

SAFER ALTERNATIVES FOR PESTICIDES

| PESTICIDES | SAFER ALTERNATIVES | |
|---|--|--|
| Type | Preventive Methods | Treatment Methods |
| Insecticides – General | | |
| Includes fumigants <i>(gaseous pesticides slightly heavier than air that can seep into the smallest cracks & crevices)</i> | <ul style="list-style-type: none"> • Vacuum regularly • <i>See additional preventive methods for specific insects</i> | <ul style="list-style-type: none"> • Insect baits & traps • Diatomaceous earth <i>(crushed fossils of living plants & freshwater organisms)</i> • Beneficial nematodes <i>(microscopic worms)</i> • <i>See additional treatment methods for specific insects</i> |
| Insecticides – Specific Insects | | |
| Cockroaches | <ul style="list-style-type: none"> • Bay leaves • Store foods in sealed containers • Dispose of garbage properly | <ul style="list-style-type: none"> • Fine dusting of boric acid • Equal parts of boric acid powder or baking soda mixed with powdered sugar • Equal parts of oatmeal, flour, & Plaster of Paris • Bait boxes |
| Ants | <ul style="list-style-type: none"> • Sprinkle black pepper, chili powder, or chalk • Store foods in sealed containers • Dispose of garbage properly | <ul style="list-style-type: none"> • Brush a 1 to 10 mixture of lavender & olive oil into the tracks that ants follow • Ants are known to avoid ferns & juniper leaves, lavender flowers, & goldenrod |
| Moths | <ul style="list-style-type: none"> • Cedar balls or chips • Lavender | <ul style="list-style-type: none"> • <i>See preventive methods</i> |
| Hair Lice | <ul style="list-style-type: none"> • Do not share clothing, bed linens (pillows), combs & brushes, or hats | <ul style="list-style-type: none"> • Enzyme shampoos |
| Fleas | <ul style="list-style-type: none"> • Vacuum thoroughly & frequently • Wash pet bedding weekly in hot soapy water. Spray pet daily with 50/50 mixture of white vinegar & water • Mix brewer's yeast, Vitamin B, or garlic tablets with pet food • Rub animal's coat with fennel, rue & rosemary • Place eucalyptus seeds & leaves where the animal sleeps | <ul style="list-style-type: none"> • Enzyme shampoos |
| Termiticides | | |
| Drywood termites | <ul style="list-style-type: none"> • Dry out construction wood properly (Timber species such as oak, fir, ash, & larch are best) • Pre-treat wood with vegetable oil, paraffin or bees waxes. Use an 8% solution of borax (also a fire retardant) for long term prevention • Use a solution of soda ash or wood ash (adding plant pigments makes these solutions suitable for staining) | <ul style="list-style-type: none"> • Baits • Liquid nitrogen • Nontoxic heat method • Electrocutation or microwaves |



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| Rodenticides | | |
| Mice & Rats | <ul style="list-style-type: none"> • Store foods in sealed containers • Dispose of garbage properly • Lavender, cedar oil, or camphor | <ul style="list-style-type: none"> • Traps • Baits • Place cotton balls saturated with peppermint oil in areas of rodent activity |
| Fungicides | | |
| All Types | <ul style="list-style-type: none"> • Organic lawn/garden care • Keep humidity in house below 60% | <ul style="list-style-type: none"> • Sulfur or baking soda • Some copper compounds |
| Herbicides | | |
| All Types | <ul style="list-style-type: none"> • Organic lawn/garden care • Proper watering & mowing | <ul style="list-style-type: none"> • Hot water, vinegar, & corn gluten • Weed whack & hand pull weeds |
| Disinfectants | | |
| Antibacterial soaps & household cleaners that are EPA-registered pesticides | <ul style="list-style-type: none"> • Use soaps & household cleaners that do not contain added pesticides (<i>triclosan & others</i>) | <ul style="list-style-type: none"> • <i>See preventive methods</i> |
| Deodorizers | | |
| Toilet bowl deodorizers | <ul style="list-style-type: none"> • Add 1 capsule of Vitamin C (<i>1,000 mg</i>) to the bowl & allow it to sit overnight. Pour vinegar in bowl & let stand for several minutes, then flush • Denture tablets | <ul style="list-style-type: none"> • <i>See preventive methods</i> |
| Air fresheners | <ul style="list-style-type: none"> • Cedar & lavender • Add cinnamon sticks to boiling water • Make potpourri by mixing 4-6 different flowers & leaves, 3 or 4 herbs & spices, fixative (powdered orris root, oak moss, cellulose or fiberfix), and 1 or more nontoxic essential oils (sweet birch, wintergreen, camphor, sassafras) | <ul style="list-style-type: none"> • <i>See preventive methods</i> |

‘HELPING TO MAKE **PREVENTION** THE CURE FOR CANCER’



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