

# Tick Check and Removal Tips



From **Dan De Lion** of [Return to Nature](http://ReturntoNature.com)  
and **Antinanco**



## Tips:

- Always check for ticks right after going through tall grasses, they don't drop from trees. Check again before going to sleep
- There are good ways and bad ways to remove a tick
- Use needle-nose/fine-point tweezers.
- People claim that solutions like essential oils, fat, nail polish, petroleum jelly, vinegar can make ticks extract themselves from the skin. We suggest to pull a tick out by using the needle-nose/fine-point tweezers by the mouth. No smothering or twisting! Making the tick detach from the body by using oils or other substances may make it to inject fluids (its saliva and gut contents) into the bloodstream, along with any bacteria it may carry
- Don't pull a tick out by the body or squeeze the body while the tick is attached to or embedded under the skin. Doing so increases chances of getting an infection due to the fact that you force its fluids (or stomach contents) into the bloodstream
- After removing the tick, clean the bite area and your hands with rubbing alcohol, an iodine scrub or soap and water. Also put either lavender essential oil, a very strong salve, coconut oil, plantain a lot, oregano oil mixed with coconut oil. Keep it continually applied at the bite for next 7-20 days.
- Try to save the tick if possible, preferably alive, you can get it tested at a local lab for presence of bacteria. Testing a tick is more accurate than getting tested yourself. Place it in a zippered plastic bag or a closed container with a moist cloth, towel or cotton ball

## Myths:

- “If there is no Bullseye, there is no Lyme.” Bullseye only shows in 40% of bites: some who don't get bullseye still get Lyme. If you get the bullseye you have Lyme.
- “Deer ticks come only from deer.” There are many other hosts of deer ticks, rodents being number one.
- “Lyme disease is the only infection associated with tick bites.” There are many other types of bacteria and parasites associated with tick borne illness. By some estimates, there are over 20 different tick-borne infections

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