

Get Closer To Nature And Away From Mosquitoes



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Chapter 1 - Introduction

Tiny, cute, and lovely to be with - this is exactly what mosquitoes are NOT. Of all the nerves present in the human body, these little insects manage to get on every one of them. According to surveys, a mosquito buzzing in one's ears has topped the "most annoying things" list. Not only are these bugs irritating, they are dangerous too. Along with irritating an individual, they also come housing an arsenal of viruses in them, which can sometimes be fatal. The last thing you want is a mosquito-borne infection. When sprays and chemicals fail to do the job, what you need is a good, natural mosquito repellent.

Why you need a repellent:

In all obviousness, mosquitoes are not what one would call harmless. Most people do not mind a mosquito bite because they think it does nothing. True, however, a few mosquitoes carry the viruses they get by biting infected birds and animals, and then they bite humans with the same mouth, creating a pathway for those viruses to house and grow in our system. Once these viruses get inside, the outcome is crystal clear - Sickness. It is ignored by many but although these insects are tiny, they are the cause of millions of deaths each year - Encephalitis, dengue fever, malaria, filariasis, and many other diseases with scary names. You must not forget that mosquitoes are the primary cause for them. The death toll is going up by the year, and those dying of mosquito-borne infections contribute to a big portion of that toll. With so many people dying, mosquitoes are proving to be a danger to the society. Ignorance and reluctance to act are what is responsible, which can be taken care of easily by something as simple as a repellent.

Several sprays, creams and other cosmetic items have been made to keep mosquitoes as far away from one as possible. However, they come with their own side effects – one of these being the spray smells of chemicals.

Also, some of the creams are poisonous. Along with being harmful to mosquitoes, these chemical repellents tend to be harmful to humans too. This calls for a repellent that is perfectly natural and effective at the same time.

Do we know why mosquitoes bite at all?

The main reason mosquitoes bite is to survive and reproduce, just like any other living being. Most of the times, male mosquitoes do not bite much. It's the females that need proteins to lay eggs and give birth to even more trouble makers. The male mosquitoes, after breeding, usually go and live off of nectar from fruits. The females however, need proteins for giving birth, and hence, they feed on blood from warm-blooded animals. Female mosquitoes choose their targets through a combination of heat, smell and sight. They locate their meals by using the sensors on their antennae to detect traces of carbon-di-oxide released in human breath. This carbon dioxide can be sensed by the mosquitoes from miles away. As soon as the mosquito catches the whiff of carbon dioxide, it heads towards the prey. In this case the prey is humans. We, humans, emit lot of odor and give of a lot of chemical signatures that mosquitoes pick up.

The mosquito is heavily dependent on its compound eyes. It is sensitive to bright lights, which is why mosquitoes are easily lured towards zappers. Thermal sensors on the mosquito's antennae and around its mouth help it to detect heat from the body and land on exposed skin and bite. The bite is carried out by piercing the skin with a serrated proboscis containing two tubes - one to inject saliva, so that the area becomes numb, and to keep the blood from clotting. And the other is to suck the blood. The saliva of the mosquito contains enzymes that dilute the blood, so that it does not clot. However, the human body detects the enzymes that the mosquito's saliva contains. The detection of these enzymes leads to the production of histamine, which further causes increased blood flow. Due to increased blood flow, white blood cells flow in to the spot bitten, and due to release of excess histamine, that spot swells up. The mosquito continues feasting on its prey until it's full, then withdraws its proboscis and flies away. Often the

person bitten doesn't realize it until the slight allergic reaction causes the spot to swell and the itching to kick in.

Chapter 2 – The Threats Mosquitoes Pose

It would be nice if mosquito bites would give us superpowers, but the reality check is that they do not. An itchy bump is not the only thing in the package as the chances of getting malaria, dengue fever, and yellow fever are high. It is not that each mosquito is disease-carrying - some of them just leave after a bite. However, the female mosquitoes need proteins to lay their eggs which they get by feeding off of warm-blooded mammals. When a mosquito bites an infected animal and then bites you, it passes the disease down to you through its saliva. Of these diseases, malaria, yellow fever, encephalitis and dengue fever are the most prominent. They cause several deaths every year, and the worst part of having them is that there are no vaccines for them as of now. There are several threats that mosquitoes pose:

Malaria: Each year, millions of people are infected with malaria, and 2-3 million die due to it. Malaria is caused by a protozoa parasite. This disease is transmitted by the female *Anopheles* mosquito. When it bites, the parasites enter into the person's body through its saliva. The parasites then travel to the person's liver, grow and reproduce. The symptoms include fever, fatigue accompanied by headache. The extremity of this is coma, followed by death. There is no vaccine yet for malaria. The primary way to prevent yourself from getting malaria is to avoid getting bitten.

Yellow fever: Causing over 300,000 deaths every year, yellow fever is one of the most dangerous diseases. Symptoms include fever, nausea, and body

pain. When left untreated, it causes abdominal pain and damages the liver. Yellow fever is transmitted through the bite of *Aedes aegypti*. After the bite, the virus enters the bloodstream of the person. The virus incubates for 3-7 days, after which the patient begins to show the common symptoms. Fatality rate for yellow fever is 15 to 50 percent. Like other infections, no known cure exists for yellow fever. But it is possible to be vaccinated against infection for those traveling to places where the disease is prevalent.

Eastern Equine Encephalitis: Also known as EEE, Eastern Equine Encephalitis is one of the most severe mosquito-borne diseases. It affects the central nervous system, and when left to complicate further, leads to death. Other symptoms include high fever, muscle pain, headache, photophobia and seizures. No vaccine has been developed for curing EEE affecting humans, as of yet, however EEE infecting horses can be cured with a vaccine.

West Nile virus: West Nile virus is carried in the blood of birds, which is picked up by *Culex* mosquitoes, who feed on the infected birds. They then pass on the virus to humans through their saliva. The West Nile virus multiplies inside the bloodstream after which it is carried to the brain via the bloodstream. It affects the central nervous system, leading to inflammation of brain tissues, causing Encephalitis, which then leads to fever, headache and swollen lymph nodes. These are just the initial stages - if left to grow severe, the infection can lead to convulsions, coma and eventually death. There is no specific treatment for WNV.

Dengue fever: This infection is common in tropical and subtropical climates. The disease is spread by *Aedes* mosquito, same as West Nile virus. The transmission of dengue virus takes place a week after the mosquito bites an infected person. The dengue virus continues to multiply and damage cells. Symptoms shown by the patient are high fever, headache, back and joint pain. Around 100 million people are infected worldwide with

dengue every year, especially in Africa and tropical Western Hemisphere. Like other deadly diseases, there is no specific treatment for dengue fever.

Chikungunya: Chikungunya is caused by a virus that is spread to individuals through the bite of infected mosquitoes. Similar to dengue, this is transmitted by *Aedes aegypti*. The incubation time is usually a week at the end of which symptoms, such as high fever, joint pain, headache, nausea, vomiting, back pain and rashes set in.

Chapter 3 – How to prevent yourself from Getting Infected

The diseases transmitted by mosquitoes are very deadly. Instead of running to doctors after getting infected, it'd be better to not let mosquitoes bite you in the first place. Since there is no permanent cure for these diseases as of now, the best way to not contract them is to prevent getting bitten. Proper measures need to be taken to avoid any sort of contact with mosquitoes. Mosquitoes usually come out after dusk, however there are few that come out during both day and night, to prey. Hence, it's a must to protect yourself in all scenarios.

Safety at home:

Mosquitoes usually begin their attack in the evening, so as the sun goes down, close the doors and windows. Nets are available in the markets; netting the windows will make sure the battalion gets held outside. Furthermore, closing the doors and windows on time will prevent them

from entering. Do not venture out much after dusk, that's the peak time for mosquitoes to prey on. Whilst at home, turn on the fans. Mosquitoes won't be able to land on you, with air blowing across the room.

Safety outside:

Mosquitoes breed in areas where water is left to stagnate. Moist spots are just the perfect place for these bugs to lay eggs. Worse yet, the eggs prefer these exact conditions for hatching. Each female mosquito lays around 50-300 eggs, and these wet places are the perfect environment for them to hatch and grow. Keep your yard clean, and make sure there are no wet spots in and around your house, where mosquitoes might lay eggs. If you have a swimming pool, keep treating it regularly. Gutters and spots that collect water ought to be cleaned on time to prevent mosquitoes from breeding. Open potholes ought to be closed, and water shouldn't be allowed to collect on roads. Places like these are where mosquitoes breed and further move on to spreading diseases. Fallen leaves should be thrown away quickly. They act as a good spot for water to collect, and for mosquitoes to start a family.

Protecting yourself:

While outside, wear long sleeved shirts and loose pants. Dark colored dresses absorb the heat and mosquitoes are attracted towards it. Wear light clothing. Wearing loose clothing helps, as the mosquitoes won't be able to find a tight spot to suck blood from. Clothing yourself fully will make sure you do not get bitten, since the mosquitoes need an exposed spot to feast on and the mosquitoes go back home on an empty stomach. Since covering yourself from head to toe is impossible while out, you can use natural mosquito repellent to keep yourself from getting bitten.

Chapter 4 – Other ways to keep Mosquitoes away

In several localities, water gets pooled up and stagnates, serving as the best possible environment for the female mosquitoes to lay their eggs, and for those eggs to hatch. At times like this, where the authorities are not doing much, it is better if you focus on keeping those mosquitoes away from your household. Several devices are available for keeping away mosquitoes:

Electric Zappers: Zappers attract the bugs towards them, being equipped with a bright light. Once the bugs are inside, they are electrocuted. Boom clap and dead! These zappers are convenient to be placed in yards or big places. They are present in several hotels where bugs like flies are common. As efficient as they are, they tend to make a noise whilst they are ON, which might not be preferred by many.

Electrified Swatters: With this in your hand, you can go all Rafael Nadal on those bugs. It comes with electrified netting, letting you zap mosquitoes out of existence. It is chargeable and is very efficient. Sporty, entertaining, and effective! Bugs literally go out with a bang. However, it is not advisable to keep this in a house with children or babies, although it comes with a safety regulator.

Chapter 5 – The need for a Natural Repellent

Why go natural?

DEET is the most common synthetic mosquito repellent. N, N-Diethyl-meta-toulamide, is a yellowish oil, which is majorly used in insect repellents. DEET, considered to one of the most effective mosquito repellents, is found in majority of the repellents manufactured.

Products with 15 percent or more DEET do work, though concentrations above 30 percent are no better, past tests have found. And DEET, especially in high concentrations, can cause rashes, disorientation, and seizures. That's why we say you should avoid repellents with more than 30 percent DEET and not use it at all on babies younger than 2 months. But go too low—such as 7 percent DEET —and it won't stop bites for long

If you want to keep the mosquitoes away without relying on chemicals, here are some more natural repellent options.

Lemon Eucalyptus Oil



Used since the 1940s, lemon eucalyptus oil is one of the more well-known natural repellents. The Centers for Disease Control and Prevention (CDC) has approved eucalyptus oil as an effective mosquito repellent. A recent study showed that a mixture of 32 percent lemon eucalyptus oil gave

more than 95 percent protection against mosquitoes for three hours.

You can create your own mixture with one part lemon eucalyptus oil to 10 parts sunflower oil or witch hazel.

Note: University of Florida researchers caution against using the mixture on children under three years old.

Lavender



Crushed lavender flowers produce a fragrance and oil that can repel mosquitoes.

You can grow lavender in your outside garden or in indoor planters. Crush the flowers and apply the oil to bite-sensitive areas of the body, such as your ankles and arms. Alternatively, drop some lavender oil on a clean cloth and rub it onto the skin.

Lavender has analgesic and antiseptic qualities. This means that in addition to preventing mosquito bites, it calms and soothes the skin.

Cinnamon Oil



Cinnamon is more than just a great topper to applesauce or oatmeal. According to a study conducted in Taiwan, cinnamon oil can kill off mosquito eggs. It can also act as a repellent against adult mosquitoes, most notably the Asian tiger mosquito.

A concentrated dose of cinnamon oil on your skin can be irritating, so be careful.

To make a diluted 1 percent solution, mix $\frac{1}{4}$ teaspoon (or 24 drops) of oil for every 4 ounces of water. You can spray the fluid onto your skin or clothing, around your home, and onto upholstery or plants.

Thyme Oil



When it comes to repelling malarial mosquitoes, thyme oil is one of the best at providing protection. In one study, hairless mice had 5 percent thyme oil applied to the skin, with a 91 percent protection rate.

For a homemade brew, combine four drops of thyme oil to every teaspoon of base oil, such as olive or jojoba oil. For a spray, mix five drops of thyme oil with 2 ounces of water.

Greek Catnip Oil



Nepeta parnassica is a member of the mint family related to catnip that can also ward off mosquitoes. The white and pink flower grows up to 18 inches, but it's the extract and oil from the bruised leaves that's the most valuable.

One study found that oil from the plant can repel mosquitoes effectively for two to three hours. Additionally, researchers at Iowa State University found catnip to be 10 times more effective than DEET at

repelling mosquitoes.

Soybean Oil



According to the University of Florida Medical Entomology Laboratory, soybean-based products like Bite Blocker for Kids (2 percent soybean oil) can provide longer lasting protection from mosquitoes than citronella-based products — a more common ingredient in mosquito repellents.

In addition to just soybean oil, you can also add a little lemongrass oil to your home mixture. The combination has been tested to guard against multiple species of mosquitoes.

Lemongrass Oil



Lemongrass is quite popular as an insect repellent due to its insecticidal properties. It kills insects and also keeps them away, but there isn't enough research to know exactly which insects it affects, so there is no promise on cockroaches!

Lemongrass Essential Oil helps relieve pain in muscles and joints, as well as toothaches

and headaches resulting from viral infections like cough, cold, influenza, fever, and various poxes. It also helps cure general body pain resulting from strenuous activities and athletics.

Mosquito plant



A member of the geranium family, mosquito plant carries the fragrance of citronella in its foliage. When a leaf is crushed and rubbed on the skin, it smells wonderful and helps naturally repel mosquitoes. (The plant itself does not act as a deterrent to the pests.) Though

growing mosquito plant is not as effective as using bottled repellents, mosquito plant works gently, and when you grow it in your garden, it is always on hand.

Plants owe their medium green texture to the lacy leaves. Growing upright to 2 to 3 feet in height, they can be used as a summer border or one of several contrasting textures in a garden composition or a large mixed container.

Citronella



Chances are, you've heard of this one before- it's one of the most common ingredients in most mosquito repellents. Strange enough though, many people don't even know that citronella is actually a plant! Citronella is a beautiful perennial clumping grass that emits a strong aroma. That aroma masks other scents, and keeps mosquitoes from being attracted to things located around it. The citronella plant has a much stronger aroma than other mosquito repellents that contain citronella, so it is a great choice. Citronella is very easy to grow, and can get to be a very tall 5 or 6 feet high! You can grow citronella in pots and place it around a porch or patio, or you can plant it directly in a yard or garden bed. It's a great choice for repelling mosquitoes naturally.

Geranium



This beautiful flowering plant is a great choice for mosquito repellent. When planted in a hanging container, the colorful blooms will cascade over the side of the pot, providing a beautiful visual piece as well as a very useful bug repellent!

Peppermint



Most bugs despise the smell and taste of peppermint, so planting it around your home is a great way to keep them from dropping by uninvited! Plus, if you do happen to get bitten, peppermint leaves rubbed directly onto the skin make a great itch relief treatment! Added bonus for the wonderful minty smell that makes a delicious addition to food and beverages!

Chapter 6 - Using it right

When to use?

You're out barbecuing, enjoying your chicken, and these bugs decide to feast on your blood. You go to a football game and by some coincidence these mosquitoes are fans too! Camping in the woods, reading horror tales, and voila! These mini draculas pop up to add some reality to it by sucking your blood. These are a few possible places where mosquitoes will turn out to be more troublesome than ever. Whilst on such outings, all you need to do is bring the natural mosquito repellent such as Essencell All Natural Mosquito repellent Bracelet and stickers. Simply attach a sticker on your clothing, or anything you're carrying - backpack, hat, so on. Or simply wear the bracelets. These bugs won't be able to come anywhere close. It is as easy as 1,2,3. The unique combination of natural oils will prevent the mosquitoes from coming anywhere near you, let alone biting and spreading diseases.

Why go for this?

If you're going camping, or picnicking, maybe out playing, this is the best mosquito repellent you can have! Weightless, and convenient, just strap the bracelet on or take a patch and attach it on your clothing. No need to apply any creams or take an electric zapper with you every time you go out. All you have to do is put on the bracelet and forget about it. It'll do its job of repelling, while you enjoy a mosquito free environment!

Conclusion tips

To make sure you're not allergic to any of these Natural repellents ingredient, do a spot test on a small patch of skin for one or two days before any full-on usage. If you suspect an allergic reaction, stop use, wash the area, and check in with your local poison control center.

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