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LYME DISEASE AWARENESS MONTH TIPS TO KEEP SAFE DURING TICK SEASON

1. Ticks tend to be **near the ground, in leaf litter, grasses, bushes and fallen logs**. High risk activities include playing in leaves, gathering firewood and leaning against tree trunks. When you hike, stay on cleared trails instead of walking across grassy fields. Also, important to keep your grass cut! Long grass harbors ticks.
2. **Cover up**. Wear shoes, socks, long pants and long sleeves. Tie back long hair and wear a hat. Light-colored clothing helps you spot ticks before they cause trouble.
3. **Prevention**. Essential oils can and should be used for prevention. They are highly effective, and way less toxic than DEET. It's important to use on your animals as well
4. Ticks can infect **dogs and cats**, too. Also, their fur can act like a "tick magnet," carrying ticks inside your home.
5. **Check For Ticks**. When outdoors, periodically inspect your clothing and skin for ticks. Brush off those that aren't attached and remove any that are.
6. **Shower**. Once home, take a shower right away. This will wash away unattached ticks and offer a good chance to thoroughly inspect yourself. Feel for bumps that might be embedded ticks. Pay careful attention to hidden places, including groin, armpits, back of knees, belly button and scalp. Parents should check their children, and check your animals!
7. **Hot Dryer**- Running your clothes in a hot dryer for 10 minutes before you wash them will kill any ticks that may be there.
8. **Removal**- If a tick is found, it is important to use a tick removal device that gently removes the tick without dislodging its head, or causing regurgitation. **DO not** burn off or use any other method, that will increase your chances of getting infections.
9. **After care**- once the tick is safely removed, it is important to use essential oils to effectively clean, disinfect, and draw out any toxic substance left behind by the tick. This should be repeated as you would an open wound... for several days/weeks. Also taking a high grade Echinacea for a few weeks will help decrease chances of contracting Lyme.

Lyme disease is very serious, and carries a long list of debilitating symptoms. Prevention is key! Keep your immune system healthy as well with oils, a good diet, adequate hydration, sleep and chiropractic!

