Lousy Lice

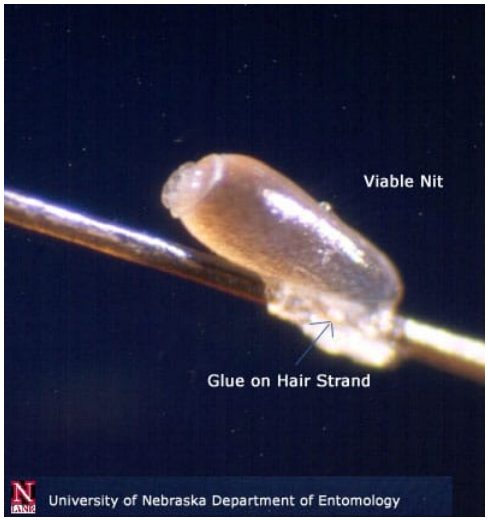


“Your child has lice.”

Nothing sends a parent into a frenzy like these four little words, “Your child has lice.” Even reading the word on the page probably has you reaching for your head to give a cursory scratch.

I remember an itchy little neighbor-friend of mine having lice when we were kids.

Her mother shampooed her with medicated stuff and then scrupulously combed through her hair for hours while she fidgeted impatiently for it to be over. While the meticulousness of nit removal is necessary when using homeopathy as well, the toxic shampoos can be left at the drug store.



Head lice, or *pediculus humanus capitus,* are parasites that

live off the blood supply to the scalp. Unlike other bugs, they do not fly or jump, so they crawl through the scalp and lay their eggs.

Infestations occur more often during the school year, as head lice infestations, called pediculosis, are transferred by contact with the head of a person with lice through sharing hats, helmets, hair accessories, brushes, etc.

Itching yet?

Staphysagria 30C pellets have been shown to be an effective remedy for lice infestation. The remedy is taken orally 4 times in one day for the first day and then 2 times a day for a week or so until it is evident that the problem is resolved. Most find that taking a one-week break and then continuing twice daily for another week or so, one week on, one week off for the following week, is just the ticket.

Continuing this rotation for up to a month is a good way to be certain of bug fatality.

Staphysagria, used in conjunction with Hyland's combination lice remedies, is also a winning combination. Hyland's Quit Nits Complete Head Lice Kit contains an everyday preventative spray containing *Eucalyptus globules* and two tubes of Advance Lice Treatment Cream, which contains *Quassia amara, Staphysagria* and *Sabadilla.*

And although my family was able to avert this particular pathology, if they had gotten lice, I would call it an all-hands-on-deck situation and insist on both remedy methods.

I thought I was being heartless when I warned my sons when they were young that if they ever got lice, I'd shave their heads. My boys actually thought that was cool.

Thankfully, I never had to lug out the electric razor.

Bed sheets should still be washed in super-hot water, stuffed animals whirled about in a hot dryer for at least 30 minutes and hairbrushes and ties can be put in freezer bags and into the freezer to kill live bugs.

Other items can be placed and sealed in a larger bag for two weeks. Vacuuming the area and furniture where the infested person has sat or slept will help prevent spreading lice.

Nits will have to be removed and checked daily, but with these homeopathic measures, lice will quickly become a creepy-crawly distant memory.