

ELEVATE / Health

## Good Medicine

NEWS AND IDEAS FOR A HEALTHY MIND, BODY AND SPIRIT

Compiled by NAJJA PARKER

### Skeeter Beaters

Ward off those nasty suckers with a few basic tools.

The Anti-Mosquito Sonic Repeller, a free iTunes app, emits a high-frequency sound (undetected by humans or pets) to keep bugs in check. There's also ThermaCELL's Repellent Patio Lantern, which thwarts stingers by releasing allethrin, a natural repellent.

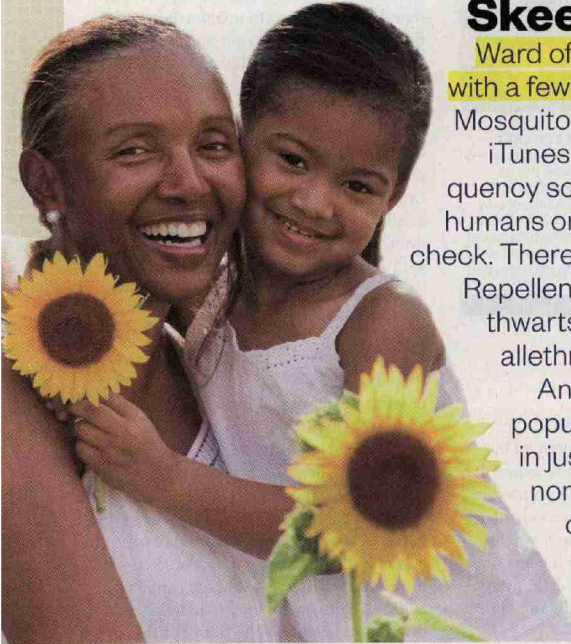
And to squash mosquito populations by 90 percent in just three weeks, try the nontoxic sugar and garlic oil solution of Terminix All Clear Mosquito Bait & Kill Spray.



Insects can mess with your garden, pester your picnics and leave you scratching. Some even carry deadly diseases. Don't bug out! Try these tips to keep protected.

### BUZZ OFF

What's worse than outdoor pests? Those that make their way inside of your personal space! Fortunately, the FlyWeb Fly Light's illumination lures gnats, fruit flies and other flying insects only to trap them onto a disposable adhesive board. Compatible with most electrical outlets, the gadget is suitable for home, office, wherever. Now, that's fly!



### NATURE VS. NATURE

Fight aggravating insects with Earth's own natural bounty. Mint deters ants, and lavender deflects mosquitoes.

Crumble up the sweet-smelling plant to release the fragrance or crush up the purple flower to apply its oil to your skin.

To protect your garden from aphids, beetles, caterpillars and leafminers, turn to neem oil. Mix the concentrate with water, shake well and spray onto leaves to keep the spoilers away. It helps prevent fungi and viruses that infect greenery, too.



### Draw the Line

Don't allow pesky ants to invade your favorite spots. Instead, point them away with this cost-effective and non-toxic remedy. Simply sprinkle a line of chalk powder or talcum powder where the pests congregate to expose them to the chemical calcium carbonate. When ants travel, they leave a pheromone trail for other ants; depositing the powder across their trail breaks the pheromone path, causing ants to retreat.



### WEAR 'EM OUT

Battle bugs in style this summer. BugsAway apparel, with Insect Shield technology, is crafted with built-in per-



methrin, an insecticide that blocks a host of creepy-crawlies including ticks, fleas, chiggers and midges. These comfortable clothes come in a variety of pieces—tees,

hats, dresses, trousers, socks and button-downs—and they'll keep you protected for up to 70 washes. But be sure not to dry clean the garb, because it will remove the treatment.

BLEND IMAGES/ALAMY; REDMOND DURRELL/ALAMY; LINDA PARTON/ALAMY; STUDIO MODE/ALAMY; COURTESY BUGS AWAY APPAREL

