

Natural Help 4...

Insect Bites



What are Insect Bites?

Summertime is that time of the year when you are most likely to be bitten by all sorts of insects. An [insect bite](#) is **characterized by a small, red lump or raised puncture** which causes itchiness. Insects such as lice, mites, fleas, bedbugs, mosquitoes, spiders or scorpions are capable of injecting venom into humans and animals when they bite.

This venom contains proteins and other substances such as histamine that trigger an allergic reaction. Some people are more sensitive to [insect bites](#) than others, and often react badly to them. When you are bitten for the first time, a **local reaction occurs depending on your level of sensitivity**. If you are continuously exposed to [insect bites](#), you may become immune to the bite and have no reaction at all.

Symptoms and signs

The common symptoms and signs of an [insect bite](#) include:

- Itching
- Redness and swelling
- May develop into a weal (inflamed area may be filled with fluid)

If you experience symptoms after being bitten by an insect such as swelling, the bite does not clear up after two days and develops into a **rash, flu-like symptoms as well as swollen glands**, you should consult with a doctor immediately.

What Causes Insect Bites?

There are a number of factors that may contribute to being bitten by an insect and these include:

- Unsanitary living conditions, especially where overcrowding occurs
- Pets such as dogs and fleas are often flea infested
- Occupations such as landscapers, gardeners or forestry workers are most at risk of being bitten by ticks. People who work in warehouses, factories or on the docks are also at risk of being bitten by mites
- Participate in outdoor activities such as camping or hiking
- Travel bites are caused by insects when traveling to foreign destinations
- Old furniture and upholstery may contain bedbugs

Diagnosing Insect Bites



The content of this ebook is intended for informational purposes only.

It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

The diagnosis of an [insect bite](#) is usually based on your physical symptoms. To confirm a diagnosis, your doctor will check if your [skin](#) is **irritated as a result scratching or rubbing** of the area. If your symptoms are more severe, a fever may occur.

Occasionally, a bullous reaction (fluid-filled blisters) may develop in the lower legs of children. Another condition known as **papular urticaria occurs when children are particularly sensitive to the bites of fleas, lice, mites, or bedbugs and presents itself small, raised bumps or lesions.**

Help for Insect Bites

Most [insect bites](#) do not require medical treatment and occur as a small, local reaction which clears up in a day or two. These reactions can be treated by **applying a cold compress on the affected area** and taking painkillers such as ibuprofen and paracetamol. To soothe the pain of the bite, an anaesthetic or steroid cream may help.

Avoid scratching the affected area as you may damage the skin and it can lead to infection. Large, local reactions may be treated with oral antihistamine pills or analgesics. If you experience a severe allergic reaction to an [insect bite](#) with symptoms such as wheezing, hypertension or breathing difficulties, you should call for medical assistance immediately.

Natural remedies

Herbal and homeopathic remedies are a more natural but still highly effective alternative to [treating insect bites](#). These remedies are soothing and gentle on the skin, and **also support the body's natural ability to maintain harmony.** Herbal ingredients such as Aloe ferox, Urtica urens and Calendula officinalis (Marigold) support and promote skin health, especially if outside irritants are the cause.

Other essential herbs include Hamamelis virginianum (Witchhazel) which acts as an excellent astringent herb with anti-inflammatory properties while Melaleuca laterifolia (Tea Tree Oil) has wonderful **soothing and calming properties** to lessen 'angry' skin. In addition, Lavendula officinalis (Lavender) is a sweet-smelling essential oil that also has strong supportive properties for the skin and promotes a relaxed spirit while Vit. E oil promotes skin healing.

Tips to prevent insect bites

There are a number of precautions that you can take to avoid being bitten by insects.

- Cover exposed skin by wearing long sleeves and trousers when entering areas where insects are active
- Avoid using sweet smelling products such as perfumes, body lotions, soaps and shampoos as insects are attracted to them
- Use insect repellent in areas where fleas, mosquitoes, flies or ticks are common



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

- Treat pets regularly with anti-flea preparations
- Destroy nests or areas where insects may build nests in your home such as the attic, vents or window frames
- Cover food when outdoors at picnics or cookouts
- Avoid campsites near water such as swamps or ponds
- Wash bedding regularly at a high temperature to avoid bedbugs
- Sleep under a mosquito net or use mosquito traps and magnets to control them
- Apply insect repellent that contain DEET (diethyltoluamide) to your skin
- Use topical applications of citronella, lavender, tea tree oil and eucalyptus oils for mosquito bites
- When traveling to tropical areas ensure that you have the necessary vaccines and medications and your accommodation has insect-proof screen doors, and windows that close properly

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "...

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more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

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Itch Dr: Natural soothing cream to promote healthy skin all over

Itch Dr. is a 100% natural herbal cream for soothing common itching skin and may be used all over the body, wherever there is a need.

This topical remedy contains Vitamin E, well known for its soothing and healing properties related to skin health, as well as carefully selected **herbs with properties to support the skin** and the immune system – helping to maintain the correct pH and balance of bacteria, yeast, and fungi within normal levels.

Combined in a Vitamin E base, these ingredients are soothing, gentle, and delicate enough for the most sensitive of skin. Itch Dr. is gentle enough to be used on the **anus, genital and jock areas**.

[Learn more about Itch Dr](#)

Pure-Heal Gel: Natural soothing gel provides skin support for everyday minor mishaps

Pure-Heal Gel is a 100% safe and natural topical herbal gel that helps to **support and soothe the skin after minor mishaps and everyday insect bites**. Pure-Heal Gel has been formulated as a natural companion to our effective Pure-Clenz Solution™ - for complete care of your family's skin .

Pure-Heal Gel contains a carefully selected combination of well-known and **respected traditional herbal remedies for supporting and soothing the skin**. The soothing aloe gel base and subtle lavender aroma also provide an immediate comforting effect.

Like all Native Remedies products, Pure-Heal Gel has been developed with care by our team of natural health experts and is manufactured according to the highest pharmaceutical standards. Individual ingredients are well-researched and have been specially chosen for their high safety profile in family health.

[Learn more about Pure-Heal Gel](#)

Read the testimonials for these quality products [here!](#)

Six Good Reasons to choose Native Remedies as your trusted suppliers of herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).



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