

Q &amp; A

# Controlling Head Lice

**“Your kitchen contains several natural non-toxic solutions.”**

## **Q: What is safe, natural, and effective for head lice?**

A: Most head lice products contain dangerous pesticides. One such pesticide, lindane, has been banned in some states and is linked to serious health effects.

Your kitchen contains several natural non-toxic head lice solutions.

### **Olive Oil**

Apply a copious amount of olive oil by working it into the hair and scalp. Leave it on for up to an hour and then wash out. The oil will suffocate the lice.

### **Salt**

Tilt the head back so that the scalp and hair is submerged in salt water for 15 minutes. The salt kills lice. Swimming in the ocean works too.

### **Heat**

Cover head with a shower cap and sit under a hot dryer to kill lice.

### **Cider Vinegar**

Once the lice are dead, work on finding and removing the eggs. Work cider vinegar into hair and scalp to loosen lice eggs and then comb them out.

