

Clear Your Head: Natural Remedies for Eliminating Head Lice



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INTRODUCTION

This guide was written for those out there that have tried every single over-the-counter remedy for ridding yourself, or a loved one, of those pesky critters, head lice.

I know it's tough to get rid of them. Often times, down near impossible – as it seems. Even prescription remedies don't always work. It seems as if lice have built up a tolerance to most cures, as with most insects. Thereby making it even more of an uphill struggle to kill them.

The information you have in front of you was designed with this in mind. So, if you are someone who has tried everything on the market and are still coping with this embarrassing and time consuming problem, then what is to follow will hopefully help you in some form.

This guide is also here to help you identify what head lice is and help you realize that in fact it is head lice you are dealing with before moving ahead with any plan of treatment. In addition, this guide will tell you where they live and breed, which is not always on the head as most think. This way you can be sure you have gotten rid of the problem once and for all.

Throughout this guide you will be given helpful tips on how to not only rid head lice from your person, but also how to insure that these bugs are not hiding within your home to prevent further exposure, which can lead to having to perform the treatment procedure all over again...and again.

Before you read, be aware that not all the cures will work for you. I suggest that you try a couple of them out. You may find one within these pages that will. Please note that most experts will disagree with the process of "home remedies" in general and tell you that they are not effective treatments. This is not always the case, and often, a home remedy can provide better results than those suggested by experts.

Also, it is important to note that using common over-the-counter and prescription pesticidal treatments such as NIX or RID or a prescription that is even stronger, can be harmful to yourself, your loved one and the environment. And more disturbing is that many of these types of dangerous remedies are no longer as effective as they once were due to over or misuse, which has caused lice to build a tolerance.

There is help for the dilemma of Head Lice. And now you have the information in front of you to guide you towards an affordable, and most importantly, a natural, effective solution for getting rid of head lice.

CHAPTER 1 - QUICK HEADLICE Q & A

What Are Head Lice?

Head Lice are human parasites that are transmitted by human contact with an infected person. They are not transmitted via animals, including the family pet. The reason why is because head lice, as mentioned earlier, are a human parasite and live off of the consumption of human blood.

They are generally small in size (adults can grow as large as a sesame seed) and dark in color (usually brown) making them often times hard to detect. Adult lice females lay eggs, referred to as NITs as close as possible to the "host's" hair shaft. The female bugs can lay up to 150 NITs in their life-cycle.

The medical term for a case of head lice is **Pediculosis** or sometimes referred to as **Pediculosis Capitis** (infestation of the scalp with lice). They are considered to be contagious as they can be spread from one person to another, but are not considered to be a harmful disease.

Based on recent medical information, head lice do not normally spread harmful diseases and do ***not*** carry any harmful diseases. More often than not, they are best described as a nuisance than anything else.

Head Lice also do not travel through the air nor can they be transferred onto a human head from the ground. They have no ability to fly and cannot "jump" from head to head as was suspected previously.

Therefore, the most likely case of parasitic transferal is by clothing, including towels, sharing hair grooming tools such as a brush, hair barrettes, hair ties or combs, or sleeping on the same bedding as that of an infested individual.

Water will not kill them. They go into a state of suspension or hibernation