

## The Flea Season

As the warm weather increases so to can the flea population, if this is a problem for your pets there many natural options to consider.

Most important is susceptibility, an animal with a strong immune system is much less vulnerable to fleas and parasites. The immune system can be compromised due to over-vaccinating, over-medicating and nutritionally caused deficiencies. A detox program can be very helpful for these animals. Make changes towards a more natural diet and add ample brewer's yeast and a little garlic to the diet.

To make a natural skin tonic to use as a general skin toner and parasite repellent thinly slice a whole lemon, including the peel. Add with a pinch of garlic to one pint of near boiling water and let steep overnight. The next day sponge the solution onto the animal's skin and let it dry. Or for dogs **Bergamot**,



**Eucalyptus**, **Geranium** and **Lavender** are effective insect repellents. Add the oils to a bath or sponge through a mixture in tepid water. A Spritzer sprayed around bedding, carpets and doorways acts as a deterrent. Be aware that many essential oils are toxic to cats.

Homoeopathy can be used as a deterrent and also to treat the effects of flea bites. At the change in weather use [\*\*Pulex irritans\*\*](#) (made from the flea) and the indicated constitutional remedy to boost resistance. Two remedies that may help in the case of dogs and cats who scratch a great deal despite every hygienic or local measure are [\*\*Sulphur\*\*](#) (hot, greedy and often rather smelly), or [\*\*Arsenicum\*\*](#) (chilly, nervous and always grooming themselves). Uncomplicated bites generally call for [\*\*Ledum\*\*](#). Itching and burning after scratching suggest [\*\*Staphysagria\*\*](#). Itching with sore spots may be helped by [\*\*Pulex irritans\*\*](#).

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**Repetition of doses:** As a general rule you should reduce the doses of a remedy as it starts to act and not continue once the situation has resolved.

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