Avoid Mosquito Bites by Eating

**Best Anti-Mosquito Products**

During summer season, we must be cautious about avoiding the mosquito bites and mosquito borne diseases like yellow fever, malaria and dengue. As soon as temperature rises during spring and summer, mosquitoes start hatching and search for food. Female mosquitoes need to feed on blood for their survival and development of eggs. On the other hand, male mosquitoes are inclined towards plant juices and nectars.

It is true to say that very simple precautions facilitate in minimizing the mosquito bites and maximizes the enjoyment of the outdoor activities. This includes taking diet that prevents the mosquito bites too.
According to a recent research, people who eat diet that is rich in fruits, whole grains and vegetables get lesser affected by the mosquito bites as compared to the people taking in sugary and processed foods. This means that changing eating patterns potentially provide the simplest ways to keep mosquitoes away from you in a natural manner.
Foods that keep the mosquitoes away:

**Garlic:**

Garlic is known to be one such food item that is touted to be a natural mosquito repellent since ages. No doubt garlic is not one of the choices for day to day usage, but in case you are going for hiking or camping, then try garlic powder and water paste. It will keep mosquitoes away from you but at the same time you must stay away from the public places as well. Moreover eating significant amounts of garlic deters mosquitoes to bite you. It either may be due to the odor of garlic that seeps from the pores in the skin masking the natural body odors like carbon dioxide, lactic acid and sweat preventing the mosquitoes to bite you. Garlic sprays are available in market as well as a mosquito repellent.

**Onions:**
Onions are also known to be effective in order to get rid of the mosquito bites. Also onions are known to be one of the home remedies to stop mosquito bite itching.

**Bananas:**

Bananas are also known to be effective towards deterring the mosquitoes to bite you. Moreover rubbing the inside of bananas stops the itching of mosquito bite.

**Citrus fruits:**
One of the deterrents to mosquito bites is citrus fruits like lemon, oranges and limes. You should try a lemon shake every morning to repel the mosquitoes.

**Spicy foods:**

![Image of chili peppers forming the word 'HOT']

Eating spicy foods is also known to be effective in order to keep yourself safe from mosquito bites. One of the major reasons for this is that basic ingredient of the spicy food items contains chilies, onions, garlic and coriander etc. All of these are well known mosquito repellents with high repellent qualities.

**Vitamin B1:**
Another element in food items that keeps the mosquitoes away is Vitamin B1 or Thiamine. They alert the human scent that reduces the attractiveness to mosquitoes. People usually take high dose of these every day or at least 2 weeks before travelling to get rid of the mosquito bites. But it is suggested to take professional advice before taking high dosages of any supplement as it may lead towards mineral imbalances.

Other foods that are effective in this regards include the Marmite, tonic water as it contains “quinine” i.e. natural mosquito repellent, brewers yeasts, cider vinegar mixed with water. All these food items are known to be effective in order to keep the mosquitoes away from you.

Apart from eating foods that keep the mosquito away, one should also take other protective measures too. This includes keep the doors and windows closed in order to restrain the mosquitoes to enter the house. In case you have small kids and pets that you can’t stop from moving in and out, then you’d better have magic fly screens and magnetic window screen at your place. This will allow easy movement of kids and pets as well as keep your house away from mosquitoes in an easy manner.

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