

Natural Toxin-Free Home Remedy for Head Lice

Ok, so your kids have brought home lice. First off...ewwww! My head is itching all ready! But not to worry! Although these little creatures give most of us the heebie jeebies, they aren't actually harmful and don't spread disease (www.cdc.gov/parasites/lice/head), although kids can get a secondary skin infection from scratching if the lice infestation is left untreated.

The "traditional" treatments that you can buy at drugstores are insecticides/pesticides that are very toxic and can be harmful. Not to mention, lice can be very difficult to get rid of using these treatments because they are developing resistance to these chemicals. So, if you are like me and don't want to douse your kid's head in nasty toxins.... I have good news! **There is a natural remedy that works in ONE TREATMENT and is relatively inexpensive!! YAY!**

I can personally testify that this treatment works as I have used it with great success on myself and my family!

What you will need:

- Apple Cider Vinegar
- Coconut Oil (Extra Virgin if you want to smell "coconutty")
- Diatomaceous Earth (available at most pet stores as a natural de-wormer, also available at The Light Cellar, 6326 Bowness Road NW)
- Essential Oils. You can use one, or ideally make a blend of the following:
 - Melaleuca (tea tree)
 - Eucalyptus
 - Lavender
 - Geranium
 - Rosemary
 - Lemon
- Nit comb

What to do:

- 1) Soak hair with the Apple Cider Vinegar and let sit for 2 – 5 minutes. I find this easiest to do in the shower. * This stings like crazy if you get it in your eyes, so apply carefully! And it does sting the scalp/skin a bit, so for my youngest son (who was 2 at the time), I used a spray bottle to apply it and then I massaged it into his hair for a few minutes. The apple cider vinegar dissolves the glue that sticks the nits to the hair.
- 2) Wash hair with regular shampoo, but don't use conditioner.
- 3) Mix together coconut oil, diatomaceous earth and essential oils. Amounts don't have to be exact but generally you can use ¼ cup coconut oil, ¼ cup diatomaceous earth and 10 to 20 drops of essential oils (more if only using one

oil, less if you are using several). Feel free to make more or less depending on how much hair you are treating. Coconut oil is an anti-bacterial, anti-viral, anti-fungal and anti-parasitic (apparently it dissolves the exoskeleton of creepy crawlies and also suffocates them). Diatomaceous Earth is an anti-parasitic and works by destroying the exoskeleton. The essential oils all have slightly different benefits but in general they are all anti-bacterial, -viral, -fungal, -parasitic. Lavender is also very soothing to the skin & promotes healing.

- 4) Apply coconut oil mixture to the hair and work through thoroughly...into the scalp and all the way to the ends. Cover hair with a shower cap or wrap (something not too absorbent) and leave for several hours (overnight is best).
- 5) Wash hair well with regular shampoo twice & finish with regular conditioner. Comb with a regular comb to detangle and then thoroughly with a nit comb to remove any remaining lice and/or nits. Rinse combs frequently in hot water. All the lice/nits should be dead at this point but to be on the safe side sterilize the combs when you are done (10 min in 2% bleach, 30 min in vinegar or 10 min in boiling water).
- 6) Enjoy a lice-free head! Feel free to repeat this treatment if you want to, but **1 treatment should do the trick!** To keep the lice at bay you can put a blend of the above essential oils behind the ears before sending them to school.

By the way, lice can only live off the head for a day or so and general cleaning of your home is sufficient (vacuuming, laundering bedding, etc.). You don't need to fumigate! But to be on the safe side, and prevent reinfection, put essential oils behind everyone's ears at bedtime for a few days after the treatment.

If you feel like sharing, I would love to hear how this works for you!

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