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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Have a Mosquito Free Vacation**

**By Scottie Johnson**

**Have a Mosquito Free Vacation by Scottie Johnson**

Your wardrobe is planned, suitcases are ready, and your flight leaves tomorrow for your next vacation.

Have you remembered everything?

Not if you haven't packed mosquito repellent.

No matter where you are going, mosquitoes are there! They are found on every continent, except Antarctica.

In many tropical places, they are year round pests. Yet there are some things you can do to protect yourself and have a safe and comfortable trip (airline seats excluded).

Some useful traveler's tips are:

If there is a vaccination for a mosquito borne disease, like malaria, consult your doctor about getting one. Some malaria parasites are resistant to the vaccines so be sure to get medical advice.

Pack plenty of a really good mosquito repellent. You have no way of knowing if you can buy the kind you like at your destination. And, in some less developed areas, you may not be able to buy any at all.

Bring light colored clothing. Mosquitoes are attracted to dark clothing.

Bring some long sleeved shirts and long pants. The less skin area exposed the better. If appropriate, wear boots and socks and tuck pant legs into them.

Try to stay indoors at dawn and dusk when mosquitoes are most active.

## Have a Mosquito Free Vacation

Stay in climate controlled hotels and inns when possible. Air-conditioned lodgings afford better mosquito protection.

If you can't get enclosed lodging (or you are camping or roughing it), be sure to pack some mosquito nets. There are some good ones made for individual use that don't take up much room.

If you use nets, be sure they are tucked under the mattress.

Treat all fabric articles with repellent. Using it on shoes, clothes, bedding, nets and other personal objects can help keep mosquitoes away.

If you are going to be near a beach, stay close to the ocean breezes. Mosquitoes are poor flyers and will avoid windy areas.

Many mosquito diseases are seasonal. Try to plan to travel to heavily infested areas during the mosquito "off season".

With just a little advance planning, and some common sense, you can avoid being plagued by mosquitoes in your travels. Take these few steps before you go and then get back to the important thing: having a pleasurable trip.

Scottie Johnson is a life long mosquito warrior and freelance author, and recognized authority on leading a mosquito free life. For more information on ridding your life of mosquitoes, visit her website at <http://www.mosquito-kill-net.com>

### **Mosquito Magnet**

**By Graeme Ramsey**

There's nothing worse than trying to get a good nights sleep and hearing the buzz of a mosquito, knowing that within minutes it will land on you, only to disappear when you turn on the lights to catch it.

Maybe there is something worse.

Have you ever had a barbeque and everyone is standing around slapping the bare skin on their arms and legs trying to kill all the mosquitos that keep landing on them?

Fortunately there are some solutions that can save you from the torment of those pesky insects.

You have a choice between the mosquito repellents and the mosquito killers.

Mosquito repellents come in various types and generally have Citronella that ensures the mosquitos will not pester you.

## Have a Mosquito Free Vacation

Citronella can be used in candles where the burning of the candle will keep the mosquitos away or as a rub on cream that will stop the mosquitos from landing on your skin.

The most popular products for killing the mosquitos are the mosquito zappers and the mosquito magnets.

These products attract the mosquito to them where they are then killed.

By using either of these two products there is less likelihood of having mosquito problems as they will be exterminated whereas the repellents only work for a specified time after which the mosquitos will return.

The zappers and mosquito magnets can attract mosquitos from quite a distance and with regular use they will reduce the population and in doing so require less and less use.

Mosquito magnets are an economical solution to a problem that can be very disruptive over the summer months.

There are various different brands of mosquito magnets and their prices vary accordingly. You will need to determine the extent of your mosquito problem and the area where they need to be eradicated to decide on what type of mosquito magnet is best suited to your requirements.

Graeme Ramsey offers advice on a common summer problem Mosquitos



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