

## **THE MANAGEMENT OF INFESTATION OF CHIGGERS**

### PRELUDE:

I am Larry K Fisher, a conduit of the Creator's love and light. I am here in this earth at this time for two reasons, the first is to help as many of the Creator's children as possible and to lay the groundwork for others who will come after me to bring about full enlightenment of the primary law of the cosmos which is unity and oneness. This introductory sentence may seem strange to you, the reader. Believe me, however, it is absolutely true.

These notes and indeed the recounting of my daily investigation and resulting experiences are dedicated to all of the Creator's children who have had the misfortune to have an infestation of some form of parasite, particularly Chiggers. I take this opportunity to salute all those that have provided information through their recounting and knowledge of the Chigger. Nothing under the Sun is new and information is not owned. It is meant to be shared.

Now let's go back to the subject matter, which is Chiggers and other parasites.

I have had 2 bouts with the red mite/harvest mite/whatever. My first encounter occurred roughly a year ago while looking for a lost dog. My search brought me to a cow pasture which was quite steep with multiple sections that were separated by barbed wire fences. Three days later I had welts over my legs and thighs. I did not know what I was infested with. No one could tell me at the time what I had or how to deal with the itching and the sleepless nights. Google images came as close to what I was seeing on my body and blog/vlogs on insect infestation convinced me that the insets were the infamous and nefarious Chiggers. All fine for North America, but I could not find a translation into Spanish. I was then and am now living in Costa Rica, Central America.

Google always came back with Chiggers with no information available for Costa Rica. I took another approach and researched Central American insects and infestations. I found several families of what were called insects, but still not the critter that I was using me as a host for whatever purpose. This critter did not suck blood. It was either sitting on what I believe to be Lymph nodes as a nutritional source, or actually creating a semi clear viscous material surrounded by a near bone-hard clear cover to the feeding site. (Aoutats) means Chigger in most other languages other than English. Go figure.

I spent enough time itching, scratching, and researching, to be certain that it was the North American harvest mite, heretofore not fully documented in Costa Rica because it was so rarely a problem. Native Costa Ricans and Nicaraguans, have over time, developed a biological repellent to these Chiggers and to most other insects that drive expats like myself of many foreign countries, bat shit crazy.

I digress here. I am a licensed massage therapist with a depth of knowledge in treating wounds by using natural products such as tea tree oil, clove oil, peanut and olive oil, that combined with Castor oil, can heal most any wound. My infestation with large bumps and host feeding stations for the entire life cycle of the Chigger mites, qualified as wounds. Lots of them. For some reason, my multiple application of a combination of essential oils and other natural substances, did the trick. It did however, take months. Not the roughly 1.5 months as detailed in the life cycle of the Chigger, but (4) full months. Every time an adult lays new eggs, and they become the

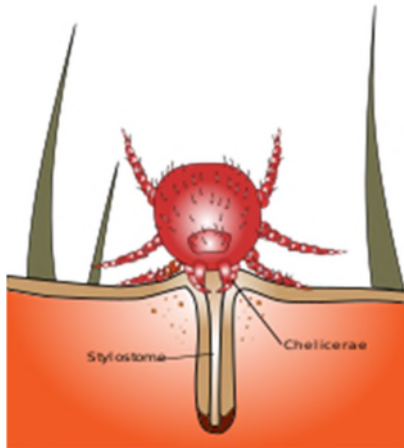
larvae, the time that the “infestation” will last, increases. You need to continuously extract the larvae or it will be a never-ending cycle.

The Chigger larvae are the only biting stage of the Chigger life cycle. The bite is not an offensive mechanism. They are actually digging the initial hole for their feeding tube with their two mandibles. The Chigger uses its enzymes to create the hard casting for its feeding tube, think indestructible “straw”. The mixture of the Chigger’s enzymes dissolves a multitude of cellular levels, including skin structure. This is mixed with your blood plasma and lymph and is made available to the many larvae stage Chiggers until they have been extracted or have morphed into the nymph and finally the adult. The larvae are hardly visible red, brown and even yellow in color, depending on your geographical location. When you get into the stage of extracting them out of your body, they will not look like the small red mite. They will look like a type of larva because they have been feeding and change form as they gas up. The adult is the one that lays the eggs which will stick to most anything of a vegetative nature and further develops into the critter from hell that is waiting to hitch a ride for its first meal, AND they are ravenous.

Those of you who have been unlucky enough to have contracted an infestation, know exactly what I’m talking about. I thought that I would never have to endure this again but I was wrong. It also seems that not everyone is treated the same way by Chiggers. Some folks just get the itchy little red bumps, which are the mite form of the Chigger. Second in the life cycle. This is just a short-term nuisance compared to a true infestation.

The true, prolific infestation, is a “someone please shoot me” and release me from Chigger hell. To my chagrin, I did indeed contract a new infestation due to the overly abundant rainy season that Costa Rica, think jungle, has had this year and the resulting overgrowth of all vegetation in my own backyard, think jungle with a view. I did not recognize what I had as it had been a full year since my initial bout, and this was an accelerated and full overnight, onslaught.

Chiggers are the larvae/mites belonging to the suborder **Prostigmata**, commonly called harvest mites or scrub mites. Like ticks and spiders, mites go through three biological stages in their life cycle: They begin as **eggs**, hatch as **larvae**, develop into **nymphs** and finally become **adults**. Nymph and adult harvest mites feed mostly on plant life and don't bother people or other mammals, but in the larval stage, many of the species in the Prostigmata suborder are parasitic. After a parasitic chigger hatches, it finds a good position on tall grass or other vegetation so it can spring onto a passing animal. When it finds an animal, it attaches to the animal to gather the protein it needs to grow into the nymph stage.



Chiggers attach to the host, pierce the skin, inject enzymes into the bite wound that digest cellular contents,<sup>[24]</sup> and then suck up the digested tissue through a tube formed by hardened skin cells called a [stylostome](#).<sup>[25]</sup> They do not burrow into the skin or suck blood, as is commonly assumed. Itching from a chigger bite may not develop until 24–48 hours after the bite, so the victim may not associate the specific exposure with the bite itself.<sup>[16]</sup> The red welt/bump on the skin is not where a chigger laid eggs, as is sometimes believed.<sup>[26]</sup> The larvae remain attached to suitable hosts for three to five days before dropping off to begin their nymphic stage.<sup>[15]</sup> They tend to attach where clothing has restrictions, such as belt lines, or behind the knees when wearing jeans.

#### HERE ARE MY CONCLUSIONS:

After a great many hours, I have been able to settle on three natural substances that will;

- 1) provide relief from the initial contact of the subject parasite
- 2) allow for the initial treatment of the infestation and the culling of the eggs of the parasite, in this case the eggs are that of a mite, which is usually no larger than the head of a pin and red or yellow in color.
- 3) provide relief during the lifecycle of the Chigger from egg to adult wherein, the egg morph's into larva stage and further into its adult stage, This cycle requires that the larva attach themselves to the host and are provided nutrition of a slurry of the hosts skin cells and other physiology which are remarkably at the exact locations as lymph nodes in the human body.
- 4) Will continue to give you relief of the itching caused by the feeding larvae and adults, once the eggs are produced.
- 5) It is fairly clear to me that any have provided suggestions and information, but few actually understand the whole life-cycle of the Chigger once it has selected you as its host.

## USE NATURAL PRODUCTS:

It has been my experience that your first line of defense should be “turpentine”. When you buy the turpentine make sure it is pure and has no additives. You can liberally apply this to your clothes and to your body, including your face hair and hands without concern of physical or biological harm. Turpentine is the distillation of pine resin. It has a velvety feel and does not sting, or at least I have not experienced any stinging even on open Chigger wounds. The smell of the turpentine acts as a repellent and its viscosity will suffocate and aid in ridding yourself of the eggs and mites which have been deposited. There is no such thing as 100% protection, but this will go a long way to controlling the risk of infestation.

It is vitally important to follow sensible precaution in how you dress when you go into Chigger country. This is different for every part of the United States and the additional Americas. I have no data nor experience in other countries.

As if to test my information, I forgot to spray myself, clothes, and shoes before washing my dog outside, just a few days ago. I didn’t think that I needed to go to the trouble as I was on concrete and not in the grass. I was wrong. It only took a few hours for me to start itching and to see the small red dots, like I had an accelerated case of chicken pox that were the mites. I immediately washed all my clothes and took a shower and sprayed myself liberally with turpentine. Then I applied a liberal amount of Castor oil to seal the area of the newcomers. I was successful in heading off a new infestation. There are as of today a few new critters that are trying to set up shop, but they will not be able to.

History has provided another possible method to keep from getting infested. It is sulfur powder. It seems that in north America and some other countries, cowboys/girls and their international counterparts have in the past and still use a sock or other like container filled with sulfur powder. This is shaken or tapped against one’s pants, boots and socks whenever venturing into known Chigger territory. The sulfur apparently is an instant repellent and keeps the critters away, for the most part. I personally have not used this method as it is virtually impossible to find powdered sulfur here where I live.

The eggs of the clover and harvest mites can be attached to you, the host, from the ground and from higher than your head. The eggs and mites can be attached to long grass, cut vegetation, and higher elevation such as fruit trees and flowering trees and bushes. My experience suggests that you don’t need to be in a green area and that they can be on the concrete, that is next to the grass, etc.

The first line of defense is that you keep the territory that you are responsible for, cut to a very low level and do not allow such things as pine needles and cut grass to accumulate. Your favorite fruit tree or flowering bush may also harbor eggs and mites during multiple seasons so don’t think that there is a single, specific season for Chiggers.

The second line of defense is washing your clothes and your body as quickly as you can from your engagement with Chigger infested areas. The water should be as hot as you can stand, and use a good repellent type soap so such as tea oil or peppermint. I wash all my clothes with a combination of baking soda, antibacterial laundry powder, white vinegar and usually some Windex Ammonia D. Once this is done you should apply another coating of turpentine from head to toe. This will be very effective in eliminating those mites and eggs which you were unable to get rid of in the washing process and have not yet bite you and

inserted the feeding tube You will find that no matter how time consuming all this is, IT IS WORTH EVERY SECOND.

If you find yourself starting to itch, you have been infested. There is not much that you can do except for understanding what has happened and manage it.

The third line of defense and relief is to apply and or take a bath with bentonite clay. If nothing else you will be able to sleep without the itching for perhaps the first time in many days. The clay will dehydrate and thus, kill eggs, mites/larvae.

Note: it is not a good idea to leave the clay on for extended period. It will eventually dry and create itching from the dehydration of the welts, which can be more bothersome than the original welt or open wound. Bentonite creates a suction that can cause an area sensitivity for quite a while. Mine lasted over a month. It depends on body type and amount of physical fat you carry around.

If you find that some of the red bumps now have a circle around them and are hard in the center it means that the mite has extended its feeding tube (into your body and has begun through an injection of enzyme to create the slurry necessary for feeding new larvae. The circle that you see are actually multiple larvae attached to the wound for feeding purposes. There is no other way to get rid of these then to extract them from the wound.

See the attached photos. Those with a type of tail are the ones that attach themselves to this circle and feed off of the slurry which has been produced. This covering of the wound will become virtually impossible to penetrate or get rid of. This leads me to the last possible line of defense, which is Castor oil. Castor oil has an ability to actually melt bone given enough time and repetitive applications. Eventually reapplying Castor oil several times-a-day after your multiple applications of turpentine, will bring about the eventual softening of the wound with its ability to be opened, easing your physical extraction of whatever form of the critter form Hell that is now using your body as a host.

I know this sounds gross, but it is the truth. You will eventually learn how to file your fingernails so that they can cut through the hardened cap of the wound housing the feeding larvae. You may even dream of cutting off the offending parts your body. It will get that nasty. Be careful here. Make sure your hands and fingernails, and possibly instruments such as anything with a blade, and tweezers, are as clean as you can make them. Secondary infection can happen quickly, and be a serious medical problem.

Here's some tricks that no one has told you about.

Use Saran wrap over any of the three natural products with better results. Additionally, you should apply heat to your Saran wrap via hot towels, hot water bottle, or special moist heat electrical heating pad. The Castor oil will work much quicker and the heat will accelerate the Castor oil's penetration of the wound.

Use caution if you are using an electronic heating pad. It does not take much to burn your skin and you do not need an additional trauma to your body.

Once you are done itching, or at least it has lessened, and you have scabs or hard covering on your bite locations try this super natural and soothing technique to help dissolve the scab crust and domed cap of the feeding location. Papaya, Yup, Papaya. This tropical fruit

contains one the highest percentages of the enzyme (papain) and (bromelain) proteolytic *enzymes* called proteases, which break down the peptide bonds between the amino acids and the proteins. The hard aspect of a feeding station is made up of skin, blood plasma, lymph and collagen. Collagen is one of toughest natural substances produced by the human body. Hint, it can also turn into bone. This is why the welts/wounds can get super hard, turning into a non-penetrable attachment to your body.

The other fruit that has a high percentage of papain is the pineapple. I have tried both to help dissolve both the scabs and the feeding station domes. Pineapple stings in an open welt or moistened scab. Papaya does not. FYI, the reason that meat tenderizer works is that it has papain enzymes in it. Most brands use both papaya and pineapple enzymes. Unfortunately, some brands have added both sugar and salt, as well. Check it out before using powdered meat tenderizer. It could save you from having a real understanding of “rubbing salt into the wound” Ouch! I prefer the natural solution.

#### HOW TO USE PAPAYA FOR IMMEDIATE RELIEF:

The easiest way is to use the inside of the papaya. Less hassle and mess. Remove the flesh/fruit and cut the remaining skin leaving a layer of the flesh/fruit. Cut a piece to the size of the wound or scab and find a way to secure it, flesh side down. Leave it on for 30 minutes or so. You will be surprised at how effective it is in loosening up or even dissolving the wound dome or scab. Yes, I even pictures of this method.

#### DAILY ROUTINE:

While you still have daily itching and see new welts or changes in their appearance, you need to wash all your bed linens down to the mattress. This includes the pillow cases and any bed covering such as a blanket. If it touches your skin, it needs to be laundered. I personally use a combination of baking soda, clear white vinegar, along with your favorite laundry detergent. If you have blood stains and depending on their volume and size, you can spray Windex directly on the linens before you launder them. If you have large amounts of blood on the linens, add about a liquid cup of Windex directly to the wash. Windex has only 5% Ammonia in the Windex Ammonia D product. I have never had a stain that would not come out nor have even the best linens or clothes been affected negatively. So much for your daily laundering.

Wash your body with a non-irritant soap such as those made from natural oils or other natural products. Don't forget your hair and pay attention to your pubic and anal area. The last place you want one of these things to take hold is there. The jury is out on whether you should shave or not. It's a personal decision.

Next step is to spray turpentine on your entire body front and back as well as you can. If you have an upper infestation as well, they will get on your back, neck and shoulders and clavicle. Don't forget your ears. I promise the turpentine will not hurt you in anyway and it is soothing if you are itching. Next, apply a light coat of Castor oil everywhere that you have the turpentine, and I do mean, everywhere. This is to be your ritual process until they begin to die off and come to the surface of the feeding station/welt/wound.

Now put on a fresh set of clothes, only spray them with the turpentine first. This means the inside of your pants or skirt or whatever you will have next to your skin including underwear. If you wear stockings, spray the outside of them once you have them on. Socks should be sprayed on the inside as they go next to your skin.

It is a good idea to have a small container/sprayer of turpentine with you so if you feel the beginning of the itch, you can hopefully nip it in the bud and get on with your day.

In the evening as you get ready for bed, spray turpentine on top of your mattress cover, fitted sheet and the skin side of your sheets, pillow cases, etc.

#### A WORD ABOUT SLEEPING POSITIONS:

The Chigger mite is not strong and requires additional pressure to push its feeding tube into its host. I strongly suggest that you avoid sleeping on any area that you know is infected. This is harder than you think, but if you can manage this, it will be very beneficial. I personally learned how to sleep flat as board on my back in order to avoid giving the Chigger mite any help. Even a pillow between your legs can help the mite push through your skin and begin to establish the feeding station if you have mites on that area, Ouch! what just bit me? This is why you really don't feel much when the Chigger goes for boney locations such as joints. It can't get the feeding tube in, only around it. I even had them on my temple. This actually was where I had the largest number of dead mites come to the surface, every day, for months.

It's useless telling you not to scratch. You will scratch and probably begin to dig your nails in the various welts, going after the mites/larvae, You will find a great sense of accomplishment when you can see that you have extracted these critters and have some relief at the location of the welt. I have included various photos that exhibit how much pain and mayhem you can endure. Not just once, but day in and day out, on and on, until they finally die off.

#### UNDERSTANDING THE CHIGGER WELT//WOUND/FEEDING STATION:

While most will be round, some will be elongated or even rectangular. It depends on how many larvae are belly up to the bar. When you view the welts on your body, you will see dark spots or lines within the welt and hard-as-nails, cap. These are individual feeding larvae, gross as it is, Know Your Enemy. It might be a good time to read Sun Tzu's (The Art of War). Believe me, this is war. It's you against them. Extracting the Chigger is just the first stage. I have experienced that the later in the cycle of your infestation, and the more extract out of the welt, the more there is.

I found that each day I was able to extract more of what I call the larvae and the Chigger mite from the same wound/welt that I had worked on the day and even night before. It is hard to believe that they do not proliferate once an initial feeding station has been established. I felt like my body was manufacturing new ones overnight. The best answer to this odd situation is that there are many layers of chigger infestation in a single welt/feeding station. Once you clean the welt/wound, the human body will force more of the dead chigger population to the surface. It's the only plausible answer I can justify. You just need to keep on managing every day until there are no more coming out of the scab or wound.

Sorry to say, this will take months. What you thought was maybe a few dozen critters will turn out to be hundreds.

You know that the worse is over when you no longer have any pain when you push on a welt/wound/feeding station location, and it has turned more like a normal wound with a scab. You may still see black spots, these are mites that have died off, and as far as I am concerned, still need to be extracted. You can stop using the turpentine and switch to applying pure olive oil followed by Castor oil on any of these locations. Do this several times a day and a heavy application before you go to bed and first thing after your morning shower. A shower will help to get rid of the dead Chiggers that have come to the surface.

#### FINAL WORDS OF ENCOURAGEMENT:

The time you spend managing your infestation will be longer than you ever thought possible, but one day you will wake up and you will not itch, will not feel a sensitivity, and see that your body is healing itself. Continue to apply Olive oil at least daily, it is nutrition for the skin and will accelerate the skin's healing. Scabs will come off naturally. You will grow new skin with the color and texture that you had before the infestation, AND, you will be much the wiser.

I hope that my experience with Chiggers has provided you with the knowledge that will lessen their effect on you, should you come into contact. Please share this information in the broadest possible dissemination to help all of the Creator's children.

You can find all associated pictures on my site; [www.bmsc4unity.net](http://www.bmsc4unity.net)

My email is [info@bmsc4unity.net](mailto:info@bmsc4unity.net) Let me know if this information was useful and what you did to survive your infestation of CHIGGERS.

I leave you in the Love and the Light that is the One Infinite Creator ~ Larry Fisher