

# Happy Kids Head Louse Gone

## Head Louse Control System

[www.Head-Louse-Gone.com](http://www.Head-Louse-Gone.com)

**Powerfully Effective**  
yet  
**Safe & Gentle**

*A System to bring Peace Of Mind back to your Family*

Written by  
Joy E. Fisher

# Happy Kids **Head Louse Gone**

## Head Louse Control System

[www.Head-Louse-Gone.com](http://www.Head-Louse-Gone.com)

**Powerfully Effective**  
yet  
**Safe & Gentle**

*A System to bring Peace Of Mind back to your Family*

Written by  
Joy E. Fisher

# IMPORTANT FACTS

## What Are Head Lice?

- Head Lice are blood-sucking insects that live and breed only on the human head.
- Head lice are approximately 2mm in length, greyish-white in colour, or reddish-brown if recently fed.
- They do not live on any other animals except human beings.
- Adult female Head Lice may lay from 150 up to 300 eggs during a life cycle of 27 days.
- The egg, or Nit, resembles dandruff and is attached to the hair by a cement-like substance.
- Nits hatch between 7 – 10 days.
- Head lice may be found anywhere on the human head but tend to congregate at the nape of the neck, behind the ears and around the crown.
- They cannot live away from the head for longer than 24 hours.

## How Do You Get Head Lice?

- Head Lice can be spread only through body contact, hairbrushes, combs, hats, clothing or bedding, plush toys and upholstered furniture.
- Head Lice are wingless insects that cannot hop, fly or jump; they crawl from person to person.

## What To Look For?

Primarily Head Lice are found in the hair close to the scalp, most frequently around the ears and the nape of the neck. They may be difficult to find in the hair because they tend to hide and grooming and scratching keep their numbers down.

Usually you will see eggs attached to the hair. These eggs are called Nits and are oval, yellowish-white, and firmly attached to the hair with a cement-like substance. You may also find your child scratching – lice have a similar irritation to your scalp as mosquitos to your skin, so an itchy irritation occurs. Small red dots indicate where the head lice have been feeding.

It is important to remember that “live” eggs (Nits) are found close to the scalp – they need the moisture and warmth near the scalp to hatch. **Any egg found one centimetre or more along the hair shaft (from the scalp) is either hatched or dead.** “Live” eggs Pop when crushed between fingernails and dead or hatched eggs don’t. Dandruff, hair particles, dead eggs or empty Head Lice eggshells are often mistaken for “live” eggs.

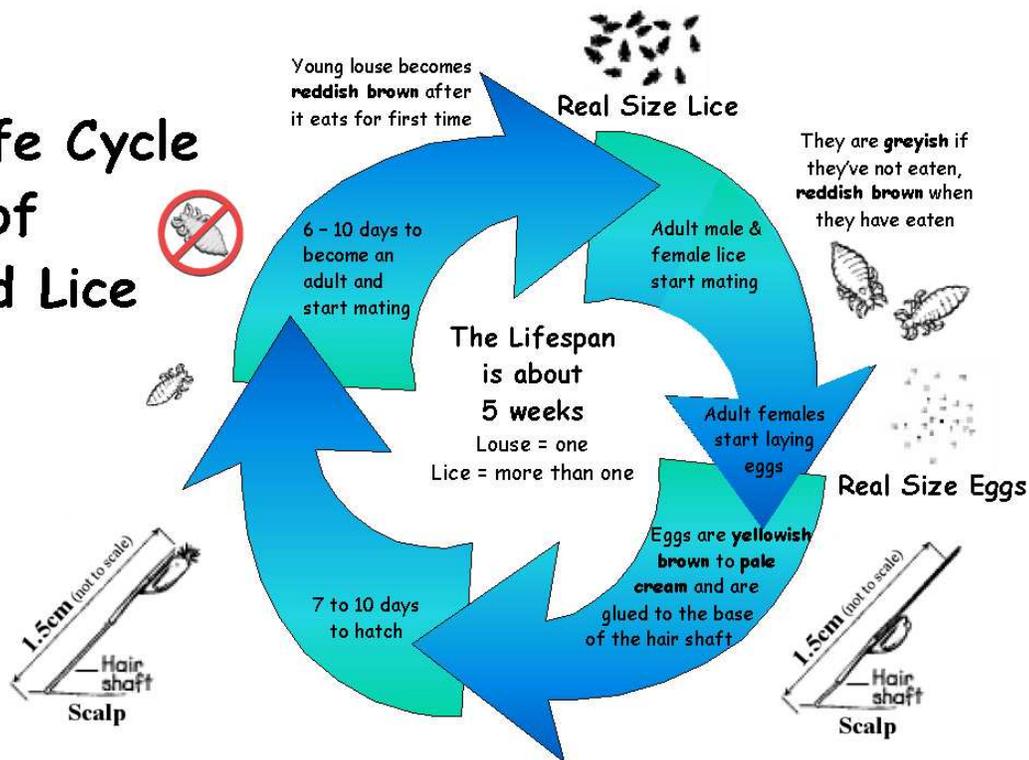
**Once more, Head Lice infestation is not a reflection of personal hygiene – they come from personal contact with another person that has them.**

The only way to rid your child and your family of Head Lice is to use a proven system regularly. “Head Louse Gone” is one such system.

Good Luck with your quest.

Joy E. Fisher

# The Life Cycle of Head Lice



## A Treatment That Works

For the past 7 years my ex-husband and I have shared the custody of our 3 daughters. Try as we might, during that time we battled but couldn't rid them of their Head Lice. We tried many different commercial products, gadgets and other remedies, but none seemed to work, or at least they may have worked for a time then they would come back, or the girls would catch them from other kids at school – it was a never-ending cycle. Frustrated, annoyed and totally disillusioned with the “normal” products and methods, I went back to the “Olden Days” ways.

Since the beginning of time people have used essential oils to enhance almost every aspect of their lives – the amazing gift that nature has given us now provides a simple solution to one of our greatest challenges. I have used this remedy since our eldest girl was 6 years old and I have had no problem with re-infestation – She has just turned 13. I have broken the cycle that causes re-infestation, and I am pleased to say that it is a really simple process. **I have read (and used) many of the home remedies that others recommend, but I found them too tiresome, too severe, too smelly, too time consuming and physically exhausting and above all, I felt that my children were being used as guinea pigs in all sorts of ‘experiments’ that only added to the stigma of them having the dreaded things in the first place – it has been a case of the cures were worse than the problem!!**

I developed this system over time, using the things that worked for both my children & myself and discarding the things that didn't, until I came up with something that works ongoingly. By treating the girls regularly for the past 2 years with what I call my “Head Louse Gone” system, I have given us back our lives and some sanity and have reduced a lot of the stress around associating with others that haven't found this system yet – I no longer worry about them inadvertently bringing home a stray traveller. When you have this sort of security, you have peace of mind.

I urge you to read the following information **THOROUGHLY & COMPLETELY** before anything else, and then start to use the system.

# **“Head Louse Gone”**

## **The Powerfully Effective yet Safe & Gentle Head Lice Control System**

**Buy a 375ml bottle of shampoo for “normal” hair as well as the matching conditioner – one of mid-range quality and price will do fine (such as Decore).**

Add the following Essential Oils to the Shampoo – be sure to buy quality Essential Oils from a reputable company as the quality of the oils help determine the effectiveness of the treatment. In the US, try Young Living essential oils or some such equivalent.

**In the “Special Shampoo” bottle I use 10 drops of Eucalyptus, 5 drops of Lavender, 5 drops of Geranium, 5 drops of Thyme and 5 drops of Neem Oil – each time I use it I give it a good shake.**

**In the “Minty Conditioner” bottle I use 20 drops of Peppermint – once again, I shake it well before I use it so that the oils are well distributed throughout the conditioner.**

### **Application Process:**

Normally this only takes me about 20 minutes from start to finish per child - to get my things together, wash the hair and comb it through.

**Brush the hair properly to ensure that it is tangle-free (particularly if the hair is longer).**

I usually sit my child in the bath in about 4 inches of water and have a shower hose ready for rinsing. I let her wash herself and then play in the bath for a while as I get all my things together – Our “Special Shampoo” & “Minty Conditioner”, fresh Face Flannel, Wide Tooth Comb, Fine Tooth Comb (I found a white plastic fine tooth comb really effective because I could see what was coming off the hair, and it was quite a lot cheaper), 2 fluffy towels (one for the hair and one for the body) Leave-In Hair Moisturiser / Conditioner and Fragrant Talc – we make this a special time – a time where she gets to play and then be pampered a little bit “for being such a good girl”. I don’t rush the play-time either so that it allows both her and I to relax.

**Wet the hair and shampoo it as you would normally – for my child, who really dislikes to have water in her eyes or on her face, I use a face flannel folded into 4 to make a “blindfold” that she holds over her eyes while I scrub-a-dub – the water may trickle over her forehead, but it keeps her face and eyes protected and so we have reduced the trauma of shampoo-time! If the trickling upsets your child, simply raise the flannel higher over the forehead.**

**Anyway, once you have scrubbed the head properly all over, paying particular attention to behind the ears and at the nape of the neck, rinse the hair with running water.**

**Next, apply the “Minty Conditioner” all through the hair, massaging the whole scalp really well and distributing the conditioner right through to the ends. Use a Wide Tooth Comb to de-tangle the hair and then use a Fine Tooth Comb. Comb the whole head properly, ensuring that you run the comb over the whole scalp – check the comb after every pass and rinse it out each time into the bath water. You will find that eggs will come off as well. Continue to comb until very few, if any “crawly-bugs” or eggs come out on the comb. Get the child to hold the face flannel over her eyes as you rinse the hair – give it a good scrub and make sure that it is rinsed well.**

**I find that I use this time as special time for my child and I to bond – we turn what is normally a horrid time into a fun time – it’s us against them, and “we’re gonna beat ‘em because we’re smarter than they are!!”** I explain to her that we have to get all the grown-up “crawly-bugs” out so that they don’t lay any more eggs, AND that is why we have to wash the hair again in a few days time so that when those eggs that we might miss hatch into baby “crawly-bugs” we can stop them from growing into teenagers which grow into adults that have more eggs – “those silly ‘crawly-bugs’!! We’ll get ‘em!” I found that by making it a team effort to beat the “crawly-bugs”, she was more responsive to the follow-up part of the process – it becomes a win / win situation.

**I rinse her off from top to toe with the shower hose before she steps out of the bath.** While she is drying herself off, **I rinse the bath thoroughly with hot water and then wipe it out with the flannel. I put the flannel out to be washed.** This is just to be sure that no strays get away. **I wrap her in the fresh dry fluffy towel while I towel-dry her hair with the partially wet one.**

**We stand in front of the vanity basin that is filled with hot water and I lightly put some Leave-In Hair Moisturiser through her hair to help with tangles. I use the Wide Tooth Comb again to detangle her hair and then I use the Fine Tooth Comb to catch any stray “crawly-bugs”, rinsing the comb in the vanity basin after every pass.** I find that this process removes a lot, if not all, of the eggs that are left on the hair shaft. The Leave-In Hair Moisturiser not only helps to detangle long hair, but it also helps to prevent any stray adults attaching their eggs to the hair shaft. It also promotes soft, silky, beautiful, healthy hair.

**Continue to comb until the comb is clean after going through the hair –** often it only takes up to 5 minutes, and then they are simply rinsed down the sink – the hot water takes care of them. **I also rinse all the combs and brushes,** cleaning them properly with an old toothbrush if necessary, **and let them sit in the basin in a fresh batch of hot hot water –** just to be sure ! You can never be too careful with these pests. **We then get her all powdered up and into her pyjamas ready for a story and bed.**

**Now this is the important part – while she is getting ready for bed, I put all the clothes she had on, her school hat, her bed linen (don’t forget the pillowcase), her towels and face flannel that we just used, into the washing machine to wash –** just a regular wash is fine, and I hang it out in the morning in the sun. I have found that by using this method there is no need to specially launder the carpets, mattress or upholstered furniture etc. I also find it helpful to plan in advance, so that if you know what days you are doing your child’s hair, you can get your child to help by “unmaking” their bed (a lot easier than trying to get them to make it!!). Just put the sheets and pillowcases in the laundry ready to be washed with the “crawly bug” towels later that night after the hair is washed. If you can get your child to make the bed with fresh sheets, then that’s even better, but if not, it will help you to do it in the morning of the hair wash so that when bedtime comes there is no stress with making beds at the last minute. **Just remember “Fresh Hair, Fresh Linen”.**

**For the first two weeks I wash her hair on Sunday night and Thursday night. After that, I just wash it weekly with the “Special Shampoo” instead of ordinary shampoo and it keeps the “crawly-bugs” at bay – I make sure that I brush her hair, or at least monitor her as she brushes her hair, so that I can see if she becomes re-infested again.** I also watch to see if she starts scratching, as this is a sure sign that some of the babies may have hatched. I am onto it straight away so they don’t get the opportunity to grow into egg-laying adults. If I am a little pushed for time, I will do their hair on a Sunday afternoon to take some of the pressure off bed-time, or instead of doing their

hair on Thursday evening, I will tackle the job as soon as they get home from school. When I ask who is going to have their hair done first they scramble to the bathroom to be first in line – what other remedy can beat this in performance and response? None that I know of – **Sure beats Vaseline, Peanut Butter, and Vinegar, oily looking hair, sleeping in plastic, or hours of brushing!!** Because I have taken the time to make it a special time for us both, they are more than willing to cooperate.

**As a precautionary measure, on an ongoing basis, I get the whole household to use the system at least once a month.** If I find a stray traveller, I get everyone to wash their hair just in case there was more than one and it's friend decided to travel to one of us at home. **For those that work with children “up close and personal” I would suggest using it as a regular part of your personal hygiene routine since “crawly bugs” transfer via contact.**

My 3 girls are now aged 8, 9 and 12 and all three go to school. We are all very busy people, but this process only takes a little over an hour to treat all three of them. On average it takes just 20 minutes to treat each child once a week, and now the 12 year old can, and wants, to do it herself. I still monitor her to ensure she scrubs and rinses properly but this time spent together has come to be special time together in all of our very busy lives. We have come to use this time as special 1-to-1 talk time and we know that we can talk about anything. Our children grow up so quickly and the time soon comes when she will no longer need me to look after her and even 20 minutes will become precious. All I can do is hope that the special times that we have spent together doing ordinary things will be what endears me to her later on in life – I can at least rest assured that I have fostered a solid personal relationship to start with, and that comforts me no end. I know that my children will always think back on these times as good times, and don't we have plenty of room these days to add lots of those?

Anyway, back to it - as a preventative measure, because two of my girls have shoulder-length, and one waist-length, hair, I also ensure that they wear their hair up in a ponytail that is plaited when they go to school. It is just part of their routine for preparing for school. If they ask to wear it out, I ask them if they want Head Lice or a paranoid mother back again, and their answer is pretty definite - they put their hair up without a problem. It also seems to take a lot of the fuss out of school preparation time – they don't have to think about what to do with their hair or worry if it's a “bad hair” day. I do make a concession on Fridays though and let them wear their hair out or in a different style, **but** it is on the condition that they have their hair washed with the “Special Shampoo” that night, just in case they have brought any wayward travellers home with them, in which case we simply shift to Mondays and Fridays for washing and then just Fridays. We have found this is a pretty good compromise and it is a day that the girls really look forward to and plan for.

I will be honest with you – Initially I was paranoid and obsessive about trying to remove **all** the “crawly bugs” and **all** the eggs from my children's hair in the first wash, but it was painful for them to have to sit there all that time, and it was mentally challenging for me having to subject them to it. I thought there had to be an easier way. Much to my disdain, my children had a very heavy infestation because it had been an ongoing problem for many years with my ex-husband. The fact that one child in particular had so much hair, didn't help matters – lots of hotel rooms for those pesky “crawly bugs” to sleep in and lay their eggs on!! It was sheer agony for both my children and myself.

The first step was that I had to come to terms with the fact that, while I was doing the best that I could, I had to go easier on my kids – it wasn't their fault. Tensing up and stressing out wasn't going to help them cope better or get rid of the Head Lice. So I relaxed, thought about it logically, put trust back into my remedy and the process, and I found that there was nothing to worry about. I knew I had the re-infestation problem licked because I was breaking the cycle of babies growing into adults – if there

were no babies growing, there were no adults to lay more eggs. And it became easier not to worry so much about any eggs that might still be visible because I knew that they had been treated properly and that the cement-like substance that held them to the hair loosened with the subsequent washings with the “Special Shampoo” & “Minty Conditioner”. I also found that regular brushing in the morning and at night caused any stray dead eggshells to disintegrate back to dust. Problem Solved – Brilliant !!! **In the beginning I also became aware that brushing dry hair made the Head Lice appear to jump, but Head Lice don’t jump!! It is the electrostatic charge from the brushing that gives them the appearance of jumping anything up to a distance of 1 metre!! So just to be sure, I make sure that I use a spritz bottle with a couple of drops of a nice smelling oil like Lavender in it to prevent the charge flinging any strays around the house!!**

A common complaint that most experience and I have had with other products and remedies along the commercial lines is that the Head Lice become immune to the various treatments and/or products – Personally, with the “Head Louse Gone” system, I have not had any problems with eradication or re-infestation. However, to combat this problem should you encounter it, I suggest that you “shake it up a bit”, by using regular shampoo and conditioner without the oils in it **every second shampoo of the maintenance sequence only (when you are washing the hair once a week)**. Alternatively, use a similar range of shampoo / conditioners with the same oils. eg. Use Decore, then Palmolive, then Sunsilk and rotate them. But like I said, even with such a heavy infestation, in 5 years I’ve not had a problem with this.

Please be aware though that no one solution will fix all cases of Head Lice infestation all around the world, and even essential oils need to be used with great care. But it is quite simple – if there are any adverse reactions, irritation or allergies, please discontinue use. I can only tell you what has worked extremely well for both my family and I, and the families of many others that have asked for my secret. I hope that you and your family will benefit also and I wish you well with your quest.

All the Best & Kind Regards.

Joy.

PS. How’s this for trust in my system?? By law, Hairdressers have to steer clear of heads with Head Lice or “live” Nits (eggs less than 1 cm away from the head), but even my hairdresser trusts the quality of the remedy. She knows that this is a tried and true system and that I use my system regularly. She inspects my children’s head thoroughly and she feels safe enough to cut my kids’ hair – after all, she can’t risk contaminating any other clients. She knows that I have removed the Head Lice and their eggs properly. Each time there is a breakout in the school and my children might come home with “crawly bugs”, she knows they don’t last long enough on my children’s heads to create a problem. She is also amazed at the quality of hair that my children have – soft, shiny, beautiful, healthy hair that is less prone to splitting and damage. You can’t ask for more than that now, can you?? It is great to have her professional support of my remedy “Head Louse Gone”.

# In Summary

## \*\*\*\*\* What You Will Need \*\*\*\*\*

- **375ml bottle of shampoo for “normal” hair as well as the matching conditioner** (one of mid-range quality and price will do fine, such as Decore).
- Face Flannel
- Wide Tooth Comb (to detangle long or thick hair)
- Fine Tooth Comb (I found a white plastic fine tooth comb best),
- 2 Fluffy Towels
- Fragrant Talc (optional)
- Leave-In Hair Moisturiser / Conditioner
- Water Spritzer with 3 drops of Lavender or chosen oil

### **Add the following Essential Oils to the 375ml bottles of Shampoo & Conditioner**

Be sure to buy quality Essential Oils from a reputable company, as the quality of the oils help determine the effectiveness of the treatment. In the US, try Young Living, SunSpirit or New Directions essential oils, or some such equivalent.

While Essential Oils may be not something that you are familiar with, they truly are usually worth what you pay for them, and some oils are more valuable than others. (Eg Geranium is more expensive, but is more concentrated than Eucalyptus). By paying that little bit extra, you get more effectiveness, which makes it cheaper in the long run.

The other good thing with buying Quality Oils is that they will last you quite a long time, as you are only using a few drops of each one in each bottle of Shampoo & Conditioner. And how long will a bottle last? As long as it would normally last with washing everyone’s hair every week.

More often than not we tend to use way more Shampoo & Conditioner than we really need to, so you may find that you can use a little less – just make sure that you use enough to wash properly, but not too much to waste your precious oils.

I also ensure proper distribution of the oils by giving them a good shake each time I use them

**I mark the bottles as “Special Shampoo” and “Minty Conditioner”** so that everyone is aware that these are our special bottles and not regular bottles. However, I find that our family likes to use them regularly because they smell delicious and when they use them they feel “Special” and “Nice”. I often wonder if they feel “Nice” because of the security in knowing that they are treated properly?

Here they are anyway:

### **“Special Shampoo” recipe**

**10 drops of Eucalyptus Oil;  
5 drops of Lavender Oil;  
5 drops of Geranium Oil;  
5 drops of Thyme Oil; and  
5 drops of Neem Oil**

### **“Minty Conditioner” recipe**

**20 drops of Peppermint Oil**

**\*\*\*\*\* What To Do \*\*\*\*\***

Normally this only takes me about 20 minutes from start to finish

- **Gather all your equipment together.**
- **Brush the hair properly** to ensure that it is tangle-free (particularly if the hair is longer).
- **Wet the hair and shampoo** it as you would normally, paying particular attention to behind the ears and at the nape of the neck
- Use a face flannel folded into 4 to make a “blindfold” to protect eyes while washing if necessary
- **Rinse the hair** with running water.
- **Apply “Minty Conditioner”** all through the hair, massaging the whole scalp really well and distributing the conditioner right through to the ends.
- **Use a Wide Tooth Comb** to de-tangle the hair
- **Use a Fine Tooth Comb** - Comb the whole head properly, ensuring that you run the comb over the whole scalp – check the comb after every pass and rinse it out each time. Continue until no more “crawly-bugs” come out on the comb.
- **Rinse the hair properly**– give it a good scrub and make sure that it is rinsed well. Use the Flannel Blindfold if necessary.
- **Rinse off thoroughly** from top to toe before getting out of the bath or shower.
- **Dry off and towel-dry hair.**
- **Apply Leave-In Hair Moisturiser** through hair to help with tangles.
- **Use Wide Tooth Comb** to de-tangle hair.
- **Use Fine Tooth Comb** to catch any stray “crawly-bugs”, rinsing the comb after every pass. Continue until the comb is clean after going through the hair – often it only takes up to 5 minutes.
- **Rinse all the combs and brushes properly** and let sit in the basin or a bowl of hot hot water.
- **Get child dressed.**

**\*\*\*\* Now this is the important part !!! \*\*\*\***

**Put all the clothes she had on, her school hat, her bed linen (don't forget the pillowcase), her towels and face flannel that we just used, into the washing machine to wash – just a regular wash is fine.**

**Hang it out in the sun or put in the clothes dryer to dry.**

**Wash twice a week for the first two weeks then weekly using the “Special Shampoo” & “Minty Conditioner” to break the breeding cycle.**

## \*\*\*\*\* Special Considerations \*\*\*\*\*

- ❖ ❖ **Be Vigilant when brushing hair, or at least monitor as they brush their hair.**
- ❖ ❖ **If child wants to wash their own hair – monitor them so that the process is done properly until you are sure that they can do it themselves without supervision.**
- ❖ ❖ Watch to see if scratching occurs. If so, don't panic, wash that night.
- ❖ ❖ As a preventative measure, if the hair is long, ensure that hair is worn up or plaited when they go to school.
- ❖ ❖ Make a concession that on those days when the hair is worn out, the hair must be washed with the “Special Shampoo” & “Minty Conditioner”.
- ❖ ❖ Don't be paranoid and obsessive about trying to remove **all** the “crawly bugs” and **all** the eggs from the child's hair in the first wash. Come to terms with the fact that you are doing the best that you can.
- ❖ ❖ Trust the remedy and the process. There is nothing to worry about. The re-infestation problem is licked – you are breaking the cycle of babies growing into adults.
- ❖ ❖ Eggs may still be visible but they have been treated properly. They will be loosened with subsequent washings with the “Special Shampoo” & “Minty Conditioner”.
- ❖ ❖ Regular brushing in the morning and at night causes any stray dead eggshells to disintegrate back to dust.
- ❖ ❖ To prevent Head Lice becoming immune, “shake it up a bit”, by using regular shampoo and conditioner *without* the oils in it **every second shampoo of the maintenance sequence only (when you are washing the hair once a week)**. Alternatively, use a similar range of shampoo / conditioners with the same oils. eg. Use Decore, then Palmolive, then Sunsilk and rotate them.
- ❖ ❖ To prevent any stray Head Lice “jumping” around the house when you brush dry hair, use the Water Spritzer with 3 drops of a nice smelling oil, such as Lavender.
- ❖ ❖ Understand that no one solution will fix all cases of Head Lice infestation all around the world.
- ❖ ❖ Essential oils need to be administered with care. Try to avoid getting Shampoo or Conditioner into your child's eyes. If this occurs, wash liberally with warm water and towel dry.
- ❖ ❖ If there are any adverse reactions, irritation or allergies, please discontinue use and seek medical advice.

Disclaimer: Each and every person that utilises any information contained herein does so at his or her own risk. Through purchase of this publication, each person also acknowledges that this publication is based purely on the author's personal experience and there is no scientific basis for any of the information provided. All products recommended are used at the personal discretion and risk of the user. All liability is hereby waived by the author.