

Fighting Fleas

Holistic Pet Center
Clackamas, OR

Flea facts:

A female flea will lay 25-50 eggs/ day.

The eggs are only about 1/32 of an inch long and not visible to the human eye.

Flea eggs take between 2 days to 2 weeks to hatch.

Fleas have developed a resistance to chemicals, hence treatments that used to work are no longer as effective.

Multi-prong efforts are required to effectively fight fleas:

Nutrition and a healthy immune system

- Feed your pet food with real meat, chelated minerals and ester C. to boost the pet's immune system and help it combat fleas. Become an ingredient reader! Feed your pet foods with NO artificial preservatives (BHT, BHA, Ethoxyquin, propyl gallate, etc); instead use foods preserved with natural antioxidants, NO by-products, NO sugar (dextrose, sucrose, corn syrup, etc), NO nitrates, NO artificial colors or flavors (be cautious of "natural flavors").
- Add supplements such as thiamine (B-1) from nutritional yeast, and garlic -- this combination creates an odor on the skin that fleas do not like.
NOTE: Occasionally pets have allergic reactions to yeast -- watch for itching not caused by fleas and yeast infections.

Topical

- Flea comb twice a day for five minutes -- this is the most effective way to rid pets of adult fleas. Use a cup of warm water with a little dishwashing soap -- dunk the comb into the water after each time you comb the pet to drown the fleas.
- Flea shampoo -- Use an herbal-based flea shampoo. Wet the pet, apply shampoo and suds for 10 MINUTES, then rinse for 10 MINUTES.
- Apply a topical herbal spray -- these contain peppermint, geranium and clove, predominately. These botanical products can be used once a week or as needed.
NOTE: for cats, spray the product onto a cotton ball and dab the cotton ball down a line on the skin from between the ears to between the shoulder blades.
- Try food grade Diatomaceous Earth -- this is a fine powder which dehydrates fleas and flea eggs. Sprinkle onto the pet and work down to skin. Protect face and mucous membranes from dust.

Treat the environment

- Vacuum and sweep, wash and hot dry pet bedding frequently. Put 2 tablespoons food grade Diatomaceous Earth in the vacuum bag/cannister before vacuuming.
- Dehydrate the fleas and flea eggs with either food grade diatomaceous earth or boric acid -- get it into floors cracks and crevasses, carpets, heater vents, under furniture, under furniture pillows. Leave in place for 2 weeks. Vacuum thoroughly. Repeat as necessary.
- Outside in the lawn and yard, apply beneficial nematodes in spring or fall (when it is rainy but not freezing). The nematodes eat flea larvae.

BEST OF LUCK WITH THESE EFFORTS!!!!

The staff at the Holistic Pet Center