

## GREEN BUG REPELLENTS THAT ACTUALLY WORK

**Nothing ruins a backyard barbeque like the constant biting of mosquitoes and other bugs. Better Homes & Gardens Green Living Contributor Danny Seo visited The Early Show on Monday, May 25, 2009 with some all-natural remedies to keep mosquitoes and other insects from bugging you this summer. Unlike some of the other green alternatives out there, these actually work, are inexpensive, and won't leave you smelling like a can of OFF!:**

### **They are:**

- Water pump system for bird bath
- Potted plant with standing water in the saucer
- Electric fan
- Bug Zapper
- Naturally repellent plants (marigolds, catnip, rosemary, citronella grass)
- Citronella candles & Outdoor lanterns
- Natural bug sprays
- All natural detergent, body wash & soap

1. Any kind of standing water in your backyard are feeding grounds for bugs and mosquitoes. Keep mosquitoes at bay by being vigilant about still-standing water in flower pots, saucers, the ash collectors at the bottom of backyard firepits and bird baths; turn them over to drain all the water out. If you must have a bird bath, you can prevent mosquitoes by keeping the water circulated by installing a pump in the fountain to keep the water moving.
2. If the Great Outdoors are driving you buggy, think twice before installing one of those electric bug zappers. Those zappers are pretty much useless in getting rid of mosquitoes from your backyard; in fact, they actually attract more mosquitoes to your yard. The mosquitoes are first attracted to the light, but once they get wind of carbon dioxide coming from your breath, they head straight to you and away from the light. Instead, bring an electric fan outdoors and turn it on. The cool breeze will disrupt the insect's flight patterns and keep them away.
3. There are several plants out there that are natural bug repellents. Landscape with rosemary, marigolds, catnip and citronella grass and you will notice a big difference. The natural oils found in these plants have been found to be a deterrent to mosquitoes. Place these plants in pots around your deck or patio and you'll be bug free all summer.
4. Burn citronella candles. Natural citronella candles are a great way to keep mosquitoes away. But avoid burning them on top of the outdoor table, since the smoke emitted will rise up and leave your guests' legs unprotected. Instead, place citronella candles inside outdoor lanterns and side and line the ground with candles. When the candles are lit, they'll emit smoke from the ground up, leaving your whole body protected from bites.
5. Use natural repellants. The active ingredient in most bug sprays, N, N-diethyl-meta-toluamide, or DEET, has been shown to be effective, but it has also come under fire in recent years by health researchers. Not only can these products have a harsh, chemical smell and feel, but they've also been found to cause rashes, skin irritation, headaches, dizziness and difficulty in concentration. Look for more natural alternatives, which can be made from plant oils like citronella, lemongrass, peppermint and cedarwood. Do note that most natural bug repellents must be refreshed more often than DEET-based products, because they aren't quite as long lasting.
6. Avoid using artificial fragrance products. Floral smelling shampoos, conditioner, soaps, body wash may smell great, but they help attract insects to you. To keep insects away, use products that are fragrance free, including laundry detergents. Examples Danny had on the set: Go Naked laundry detergent; Wholearth organic body wash; fragrance free bar soaps.