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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.

PEOPLE SHOULD  
CONSIDER USING A

# COLD, WET CLOTH TO TREAT INSECT BITES INSTEAD OF TURNING TO OVER THE COUNTER REMEDIES,

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.