

# Carole Bryant, Naturopath

(ATMS & HATAA accredited)

• nutrition • herbal medicine • homoeopathy • flower essences • iridology • massage  
• manipulative muscle therapy • kinesiology • reflexology • Reiki  
plus for pets: TTouch Practitioner I; TTEAM techniques; Cert IV Behavioural Dog Trainer

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## CONTROLLING FLEAS

Fleas are a perennial problem for anyone owning a dog or cat, especially if they are house pets. However, there are alternatives to the highly toxic chemicals that are usually used. Borax is a cheap, safe cleaning agent that will also get rid of fleas. Borax is not a poison as such but kills insects by drying out their bodies.

### Getting rid of fleas in your dog's and cat's environment

Borax has traditionally been used as a cleaning agent (and has been included in a wide variety of cleaning products and shampoos). For a few years until I got rid of the carpet in my house, I cleaned my carpets about twice a year with water soluble borax (available at produce stores for about \$2 per kg) used at the rate of 1/3 cup of borax per bucket of hot water.

I also mop hard floor surfaces with this mixture (with about 1/2 teaspoon of eucalyptus oil and 1/4 teaspoon tea tree oil added to a bucket of mixture) and wash pet bedding and sleeping quarters with it. Borax is an old fashioned cleaning agent and is recommended by Hulda Clark (author of "The Cure for all Cancers") as a safe alternative to normal carpet cleaners. The result is that I have had very few fleas since adopting this regime – and my dogs and cats all sleep inside at night, so it's well tested!

Diane Stein in "The Natural Remedy Book for Dogs & Cats" also suggests sprinkling borax around the yard to kill fleas in the grass. (Borax is also traditionally used mixed with sugar to kill ants and deter cockroaches.)

### Getting rid of fleas from your dog and cat

I bath my dogs with [Berigora Farm Pet Shampoo Bar](#). This luxurious shampoo bar has a rich creamy lather to gently clean your pet's coat, discourage fleas and leave the coat shiny with a fresh, clean smell. My dogs and cats are fed a natural diet and the [Berigora Farm Everyday Supplement](#) or [Berigora Farm Everyday Extra Supplement](#) in their diet plus the apple cider vinegar all help to make them less attractive to fleas. Dogs and cats on a natural diet don't become smelly, so you won't need to bath them too often anyway.

To remove fleas from your dog, groom your dog normally to remove loose hair, etc then liberally shake on and massage in [Berigora Farm Pet Grooming Powder](#). Then, using a flea comb (a very fine toothed comb designed to trap fleas) comb your dog thoroughly to catch any fleas the dog may have picked up. It is worth shopping around for a good quality flea comb – the finer the teeth, the easier it is to comb out any fleas. Dispose of any fleas you find by dropping them into a container of hot water with a few drops of added tea tree oil.

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..... natural health care for people, pets & livestock

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I also use homoeopathic drops in my dogs' and cats' drinking water to make them less attractive to fleas. For information on the homoeopathic drops to discourage fleas contact me on [naturopath@berigorafarm.com.au](mailto:naturopath@berigorafarm.com.au)

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