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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!

How To Get Rid Of Lice

By Stephen White

Are you irritated by your itchy scalp? Do friends and officemates make fun of you because you always scratch your head? If you are experiencing this common problem, then chances are you have lice. Start to get rid of it now!

1. What are lice?

Lice are small parasite-like insects. Their home is on the hairs of people. They eat by sucking a small quantity of blood from our scalp. Lice usually thrive on scalps of 3 to 12 year-old kids. Girls are much more susceptible to lice than boys.

2. Lice facts:

– Lice do not pose a significant risk to our health – Lice can easily spread from one person to another – The feeling of itchiness is caused by the lice bites – Frequent scratching of the scalp can cause further inflammation – In rare cases, the skin can be infected which may trigger infection

3. How to treat lice:

Lice shampoos and lotions can be directly bought over-the-counter or can be prescribed. The medications are based on the lice treatment history of the patient. Do not experiment on these treatments because they are very much like insecticides. Follow your doctor's advice or instructions carefully. The directions on the shampoo or lotion should be strictly followed so that the treatment can be effective. Your doctor may also ask you to buy hair rinses that are made to untangle hair.

These lice treatments most often than not, completely eradicate lice although continuous usage is needed for it to take affect. Seven to ten days is the common treatment period for lice by this method. Before stopping medication, you should be positive that all lice are killed since they can easily reproduce and come back with a vengeance.

4. Lice removal tips:

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– Lice lay eggs attached to the base of the hair. In addition to using medication, it is recommended, especially for children ages 2 to 6, to manually remove the eggs from the hair one by one – Combs with fine bristles should be used to comb your child's hair after taking a bath – Shampoo hair 3 up to 4 days in a span of 2 weeks. The hair should be wet before combing – Beddings and clothes that are just worn by someone with lice should be washed in very hot water – Store clothing and anything else that can not be washed in bags that are airtight for two weeks, such as toys or bedcovers

– Carpet and upholstery in homes and cars should be vacuum cleaned regularly – Submerge objects like brushes, combs, headbands, hair ties and barrettes in rubbing alcohol or shampoo for lice treatment for one hour, or dispose of them – Do not utilize hair dryers to dry the hair of your child after putting on the anti-lice medication. Some chemicals in the shampoo or lotion are flammable – Shampoos and conditioners should not be used prior to lice treatment application – Sprays or pest control should not be used to kill lice. It could do more harm than good. It can also be poisonous – Lice

treatment should not be used or applied to a single person for more than three times. If the lice are still there after three applications, the medication should be changed. – One lice treatment should be used at time. Do not alternate it with another

For more great lice related articles and resources check out

<http://www.lice.haircarehaven.com>

Parent and Teachers Guide to Child Safety

By Wayne McDonald

Parent and Teachers Guide to Child Safety Copyright 2005 Wayne McDonald Every home and school should have a first aid kit. Most parents don't think of having a safe and natural head lice treatment ready at a moment's notice. But first, before I tell you why your child is at risk, let's begin by defining head lice. There is a lot of social stigma around head lice infestation and finger pointing by other parents and school officials. Nobody wants to talk about head lice, but it seems every parent is faced with this burdensome problem each year. The more you know BEFORE an infestation happens will help your child get rid of head lice faster and safely. 1. About Head Lice Head lice do not jump, fly, or swim. Lice are NOT contracted by unclean people. Children are infested by direct contact. Typically, lice prefer clean well-kept scalps and are most common in middle to upper class schoolchildren. 2. Causes of Head Lice Head lice are spread by direct head-to-head contact with an infested person's hair. Head Lice "walk" from one hair or head to another. Transfer by shared combs, hats and other hair accessories is not that common because head lice need to attach to a host. 3. Do Pets Transfer Head Lice? Pets do not transfer head lice. Head lice and their eggs soon perish if separated from their human host. Never treat your pets for head lice. 4. What should be cleaned? To prevent re-infestation wash and dry (with heat) all bedding [sheets, pillowcases and nightclothes] plus any towels or stuffed animals. Combs, brushes, hats and other hair accessories in contact with an infested person should be washed in hot water each day to dislodge any lice and nits. 5. Safe Natural Treatments Do not expose your children to dangerous chemicals to rid them of head lice, nits and the eggs. Read the

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label. Most products kill head lice with pesticides and have warnings on the labels. There are safe and effective treatments for getting rid of head lice for your kids. Unfortunately, most of them are not around the corner at your local health store. Typically, a lot of stores sell name brand products with harsh chemicals. Be prepared and purchase a safe natural head lice treatment BEFORE your child comes home with head lice. It makes sense. You keep a first kit in your home for your child's safety. Don't wait and shop around for a couple of days while your child is suffering. You or another parent you know, maybe called into action and are faced with a head lice infestation. Quick, immediate action will stop any head lice infestation from spreading to the entire family, or at school. Purchase a safe, natural product today and be prepared.

Wayne McDonald is a health care professional and public speaker for safe natural treatments of annoying and burdensome health challenges. Get Free Instant Access to Public Health Information about Head Lice and Frequently Asked Questions (FAQ) at

<http://headlicetreatments.holisticwebdirectory.com>



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