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### Naturopathic Lyme Disease Prevention and First Aid

#### Prevention During Tick Season

- Tick season = anytime temperature above 28F
- Body checks for ticks every night after a day of possible tick exposure. Remember that ticks love warm moist areas.
- Put your clothes in the dryer on high for 15 minutes after coming indoors after possible tick exposure.
- **Tick Shield** by Cedarcide
  - Natural repellent spray of cedar oil
  - Safe for skin and on animals over 15 pounds
- **Permethrin**
  - 100% kill rate
  - Find permethrin at a hardware store or online to treat your own shoes and clothing. Treatment lasts only 6 weeks; must re-apply every 6 weeks.
    - Go to [www.tickencounter.org](http://www.tickencounter.org) to watch a video on how to apply safely because permethrin is toxic when wet.
  - Go to [www.insectshield.com](http://www.insectshield.com) to buy permethrin-treated clothing or to send your clothes away to be treated. Treatment lasts 70 washes.
- **Herbal Support**
  - Take one of the following 30 min before breakfast & dinner daily during possible tick exposure (dosage is for adult weight):
    - Nutramedix *Samento, Banderol, Mora, Cumanda, Enula or Houltuynia*: 20 drops
    - Byron White Formula A-L Complex: 18 drops
    - *Tick Bite Formula, Lyme Formula I, Andrographis, Knotweed, Cat's Claw*: ½ teaspoon or 500mg

#### Tick Testing for Lyme and Tick-Borne Diseases

- Tick-Borne Disease Network at UMASS Amherst
  - Go to [www.tickreport.com](http://www.tickreport.com) and send tick to be tested for Lyme and other tick-borne diseases for a fee.

#### First Aid for Tick Bites

- Treat all tick bites with topical *Andrographis* tincture.
- **Watch** for *any* symptoms over the next 30 days from a tick bite: bull's eye rash, fever, flu-like symptoms, joint pain, muscle pain, headaches, palpitations, night sweats, air hunger, chest pain. If any of these symptoms arise, please report symptoms to your practitioner.
- **Homeopathics**
  - Tick Bite
    - *Ledum 1M*: 3 pellets under your tongue 3x daily for 3 days. Take 15 minutes away from food/drink.
  - "Bull's Eye" Rash
    - *Apis 30C*: 3 pellets under your tongue 3x daily for 3 days. Take 15 minutes away from food/drink.
  - Remember: Homeopathic first aid DOES NOT replace proper treatment of a tick bite. Immediately, call your Lyme literate health care provider or schedule an appointment. An herbal antibiotic regimen may be an appropriate option.