

# **How To Get Rid Of Head Lice Once And For All Without Tears or Panic**

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## Introduction

So your children are back from school with head lice. Again! And so the first thing you do is panic. But there's really no need to.

In this report you'll discover how to get rid of lice and their eggs, nits, and you have to do to not come back.

The first thing you should know is that having head lice really **isn't a sign of poor personal hygiene**. Don't spend time cleaning every corner of your house. Don't even think that the lice became attracted to you because of anything you did.

✔ Visit [this page](#) to discover the 8 more common myths about head lice...and what the truth actually is, and then come back to read the rest of the report.

And the second thing you need to know is that **you're not alone**. If you think you're the only family experiencing this ordeal right now - you're wrong.

Just look at this one statistic. It is estimated that at least **12 million** people in the United States alone are infested every year with head lice. Twelve million! Some estimates almost double that figure, believing that the true incidence is closer to 20 million. Imagine.

And as you probably know, the vast majority of those affected are **children**.

But more than that, the incidence of head lice doesn't seem to be slowing. Indeed, it appears that it's a seriously growing epidemic.

And many people do not know how to remove lice. Many parents have tried everything without any success and they are **frustrated**.

### **In this report you're about to learn:**

Part 1 - What experts don't tell you about head lice and why you can't manage to get rid of them.

Part 2 - Why lice shampoos do not seem to work well for you.

Part 3 - What you need to do to get rid of head lice so that they won't come back.

## Part 1 - What experts don't tell you about head lice and why you can't manage to get rid of them

You can search online or speak with experts; no one will tell you the truth about head lice treatments.

The most important point to understand is this one:

**There is no product that can remove adult lice AND nits at the same time.**

Not one. No chemical products and no natural products or home remedies. If you only put vinegar on your kid's hair, you will not get rid of the infestation. Same if you only put a shampoo, or olive oil.

Why is that?

Well, this is because an adult louse is very different from a louse egg (also called nit). And this is obvious, when you think about it. An egg of any species has nothing in common with an adult of the same species. This is why to eliminate each one you need to use different techniques. And this is the same for head lice.

But no one tells you that.

✔ Visit the following pages to learn more about adult lice and their eggs: [adult lice pictures](#), [head lice eggs pictures](#); and then come back to read the rest of the report.

So most people buy some lice shampoo, apply it following the guidelines of the manufacturer, and after 7 days head lice are back again...

What happened is the product only killed the adults, and now the eggs have hatched. And people end up thinking that shampoos do not work.

So every time you have to deal with an infestation, you need to do a specific treatment for adult lice (and nymphs, which are the "children" of lice), and another specific treatment to kill the lice eggs or nits.

We'll go into more details on that in part 3 of this report.

As for now, just remember you need to apply:

**One treatment to kill adult lice  
AND one treatment to kill lice eggs or nits.**

## **Part 2 - Why lice shampoos do not work well for you**

Many people who have used lice shampoos in their battle against head lice have had a bad experience and think that chemical lice products do not work.

But in many cases this is because they did not use the shampoo properly.

And in other cases this is because head lice have become resistant to the shampoo, for different reasons.

It is actually a fact now that lice shampoos are not so effective at eliminating lice than they were some decades ago. But most of the time they are still pretty effective.

Here are the **3 reasons why lice products do not seem to work.**

### **1. Lack of information**

The first point you should understand is that the manufacturers of these products and the doctors who prescribe head lice treatments to their patients do not tell parents clearly that these products only work to kill adult lice and nymphs.

And what happens is that parents apply the lice killing shampoo, but do not take special care of lice eggs. It first seems to them that they have eradicated the plague, however 7 days after the treatment lice are back because the nits have hatched.

But if you apply the shampoo and then make an appropriate treatment to remove the nits, you will be far more successful in your battle against lice. And you will see that lice shampoos actually do work most of the time.

### **2. Guidelines not followed well**

Now the second reason why lice shampoos do not seem to work in many cases is because parents do not follow very strictly the guidelines set by the manufacturers at the time of treatment.

These products must be used applying instructions to the letter; otherwise manufacturers themselves do not guarantee their effectiveness.

There are many people who think that leaving the product longer on the child's head will be more effective, but the opposite is true.

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Moreover, these shampoos contain substances that can be toxic and be a danger to the health of children, so it is very important to apply a shampoo following the instructions.

### **3. Resistance of head lice to chemical shampoos**

The final reason why lice shampoos do not seem to work, and this is very important, is that head lice have developed a resistance to chemicals contained in these shampoos over time.

What is a resistance?

Well this means that head lice have developed a defense system that allows them to survive despite the chemicals we use to kill them. This resistance, although it is denied by many experts, is a fact in the United States, especially in southern areas of the country, as well as in many countries of Europe.

There have also been studies that have shown that lice that affect children who have been treated with repeated shampoos become resistant to these same products.

This is why it is not recommended to use the same shampoo more than twice to treat a child if there are no results.

✔ Visit [this page](#) where we explain more about head lice resistance to chemical shampoos, and then come back to read the rest of the report.

## Part 3 - What you need to do to get rid of head lice so they won't come back

### Step 1: Make sure you are actually dealing with head lice

The first step in eliminating head lice is to make sure your child has really got head lice. Many people immediately think of head lice when their kid has some itching symptom, but sometimes it is just dandruff or some allergy.

To determine if your child has head lice, you need to carefully **examine** his or her scalp.

- ✔ Visit [this page](#) where we explain how to identify head lice in 3 simple steps, and then come back to read the rest of the report.

### Step 2: Eliminate adult lice

The second step in your battle against head lice is to kill adult lice and their "babies", the nymphs.

You have basically **2 options** to achieve this:

1. Applying a lice shampoo, following the manufacturer's instructions exactly.

- ✔ Check out [Nix head lice treatment](#) or [RID head lice treatment](#) for detailed information about lice shampoos.

You'll find a selection of lice shampoos on Amazon.com: [Click here](#).

2. Using home remedies like olive oil, mayonnaise, conditioner, etc.. These remedies do work very well to kill adult lice and nymphs if applied properly.

- ✔ Check out how you can use the following home remedies: [tea tree oil lice treatment](#), [olive oil treatment](#), [mayonnaise treatment](#).

You'll also find a good selection of natural remedies for head lice on Amazon.com: [Click here](#).

### **Step 3: Eliminate lice eggs or nits**

To get rid of head lice eggs, the best ingredient is **vinegar**. You can use wine vinegar or apple cider vinegar for this purpose.

Why does it work?

Vinegar contains acetic acid, and this substance can dissolve the cement (scientifically called chitin) that glues the nits to the hair. It's that simple, and it is a very basic chemical reaction. As vinegar contains about 5% of acetic acid, it enables to unglue the nits without being irritating or harmful to human health.

- ✔ Visit [this page](#) where we explain how to use vinegar to remove nits, and then come back to read the rest of the report.

Once the nits are no longer attached to the hair, they cannot survive, and you can easily remove them with a good nit comb.

The comb is actually a key element of success in your battle against head lice. You must remove all the nits.

- ✔ Before buying a lice comb, make sure to visit [this page](#) where we explain how to comb nits out and how to choose a good lice comb; and then come back to read the rest of the report.

Then, you can get a good lice comb from Amazon.com: [Click here](#) to see a selection of nit combs.

### **Step 4: Repeat the treatment**

The important point is then to repeat the treatments (both for adult lice and for nits) no longer than 7 days after the first treatment.

This is a crucial step which is often overlooked and this is why parents have the impression that lice keep coming back.

- ✔ Visit [this page](#) to understand more about the life cycle of head lice and why you **MUST** repeat the treatment, and then come back to read the rest of the report.

## **Step 5: Prevention measures**

What can you do to prevent head lice from coming back?

Apart from repeating the treatment, you should wash at high temperature all the **belongings** that have been in contact with the infested child's head. Cleaning sheets, hats, scarves, coats, and helmets is a good precaution measure.

However, and contrary to popular belief, you do not need to clean the house, since lice will die very quickly away from a human host. Moreover, lice are transmitted in 98% of cases from head to head contact only, and it is highly unlikely to get head lice from anything that has not been in contact with the head.

Then, there are **several ways** to prevent head lice. Of course you can never really prevent head lice in the way that you will never be sure your kids do not get lice, but you can still take some simple measures that will help to keep lice away.

You can prevent head lice through the use of essential oils. Buy tea tree essential oil or lavender essential oil, and just put a few drops of the oil on your kids' heads, particularly behind the ears and in the neck. Lice hate the smell and this will keep them away.

Moreover, most essential oils have the properties of insecticides and will help get rid of head lice (as seen previously in Step 2).

- ✔ Visit [this page](#) where we explain why essential oils help to prevent head lice and which ones you can use; and then come back to read the rest of the report.

You can also help preventing head lice through the use of some shampoos. There are not lice killing shampoos, and you should NEVER use a chemical lice shampoo for prevention.

- ✔ Visit [this page](#) where we explain which shampoos are good to prevent lice; and then come back to read the rest of the report.

If you would like to use a repel shampoo or a lice repellent, there are plenty of them. Many contain only natural ingredients. Just check them out [here](#).

## **How To Get Rid Of Head Lice Once And For All Without Tears Or Panic**

Here is how you can treat head lice, get rid of them and prevent them from coming back. Do not panic, just take the proper steps and you will succeed.

We hope you enjoyed this free report and wish you good luck in your battle against head lice.

Paula Tooney  
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### **Additional Resources:**

#### **Amazon Bestselling Books:**

[Head Lice To Dead Lice](#)

[Rainbows, Head Lice, and Pea-Green Tile](#)

[Yikes-Lice!](#)

#### **Head Lice FAQ:**

[FAQ - Head Lice And Eggs](#)

[FAQ - Head Lice Treatments](#)

[FAQ - Head Lice Home Remedies](#)

[FAQ - Prevent Head Lice](#)

#### **Official sources of information:**

[National Center for Biotechnology Information](#)

[Kidshealth.org](#)