**9 Effective Ways to Get Rid of Every Single Bed Bug Without Using a Single Chemical**

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Are you afraid of bed bugs? Oh, you don’t have these in your bed, right? Well, we have some bad news for you. We all have bugs hiding in our beds which means you share the same pillow with these nasty creatures.

Learn how to [eliminate bed bugs](http://www.healthyfoodhouse.com/6-things-youll-never-see-another-spider-kitchen-bathroom-bedroom/) for good.

* Get to know your “enemy”
* Adult bed bugs reach about half an inch in size. They’re brown, oval, and look pretty much like ticks. No, they don’t have wings.
* Bed bugs come into this world thousands of years ago.
* They can bite, and suck up six times more blood than their actual weight, including both animal and human blood.
* Their bite is something like the mosquito bite.
* Bed bugs “party” only at night time, and like clean places.
* Most people don’t think that bed bugs hide in their beds.
* Bed bugs can stick on you in public transport, other vehicles, hotels, furniture, etc.
* You don’t have to throw your mattress, just follow our tips.
* Scientists confirm that bed bugs don’t carry diseases, and don’t impose threat on your health.

Our handy tricks can help you get rid of bed bugs, and keep them away from your home.

**Free your home of bed bugs**

It may sound crazy, but you can actually get rid of bed bugs. These can live in almost any condition, reproduce rapidly, and can spend 400 days without “food.”

Chemical extermination may be one of your best options, but it’s hard to spend the day in a sprayed room. The worst thing is that bed bugs develop resistance to chemicals, and keep “partying” in your house even after you pray it thoroughly.

Yes, you’re not the only one dealing with this problem. Millions of people around the world have the same problem.

**The best bed bug extermination plan**

1. **Watch what happens in your home**

Early detection and prevention is the key to bed bug free home. This is the base of every extermination, and you better do it now. A mirror and a flashlight will do the trick.

Bed bugs are super tiny, and it’s almost impossible to see them. But, these like to gather on bed frames and mattresses. That’s a nice starting point.

1. Carefully check the mattresses and box springs of your bed. Lift the mattress, and check this area, too. Go across every crack and seam.
2. Can you spot any excrement, brown spot or smudges that look pretty much like dried blood?
3. Check the cracks and crevices of the bed frames. If you’ve got the courage, take them apart.

If you can notice anything of this, find the best natural method to eliminate your bed bugs. If you can’t see any smudges, step 9 is all you need.

1. **Remove any visible bugs**

You can get rid of these by using a business card, a vacuum cleaner or sticky tape. Pick your own method, and make sure it works well.

1. **Wash the “bed stuff”**

This applies to your pillows, sheets, blankets, stuffed animals, and everything that touches the bed. Dry these on a hot cycle to kill any remaining bed bugs and eggs.

1. **Freezing works well, too**

If you can’t wash the items, put them into your freezer. Low temperatures are as deadly as high heat.

1. **Use your vacuum cleaner**

Vacuum your mattress, carpet, bed frame, and the crevices of your headboard. Do this regularly, and make sure you use the most powerful suction option on our machine. Discard the vacuum bag immediately.

1. **Essential oil can do magic**

Bed bugs hate cedar, tea tree and orange essential oil. Combine these oils and some water, and just spray the bed.

1. **Try Diatomaceous Earth**

It’s so versatile, and bed bugs hate this one, too. Professional exterminators use it almost always. Sprinkle some of it on the bed frame, the mattress, you can also do the carpet. But, be careful, and always wear your dust mask. Vacuum up any excess.

1. **Remove the clutter around your beds**

Bed bugs sometimes love nasty places as well. They’ll have no places to hide in if you eliminate the clutter. Use the aforementioned methods to clean these spots, and say goodbye to bed bugs.

1. **Prevention is the best cure**

Extermination can take a lot of time and money, not to mention all the stress you’ll go through. The following tips will help you keep these away from your bed.

* Look for bed bug-proof mattress encasement for your mattresses. These are worth every penny, and you’ll be free of bed bugs and dust mites.
* Use sealant or caulk on any joints and cracks in your bed frames and headboards. In this way bed bugs will have nowhere to hide in.
* Set up a few bed bug traps under your bed legs. This is probably the easiest and cheapest way to detect, and prevent bed bugs before they turn into a chaos. Always check the traps, and apply step 1 more often.

Sources:  
[www.justnaturallife.com](http://www.justnaturallife.com/9-effective-ways-to-get-rid-of-every-single-bed-bug-without-using-a-single-chemical/)[wellnessmama.com](https://wellnessmama.com/128305/bed-bugs/)[www.nutritionfoodrecipes.com](http://www.nutritionfoodrecipes.com/2016/11/9-effective-ways-get-rid-every-single-bed-bug-without-using-single-chemical/)Featured image source: [www.justnaturallife.com](http://www.justnaturallife.com/wp-content/uploads/2016/11/9-Effective-Ways-To-Get-Rid-Of-Every-Single-Bed-Bug-Without-Using-A-Single-Chemical.jpg)