughly clean house using a high-powered vacuum cleaner and a stiff brush to remove bugs from cracks in the floor.
- Dismantle beds to find hiding places.
- You don't have to dispose of your bed or bedding. Wash the bedding. Seal up mattresses and box springs by taping any holes or other places where bugs could exit a hiding place. Wrap the mattresses and box springs in heavy plastic covers and seal them. Dumping mattresses on the street could result in making the problem worse by spreading it to others.
- To keep bugs from traveling from the floor, up your bed, and to your sleeping corpus, set the bed frame legs in containers of mineral oil and do not let covers touch the floor.
- Caulk and seal all holes and cracks around pipes, electrical outlets and around baseboards and moldings.

Homemade Bed Bug Spray

- 1 Cup Water
- 10 drops lavender essential oil
- 10 drops rosemary essential oil
- 10 drops eucalyptus essential oil
- 3 drops essential oil of clove (optional)

1. Place in a fine mist spray bottle, and shake well before using.
2. I want to include some cautions here. Never work with essential oils unless you are wearing gloves. Undiluted essential oils can be dangerous if absorbed through the skin. Another possible problem is that essential oils, even diluted, can have an adverse effect on some cats, so keep kitty away.

Traveling and Bed Bugs



If you suspect you have had a bedbug encounter during a trip out of the country, it's possible you have transported the little fellows or the bed bug eggs in your luggage. Leaving your luggage in a closed car for several hours in a hot summer sun should kill the pests off. Meanwhile, it's a good idea to have clothing professionally laundered in a commercial bug-killing solution immediately upon your return, preferably before you bring the clothing home. Inspect, vacuum, and scrub your empty suitcase with a stiff brush to remove any bed bug eggs.

Traveling Tips

- Inspect your hotel room thoroughly, especially the bed crevasses and other nooks for dried blood. This is extremely important because you will not know if you came into contact with bed bugs until it is too late.
- Keep your cloths hung up or on the luggage rack
- Keep bedding and clothing off of the floors
- Clean and inspect your luggage before leaving and before your return home.

Luggage Herb Sachets

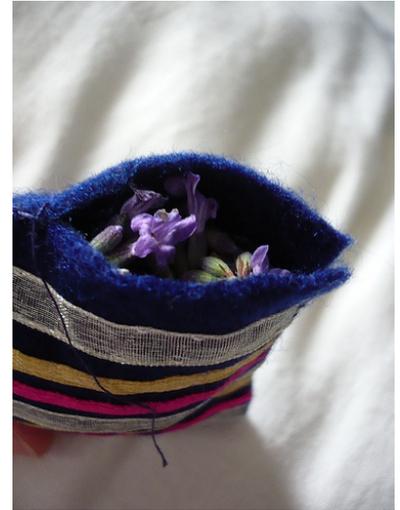
If you want to avoid bringing bed bugs home with you when you travel, try keeping sachets of herbs in your suitcase. The smell will keep them out of your belongings and help you avoid a bed bug infestation in your home. Tuck two sachets into your suitcase, one on either side. It's a good idea to place a couple in the pockets of your hanging garments, or in any folded clothing you plan on placing in hotel room drawers.

Bed Bug Herb Sachet 1

- 1 Cup dried Eucalyptus leaves
- 1/2 Cup dried rosemary
- 1/2 Cup dried lavender buds
- 10 Large cloves

Bed Bug Herb Sachet 2

- 1 Cup loose-leaf black walnut tea
- 1/2 Cup dried eucalyptus leaves
- 1/2 Cup dried lavender buds
- 1/4 Cup dried thyme
- 2 Bay leaves



The sachet recipes above should each fill seven to ten small muslin bags. Muslin bags are small cotton bags with drawstrings much similar to tea bags and they can be found at your local craft store.

Conclusion

Each week there are new cases and more and more cities infested with bed bugs. With the rising spread of this bed bug infestation, it is in your best interest to err on the side of caution. However, following the simple tips, tricks and natural solutions above you can feel safe sleeping at night.



David Randall, diagnosed at the age of 15 with type 1 Diabetes, started to learn everything he could about living healthy. With a love for cooking, he made his way through college teaching young diabetics how to manage the disease. He then turned his ambitions towards spreading what he knows and loves to others, having ghost written for over 10 years on nutrition, vitamin and mineral supplements, as well as cooking and healthy lifestyle. David spends his free time with his family in Northern Michigan sailing, cooking and volunteering.

Grandma's Cure Corner: How to Fight Bed Bugs and Win

By Grandma Barton



“You want me to do WHAT???

For how long?”

These are the words of my dear friend who was recently told how she needed to comply in order for her apartment to be treated for bed bugs. This were the orders she was given before the fumigation began:



- Run ALL her clothes through a high heat dryer cycle and bag in sealable bags – or dry clean all applicable wardrobe pieces.
- Strip all beds, clean and launder sheet and also place in sealable bags.
- Break down and safely dispose of unwanted beds, furniture, mattresses and more.
- Pull all furniture 8 inches away from the wall to allow for proper inspection and treatment.
- Empty and pack items from dresser drawers, bureaus, nightstand, bookshelves, wall units, closets and more.
- Perform detailed crack and crevice vacuuming throughout apartment including rugs, sofas, cribs etc..
- Treat non-treatable items that cannot be washed or dry cleaned with specialized solution that kills bed bugs on contact.
- Order corrugated boxes to pack all food items.
- Seal up the boxes properly to prevent any spread of bed bugs into or out of that area.
- Pack all items of clothing that will not be needed into suitable boxes to be stored or sent off for fumigation.
- LIVE like this for 3 weeks!!!

Do you know how many bed bugs she found? Three! Her apartment didn't have an infestation problem but through the vents from the tenants below, the little creatures were making their way to move in with my friend.

While my friend worked frantically to bring her apartment to compliance, she watched as neighbors threw out clothes and mattresses in the garbage – only to be picked out by others and returned to different parts of the building.



So, after 3 months of living in her apartment, my friend made a plan, packed up all her things and MOVED. Rather than expose herself to the continuing threat of bed bugs and live like a nomad for 3 weeks, she found refuge in a safe bed bug-free living arrangement.

As soon as you realize you have bed bugs, they begin to rule your life. But, for many, moving may not be an option. I want to help you make a plan. You have to work fast and work hard, but it'll be worth the effort. Don't just opt for fumigation. Protest the chemicals and insecticides that promote other health problems besides bug bites. With an understanding of the enemy, you can launch an attack with the least dramatic measures.

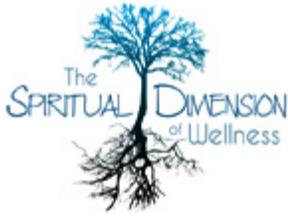
1. Take out one mattress at a time and vacuum all the bugs and spray the ribbing (see product review for a choice in bed bug sprays). Spray the bed base.
2. Cover your bed in plastic. Use your seasonal sheets (stored and bed bug free) to sleep on, making sure bedding and clothes do not come in contact with the floor.
3. Spray along the skirting boards, the floor and around the bed. Sprinkle some talc to identify where you have sprayed to prevent walking through it.
4. If more bed bugs are hiding, they would crawl out at night and head for the bed, but crossing the ring would come into contact with the surface spray.
5. Wash your clothes in the hottest possible water, dry them on high heat and put them in space bags. Other items, like purses and shoes can either be sprayed or put into a heating unit like (PackTite - see Product Recommendation). Store in zip lock bags. Throw away anything you don't need!
6. Dust around some "diatomaceous earth," especially in your bedroom, working it into the carpets and corners of the room and between and mattress and box springs. Diatomaceous earth (DE) is composed of algae fossils, which causes jagged edges in diatomaceous earth. Jagged edges cut the surface of bed bugs causing them to bleed to death when they crawl across it.
7. Apply diatomaceous earth lightly in dry areas where crawling insect pests are found or may hide, including cracks and crevices, along baseboards, around sinks, cabinets, refrigerators and stoves and in attics and basements. Direct contact with dry dust is required for effective control.

This may be a war with bed bugs, but you can have the victory. Kill them all, in all their stages, wherever they are and whatever it takes. Choose your weapons wisely. Crawl into unbelievable spots. Make no compromise. Don't skip one crevice. Follow those buggers home. Don't give them a chance to survive. Steam heat them out if you have to. One survivor could mean infestation. Battle against them directly, not behind a timid mask of fear or denial.

After it is all said and done, leave the room and take a shower! Then, sleep like a baby! Won't you share your success story? It will no doubt inspire many who are willing and able to do the work.



Grandma Barton is mother to Joe Barton (founder of Barton Publishing), grandmother to 6 grandkids and 28 step-grandkids, and over 3000 Home Cures That Work members. She is a two-time breast cancer survivor with the help of Dr. Saunders and natural remedies. Grandma loves finding cures within the home to treat all sorts of ailments. With tips she's learned on the farm and along the way, Grandma Barton brings a time-tested and trusted voice when it comes to home remedies. She really is an inspiration to us all.



Are Bed Bugs A Wake Up Call For A Nation Spiritually Asleep?

By Steven Hickey

Every one of us needs to sort out how we believe God is involved in the world today. Many may not admit they are Deists: they believe in God, but they are unwilling to give him credit or blame for any direct involvement in the world today. This is a theology of a God who had hands-on connections back in the beginning, or in Bible days, but today is pretty silent, leaving us to ourselves.



What the Bible actually says is that *all things are sustained by him (Colossians 1:17)* , at all times. Were God to lift his hand for a mere nanosecond, even molecules at the atomic level would instantly unravel.

God is not silent today; he is always communicating, always speaking, guiding, confirming, correcting and warning. The problem is many are not familiar with the sound of his voice and few are fluent in God's language of choice: symbolism.

Symbolism is the language throughout the Bible: significant numbers, colors, creatures and circumstances. God has even used everyday things like coats or clay pots to communicate a message. Jesus taught his disciples to see the spiritual, symbolic meaning behind everyday events.

A number of years ago, I read Murray Dueck's fascinating book called, "*If It Were A Dream, What Would It Mean? Discovering the Spiritual Meaning Behind Everyday Events.*" To be clear, greater meaning and significance is not to be milked out of every little news item. However, those with prophetic sense note that there are spiritual signs of something more in transpiring events. Those with eyes to see the signs and discern deeper spiritual significance are never able to prove it is indeed God speaking; they just have a sense to guide their prayers.

Because of Dueck's book and his fascinating examples of God speaking to the world today, you can understand how my interest was piqued last fall with this headline: "Plague of Bed Bugs Found in Empire State Building." The word "plague" triggered prophetic listening in me. Biblically, God has sent judgment and correction by way of pestilence, and promises to continue to do so.

Exodus 9:15 says, *For now I had put forth my hand, and smitten thee and thy people with pestilence .*” The Pale Horse of the Apocalypse in Revelation 6:8 is evidence that pestilence remains in God’s bag of tricks to provoke people to return to Him.

My prophetic interest increased as I continued to read the August 22, 2010 article on the plague of bed bugs at the Empire State Building:

First they crawled into trendy New York clothing stores like Hollister and Abercrombie & Fitch. Then they turned their attention to the Time Warner headquarters. Now an infestation of bed bugs has been found at one of New York City’s best-known landmarks, the Empire State Building.

Apparently, Time Warner spent a half a million dollars to eradicate the bed bugs. Subsequent articles said the bed bugs were spreading via trucks. A headline a couple weeks later read, “Bedbugs close down the Nike Store in NYC.” An article a month later said the problem then spread to London. Today, you can find news articles that say, “*All fifty states reporting outbreaks of the blood sucking nocturnal creatures.*” Or, “*Resilient strains of super bugs are infesting mattresses at an alarming rate.*” It’s now the “*Biggest Mystery in Entomology.*”

Interestingly enough, a few bed bugs can create a colony of thousands within just a couple weeks. All that is fascinating, but with my spiritual eyes I am looking even deeper and asking, “*What do bugs mean?*” It is curious to me that bed bugs are nocturnal and drink blood. What does the Empire State Building represent? Interestingly enough, it was intentionally built during the Great Depression as a public symbol of hope.

Or what do Nike, or Time Warner and the fashion district of New York City represent, if anything? What does a bed symbolize? Bugs – or anything for that matter – coming after us in bed is off the charts in personal terms of a violation. Verses come to mind like Psalm 4:8, “ *In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety.*”

There is even speculation that the tarping of the West Wing of the White House late last fall was due to fumigation efforts in dealing with bed bug infestations in Washington DC at that time. Apple now has a bed bug outbreak app called Bed Bug Alert so users can see locations where bedbugs have been reported. This 2011 Google Bed Bug Registry Database Infestation Map shows how America is now a nation in the peak of a full-blown plague of bed bugs.



Flickr user [Kevin H](#)

Bed Bug Registry Database Infestation Maps



Public Health biologist Laura Krueger of the California Department of Health explains this from a natural perspective,

We don't use as harsh a chemical as we used to; we don't spray mattresses with insecticide before selling them anymore and the bugs are getting increasingly resistant to the few chemicals we have left.

As I prayerfully meditate on all this, my question is what does it all mean spiritually? Perhaps nothing. If you have bed bugs in your home, then I am *not* saying God gave them to you because you have done something to displease him. What I do have suspicion of is that this national bed bug outbreak, unusually no longer confined to the slums and poor communities, is a symbol and something that should at least cause us pause.

Students of Bible prophecy know that plagues, pestilences and diseases are things the Bible tells us to watch for. Jesus said, "*Watch and pray*" (Mark 13:33). On September 4, 2010 a minister named Doug Addison posted the following on a website I frequent on occasion:

Another prophetic message through the media is the return of bed bugs. This is a prophetic forewarning about an attack coming against our intimacy with God. In dreams, beds represent our intimacy with God. Bed bugs drink human blood (life blood) slowly and often go undetected until it is too late.

When I shared an earlier draft of this article with a friend who I consider an intercessor for America, she felt this blight did relate to a lack of intimacy with God but more specifically to defilements in the "bedroom." The Bible says, "*Keep the marriage bed pure*" (Hebrews 13:4). Yet, nationally we have epidemic infidelity and immorality of all flavors, pornography and perversions. Her question back to me was, "*Is all this stuff going on in our BEDS BUGGING God?*"

There is a sobering section in Amos 4:6-12 where God spoke to a defiant nation though things other than words:

"I gave you empty stomachs in every city and lack of bread in every town, yet you have not returned to me," declares the Lord. "I also withheld rain from you when the harvest was still three months away. I sent rain on one town but withheld it from another... yet you have not returned to me." Many times I struck your gardens and vineyards, I struck them with blight and mildew... I sent plagues among you as I did to Egypt... yet you have not returned to me..."

A passage like that gives me pause to pray about this outbreak and plague of bed bugs in America. If what I have put forth here in this article results in more people spiritually tuning in more carefully to God's voice and language of choice, and looking more intently at his involvement in the world today, then I have succeeded. Even more though my hope is you will join me and many others and praying for and through these types of devastations that seem to be increasingly coming on our nation and the nations of the world.

We need to prayerfully consider things like plagues and pestilences as God has spoken through them in the past and promises to in the future. Watch and pray.



Steve Hickey, is the founding pastor of a life-giving church with over 700 members, a church planter, a trainer of leaders with John Maxwell's organization, a police chaplain, and is very active in politics as a national voice for the unborn. He's written several books, including his latest, *Momentum: God's Ever Increasing Kingdom* www.MomentumHandbook.com. Steve and his wife would like to pray for your specific needs and have a prayer team at the church waiting to hear from you. For more information or to submit a prayer request visit: www.ChurchAtTheGate.com/prayer.php

Bed Bugs Love Celebrities, Too!

Not only are beds, luggage and clothes susceptible to bed bugs, now there is evidence of cars being infested. From the ditches of World War II to the heights of Manhattan penthouses, bed bugs have found a home in the limousine of celebrity Howard Stern. Bed bug sniffing dogs were utilized to sweep Stern's limousine, which were also found in his office.

Howard Stern stated that, "Supposedly we're 100 percent bed bug-free. The only place in New York City that probably is 100 percent bed bug-free ... [But] I'm scratching every minute."

No one is immune from bed bugs, not even the famous. Bed bugs are indifferent, bastardly and prey on the poor and the wealthy. Stephanie Seymour, Renee Zellweger and a host of other celebrities have also come in contact with the little bed bug suckers – or biters, for that matter!



Celebrities, in particular are susceptible to bed bugs, after traveling a lot and staying in various hotels, and they might just pick up bed bugs somewhere and bring them home. It's not just the hotels that put celebrities at risk. Their tendency to buy multiple properties and perpetual-motion lifestyles also increase bed-bug risk.

The only advantage a celebrity might have in conquering bed bugs is that instead of cleaning everything, they just replace everything!

5 Step Exercise to Remove Bed Bugs From Your Home



You get one morning and discover your arms and legs are full of unexplained itchy welts and rashes. This is unfortunate news. You have just been attacked by the enemy at your most unaware moment. The welts are proof that a bed bug has crawled all over you for a snack. If you wake up welts all over your torso, it could signify that you are now sharing living quarters with a bed bug (or an army of bed bugs), who lurk in the dark crannies of your room and stand by until you are deep in slumber to crawl out and dine on your blood.

For successful elimination of these parasites, you have to first find out their precise location in order to take precautions against their re-entry. This can be done either on your own or with the assistance of a competent pest control company.

To deal with the bed bug menace, you first have to carry out a meticulous exercise of extermination.

1. Vacuum and steam clean your furniture and rugs in your house.
2. Give a high temperature cleaning treatment to your bed sheets and pillow covers in a good washing machine, which ensures that all remaining bug die in the heat.
3. Clean the floors and other solid surfaces with a brush and a disinfectant solution to remove traces of bed bug eggs laid here and there.
4. Throw the waste in properly sealed plastics bags and into a distance garbage bin to prevent the pests from entering your home again.
5. Block every gap in your house, especially around sewage pipes and faucets.

It is recommended in your bed bug extermination exercise that you use natural and organic pest control measure and avoid dangerous pesticides or chemical solutions, which can prove to be harmful if they come in contact with your items of daily use. Regular cleaning habits and observance of sanitation around your residence can greatly contribute to stopping bed bug invasions.

Exercise these 5 steps of extermination to safeguard yourself, your family and your home from bed bug invasion.

Product Review: Bed Bug Sprays

Product Reviews



A review of the best bed bug spray for exterminating and preventing bed bugs - used at home and by hotels, pest control companies and cleaning professionals.

Green Rest Easy Natural Bed Bug Spray



Cinnamon scented Green Rest Easy Natural Bed Bug Spray is pesticide free and kills & repels bed bugs naturally and a TRUE GREEN product, 100% based on all-natural, meeting all the requirements of the USDA for use around Organic Food processing. Spray directly on mattresses, pillows, bedding, luggage, carpets, chairs, walls, cracks, crevices, interior of night stands and dresser drawers. Green Rest East will help you avoid the bed bug infestation nightmare. Let us know if you used Green Rest Easy!

All Stop Dead Bed Bugs Spray

Here is a product that that is on the market called All Stop Dead Bed Bugs from Q Based Health care. If you want to add something to the tool kit this may be an option. All Stop Dead Bed Bugs Spray is eco-friendly and does not include harsh pesticides or carcinogens, such as permethrins and pyrethrins. The fresh Peppermint-scented spray combats all stages of the Bed Bug life cycle – from eggs to adults! The organic ingredients are so safe and effective that you can sleep on your bed the very same night you treat it!



EcoBugFree Spray



A EPA exempt spray that is claimed to work effectively on bed bugs. A K4 Product that comes with a money back guarantee. The active ingredients are as follow: Active Ingredients: Sodium Lauryl Sulfate, Sodium Chloride, Potassium Sorbate. Other Ingredients Include: Water, Yeast, Acetic Acid. Should be used on areas where you sit a lot or lie down. Not on sheets or pillow cases though.

Bed Bug Luggage Spray

JT Eatons has done it again. They came out with a spray called Bed Bug Luggage Spray that basically acts as a measure to avoid bringing bed bugs home with you from a trip. If you are a business man or maybe vacation often, this product might be something to look into. Not too expensive for some piece of mind. To use Bed Bug Control, lightly spray it on the outside of your luggage, especially along the zipper. Luggage often comes into close proximity with other luggage when on planes, buses, or cruise ships, which may be infested with bed bugs.



Sterifab Bed Bug Spray



Sterifab is a good contact killer for bed bugs as it has no residual and can be used for everything from dust mites to bed bugs. If you are not fond of spraying pesticides then I would suggest looking into Sterifab as an option. One customer writes, "Using this product is as simple as cleaning your bedroom-dust, take the pictures off the wall, strip the mattress, and spritz away! I haven't had a bite in over three weeks and there is no residue or after-smell. Now I can just vacuum, dust a bit, and everything is clean and good to go! This is a great product and a fabulous website. Everyone loves a good buffet, but with SteriFab, you don't have to be one, LOL. Thanks again!"

Eaton's Bed Bug Killer Spray

So, you are looking for a spray that can kill bed bugs? Eaton's Bed Bug Killer is a quart sized ready to use spray used mostly as a follow up to a bed bug treatment to kill any re-emerging bed bugs. It is an oil based contact killer so there is no residual and because it is oil based you have to be careful where you spray it. It seems to be getting good review on the web. One of the few products out there specifically for the little buggers. Eaton Kills Bed Bugs product should be used carefully. Eaton's Bed Bug Killer Spray is a popular "residual" killer in that it's ability to kill lasts for up to 16 weeks. Working in Conjunction with JT Eatons Bed Bug Killer (red bottle) and JT Eatons Bed Bug Powder (green bottle), bed bugs can be safely and effectively wiped out with deadly precision (always review and follow the bottles label and directions).



Best Yet Bed Bug Control Spray



There is a product that is claiming some pretty amazing stuff. Best Yet Bed Bug Control from Cedar Cide Industries is claiming to be the best bed bug control product and the safest on the market. The website for the company is amazing and if all they are claiming is true, then this product could very well be a definite tool for the toolbox. Made entirely from natural products it is a multi-purpose treatment, killing a whole host of other insects including fleas, mosquitoes, and ticks. In fact, the makers say that it is so safe it can even be used as a head lice treatment on your own head. Best Yet Bed Bug Spray has food grade ingredients so it does not smell bad, feels better on the skin.

Product Recommendation:



Packtite™ Delivers The Heat To Kill Bed Bugs

It's been well documented that a constant temperatures above 117 degrees Fahrenheit for 1 hour kills all stages of bed bugs. The Packtite™ heater is basically a large canvas box with an interior platform where items can be placed inside. It comes with a digital thermometer to monitor the inside temperature. This is great news since most pesticides do not affect bed bugs eggs.



Some bed-bug experts say it's not unusual for an infested family to spend upwards of \$5,000 in heat treatment to get rid of the critters, which might involve applying for various permits for such thermal treatments. Packtite™ is very easy to use and can help treat your personal items with confidence.

While people suffering from bed bugs in their home can eliminate bed bugs on fabric and clothes with extended drying cycles, the dilemma of how to kill bed bugs in items that cannot be put into a washer and dryer was problematic until the Packtite™. Items such as:

- Computer bags
- Luggage
- Shoes
- Belts
- Paper and file folders

...can be placed in the box and left to bake, destroying any bugs or eggs that have found their way into those items. Dry clean only items can also be placed inside, which can save hundreds of dollars in dry cleaning bills. After treating belongings inside the Packtite™, it is suggested to items in sealed garbage bags or Hefty Big Bags to prevent them from being re-infested during overall treatment.

If you are a traveler, Packtite™ is perfect size to fit a small luggage suitcase inside after returning from travel to ensure anything that has hitched a ride home with you would be killed. Even if you don't have bed bugs, it's a good investment. You can spend thousands (literally) trying to get rid of a bed bug invasion after you bring them home from vacation. Or you can spend \$300 to prevent an invasion by "cooking" your items when you bring them back before they go back in your house.

Finally, there is a product that can ensure shoes, purses, backpacks, books and other items free from bed bugs. If you have bed bugs in your home now, consider this tool essential as part of your plan and treatment to eradicate them from your home.

Here are some specifics:

- Easy to set up, easy to use.
- Safe and chemical-free.
- With a heat range 120°F - 150°F it kills all bed bug life stages.
- It is large and can fit most kinds of luggage and many types of personal belongings. Inside dimensions are 18 inches long x 30 inches wide x 15 inches high.
- It's easy to store, folding down to just 11 inches tall.
- You can wash the outer cover for added peace of mind.

The Packtite™ has been an extremely popular item and will continue to be as the bed bug epidemic continues to spread across US cities and through the world. The selling price of \$309 is a small price to pay for peace of mind.

Use shipping coupon “BBFREE” for free shipping on your Packtite™. Keep your home safe. Buy the Packtite™ and easily treat bed bug infested items. [ORDER HERE!](#)



FREE GROUND DELIVERY!

Orders \$50+, Within Contiguous US



Guaranteed Factory New! No Returns/Refunds Once Items Shipped

*Anti-Aging
Care*

Best Anti-Aging. Of Dustmites and Bed Bugs.



What More Can Microscopic Bugs Do To Damage Our Anti-Aging Beauty Efforts?

After a grueling week of moving, my wife fell asleep on our apartments carpeted floor. Not one to be driven by anti-aging beauty and it's many expensive products and time consuming regimens, she thought noting of getting-up and going about her day.

As one of the more observant men of the species, I did have to point out how puffy her eyes were and pale her skin was. Not, of course, commented on her outer anti-aging beauty, rather simply making her aware of what a difficult night of sleep on the hard carpeted floor can do to her skin and complexion.



Well, that was all I had to say. Now, I was being enlisted to find the causes of these irregularities and treat them immediately with whatever was available. After all, she was really puffy. So off I went to determine the common causes of her afflictions, or allergies and what there was available to treat them.

I wasn't in fact, the one who first came up with the dust mite theory. It was she, who blurted it out as we covered an almost complete list of possible carpet related causes of puffy eyes, sallow skin and fatigue (not to mention, the carpet wasn't that comfortable a sleep). So beyond the substantial dust and poor breathing that a combined with a lack of oxygen can produce, we considered the environmental issues related to cockroach eggs, dander (pets), mites, chemical allergies, rug dyes, sleeping on hard surfaces and even bed bugs without the beds.

The initial consideration was that the difficult environment to breath, was a cause for the discolored skin (not to mention the sleeping position). As it is, her shallow breathes often causes headaches. A night on the carpet would exacerbate this. In addition, we couldn't know for sure if any bed bugs had contacted her directly, but certainly, despite the cleaning of the carpet that morning, any eggs, or carcasses would likely still be in the fibers. Few, if any vacuums can truly claim to rid the carpet of 99% of allergens, if that is what they truly are.

Yes, it all seems quite gross when considering what might be in the microscopic world of carpet fibers, but consider if you will the minute size of some chemical molecules and the damage just a few parts per million of them can do to our bodies and minds. For this reason it is very wise to limit the use of deep pile carpets in your home and to take considerable care when cleaning them, whether you have reactions or not, (I'm not one to label every reaction an "allergy." That is for the Western docs to chase down. In fact, our body's immune systems are often quite capable of dealing with these environmental hazards if it is healthy enough and that last comment is key).

We should also consider the individual in question and what their medical backgrounds are? In this case, she had certain weaknesses to allergens and the dust alone could cause her to retain water and increase blood flow to the under-eye area. For myself, I didn't suffer the same "reactions" to sleeping on the carpet. Perhaps because I didn't sleep, but a little upright walking, cool air and water to help drain out the nights lethargy and possible mites and bed bugs, did the trick over the course of the day. If we had had some cucumber, I would have recommended that too!

What long-term impact this would have on her anti-aging beauty appearance was limited at best. Many individuals are concerned about constant puffy eyes and allergic reactions. On the face, continued exposure to these harsh sleep environments will have an affect, such as broken blood vessels, darkening circles (pooling blood under the eyes, puffiness) and the like, but nipping the reactions before they become ingrained is the key and women are better at this than men. Men, you should take note of this.

by Lorne Caplan, adapted from www.hs-zc.com



The Box Elder Bug
Removal Report



Your Primary Information Source
for Box Elder Bug Removal

Free Remedy Report: The Box Elder Bug Removal Report

Box elder bugs, named after their preferred host plant the box elder tree (*Acer negundo*), are most commonly thought of as seasonal nuisance pests in and around homes throughout the United States, particularly from late autumn until early spring.

The goal of this report is to provide information relating to the box elder bug in the following areas:

- Introduction and characteristics of box elder bugs
- Problems with box elder bugs
- Most effective methods for removing box elder bugs from your home with an emphasis on non-toxic and organic solutions
- Trapping methods
- Inside and outside treatments
- FAQ's about box elder bugs

Download your complimentary report [HERE](#):

<http://www.homecuresthathwork.com/members/access/free-reports/BoxElderBugRemovalReport.pdf>