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People should consider using a cold, wet cloth to treat insect bites instead of turning to over the counter remedies, experts say. Prof Michael Siva Jothy, from Sheffield University's Department of Animal and Plant Sciences, recruited 29 brave volunteers to test the theory further, watching the bedbugs as they found a place to feed and removing them only as they were about to bite.

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EXPERTS SAY. PROF MICHAEL SIVA JOTHY, FROM SHEFFIELD UNIVERSITY'S DEPARTMENT OF ANIMAL AND PLANT SCIENCES, RECRUITED 29 BRAVE VOLUNTEERS TO TEST THE THEORY FURTHER, WATCHING THE BEDBUGS AS THEY FOUND A PLACE TO FEED AND REMOVING THEM ONLY AS THEY WERE ABOUT TO BITE.

ARROWROOT BARLEY CHERVIL
DUMPLING ENDIVE FLAXSEED
GARBANZO HIJIKI ISHTU JICAMA
KALE LYCHEE MARJORAM
NECTARINE OXTAIL PIZZA QUINOA
ROQUEFORT SQUASH TOFU UPPUMA
VANILLA WHEAT XERGIS YOGURT
ZWEIBACK 0 1 2 3 4 5 6 7 8 9 ! ?

arrowroot barley chervil dumpling
endive flaxseed garbanzo hijiki ishtu
jicama kale lychee marjoram nectarine
oxtail pizza quinoa roquefort squash
tofu uppuma vanilla wheat xergis
yogurt zweiback.