

Dr. Austin's* Homeopathic Lice Treatment

Don't Panic!

Lice are a parasitic infestation. You or your child did not get lice because of your hygiene or anyone else's. You got unlucky, that's all!

Here's a safe, cheap and simple way to fight this:

1. Go to your local supermarket or Pharmacy and get a long metal hair pick called a lice or nit comb
 2. Combine a 50:50 mixture of baking soda and thick crème rinse
 3. Divide hair into 6ths
 4. Pull nit comb through crème rinse mixture then through a small section of hair starting at the scalp.....repeat until entire head is done
 5. Wash hair out thoroughly
 6. Apply small amount of Cetaphil cleanser to hair and comb through
 7. Then blow Cetaphil dry – this works to suffocate the lice (your hair will feel as if you have a light styling gel dried in it)
 8. Wash nit comb daily by pouring boiling water over it....if you boil the comb, the teeth will loosen and fall out

 9. At night rub small amount of extra virgin olive oil into scalp – if there are active lice this will prevent them from adhering to the hair shaft and getting a nightly “blood meal”

 10. Repeat this process daily until no further lice or nits are present
 11. Continue this process then every other day for 7 days
- If nits are present...continue process until all nits are gone then every other day for 7 days

Check all family members for nits – treat everyone who is infested.

Check in your local community if there is a “Nit Picker” a professional who removes lice. If you can see the “nit picker” it is well worth the money in the time and effort spent. But if you're fastidious about the plan you can manage yourself. Keep in mind, this is labor intensive, but WORKS!

Other Management:

So you know what to do with your head.....

Now we have to prevent re-infestation

1. Wash all sheets, blankets comforters and pillowcases in hot water and dry in dryer
2. For those items that can't be washed, toss in the dryer for 20 minutes
3. For those items which can't be washed or dried, seal in plastic bag for 2 weeks
4. Pillowcases, sheets and towels should be washed daily until no nits are present
5. Carpeted areas should be vacuumed
6. Upholstered furniture should be steam cleaned once you've see a "nit picker" or as soon as no further nits are present

Your pets can not carry lice and thus should not be treated!

A Poem – attribution unknown

Share a thought

Share a ride

Share a feeling ...deep inside

But never share a hat or comb

Or lice will make your head their home!

Dr. Austin is a pediatrician in Boston.