

Herbal Tick Season Protocol

This is the herbal approach our family personally uses during tick season. We combine both the herbals below and homeopathics, because they support the body in different ways. Get our Holistic Tick Bite First Response Guide for initial homeopathic steps post-tick bite. The herbal recommendations below come from herbalist Matthew Wood and Woodland Essences. Use discretion and do your own research when using these formulas with children, sensitive individuals or pregnant/nursing women. A good reference is Healing Lyme by Buhner and Two Moms Talk About Ticks.

Before & After Bite Duo:

Before Bite is a tincture we recently started using for herbal terrain support during tick season.

After Bite is our longtime favorite topical support used after a tick bite. One of our favorite ways to use it is to soak a cotton pad or bandage with the After Bite formula and place it directly over the bite area. Sometimes we also mix it with bentonite clay and apply it as a mud pack. Typical use: Apply 2x/day for 3 days.

Japanese Knotweed Tincture: Post-bite, we use ¼ tsp, 3x/day, for one week

Teasel Root Extract: If a tick bite happens, we typically use 1–3 drops, 1–3x/day for one week

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Again, we choose a layered tick bite strategy that includes homeopathics and practical measures. We use Peter Alex's homeopathic protocol that comes with our Tick Kit and Tick HP during tick season.

These statements have not been evaluated by the FDA and should not be considered medical advice or a replacement for medical consultation. This information is not intended to diagnose, treat, cure, or prevent any disease. Always consult with a qualified healthcare practitioner regarding your health choices.