



Natural Holistic Health

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Natural Insect Repellents



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Herbal Insect Repellent Oil

- 1 part fresh [Pennyroyal](#)
- 1 part fresh [Thyme](#)
- 1/2 part fresh [Basil](#)
- 1/2 part [Neem](#) leaf (if available)
- [Tea Tree Essential Oil](#)
- [Citronella Essential Oil](#)
- [Olive Oil](#)

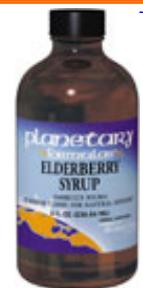
Pick your fresh [Herbs](#). Manually remove any dirt then set them in a sunny place until the [Herbs](#) are wilted.

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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.



[Elderberry Syrup](#)

Created for Planetary
Herbals by licensed
acupuncturist and clinical
herbal

Using 1/4 cup as your part, measure 1/4 cup of [Pennyroyal](#) and [Thyme](#), and 1/8 cup [Basil](#) and [Neem](#) leaf into a crock pot. Pour in enough [Olive Oil](#) to cover the [Herbs](#) plus another inch of oil (approximately 1 cup). Turn the crock pot on low temperature and heat the [Herbs](#) for about 3 hours. An alternative way to prepare your oil extraction is to place the [Herbs](#) in a clear glass jar and set it in the sun for about five days. Shake it once or twice a day.

When you have finished heating your oil, strain your oil through a cheesecloth lined strainer. Squeeze out as much oil as possible. Measure out how much oil you now have. For each ounce of oil add 10 drops of [Citronella Essential Oil](#) and 5 drops of [Tea Tree](#) oil.

Pour into lotion bottle and label.

Make Your Own Natural Bug Repellents

All natural bug repellents are becoming more common over their toxic counterparts. Why not try to make up your own natural bug repellent and see the difference in the lack of fumes (some even smell really good!) and the cheaper price. Most all of these bug repellents incorporate [Essential Oils](#).

Tick Repellent

- 20 drops [Rose Essential Oil](#)
- 2 tablespoons vegetable or [Olive Oil](#)
- 1 tablespoon [Aloe Vera](#) gel

Mix the above ingredients together, shaking to blend them well, and keep in a glass jar. Use a few drops on your skin or clothing.

Tick Repellent #2

- 20 drops [Eucalyptus Essential Oil](#)
- 2 tablespoons vegetable or [Olive Oil](#)
- 1 tablespoon [Aloe Vera](#) gel

Mix the above ingredients together, shaking to blend them well, and keep in a glass jar. Use a few drops on your skin or clothing.

Mosquito Repellent

- 20 drops [Lemon Balm Essential Oil](#)
- 2 tablespoons vegetable or [Olive Oil](#)
- 1 tablespoon [Aloe Vera](#) gel

Mix the above ingredients together, shaking to blend them well, and keep in a glass jar. Use a few drops on your skin or clothing.

Mosquito Repellent #2



[Mushroom Glyco Nutrients](#)

NOW® Mushroom GlycoNutrients is a nutritional supplement designed to support



[Zenergize Immunity, Citrus](#)

Getting sick (or at least pretending to) was sort of fun back in the old da



[VRL-X](#)

Overall health can often occur naturally if the body receives the proper nu



[Germ Defense Lozenges](#)

Germ Defense Lozenges are dietary supplements used to boost your immune sys

- 20 drops [Thyme Essential Oil](#)
- 2 tablespoons vegetable or [Olive Oil](#)
- 1 tablespoon [Aloe Vera](#) gel

Mix the above ingredients together, shaking to blend them well, and keep in a glass jar. Use a few drops on your skin or clothing.

Mosquito Repellent #3

- 20 drops [Lavender Essential Oil](#)
- 2 tablespoons vegetable or [Olive Oil](#)
- 1 tablespoon [Aloe Vera](#) gel

Mix the above ingredients together, shaking to blend them well, and keep in a glass jar. Use a few drops on your skin or clothing.

Black Fly Repellent

- 20 drops Sassafras [Essential Oil](#)
- 2 tablespoons vegetable or [Olive Oil](#)
- 1 tablespoon [Aloe Vera](#) gel

Mix the above ingredients together, shaking to blend them well, and keep in a glass jar. Use a few drops on your skin or clothing.

Black Fly Repellent #2

- 20 drops cedar [Essential Oil](#)
- 2 tablespoons vegetable or [Olive Oil](#)
- 1 tablespoon [Aloe Vera](#) gel

Mix the above ingredients together, shaking to blend them well, and keep in a glass jar. Use a few drops on your skin or clothing.

Lice Repellent

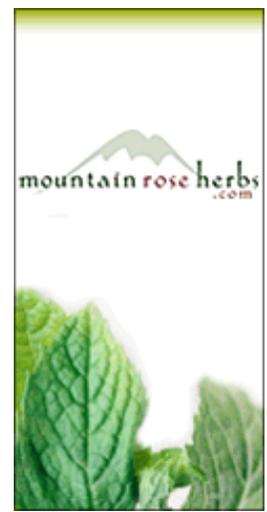
- 10 drops [Tea Tree Essential Oil](#)
- 10 drops [Rosemary Essential Oil](#)
- 2 tablespoons vegetable or [Olive Oil](#)
- 1 tablespoon [Aloe Vera](#) gel

Mix the above ingredients together, shaking to blend them well, and keep in a glass jar. Use a few drops on your skin or clothing.

Flea Repellent

- 20 drops [Orange oil Essential Oil](#)
- 2 tablespoons vegetable or [Olive Oil](#)
- 1 tablespoon [Aloe Vera](#) gel

Mix the above ingredients together, shaking to blend them well, and keep in a glass jar.



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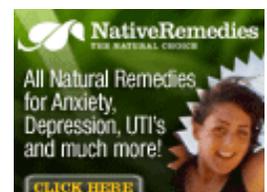
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[Women's Health Nurse](#)

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[Natural Health Ebooks](#)



[Natural Remedies](#)

Use a few drops on your skin or clothing.

Aphid Repellent

- 1 Tablespoon liquid dish Soap
- 1 Cup olive or vegetable oil
- 2 1/2 teaspoons water

Mix all together in a spray bottle. You can spray this mixture on flowers and on plants every 10 days, indoors or outdoors.

Bug Repellent Cream

- 1/4 cup [Pennyroyal](#)-infused [Grapeseed](#) oil
- 1/4 cup mineral oil
- 1 tspn coconut oil
- 2 Tbsp [Beeswax](#)
- 1/8 tspn borax powder
- 1/4 cup distilled water
- 5 drops [Lemongrass](#) EO
- 3 drops [Citronella](#) EO
- 20 drops [Lavender](#) EO
- 10 drops [Rosemary](#) EO
- 10 drops [Eucalyptus](#) EO
- 10 drops [Pine](#) needle EO
- 20 drops [Cedarwood](#) EO

Melt together [Pennyroyal](#)-infused oil, [Beeswax](#) and coconut oil. While wax is melting, put distilled water and borax in a pint jelly jar, and microwave for less than a minute, to dissolve borax.

When [Beeswax](#) is melted, pour oil/wax mixture into borax/water mixture, and stir to blend. Add all the EO's, then put the lid on the jelly jar and SHAKE vigorously. Shake, then check, until mixture starts to become a cream (it wont take long).

Makes 1 pint.

Insect Repellent Oil for Ticks, Mosquitos

- 10 to 25 drops [Essential Oil](#) ([Pennyroyal](#), [Lemon Balm](#) {[Citronella](#)}, [Thyme](#), and [Lavender](#). Other choices include [Bergamot](#), [Cajeput](#), [Eucalyptus](#), [Rose Geranium](#))
- 2 tablespoons vegetable oil

Combine the ingredients in a glass jar; stir to blend. Dab a few drops on your skin or clothing, making certain to avoid your eyes. Makes about 2 tablespoons.

Preparation Time: A few minutes Shelf Life: 6 months Storage: Glass jar with a screw top

[Native Remedies](#)

[Natural Health Supplement Shop](#)

[PetAlive Herbal Remedies](#)

[Xtend-Life - Natural Health Products](#)



Variation: Insect Repellent Oil for Ticks

10 to 25 drops [Essential Oil](#) of [Rose Geranium](#). Follow directions above.

[Rose Geranium](#) works wonders to repel ticks. Other [Essential Oil](#) choices to repel ticks include [Bay](#), [Eucalyptus](#), European [Pennyroyal](#), [Lavender](#), [Lemon Balm](#) ([Citronella](#)), [Myrrh](#), [Rosemary](#), [Tickweed](#) (American [Pennyroyal](#)).

Mosquito Chasing Oil

Ann Lovejoy, the noted Seattle gardener, writer and [Organic](#)-gardening proponent, has suggested a recipe for [Catnip](#)-and-[Rosemary](#) mosquito-chasing oil:

- 2 cups [Catnip](#), stemmed
- 1 cup [Rosemary](#), cut in 6-inch sprigs
- 2 cups [Grapeseed](#) oil

Roll [Herbs](#) lightly with a rolling pin and pack into a clean jar. Cover with oil, seal jar and place in a cool, dark cupboard for two weeks. Strain into a clean jar, seal and refrigerate. To use, rub on exposed skin.

One word of caution — before applying large quantities of any herbal repellent solution, patch-test yourself for any allergy to the [Herbs](#) by applying a small amount to your forearm for a couple of days; if there is no skin rash, redness or other reaction, you're probably safe to use the [Herbs](#) on a larger area of skin.

Removing Ticks

A School Nurse has written the info below — good enough to share — And it really works!!

I had a pediatrician tell me what she believes is the best way to remove a tick. This is great, because it works in those places where it's sometimes difficult to get to with tweezers: between toes, in the middle of a head full of dark hair, etc.

Apply a glob of liquid [Soap](#) to a cotton ball. Cover the tick with the [Soap](#) soaked cotton ball and swab it for a few seconds (15-20), the tick will come out on it's own and be stuck to the cotton ball when you lift it away.

This technique has worked every time I've used it (and that was frequently), and it's much less traumatic for the patient and easier for me.

Unless someone is allergic to [Soap](#), I can't see that this would be damaging in any way. I even had my doctor's wife call me for advice because she had one stuck to her back and she couldn't reach it with tweezers.

She used this method and immediately called me back to say, "It worked!"

Aromatherapy Insect Repellent



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Native Remedies
The Psychologist's
Natural Choice

Proven Products.
Excellent Service
and Delivery

- 8 ounces of [Carrier Oil](#) ([Almond](#) or olive)
- 40 drops [Pennyroyal](#) Oil
- 40 drops [Citronella](#) Oil
- 40 drops [Cedarwood](#) Oil
- 40 drops [Eucalyptus](#) Oil
- 40 drops [Aloe Vera](#) Oil
- 2 capsules of [Vitamin E](#) (preservative)

You can add 1/4 cup of rubbing alcohol and 1/4 cup of water to thin this out, but left as is will last longer.

All Natural Insect Repellent Spray

Ingredients:

- 8oz Distilled Water
- 1.5 tsp [Lemongrass](#) EO
- 2 tsp [Glycerin](#)
- 1/2 tsp [Citronella](#) EO

Directions

I add these ingredients directly to my 8oz spray bottles! Shake well before use!

Citronella Lotion

- 2 ounces distilled water
- 2 ounces [Olive Oil](#)
- 120 drops [Citronella Essential Oil](#)

A lotion is an emulsification of water and oil. To prepare: Put water into a deep mixing bowl. Begin to drizzle in the oil slowly and beat vigorously with a wire whisk. By the time all the oil is added you should have a nice creamy white lotion. Stir in the [Citronella](#) oil. Pour into a lotion bottle and label.

Easy Insect Repellent Lotion

Add to 8ozs of light unscented skin lotion

- 15 drops of [Citronella Essential Oil](#)
- 15 drops of [Eucalyptus Essential Oil](#)
- 10 drops of [Patchouli Essential Oil](#)

Mix up well and then apply to exposed skin.



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- Scientifically Formulated
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no side effects

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Alternative Healing Academy

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)
[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

With the increasing popularity of aromatherapy, reflexology, color & crystal therapy and a return to a more holistic lifestyle, people have begun searching for ways to earn more money; expand their skills; improve the health of themselves, friends & family; and increase their knowledge of alternative medicine.

The Alternative Healing Academy has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

A Doctor of Reflexology with The Alternative Healing Academy is teaching classes with curriculum very similar to the Reflexology Practitioner Course and the Basic Aromatherapy at her local community college.

Our holistic health courses were developed by professionals in the Holistic Health Care field trained in the following modalities: Aromatherapy, Advanced/Master Aromatherapy, Reiki, Tuning Fork Therapy, Color and Crystal Therapy, Homeopathy, Herbalism, and Advanced Reflexology.

Furthermore, since we at the Alternative Healing Academy also realize that not everyone wants to make alternative medicine a career choice, we also offer [basic courses](#) as well as several [Mini Courses](#) which will teach you the skills you need to help improve the health and quality of life for yourself, your family and your friends.

[Check out our Affordable Payment Plans!](#)



All graduates of an Alternative Healing Academy home study course will receive a 20% discount off [AHHA Practitioner Membership](#) if they meet qualifying criteria and join within six months of their graduation date.

About Our Courses

Would you like to learn accurate, detailed aromatherapy, reflexology and/or color & crystal therapy information at your own pace in the comfort of your home? Would you like to become certified in Reflexology, Aromatherapy or Color and Crystal Therapy? An Alternative Healing Academy Distance Learning Course could be what you're looking for...

If you own or work for one of the following:

Natural Foods Store, Aromatherapy Store,
New Age Retail Store, Gift Shop, Herb Store,

Aromatherapy Manufacturer,
Massage Center, Holistic Center, Day Spa, or any type of Salon

If you are a practitioner:

Massage Therapist, Esthetician, Chiropractor, Nurse, Herbalist,
Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,
Doula, Midwife, Energy Worker

If you are interested in personal development or improving the health of yourself and your family - these courses are also for you!

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)
[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?



Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified.' We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official

title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists) and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully

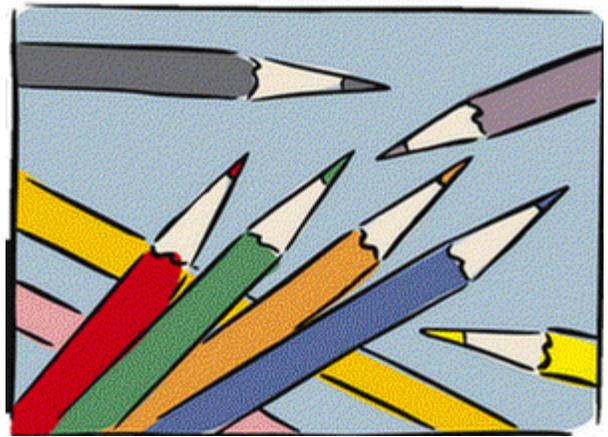
illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced Reflexology Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.



Course Testimonials

"I'm done! Going through the final and the case studies and having such amazing experiences and opportunities to help people, I truly feel blessed and honored to have had the intense education that came with this course. I discovered in me a new ability to serve others, not only through education but through the power of healing that comes with the use of essential oils. I am continuing to train personally with Alexandria Brighton and have begun work toward opening an aromatherapy practice. Thank you so much for your patience and knowledge. Most of all thank you for this new way of living and enjoying Life."

-A. Lindquist - Advanced Aromatherapy Practitioner

"I am finding the course great. It is written very well so even people like me can understand the human body a whole lot better. I just hope that I can remember it all. I don't think I have a chance of remembering the names of everything in the muscular system or the movement system. But, I do have more of an understanding of how everything works now. I find it just amazing. Thanks Heaps."

-M. Oliver - Basic Anatomy & Physiology

"This information is great that you are teaching. I would really like to talk my oldest daughter into taking your course. It really goes into detail which is very informative."

-Debbie F. - Basic Reflexology

"Seven years ago I started to see a reflexologist for migraines and sinus problems. I was amazed that I finally found relief without medication. I decided this year to search out a course in reflexology so I could help family and friends and show them the benefits of reflexology. I researched various courses on the internet and decided to go with the basic course through the Alternative Healing Academy. I was impressed with course material and the ease of receiving the course material."

"I was given an choice of having a CD sent to me or to receiving and sending back the assignments through email. I choose email. I received 3 lessons at a time that I could read and study on my own time frame and return the lessons when I was done. Everything was sent in a very timely manner and communication was open and quick. If I needed help, I knew it was only a click away and the response time was very quick. The techniques used also came in a video mode in the email that I could replay as much as I needed to."

"I felt I learned a lot and am able to help myself and others. Being able to log 20 hours of treatment time and writing the case histories for the final exam was extremely rewarding and helpful. I would recommend this course to others interested in reflexology because the course material was very informative and complete and written in easy to understand language."

-Jean Russell - Basic Reflexology Course

"I'm so excited about (the Advanced Aromatherapy course) and I'm particularly excited about the possibility of making custom blends for people! I hadn't anticipated having that opportunity when I took the course so I'm excited to have everything done! I'm very excited to have finished. I really enjoyed this course and really appreciate all the work you've put into it! This has been a fabulous jumping off point for me and I'm so glad I took it."

"p.s. I know the boys are much slower at the Reflexology, but my son is loving the classes."

-Megan P. - Advanced Aromatherapy Course

Our Associations

Organizational Member of the American Holistic Health Association - <http://www.ahha.org/>

Professional & Business Member of the National Association of Holistic Aromatherapy - <http://www.naha.org/>

Professional Member of the International Reflexology Association - <http://www.holisticbenefits.com/ima/international-reflexology-association.html>

Professional Member of the International Aromatherapy Association - <http://www.internationalaromatherapyassociation.com/>

Payment plans are available, please [Click Here for More Info](#)

Sales & Refund Policy

We will, within 30 days, refund the purchase price of any course you purchased ***MINUS* the cost of the modules you have already received**. This policy does ***NOT*** apply to our informational Mini Courses. Please see the [Mini Courses page](#) for more information on those. Please [email support](#) if you wish to be refunded or have questions about our refund policy.