

# **Non-Toxic Dad's Tick Guide**

**What to do before, during, and after — for your family and your pets.**



# The best tick bite is the one that never happens.

Prevention starts before you head outdoors. Use natural repellents, biological controls, and simple habits to reduce tick exposure around your body and your property.

## Cedarcide Granules

100% natural cedar granules that repel fleas, ticks, mosquitoes, spiders & more. Sprinkle around your yard, lawn, garden, and home perimeter. Pet & family safe. 8 lbs covers 3,500 sq ft. Reapply every 4-6 weeks. [Shop on Amazon →](#)

## Wondercide Spray

DEET-free insect repellent made with natural essential oils (cedarwood). Repels mosquitoes, ticks, and other insects. Safe for the whole family. Spray on skin, clothing, and gear before heading outside. [Shop on Amazon →](#)

## Tick Repellent Bracelet

DEET-free bracelets infused with natural essential oils (lemongrass, geranium, citronella, peppermint). Wear on wrist or ankle for hands-free protection outdoors. Great for kids and adults. Easy to toss in a bag for hikes, yard work, or travel.

## Chickens

Free-range chickens are natural tick predators. A small backyard flock can significantly reduce the tick population on your property. Low-tech, zero-chemical pest control.

## Guinea Fowl

Even more effective than chickens at tick control. Guinea fowl roam widely and consume ticks in large numbers. If you have the land, they're one of the most effective biological controls available.

## Other prevention tips:

- Wear light colored clothing
- Tuck pants into socks in wooded or grassy areas
- Do a full-body tick check immediately / roll over skin and clothing with a lint roller
- Create a "tick-safe zone" around your yard – wood chip border, cleared brush, dry leaf management
- Cedarcide granules around the perimeter of your yard (food-grade)

# Got a bite? Here's what's in my tick kit.

Ticks are more than just a nuisance. They can transmit bacteria and pathogens that linger in the body long after the bite. Here's a holistic protocol to support your system right away.



## Ledum Palustre

A go-to homeopathic remedy historically used for puncture wounds and insect bites. Many holistic practitioners recommend it immediately after a tick bite as a first-line response.

[Shop on Amazon →](#)



## Tick Key

A simple removal tool designed to extract the tick cleanly without squeezing the body – which can push pathogens further in. Always remove first, then treat.

[Shop on Amazon →](#)



## Fine Tip Tweezers

A precision backup for tick removal. Fine-tip tweezers allow you to grasp even the smallest ticks close to the skin. Useful when a tick key isn't the right fit for the size or location of the bite.

[Shop on Amazon →](#)



## Kris Organics Drawing Salve

Used topically to help draw out irritants at the bite site. Apply after removal to support the skin's natural response.

[Shop on Kris Organics →](#)



## Astragalus

An adaptogenic herb long used in Traditional Chinese Medicine to support immune function. Often used as a daily supplement during tick season or after known exposure.

[Shop on Amazon →](#)



## Stasher Silicone Bag

Keep your tick kit organized and ready to grab for camping, hiking, or any outdoor adventure. This reusable silicone bag is leak-free, durable, and the perfect size to store your tick removal tools and remedies in one place.

[Shop on Amazon →](#)

## Other holistic supports to consider:

- Cat's Claw – an herb studied for its role in immune and inflammatory support
- Japanese Knotweed – increasingly popular in Lyme-aware holistic communiti
- Andrographis – another herb used to support the immune response after tick exposure
- Vitamin C (high dose) – general immune support during and after exposure

### ⚠ Save the Tick

After removal, place the tick in a small zip-lock bag with the date written on it. Send it to [Ticknology](#) for testing. Being proactive about what you were exposed to gives you a major head start if symptoms develop later.

**Always work with a practitioner familiar with tick-borne illness for persistent symptoms.**

# Bonus Prevention Tip: If I were setting up your property, here's exactly what I'd do.



## Nematodes — your core weapon

*Steinernema feltiae* and *carpocapsae* are microscopic organisms that hunt and kill ticks in the soil. Apply to your yard in spring and fall. Keep the soil moist after application – they need moisture to move and work.

[Shop \*Steinernema Feltiae\* Nematodes](#)



[Shop \*Steinernema Carpocapsae\* →](#)



## Habitat Disruption

Ticks don't wander far. They wait in leaf litter, tall grass, and damp shady spots.

- Clear leaf litter away from living areas
- Create dry buffer zones between wooded edges and your lawn – ticks hate crossing dry open ground
- Line borders and buffer zones with Cedaricide granules – cedar oil in granule form repels ticks at the property level and breaks down slowly for lasting coverage



## Host Control

Ticks don't appear out of nowhere. They ride in on hosts.

- Deer are tick factories – fencing and deer-resistant landscaping help
- Rodents (especially white-footed mice) are the primary carriers of Lyme-causing bacteria – manage brush piles and entry points around your home



## Fungal Backup (optional but powerful)

*Beauveria bassiana* (sold as **BotaniGard**) is a naturally occurring fungus that infects and kills ticks. More moisture-dependent than nematodes but a strong addition in humid climates.

[Shop BotaniGard →](#)

# Don't forget the dog.

Pets bring ticks inside. Protecting them protects your whole household.

## Natural Tick Spray for Pets

Look for sprays made with cedar oil, peppermint, or rose geranium – ingredients known to repel ticks without the toxicity of chemical-based topicals. Cedarcide makes a pet-safe version. Spray before outdoor time and after walks in tall grass. [Shop on Amazon →](#)

## Amber Collar

Baltic amber collars create a static charge as your pet moves, which repels ticks naturally. No chemicals, no pesticides – just friction. Works best when worn consistently during tick season.

[Shop on Amazon →](#)

## Additional pet protection:

- [Tick comb](#) – run through fur after every outdoor outing
- Check ears, neck, between toes, and groin area where ticks like to hide
- Talk to a holistic vet about herbal flea and tick blends as an alternative to conventional spot treatments

# Ticks are manageable if you are informed.

You don't need to drench your family in chemicals to stay protected. Layer your defenses. Know your options. And always do a tick check.

**[Browse My Full Tick Prevention Amazon Shop →](#)**

*Disclaimer: The information in this guide reflects natural and non-toxic approaches in alignment with the Non-Toxic Dad philosophy. Nothing here is intended as medical advice. Always consult a qualified healthcare practitioner for any health concerns, symptoms, or before starting any new supplement or protocol. When in doubt, see a professional.*