

July 2019



Health Hutt

Your Haven for Healthy Living

Love Your Health Newsletter

Happy July!

This month's blog posts focus on insect repellents. We looked deeper into DEET and its recommended use and explored into plant based, natural insect repellents.

Lately we have really been working on our online presence. As a part of the Health Hutt community, we ask that you consider leaving us a review on [Facebook](#), [Yelp](#) or [HappyCow](#). All the locations are listed on each platform. If you appreciate the services we offer, please let others know! If you have suggestions for how we can improve we want to hear that too.

See you soon!

An Overview of DEET – Use it Safely

For some using herbal, DEET-free bug repellent is a preference, maybe simply for the sake of using essential oils instead of wearing a DEET cologne. For others there is likely a concern that DEET is at least mildly toxic. Sometimes DEET is used lackadaisically. The purpose of the

The lessons: really avoid

ingesting any DEET! One should probably also avoid inhaling it. In small, acceptable topical amounts there aren't many adverse reactions reported. Overall, it seems wise to use it only as needed, treat it with respect and use it as the CDC has suggested above: apply it carefully, use on children older than 2 months,

post is to give a reminder that DEET can be dangerous if used improperly. As a warning there are some examples of animal testing in this post below in the green box. ...

Plant Based Insect Repellents

Though we can walk into a store and purchase spray on bug repellent, traditional ways to keep bugs away included certain plantings, hanging plants in the home, burning plants as fumigants and making infused oils to apply to skin or clothing. Plants traditionally used to repel bugs have been proven to be quite effective. ... As an example, a mix of 100% turmeric essential and 5% vanillin applied topically provided 100% protection against *Ae. aegypti* for 4.5 hours, 100% protection against *C. quinquefasciatus* for 8 hours and 100% protection against *An. dirus* for 8 hours (latin names are three types of mosquitos). Palmarosa essential oil applied topically provided 100% protection against *An. culicifacies* for 12 hours and 96.3% protection against *C. quinquefasciatus* for 12 hours.

[Read the full blog post here.](#)

and consider using products of less than 50% DEET.

[Read the full blog post here.](#)

Plant	Topical Use	Surrounds
Lemon Eucalyptus <i>Corymbia citriodora</i>	percent solution of PMD	
Eucalyptus spp.		burning leaves
Clove <i>Eugenia caryophyllus</i> <i>Eugenia aromaticu</i>	essential oil	
Lemon Bush <i>Lippia javanica</i>	alcohol plant extract	
Fever Tea <i>Lippia uckambensis</i>		potted plant and burning leaves
Lantana <i>Lantana camara</i>	flowers in coconut oil	potted plant and burning leaves
Hoary Basil, Tree Basil <i>Ocimum spp.</i>	poultice, essential oil with vanillin	potted plant, burning leaves & seeds
Spikenard <i>Hyptis spp.</i>		fresh leaves and burning leaves & flowers
Peppermint <i>Mentha spp.</i>	essential oil	volatized essential oil
Thyme <i>Thymus spp.</i>	essential oil	volatized essential oil
Patchouli <i>Pogostemon spp.</i>	essential oil	
Palmarosa <i>Cymbopogon martini</i>	essential oil	
Lemongrass <i>Cymbopogon citratus</i>	essential oil	
Neem <i>Azadirachta indica</i>		1% oil volatized, burning leaves
Turmeric <i>Curcuma longa</i>	essential oil with vanillin	1% oil volatized, burning leaves
Mugwort, Wormwood Felon Herb <i>Artemisia spp.</i>	essential oil, leaf extract	1% oil volatized, burning leaves

A more detailed chart and very interesting information on plant insect repellents can be found in [this article authored by Maia and Moore.](#)

Dr. Bronner's Pure Castile Soap

Dr. Bronner's Pure Castile Soap is an extremely simple and versatile



soap. It is a concentrated soap and it is recommended to "Dilute! Dilute! OK!". With its effervescent, information filled label, Dr. Bronner's is loved by many. [Here are some dilution guidelines from the Bronner's themselves:](#)

Face: 2-3 drops on wet hands, applied to wet face

Body: one small squirt on a wet washcloth, applied to a wet body

Hair: ½ Tbsp. in your hand, worked into wet hair, or dilute ½ Tbsp. in ½ a cup of water and work that into wet hair

Shaving: Face – 10 drops; Underarms – 3 drops; Legs – ½ tsp; Work to a lather in wet hands and then apply to area.

Teeth: 1 drop on a toothbrush. (Yes, it tastes like soap.)

Dishes (handwashing): Pre-dilute 1:10 with water. Squirt on a scrub brush and scrub dishes.

Laundry: 1/3—1/2 c. of soap for a large load in a normal washer. Add ½ c. vinegar to the rinse cycle. Use half of these amounts for HE

Mopping: ½ c. of soap in 3 gallons of hot water

All-purpose cleaning: ¼ c. soap in a quart of water in a spray bottle. Add ¼ tsp. tea tree essential oil if desired.

Fruit and Veggie Rinse: 1 dash (approx.. ¼ tsp.) in a bowl of water. Dunk produce and swish. Then rinse in clear water.

Plant spray for bugs: 1 Tbsp. in a quart of water. Add ½ tsp. cayenne pepper or cinnamon, if desired.

Dog Wash: Amount varies widely depending on size, hair type and length, and overall dirtiness. I wet my dog thoroughly, then start to work in castile soap up and down their body until I have a good lather. Really massage it in down to the skin. Your dog will thank you for it.



Homemade Bug Spray

From www.wellnessmama.com. [See the full blog here.](#)

Ingredients

- 30 drops geranium essential oil
- 30 drops citronella essential oil
- 20 drops lemon eucalyptus essential oil
- 20 drops lavender essential oil
- 10 drops rosemary essential oil
- 1 TBSP vodka or rubbing alcohol
- ½ cup natural witch hazel
- ½ cup water (or vinegar)
- 1 tsp vegetable glycerin (optional)

Directions

1. Place essential oils in a glass spray bottle. Add vodka or alcohol and shake well to combine.
2. Pour in witch hazel and shake to combine.
3. Add ½ tsp vegetable glycerin if using. This is not necessary but helps everything stay combined.
4. Add water and shake again. Shake before each use as the oils and water will naturally separate some over time.

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P.T. Barnum

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