

Carole Bryant, Naturopath

(ATMS & HATAA accredited)

- nutrition • herbal medicine • homoeopathy • flower essences • iridology • craniosacral balancing • massage
 - manipulative muscle therapy • kinesiology • reflexology • reiki • Theta Healing
 - Thought Field therapy • Neuro-Linguistic programming
 - plus for pets: • Tellington TTouch (Companion Animals) practitioner • canine craniosacral balancing
 - behavioural dog trainer • Tellington TTouch (Horses) practitioner-in-training
-

CONTROLLING FLEAS

Fleas are a perennial problem for anyone owning a dog or cat, especially if they are house pets. However, there are alternatives to the highly toxic chemicals that are usually used.

One important point when eradicating fleas is that it is important to bath/flea comb your pet; wash all bedding and clean all floors and other areas that may harbour fleas - all at the same time. If there are some fleas left on your pet, on it's bedding or in the environment, they will quickly hatch and multiply and reinfest your pet.

Getting rid of fleas in your dog's and cat's environment

Borax is a cheap, safe cleaning agent that will also get rid of fleas. Apparently borax is not a poison as such but kills insects by drying out their bodies.

Borax has traditionally been used as a cleaning agent (and has been included in a wide variety of cleaning products and shampoos). For a few years until I got rid of the carpet in my house, I cleaned my carpets about twice a year with water soluble borax (available at supermarkets and produce stores for about \$2 per kg) used at the rate of 1/3 cup of borax per bucket of hot water.

I also mop hard floor surfaces with this mixture (with about 1/2 teaspoon of eucalyptus oil and 1/4 teaspoon tea tree oil added to a bucket of mixture) and wash pet bedding and sleeping quarters with it (or you could substitute lavender oil for the eucalyptus and tea tree). Borax is an old fashioned cleaning agent and is recommended by Hulda Clark (author of "The Cure for all Cancers") as a safe alternative to normal carpet cleaners. The result is that I have had very few fleas since adopting this regime – and my dogs and cats all sleep inside at night, so it's well tested!

Diane Stein in "The Natural Remedy Book for Dogs & Cats" also suggests sprinkling borax around the yard to kill fleas in the grass. (Borax is also traditionally used mixed with sugar to kill ants and deter cockroaches.)

Although I haven't tested it, this safe, non-toxic flea trap is reputedly an excellent way to trap fleas in the environment. Place a pan of soapy water under a night light overnight (add a few drops of dishwash liquid to a pan of water and give it a quick swish around to mix). Fleas are apparently attracted to the warmth/light then fall into the soapy water and drown. The water has to be soapy to break the surface tension of the water so the fleas will drown.

Webbers Arcade, 133 Prince Street, Grafton, 2460 Ph: 02 66439035
Email: naturopath@berigorafarm.com.au Website: www.berigorafarm.com.au

.... natural health care for people, pets & livestock

Carole Bryant, Naturopath

(ATMS & HATAA accredited)

- nutrition • herbal medicine • homoeopathy • flower essences • iridology • craniosacral balancing • massage
 - manipulative muscle therapy • kinesiology • reflexology • reiki • Theta Healing
 - Thought Field therapy • Neuro-Linguistic programming
 - plus for pets: • Tellington TTouch (Companion Animals) practitioner • canine craniosacral balancing
 - behavioural dog trainer • Tellington TTouch (Horses) practitioner-in-training
-

Getting rid of fleas from your dog and cat

I bath my dogs with [Berigora Farm Pet Shampoo Bar](#). This luxurious shampoo bar has a rich creamy lather to gently clean your pet's coat, discourage fleas and leave the coat shiny with a fresh, clean smell. Use a little [Berigora Farm Herbal Vinegar Skin Rinse](#) in the final rinse for extra discouragement to fleas.

My dogs and cats are also fed a natural diet and the [Berigora Farm Everyday Supplement](#) or [Berigora Farm Everyday Extra Supplement](#) and the apple cider vinegar in their diet all help to make them less attractive to fleas. Dogs and cats on a natural diet don't become smelly, so you won't need to bath them too often anyway.

To remove fleas from your dog, groom your dog normally to remove loose hair, etc then liberally shake on and massage in [Berigora Farm Pet Grooming Powder](#). Then, using a flea comb (a very fine toothed comb designed to trap fleas) comb your dog thoroughly to catch any fleas the dog may have picked up. It is worth shopping around for a good quality flea comb – the finer the teeth, the easier it is to comb out any fleas. Dispose of any fleas you find by dropping them into a container of hot water with a few drops of added dishwash liquid and tea tree oil.

There is also a battery operated comb device that electrocutes fleas on contact. It is only suitable for short coated dogs, and not all dogs appreciate the sound of the fleas being zapped, but it is an alternative to the traditional flea comb.

I also use homoeopathic drops in my dogs' and cats' drinking water to make them less attractive to fleas. For information on the homoeopathic drops to discourage fleas contact me on naturopath@berigorafarm.com.au

Carole Bryant ©