

Safe Bedbug Home Remedy Guide

HOW I GOT RID OF BEDBUGS FROM MY 4 BEDROOM HOME in 72 HOURS

eBook by Mary Cary



Step One

Step Three

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What You'll Need (Gearing Up)

- Hot Water Heater Temperature Settings
- Washer
- Dryer
- Garbage bags
- Duct Tape
- Dust Mask
- Diatomaceous Earth (Food Grade)
- Vacuum Cleaner
- Vacuum Cleaner Bags



Thank you for your purchase

This eBook has a video which you can watch on the website:

- <https://bed-bug-bites.com/download/>

Having bed bugs is awful, scary and it even feels like you might want to move out of your home.

It is my hope and prayer that this will get you back on track and in control of your life again.

The Home Invasion - The Backstory

How do you know if you have bed bugs?
Finding out can be expensive. It's scary and awful being bitten every night.

Only about $\frac{1}{3}$ of people have any reaction to bed bugs. At first I had almost no reaction to them, then over time developed horrible welts.

We tried pesticides on our skin thinking it was lice. Then tried pesticides in our home that did not work. We also tried heating the home and steaming everything which also didn't help.

We suffered for 7 months before I figured out how to fix the problem with a little help from my dear friend Linda who shared her story and method with me.

Now I'm going to walk you through step by step how I got rid of bed bugs naturally and safely in my 4 bedroom 3 story home.

I hope this saves you a lot of money and suffering.

If they crawl, they'll die! Let's get started cleaning them from your home now!

What to Expect

How Long Will it Take?

You'll want to order the Diatomaceous Earth (Food Grade) first, get the garbage bags and be prepared for a long day of hard work!

This could take less time if you have a smaller home and more time with a bigger home. Finally I felt way better in 72 hours. And I left my stuff bagged up for about a week.

How Hard is the Work?

I'd say this will be a good workout for you!



Step One - Hot Water Heater Temperature Settings

Here's what I did:

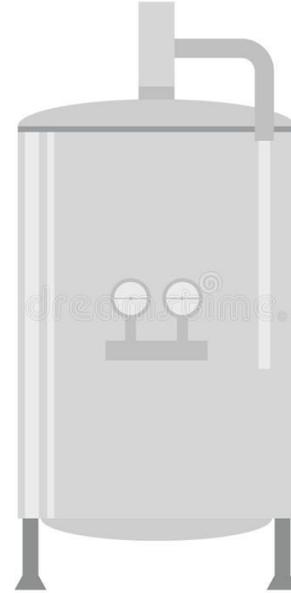
I found our hot water heater, and turned the temperature way up. Adult bed bugs die at 119 degrees Fahrenheit, and their eggs require temperatures upwards of 125 degrees.

Warning: (Don't burn yourself)

I had my elderly mom and small children with us. Every time I ran a bath or did dishes I would check the temperature with my wrist to see if it was too hot!

What You'll Need:

- Hot water heater



Step Two - Wash Laundry

Here's what I did:

I washed all our bedding, and all clothing on high temperatures. First I would soak it in hot water. Then I put everything in the dryer for a long hot cycle.

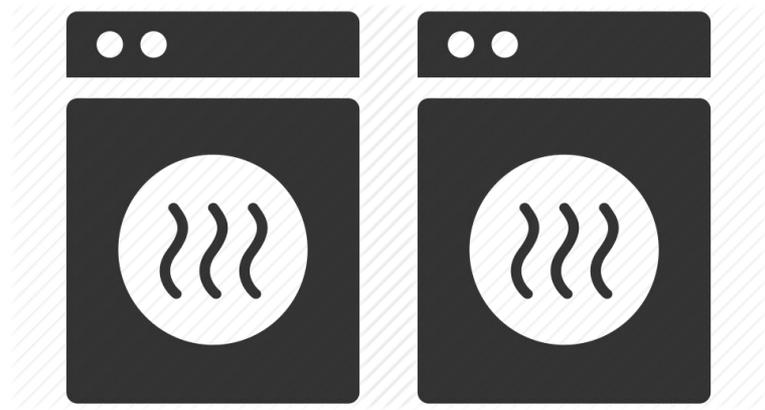
Delicate Clothes:

I had some clothing I didn't want ruined with high temperatures. Follow **Step Three** for these clothes.

I know this is hard! You'll be done before you know it!

What You'll Need:

- Washer
- Dryer (laundromat or at home)



Step Three - Bag Clutter

Here's what I did:

While my laundry was going, I began bagging up any clutter in the garbage bags.

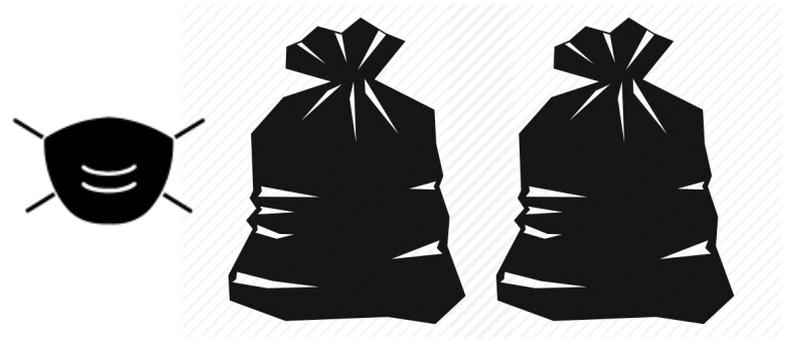
Kill the Creepy Crawlers:

Use a dust mask while you're doing this! Add about 1 cup of Diatomaceous Earth(Food Grade) into the bag, sprinkling it on everything and seal the bag.

I know with a big house and family this can be a lot of work!

What You'll Need:

- Dust Mask
- Garbage Bags
- Garbage Bag Ties



Step Four - Vacuum Everywhere

Here's what I did:

While I was doing all that laundry I also vacuumed the house as thoroughly as possible.

Kill the Creepy Crawlers:

I also took the vacuum bags outside of the house and (with a dust mask) put the Diatomaceous Earth (Food Grade) into the bags when I was done. (If you don't use bags, put the DE in the canister).

You are getting a good workout now!

What You'll Need:

- Dust mask
- Vacuum
- Vacuum bags
- Diatomaceous Earth



Step Five - Seal Mattresses

Here's what I did:

I sprinkled my mattresses with Diatomaceous Earth (Food Grade).

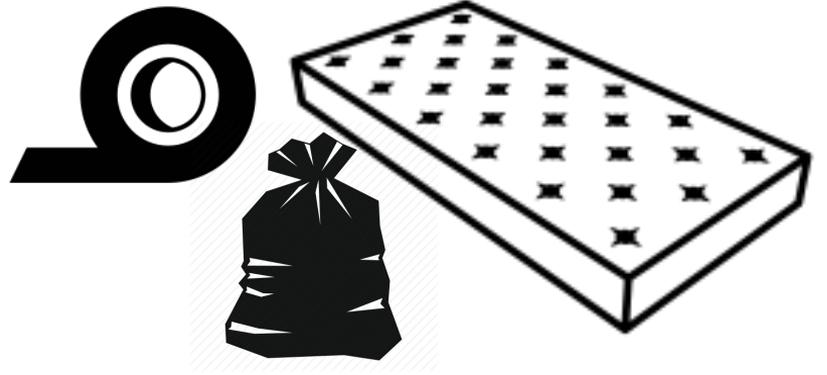
Then took apart some of the garbage bags and created a sealed mattress bag with duct tape

Don't worry you can put your home back together after you feel safe again!

Read on....

What You'll Need:

- Mattress(s)
- Garbage bags
- Duct Tape
- Diatomaceous Earth



Step Six - Defend your Sleeping Space

Here's what I did:

I sprinkled a line of the Diatomaceous Earth (Food Grade) all the way around my entire bedroom perimeter. This is so that if anything was crawling, it would have to crawl through the "DE" before it could bite me.

Use the dust mask while you're doing this! (to tell you the truth, I didn't use a dust mask, and I felt like the DE was in my mouth for a day or so). I'm fine but I'd use one next time.

You are almost finished!

What You'll Need:

- Dust mask
- Diatomaceous Earth
- Dust mask



Get Some Sleep and Wait

Here's what I did:

I got my hot laundry out of the dryer, and made up all the beds over top of the "mattress bags" full of DE.

How Long Did We Wait Before Opening the Bags?

I left everything in the bags for about 1 week. According to what I've read they should be completely gone in 72 hours. That's how long it took for me to feel great again.

Getting bed bugs or any other crawling insect that bites you is traumatizing!

I pray this has helped you and your family live better, sleep better and of course take control of your home.

Now that you had an amazing work out, go get a good night's sleep!

Blessings to you and your family.

What is Diatomaceous Earth (Food Grade)?

Do Not Worry!

Diatomaceous Earth (often referred to as "DE") is an off white talc-like powder that is the fossilized remains of marine phytoplankton.

When sprinkled on a bug that has an exoskeleton (such as bed bugs, ants or fleas) it compromises their waxy coating and kills them.

But it doesn't hurt mammals. We can eat it. We do eat it! It's in lots of grain based foods

because many grains are stored with diatomaceous earth to keep the bugs from eating the grain.

While bugs die, we can rub it all over our skin, rub it in our hair, eat it ... whatever ... and we are unharmed.

Diatomaceous earth kills all bugs. It has been reported to be the most effective solution when fighting pests like fleas, ants and bed bugs. And it does not hurt your children, elderly people or animals.

Final Notes

Travel

Recently when traveling back from Costa Rica, I was bitten while sleeping on the plane. I recognized these bites, and the way they affected me. For me they get worse each time.

When I got home I went directly to the laundry room with my bags! And I put all my laundry through the hot wash and dry cycle.

My laundry is outside of the house which helps!

I think if I had been really nervous I would put the DE in my suitcase too. I didn't get those bugs in the house this time around. But if I did I would know what to do.

I still love to travel! But knowing I'm not going to get bugs in my house is powerful.

Blessings to you and your family! May a good night's sleep be right around the corner!

-- Apologies for typos!

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