

Natural Flea and Tick Prevention

First of all I want to tell you that fleas aren't typically attracted to healthy pets. They're drawn to the weakest animals they can find. Unfortunately very few dogs have a fully functioning healthy immune system nowadays due to over-vaccination, over-use of medications and chemicals and poor quality nutrition found in many commercial diets.



Fresh garlic ($\frac{1}{4}$ teaspoon of freshly chopped garlic per 5 kg of body weight, but not for cats) and **brewer's yeast** ($\frac{1}{4}$ tablespoon) 2-3 times weekly.



You can put natural, food-grade **diatomaceous earth** on the coat once weekly during flea season, vacuuming three days after applying.



You can make a flea deterrent very easily at home: Mix 200 ml of water with 100 ml of organic, unfiltered apple cider vinegar and 10 drops of **geranium oil**. If you want you can add some other oils to the recipe, go with five drops of **lemongrass** (not for cats!), **cedarwood** and/or **neem oil**.



To prevent ticks in **dogs**, heat 100ml of **coconut oil** in a bain-marie and while it is cooling, add 5 drops each of **clove oil** and **tea tree oil** and 10 drops each of **lavender** and **citronella oil**. Rub this mixture into the legs, abdomen and neck before each walk.