

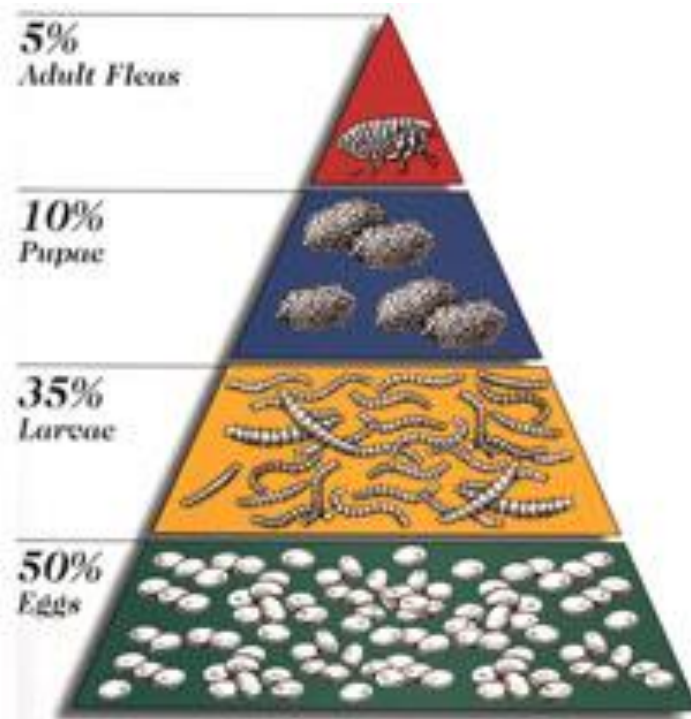
Dealing with fleas

This is by no means an exhaustive list of everything that you can try when dealing with fleas but hopefully will give you a helpful start. Not everything will work for your dog as I have found..... you need to find what works for you and then stick with it

There are no easy answers and as in all things a healthy pet will deal with the challenge better, so keeping your pet healthy by feeding it an appropriate diet and free from chemical toxins will hopefully mean that they will suffer less as the result of fleas.

To the best of my knowledge there are 3 types of fleas and the one that is most common is the Cat flea - *Ctenocephalides felis*. When trying to tackle fleas, it helps to understand the life cycle of the flea which is similar to butterflies. The cabbage white comes to mind in the UK. There are eggs, larva, cocoon (pupae) and adult stages.

The bothersome adult fleas that bite and cause problems would be only the very top, about 5% of the total.



Although fleas live on the skin of our pets, they lay a vast number of eggs (50%), that are laid both on and off your pet, and are awaiting proper conditions to hatch and begin a new generation.

These eggs hatch in about 2 to 5 days at 70 to 80 % humidity. If the humidity is less than 30% apparently the eggs will not hatch.

You may notice the larvae in the area where your pet sleeps. The larvae feed on debris and organic matter in carpets, soil, or in cracks and floor boards to develop further.

Larvae are susceptible to heat and drying so low humidity and temperatures above 95 f. tend to kill them. For this reason the larvae shy away from light and tend to travel downward in the base of carpet pile and under furniture or in grasses outside.

After about 1 to 2 weeks these larvae spin a cocoon or pupae (10%) just as butterflies do. Whilst in this state they seems impervious to all control efforts, natural or otherwise and other external threats. They can remain in this state for a considerable time but can break out and leap onto a host within seconds.

So, the bottom Line is : Hit the Base — Eggs and Larvae!

From a purely statistical point of view, any efforts to control this pest that are directed at the eggs and larvae will yield the best results, and prevent future generations from being born.

Unfortunately, most of the flea control products are directed at the bothersome adult fleas, and most of these are toxic chemicals that are poisonous to your pet and you.

Heat is the primary trigger for them to emerge, but vibration, moisture and carbon dioxide also help with hatching. Basically ,all the signals that a warm blooded pet is present. A Vacuum cleaner with a beater bar can trick them to emerge so using one daily is part of a strategy.

Adult fleas must live on pets , but can survive a couple of weeks before finding a host. Once they feed they usually die a short time after, but within that time they lay hundreds of eggs starting the cycle again.

Using strong chemicals on your pet only weakens health making them more susceptible to fleas in the future not to mention the effects many have suffered.

Flea control needs a two-pronged attack. First to deal with fleas on your pet and thus egg production. Second to deal with the other stages in the environment where most of the impending problems lie.

Shampoos if left on for 10 to 15 minutes will deal with most of the adult fleas but more importantly interfere with egg production for any that are not killed. Herbal rinses and sprays help to repel fleas. Flea combs can physically remove fleas providing you drown them and not let them jump back on.

Diatomaceous earth can be effective both on the pet and environment but care is needed with the dust.

Supplements such as garlic and brewers yeast help some pets repel fleas.

For the household - diligent cleaning is essential. Concentrate under furniture and where your pet spends most of their time. Vacuum daily. Shampoos and steam cleaners add moisture and can initiate hatching.

Dealing with fleas naturally once they get established can certainly be a challenge especially with a houseful of dogs and with carpets in most rooms. In a severe infestation, there is a temptation to turn to toxic chemicals, but remember they pose a serious risk to your pet not just the fleas as sadly some have found to their cost.

Using some of the toxic topical products or oral products is unwise even though some may kill fleas well, as they are not safe for your pet. Anything that can kill one species can have dire results for another as we have seen. Flea products contain well known carcinogens, like fipronil and can cause liver and kidney disease and cancer. Their convenience comes at a high price.

My neighbour only believed me about spot-on's when she applied Frontline to her Bull Terrier and he leaned back and burnt a hole in her leather sofa!!! She has been a convert ever since!

An important point to remember is that the majority of fleas in various stages of development will be in the environment especially in carpets, bedding and in crevices and will need to be dealt with.

Also don't forget your vehicle.....

FLEA COMBS & ELECTRIC FLEA LAMPS

Speaking from experience at the height of our flea infestation, when my poor dog was being bitten stupid..... daily flea combing (and drowning!) and flea lamps were invaluable..... esp the lamps – it was quite shocking how many they caught off the carpet and our wooden floorboards.

FLEA LAMPS are a bit like Marmite -you either love them because they work for you or you hate them because they don't! They were a god-send for us... we use this brand (others are available!) and they are very simple and consist of a bulb suspended from the top of the lamp and a sticky pad that sits in the base....the fleas are attracted by the heat that the lamp generates and jump towards it and land on the sticky disc 😊



We had 1 in every room where there was a dog bed and at the top of the stairs (the only place where we have carpet) At times, it was more fascinating than watching TV – it is quite astonishing the bugs it caught as well as fleas!!! Who knew such beasts live in carpet!

Flea Repellents for your pets –

SPRAY -

Add 1 cup of water to a spray bottle, followed by 2 cups of apple cider vinegar. Then, add two spoonfuls of vegetable or almond oil, mix in a few spoonfuls of lemon juice, citrus oil, or peppermint oil, any of which will repel ticks and fleas while also creating a nicely scented repellent. Spray onto your pet's dry coat, staying away from sensitive areas including eyes, nose, mouth, and genitals.

When outdoors for an extended period, spray this solution on two to three times per day.

GARLIC

Garlic really is amazing stuff.....

Crushed clove of garlic added once daily to your dog's food will help repel fleas. (Leave 10 mins before adding to the food) Your dog's blood will not be so tasty to these critters! They'll leave and hopefully hop onto something else! If you prefer you could use a garlic capsule rather than fresh garlic. Garlic has many health giving properties and also help to expel worms.

Use a level measuring spoon and feed garlic to your dog based on their weight.

| | |
|--------|---------|
| 5 lbs | 1/6 tsp |
| 10 lbs | 1/3 tsp |
| 15 lbs | 1/2 tsp |
| 20 lbs | 2/3 tsp |
| 30 lbs | 1 tsp |

Benefits of Garlic...

- High in vitamins, minerals and phytonutrients
- Antibacterial and antibiotic (broad spectrum)
- Anticancer (contains germanium)
- Helps regulate blood pressure
- Boosts liver, heart and kidney health
- Helps strengthen the body's defenses
- Helps regulate blood sugar levels
- Reduces allergies, asthma
- Used to clean ear infections and kill ear mites
- Natural de-wormer
- Helps to keep fleas / mosquitos away

"Both garlic and onion contain thiosulphate which is responsible for causing Heinz Factor anemia in dogs and cats. However, the amount of thiosulphate found in garlic is barely traceable..."



Dose

- Half a raw, ground clove per 10kg of body weight per day*
- *Safe for use in pregnant dogs

Preparation

- Must be fed *raw*
- Crush garlic
- Allow to sit at room temperature for 5-15mins (creates allicin)
- Mix well into their food

Don't

- Do not use dry, dehydrated, powdered supplements
 - Do not use in pups <6mths
 - Do not use in dogs on blood thinner
 - Avoid Chinese garlic, very high in arsenic
-

ALLITECH – From Dulwich Health

If like me you are not organised enough to remember to crush your garlic before feeding time.....you can use Allitech tablets (180mg) once a day .

Brewer's Yeast

A really cheap and effective flea repellent – 500gms will cost under £5 and all you have to do is add approximately one - three teaspoonful to a meal every day (small – large dog). It is also a high source of vitamin B so is a good supplement for the nervous system too! It can also be dusted through the coat or it can be mixed with water and sprayed onto the coat. Brewer's Yeast along with garlic works very well. Note- very occasionally dogs are allergic to Brewer's Yeast.

Diatomaceous Earth

This is a remarkable, all-natural product made from tiny fossilized skeletal remains of unicellular plants called diatoms. But while 'DE' may look and feel like talcum powder to us, to insects it is a lethal dust with microscopic razor-sharp edges which cuts the flea's protective outer covering, leading to desiccation and death. And while DE spells death to insects, it is harmless to humans and pets. This is an excellent product to use about the house and in pets bedding and can also be dusted into the pet's coat. However -although DE is nontoxic to humans and pets, it is a fine powder and may irritate the lungs of some people especially those with breathing issues. Do not apply DE in windy environments. DE is very reasonably priced.

Note – when using anything topically on your dog - please take great care to avoid them inhaling anything and protect their eyes.

Cedarcide

[Cedarcide Original](#) is a safe, all natural, non-toxic insecticide. It is a versatile cedar-based solution that is fast and effective on everything from general insect control to major infestations. Cedarcide Original's quick-drying, non-staining formula makes it great for personal, pet and home use – on carpets, sofas and beds.

It's safe for people and pets of all ages, and can be applied directly to the skin as a repellent. Cedarcide Original kills and repels fleas, ticks, mosquitoes, bed bugs, mites, chiggers, ants, flies, moths and more. Free from SLS and Parabens. Made from 100% natural ingredients. Eco-friendly.

Before using – please do a small patch test on your pet to make sure that they do not react to it.

Neem Oil

[Neem Oil](#) can be used rubbed into the coat most days at the height of the infestation, undiluted, added to a carrier oil, like almond oil. Not recommended for use during pregnancy.

Grooming and the Environment

Regardless of what product you may decide to use – it is always very important to groom your pet. Grooming time should be something to be looked forward to by both you and your pet. Daily brushing removes dead hair, stimulates the skin and gives you a chance to check for any unwanted visitors.

If fleas are found running around on your pet the safest way to get rid of them is to bath/shower them - run the shower head with tepid water all over your pet – this will part the coat and any fleas will be drowned and be washed away.

Use a Neem based [Shampoo](#) to cleanse your pet thoroughly. Leave on for about 10 mins before rinsing. Repeat showering for the next few days so that you are sure that all fleas are gone. It is hard work but the safest and quickest method to clear an infestation.

It is important to keep the household environment clear of pest and this is done easily by regularly vacuuming carpets and keeping dogs bedding and beds clean by daily washing. Hard work! I know!

Use Diatomaceous Earth (as described above) to dust round edge of carpets and in bedding. Remember the Vacuum Cleaner is the flea's biggest enemy!! If you have found fleas on your dog – it is extremely important to vacuum twice daily as eggs will be in the carpets and hatching – constant vacuuming will ensure eggs do not hatch – also use Diatomaceous Earth as described above.

APPLE CIDER VINEGAR (ACV)

Your dog's skin and coat should be slightly acidic for fleas to find them inhospitable. You can easily achieve this by spraying your dog each week with the following solution.

What you need:

- 4 oz warm water
- 6 oz ACV, unfiltered and preferably organic
- ¼ tsp of sea salt or pink Himalayan salt

How to make it:

Mix the ingredients in a small spray bottle and spray your dog's coat and underbelly weekly. (Avoid eyes or any open wounds)

Alternatively, after washing your dog, follow with a final rinse with ACV. For this rinse, use 1 part vinegar to 10 parts water.

HOMEOPATHY SOLUTIONS:

Some options for you to consider – Homeopathy can only offer constitutional treatment to improve health and resistance to fleas.

If you need advice – [Helios](#) and [Ainsworths](#) have a really helpful Helpline and are happy to give advice 😊

At the first sign of a flea attack: one dose of *Psorinum 200* every seven days; one dose of *Ledum 200* twice a day; one dose of *Ant crud 6* two to three times a day.

The following can be used as follows: 1 tab twice a day for 3 days followed by once a day for as long as needed.

Pulex 200 can also be used if your dog is infected or if outbreaks are prevalent. This remedy is a homeopathic nosode made from the louse.

Sulphur 30C is the remedy most often associated with flea infestations.

Caladium 30C is a remedy for insect bites that sting and burn and may help pets that are sensitive to flea bites. Ainsworth do a combination of all three.

Psorinum 30c: weekly, this is a key support remedy to reduce susceptibility.

Staphisagria 30c daily as needed. This remedy improves reduces sensitivity, physically and emotionally.

Grindelia Robusta 30C – for dogs really irritated by flea bites.

Homeopathic remedy to make my pets less attractive to fleas? You can use **Ledum** tincture. Use it like a spot on - so base of tail and base of neck several times a week.

SUGGESTIONS FROM OUR MEMBERS:

I have got six large (Golden Retriever) Dogs and I have used Cedarcide Natural Flea and tick treatment with a special brush, (which combs it into their coats) on them all for the last 3 years. None of them have had a single flea or tick at all during that time, in spite of living close to a woods and field with deer and sheep!

I put some Apple Cider Vinegar (ACV) with mother in a bowl of boiling water and with a flea comb, comb through (a different comb for each dog). I then keep the water with fleas or eggs in for 24 hours (yuk) but apparently they can survive for a long time in water.

I use Scram from the Fenland Forager - Scram - I put in a tea strainer and sprinkle over them and then rub in. Re-apply in 3 days if needed or if they get wet.

Flea Mix from Helios Helios Homeopathy - Pulex Irritans

My Goldie is 5 years old and has never had a flea just the odd tick. 5 days a week she has a tsp of garlic granules. So far so good!

I use No More Bites for my 3, by Herbal Pet Supplies. It is a weekly spot on so easy to use. It appears to have a cumulative effect, becoming a better deterrent after it has been applied for a few weeks. My dogs have gone from having an intermittent flea struggle to having none in the past 3 years of No More Bites! It can also be used for ticks by dousing any of the little buggers you find attached, give them a minute or so and they release hold, easy peasy! No More bites can also be used as a furniture/carpet spray when diluted so you can treat your house with it too, so a pretty good all rounder I'd say.

I haven't found anything better anyway. DE was effective but sooo messy. I tried Billy No Mates liquid form but it had quite a strong smell and I'm assuming a taste to match because my dogs didn't like it, so No More Bites gets our vote completely!

I've managed to get rid of fleas in the past. I hoovered daily, washed all their bedding and sprayed Cedarcide everywhere in the house that they sit, all edges of the rooms and their beds. I also washed them with skinny dip shampoo weekly leaving it on for five minutes all lathered up. I kept this up until there was no

sign of them. I don't remember how long it took now I'm afraid, but it worked well with no recurrence and it was over a year ago now.

I also found Healthfulpets.co.uk good. I get flea products from them

Neem shampoo baths and constant hoovering everywhere and washing dog bedding at high temp 1 flea produces approx 200 eggs so if you find a flea you have to eradicate the eggs

I used diatomaceous earth and it worked wonders when the stupid cat (not mine) waltzed in with fleas and gave it to my dog. Dusted the dog and her bed and all along the skirting boards. Left it for about a week then vacuumed everything. Repeated and within the 2 weeks, fleas were gone 😊😊 I used the flea comb on her as well each day, and dipped the brush into a tub of hot water and apple cider vinegar

I'll preface my experience with saying I have only had this issue in short haired dogs which I accept are significantly easier to treat & we don't have cats which can seriously complicate things too & I'm fairly certain I got on it reasonably quickly.

I washed my dog daily combing them with a nit comb with the shampoo still in then rinsed off. I hoovered daily with a couple of drops of teatree oil in a cotton pad in the hoover tank & emptied it into an outdoor bin bag which had more teatree oil in it.

I steam cleaned at least daily for all carpets & hard floors & I put 2 drops of teatree oil, a tablespoon of white vinegar & a few drops of lemon or lime juice to a full tank of water, using the jet steaming tool in the crooks and crannies. I moved all the sofa & chairs & hoovered the undersides, fortunately they were leather on top. With my knowledge of the potential issues with teatree oil I'd now use neem oil instead.

I removed all soft furnishings off my furniture washed it & then sealed them in air tight storage bags & I severely restricted any access to rooms we didn't need to use.

Garlic orally and vacuuming with a good hepa filter frequently and Dr Bens brand "paws and claws and [EVICTOR](#) – it's just silica – same as in diatomaceous earth and cedar oil

I meant to recommend this product - a natural enzyme from plants which is so effective it kills an infestation of fleas almost instantly. A light misting round the room - over bedding - on the animals - on humans - kills eggs larvae and adults

with no work no hoovering - just a daily spray. I keep it mixed in an ordinary spray bottle as it tends to evaporate and spray if and when necessary. On a raw food diet I find dogs rarely have problems - but I use it on the cats ears after theyve been rabbiting

Its main use to me - and the bairn of my life - is using it on chiggers which arritate the dogs and cats all summer

<https://www.naturalenzymes.co.uk/pets-fleas-mites/product/kg-pet-wash-go-shampoo-500ml>

Dilute 1:7 - comes in a variety of sizes - and is excellent for cleaning too - available in Wash and Go brand and also sold as Kleen greens - but I believe its all the same product

It really is excellent - it works by dissolving the protein layer which all insects have round them - and the flea dies as you watch it - no fumes,chemicals, no reactions to human skin or the animal's

There are a number of good quality products on the market one excellent one I have used is called DYNAMITE SHAMPOO. Non toxic but effective and smell pleasant.

FERMENTED FOODS for promoting a healthy Gut biome and also NO FLEAS!!!!!!!!!!

From Will Falconer – Holistic Vet

Ruffles has been eating a tablespoon of home-made fermented sauerkraut with her raw food for some months (our way of remedying her flatulance). In addition to no more gas, she seems to be flea-free for the first time in 11 years.

Sour is good -- for flea control!



and here is a recipe if you fancy trying it! [KRAUT](#)

Having a healthy microbiome has got to make every one of us healthier!!!

TREATING OUTDOORS

If your pets spend a fair amount of time in a grassy yard, there is a biological control that can be used to prey on the flea larvae in the soil.

A **nematode**, which is a tiny worm, is applied via lawn sprayer, and, within 24 hours, brings about a 90% decrease in the number of fleas.

PLANTS THAT GUARD

Keep pots of lemon balm, sage, rosemary, catnip, lemongrass, basil and mint outside. Place some by your main doors and throughout your yard. These plants help repel fleas through the natural oils that they secrete. They'll deter fleas from entering the house.

GARLIC WATER FOR YOUR YARD

What you need:

- 8 heads of chopped garlic (there's no need to peel it for this recipe)
- 1 gallon of almost boiling water

How to make it:

- Place the garlic in an extra large soup pan and pour the water over it
- Cover and let the mixture steep for 12 hours
- Pour through a strainer into a garden sprayer
- Lightly spray your lawn and garden area

Note: When treating your yard with garlic, just give everything one light spray. If you use it too heavily, garlic might harm some of those beneficial bugs you do want in your yard. So just give everything a light spray and don't soak your grass or plants in the liquid.

AMBER PET COLLARS



How they work;

Aromatic repellent. Amber is a fossilized tree resin which contains aromatic chemicals called terpenes which effervesce when amber is heated or rubbed and produce a resinous aroma. When the pet wears the stones on its neck, the friction from their fur will absorb the resinous smell coming from

the amber.

Resinous aromatic terpenes that are released and absorbed in the animal's fur repel ticks and fleas. Although these parasites do not have a nose but they do have a Haller organ which helps the tick to perceive the smell a potential victim. In nature tree sap works the exactly the same - when a tree bleeds, it bleeds a sticky sap to protect itself from insects and fungus.

2. Electrostatic repellent. Static electrical charge is generated when Amber is rubbed against the fur. Naturally a cat or a dog doesn't feel it but every tick that comes in contact with the electrical charged fur gets an electric shock and just falls off. This static electricity effect was discovered by the ancient Greeks, which originally gave the name of amber to the mysterious stone found on the coast of Baltic Sea – Amber in Greek means electron.

It can take 1-2 weeks until it has full effect on your pet. It also has to stay on your pet all the time, day and night - the longer your pet wears the necklace, the more effective it will be. It usually takes 3 weeks or more for Amber to gain its maximum repelling properties.

HAIR ANALYSIS

When my Vizsla's flea allergy was at it's worst and her coat, esp on her back looked like a moth eaten carpet with scabs from the bites and I was pulling my hair out – it was recommended to me to send some hair off to Chrissie Mason for analysis to see if she had a mineral imbalance that could be addressed.

This resulted in me starting her on a supplement to assist re growth of hair and improve skin quality, containing Vitamin A, Selenium, Vit C, Vitamin E as well as Tissue Salts, PPMP and SCF and Zincum Metallicum.

(Tissue salts are minerals that were first used in homeopathic medicine by Dr. Wilhelm Schuessler in the 19th century. They're formulated to support the body's health and healing process by regulating the cell's mineral levels.)



It wasn't an overnight fix and took a while and I did have to work with Chrissie Mason adjusting what we were giving her but we got there in the end and her coat is amazing now – so I would definitely recommend hair analysis.

I asked Chrissie Mason if there were any mineral deficiencies that contributed to an intolerance to fleas?

“There is no one specific mineral that I could say one could recommend to help prevent an allergic response as all animals are different, but the primary aspect as I mentioned is to keep the immune system strong, provide good quality food, and if you do notice a reaction starting try to get on top of it before it becomes chronic. Nearly all were either Vaccinosis cases or flea allergies that had been neglected until they had become chronic.”

If anyone would like to contact Chrissie – they can contact me (jeannie_ninis@yahoo.co.uk) and I will refer them to Chrissie.