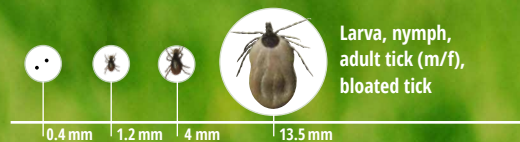


Mistakes and dubious recommendations

Mistake	Correction
The fear of Lyme disease (infection) is exaggerated.	Not at all! Of approximately 6.7 million members of a German health insurance, more than 61,000 cases of Lyme disease were diagnosed in 2008. Diagnoses according to ICD-10: A69.2. Projected to the whole population of Germany, this means a total of around 743,000 cases. Almost every German knows a person who is affected.
Tick inoculation protects against every tick-borne disease.	For humans, there is just an inoculation against tick-borne encephalitis. Only around 350 persons fall sick with TBE in Germany per year. However, there is no inoculation against any other tick-borne disease!
Ticks do not fall from trees.	Tick larva in bird nests seek humidity and will drop down.
Ticks should not be unscrewed.	Ticks should be twisted off. The direction does not matter, because they have barbs and no threads.
The tick-test is not meaningful.	If this were the case, insurances would not pay the antibiotic treatment after a positive tick-test result.
No treatment without symptoms.	Symptoms do not always occur or are misinterpreted.
Ticks are not active in winter.	3-4% of all tick bites have occurred in winter.
Ticks are active when the outside temperature is above 10°C.	Ticks are active when their body temperature is above 6°C. This means that they can even be active in winter when the sun shines.
Bright clothing is recommended.	Ticks are not blind, they recognize light changes. According to a Swedish study, brighter clothing attracts ticks. Darker clothes are recommended as long as you can still detect the tick.
Ticks can especially be found in forested areas in Northern and Central Europe.	Ticks carrying diseases can be found all over Europe. They are not only present in forests, but also in grassy landscapes and urban parks.

There are many well-meant and recommended precautionary measures

The safest is to check your body regularly and remove the tick correctly!



You can order and get information at: [www.zeckenschlinge.de](http://www.zeckenschlinge.de) or by email: [info@zeckenschlinge.de](mailto:info@zeckenschlinge.de)  
*Only the original complies with all my criteria for an optimal tick-remover.*



Useful Tips for an Effective Protection against Ticks



Facts and the Unpleasant Truth



Werner Johansson, honorary tick researcher since 2003, has been examining ticks in detail in order to improve Lyme disease prevention. Almost everyone knows an affected person.

»Alledged insiders' tips« – how effective are they?

- ▶ **Washing machine:** Wash your clothes at a minimum of 50°C since ticks die at 42°C body temperature.
- ▶ **Oven:** Ticks in a thin Bavarian jacket survived five minutes in an oven preheated at 110°C
- ▶ **Freezer:** Even after more than one hour at -22°C in the same jacket, the ticks, which had survived the oven test, were still alive after thawing.
- ▶ **In the dryer:** After a 90-minute run at "shelf-dry" all ticks were dead.
- ▶ **Under water:** The last tick died after about four weeks under water. Do not flush them down the toilet!
- ▶ **Microwave:** All ticks were dead after approximately two minutes.
- ▶ **Best tip:** If you suspect ticks on your clothes, just put them into hot water for a few seconds. Ticks die at a temperature of 60°C within one second. Even 30 degree laundry can be dipped in hot water for a few seconds.



**When are ticks active?**

Ticks do not know a calendar. They are active as soon as their body temperature exceeds approximately 6°C and thus can enter your home as blind passengers. Therefore, one should be watchful throughout the year. If it becomes too cold, ticks fall into torpor. Under blankets of snow, however, it is mostly warmer than above and I have found tick activities there. Thus, it is no miracle that about 3-4% of all tick bites occur in winter (November until March).

**Ticks in the garden**

Often the blood suckers sit right in front of your door, in your own garden. Hedgehogs, birds, mice, and other "visitors" to your garden can transport fertilised female ticks, so that tick nests may occur there. In this case, you should destroy it immediately.

Tip: keep the lawn always short and use a steam jet in case of a nest.

**Ticks and pets**



Dogs and cats are particularly endangered! They can carry their parasites into your home, in particular to places where they lie down, for example children's beds or sofas. Please

check these places regularly and do not allow pets in bed.

**What is Lyme disease?**

It is caused by bacteria, which are capable of causing a very broad range of symptoms. That is why Lyme patients are often misdiagnosed and mistreated.



If a red spot larger than a 1 euro coin (Bull's eye rash) appears after a tick bite, please consult a physician immediately in order to receive suitable treatment. It is definitely an infection with borrelia!

**Should I pull out or unscrew ticks?**

My own tick research since 2003 confirmed: I haven't found any well-founded argument or study in favour of pulling out ticks. When pulling the tick, you can easily see how your skin raises under the force.

"Unscrewing" the tick, no matter in which direction, minimises the "death stress" of the tick significantly and consequently reduces the transfer risk of infections. Additionally, the tick is removed much faster and almost painless. Every study I know of recommends this approach.

**TIPS**

Stay on paths and check your body for ticks from time to time. At the latest in the evening, you should check your body thoroughly. If a spot itches and you see a small black dot in the middle, examine it with a magnifying glass before scratching, as it could be the stitch of a small larva of approximately only 0.4mm. If you have found a tick, remove it, preferably with 3iX Tick Lasso and send it to a laboratory in order to test the tick on possible infections. Both humans and animals can suffer severely

**How do ticks behave inside the house?**

I have found that hungry ticks do not hide away. By contrast, they move exactly to the places where humans stay most of the time. Their speed is about five to eight metres per hour. If you step on a tick, it is able to cling on to your shoe and move upwards along your leg in around seven minutes. That's why, long trousers or sleeves don't protect you (sleeves only a few seconds) but make it much easier for the tick to catch you.

**Examples of survival time:**

- ▶ **In a heap of laundry:** several weeks, especially in damp clothing.
- ▶ **In a car:** several weeks! Joggers, mushroom pickers, hunters, and anglers should be particularly careful, change clothes if possible, and put them in a plastic bag to minimise the risk.
- ▶ **In a pool:** caution is required! Ticks are able to float on the water surface until they find a victim. They can survive under water up to four weeks.
- ▶ **Without blood:** In my own biotope, the larvae died after four years due to mould infestation; in literature, even seven years of survival can be found.
- ▶ **In liquor:** Even after 25 minutes in liquor (37.5% alcohol), the ticks lived on.
- ▶ **In dry rooms at your home:** 3-5 days

from tick-borne infections. We recommend ArminLabs laboratory for testing human and animal blood samples for acute and chronic infections. ArminLabs uses the most advanced methods for the detection of bacterial, viral and parasitic infectious pathogens and Mould. At ArminLabs you can also test the removed ticks at an affordable price. Your tick will be tested for borrelia, borrelia miyamotoi, TBE, babesia, bartonella, rickettsia and anaplasma at the same time in order to achieve an informative report. If the test is positive, a precautionary treatment is recommended regardless of actual symptoms.

**How do I remove a tick?**

If you have found a tick on your body, remove it fast and in one piece without squeezing or stressing it! Unnecessary violence like pulling, fumbling, levering, sprinkling, or spraying it with chemicals causes stress and increases the risk of an infection. Because of the barbs on their hypostome, I only recommend to unscrew ticks, as they can be removed more easily this way. The tool for removal should be applicable on the whole body, which also means areas that are less accessible like hair, navel, or groin.



Due to the risk of injury, please avoid knives or sharp tweezers, especially in the eye area. The 3iX Tick Lasso from Sweden is perfect for a gentle removal. It complies with all criteria for an optimal tick-remover and works easily and painlessly, which is particularly important when children or pets are affected.

◀ Removal of ticks with 3iX Tick Lasso



Phone +49 821 78093150  
 info@arminlabs.com  
 www.arminlabs.com