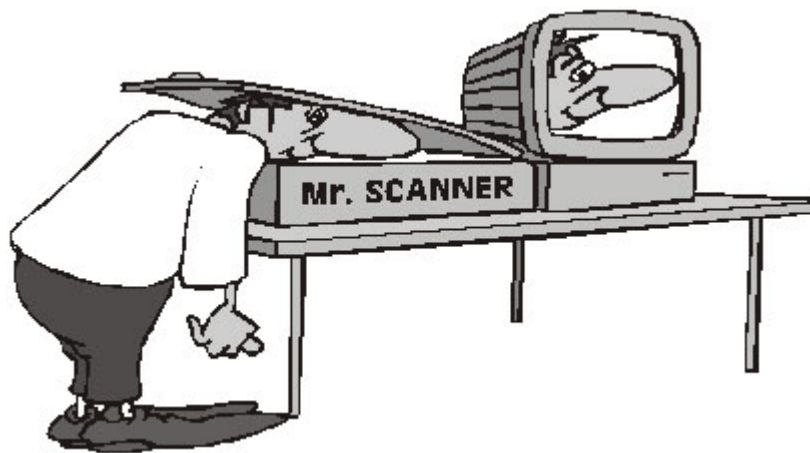


Note: Virtually any cleaner will kill most insect pests faster and safer than any “registered” pesticide poison. Borax has been added for many years to cellulose insulation to effectively keep the ground-up newspaper flame retardant and insect free. Enzymes, minerals, food-grade DE, aspartame, soap and water, vacuums, fly swatters, temperature controls, caulking, screens, door closers and many of our other controls can honestly be described as non-toxic to humans, pets, livestock and the environment, yet safely control pest problems more effectively than dangerous synthetic pesticide poisons. Integrated Pest Management (IPM) is not a new idea...my Mother began to teach me the concept when I was a young man. She used to yell at me every time I forgot to close the screen door and let in some flies.



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THE BEST CONTROL

IPM - Ecological Control

Dedication - to G-d, my Wife, my family and friends who not only tolerated but helped me write this IPM Manual - thank you all! G-d bless you all!



If a man can make a better mouse trap, the world will make a beaten path to his door. — Ralph Waldo Emerson

Welcome to my “door”, step inside and discover not only better mouse control but better and safer pest control. — Stephen Leonard Tvedten



Throughout the centuries there were men who took first steps down new roads armed with nothing but their own vision. — Ayn Rand

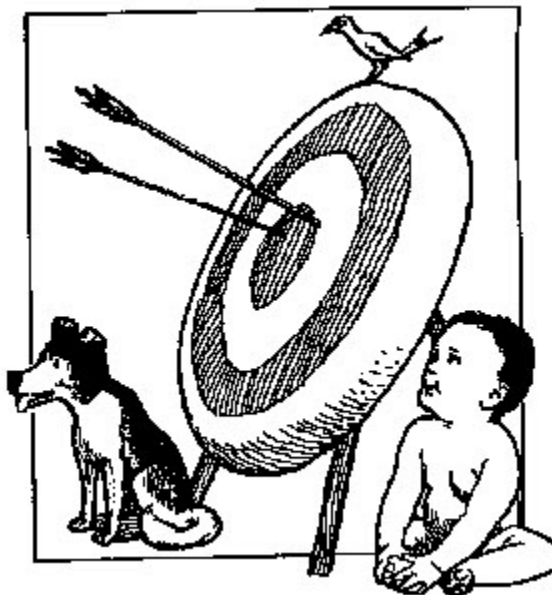
Nothing is new except arrangement. — Willaim J. Durant.

As you step through “my doorway” into the incredible new world of true Integrated Pest Management (IPM), you will soon realize that it is very obvious the best, simplest, safest and only permanent pest control does not use any synthetic pesticide poisons and in effect is very cost effective. That is why the traditional pest control industry does not and can not really be expected to utilize true IPM techniques; there is no real way to charge for this type of permanent control, and most importantly, these techniques will put most typical poison applicators permanently out of business. — Stephen Leonard Tvedten



Ten thousand flowers in spring, a cool breeze in summer,
The moon in autumn, white snow in winter.
If your mind is not clouded by unnecessary things,
this is the best season of your life. — Wu-Men

**Synthetic Pesticide Poisons
Create A Permanent Hazard
To Nontarget Organisms**



About the Author: Stephen L. Ivedten was President of Stroz Services, Inc. (an alternative pest control company) since 1970, until it *accidentally* burned to the ground 11/5/95 and is currently President of Get Set, Inc., an integrated pest management company and is also currently President of PEST (Prevent Environmental Suicide Today) an environmental group, and Steve is the founder of the Institute of Pest Management, Inc., Prescriptive Nutrients, Inc. and TIPM and the Natural Pest Control Association. Steve is the consultant and advisor for Safe Solutions, Inc. Steve is Head of the Advisory Board for the Natural Pest Control Council of America. Steve was licensed as a Michigan Residential Builder and Maintenance Alteration Contractor and holds or has held Michigan pest control certifications in the following categories: Forest Pest Management, Wood Preservation, Turf, Ornamentals, Seed Treatment, Aquatic, Swimming Pools, Cooling Towers, Right-of-way, Structural Pest Management, Wood Destroying Organisms, Vertebrate, Interiorscape, Mosquito and Public Health. Steve also holds or has held Texas pest control certifications in General, Pest Control and Termite control, New York certifications in termite, structural, pest and rodent control. Ohio pest control certification in the following categories: seed treatment, general aquatic, swimming pool, general forest pest, timber stand improvement, wood preservation, industrial vegetation control, ornamental plant and shade tree, interior plantscape, vertebrate animal control, turf pest control, domestic, institutional, structural and health related pest control, general pest, termite, mosquito, house fly and vector control and Wisconsin certifications in forest, ornamental and turf, seed treatment, aquatic, right-of-way, general industrial, institutional, structural and health related, termite and wood preservation; State of Illinois certifications in seed treatment, right-of-way, ornamental and turf, forest, aquatic and mosquito pest control; State of Indiana certifications for seed treatment, wood preservative non-pressured, forest, ornamental, aquatic, right-of-way, residential, institutional and non-food industry pest control. Steve has held West Virginia pest control certifications in general pest, structural pest, wood treatment and public health. Steve has been a science advisor for the National Pediculosis Association. Steve is a member of the Entomological Society of America. Steve is or has been a member of The Xerces Society, the International Cockroach Society, Inc. and the International Organization for Biological Control of Noxious Animals and Plants, Nearctic Regional Section. Steve has been on the National Coalition for the Chemically Injured (NCCI) advisory board for proposed rules for IPM in schools. In addition Steve is or has been a certified home inspector, a certified termite inspector, a certified asbestos inspector and a certified environmental inspector. Steve developed the first guaranteed termite inspection program for real estate and the Get Set IPM program. Steve has written a monthly pest control column for The Toxic Times and has written for the Journal of Alternative Medicine. Steve wrote "The Bug Stops Here," "The Best Control" and "The Best Control II." Steve developed a computerized Phase I Environmental Inspection program and a complete computerized home inspection program. Steve has written several alternative pest control books and numerous pamphlets, articles and developed (self-help) Professionally Guided Pest Control programs to safely and permanently control roaches, fleas, all wood destroying organisms (decay fungi and insects), rodent and miscellaneous pests. Steve was the recipient of the 1985 Center for Environmental Study Small Business of the Year Environmental Award. Steve has several environmental awards, e.g., The Cancer Awareness Coalition, E Medical, Sci Links, National Safety Council and the Lightman Academic Excellence Award. Has been on the guest faculty of environmental groups such as NCAMP and has written and testified before the U. S. House of Representatives on the Federal Insecticide, Fungicide and Rodenticide Act, the Environmental Protection Agency,

the Michigan Toxic Substance Control Commission, the Michigan Department of Agriculture hearings and elsewhere regarding the safe use of chemicals. Steve has taken pest control courses from Purdue and Penn State Universities. Steve has taught a Post Graduate Course on PsychimmunNeuro Toxicology (Effects of Chemicals on Man) including treatment protocols at the Indiana Academy of Osteopathy. Steve is and has been consulted by lawyers, doctors, laboratories, environmentalists, government officials, victims, reporters from all over this country and internationally. Steve has been a member of the National Writer's Union. Steve has numerous copyrights, trademarks and patents. Steve was on the cover and the featured article in the September 2005 issue of Pest Control Magazine, "The Great IPM Debate." Steve is the USA Coordinator for MCS International.

"Imagination is more important than knowledge." — Einstein

"Men occasionally stumble over the truth, but most of them pick themselves up and hurry off as if nothing ever happened." — Winston Churchill



"Today's problems can not be solved by thinking the way we thought when we created them." — Einstein



"One of the most effective ways we can protect children is to provide adults with the information on how best to safeguard their families from environmental hazards." — Carol Browner, U. S. Environmental Protection Agency

Disclaimer

This manual is written for your information and benefit. Call me Ishmael and let us call this a work of fiction. All of the Author's research, records, files, books, articles, references were totally destroyed in an "accidental" fire on 11/5/95. Therefore, many quotes, notations and/or figures in this lifetime work may not be easily referenced. In many depositions given regarding "registered" pesticide poison contamination and dangers, the Author has freely admitted to not being a certified industrial hygienist or graduate physician, toxicologist, epidemiologist, chemist, pharmacist or scientist. The amazing thing is, even being so "ignorant," the Author can see the problems with "registered" poisons. This manual is not intended to prescribe medical or veterinary treatments and can not replace the advice of a health care professional. If you have a medical condition - be sure to consult your physician or veterinarian for medical advice. Always test spray/wash a small area before doing total treatment or application. All of the alternatives herein have been given only as general use suggestions to replace pesticide poisons. If in doubt, always use the safest method possible, including leaving the problem or situation alone. There is virtually nothing on this earth that can not be misused or will not irritate someone. The Author makes no specific recommendation for any individual situation or person. Unattributed opinions are probably the Author's. The Author and the Publisher assume no responsibility for misadventures related to the use of products and/or procedures mentioned herein. As a work of this magnitude is compiled and written on a kitchen table, mistakes, typographical errors and the like are bound to happen. The Author freely admits this work may contain some misspellings, errors, misconceptions, unsubstantiated, prejudiced, antiquated and/or fraudulent data. This work is intended only to show what brought the Author to discard all use of volatile pesticide poisons after 35 years of pest control work and to find, discover, research, field test, invent and/or try alternative pest control methods that are safer, more effective and less expensive than "traditional poison controls." The Author has field tested these alternatives in groves, fields, orchards, farms, lawns, hospitals, restaurants, stores, factories, gardens, homes, nursing homes, offices and in over 350 schools, inside and outside, and has virtually eliminated all the pests in all these buildings/areas without ever using volatile pesticide poisons. If even 1% of the enclosed pesticide problems and statistics about "registered" pesticide poisons are true, it makes no sense to continue to use them, but the real proof of the accuracy of this manual is not in poison statistics, but in the fact that the Author's safer methods actually control pests better than "registered" pesticide poisons do.

Medical Disclaimer

This manual is not intended to prescribe medical treatments and can not replace the advice of a physician or veterinarian. If you or your pet has a medical condition, be sure to consult your physician or veterinarian for medical advice.

APOLOGY - On 11/5/95 an *accidental* fire destroyed my entire office and with it over 30 years' of research notes, books, magazines, articles, periodicals, files, letters and other reference materials. Most of this IPM manual was already written and rather than simply throwing away every thought where I could not validate the exact source, I decided to note these items with the notation, "In the 1990s" and/or "recently." I apologize that the exact references were forever lost in that fire.

The terminology IPM or Integrated Pest Management as used by the indoor pest control companies is meaningless; to many it simply means "Include Pesticides Monthly." They become *IPM experts* by sitting in a *good old boys* meeting for 1 - 3 hours and are state *qualified* IPM practitioners, and then they continue to spray their "registered" poisons as usual! Even the Environmental Protection Agency (EPA) is now distributing materials, e.g., "Integrated Pest Management in Schools" and "Pest Control in the School Environment: Adopting Integrated Pest Management" from a cooperative *IPM* effort with pesticide manufacturers, formulators and *professional* applicators, e.g., the pest control industry trade group RISE (Responsible Industry for a Sound Environment), the National Pest Control Association (NPCA) and the Professional Lawn Care Association (PLCAA) who paid for all the printing and mailing. RISE executive director Allen James aid, "IPM, including the use of speciality pesticides, assures that our children and school personnel can enjoy a safe and healthy academic environment." The EPA material states, "There are, of course, many pest problems that require the use of pesticides." As you read and use this manual of Intelligent Pest Management® you will find that volatile, "registered," synthetic pesticide poisons area really not needed, are harmful and actually increase pest problems, contamination and costs. You should never need to hire any *professional* poison applicators and/or use any dangerous synthetic pesticide poisons again!

"Before the beginning of great brilliance, there must be chaos.

Before a brilliant person begins something great, they must look foolish to the crowd." – I Ching

A man with a watch knows what time it is; a man with two watches is never sure. — Segal's Law

“THE BEST CONTROL II”

FOREWORD

Synthetic pesticides are the single largest class of toxic chemicals to which the total population worldwide is exposed. While their predominant use is in large-scale industrialized agriculture, other major applications include urban spraying, uses in offices, schools, golf courses, and the home lawn and garden. Such uses result in pervasive environmental contamination of air, water, and food, high-level exposure of agricultural workers, and direct domestic exposures.

There is overwhelming scientific documentation on the adverse public health impact of such exposures. These include carcinogenic, neurotoxic, and endocrine disruptive or hormonal effects. Yet the public remains largely uninformed of these largely unregulated toxic exposures, tantamount to chemical warfare. This reckless, if not criminal, conduct of the pesticide industry is trivialized by its PR assurances of safety, besides by those of industry scientists, and indentured academics. These assurances are coupled with the insistence that large scale uses of synthetic pesticides is essential to maintain food production, and avoid insect-induced disease.

Nothing could be further from the truth. Over recent decades, non-pesticide and non-toxic methods of pest control, known as integrated pest management (IPM), have been developed and are now in increasing use. However, such information has not yet reached the general public. Recognizing this critical information gap, Stephen Tvedten has compiled a virtual encyclopedia of IPM entitled, “The Best Control II.” This provides reader friendly, practical information on IPM, and how it can be readily used for any and every form of insect control, at both the domestic and community level. This information includes a comprehensive description of all major classes of insects and pests, including lice, birds and even rattlesnakes.

Tvedten has unparalleled practical experience in IPM methods of pest control, in which he is the leading international expert. “The Best Control II,” is a unique and invaluable contribution which should be in the hands of every concerned pest control expert, educator, physician, citizen, homeowner and parent. Tvedten has made an invaluable contribution to public health.

Samuel S. Epstein, M.D.
Professor emeritus Environmental & Occupational Medicine, University of Illinois at Chicago
School of Public Health,
Chairman, Cancer Prevention Coalition

Thursday, February 15, 2007 11:14 AM

Steve Tvedten does not call it **PESTISAFE**[®] without reason. Look to Steve, with his 35 years of experience in the field to determine how to control insect pests without harming yourself, your family or the environment.

Steve knows the hazards of toxic chemical pesticides and the harm they can do to humans and the environment. He has done his research and devised methods to safely control most household and farm pests, from head live to termites.

Without charge to any of us, he has posted his encyclopedia **THE BEST CONTROL II**, containing over 2800 safe and effective alternatives to poisonous chemical pesticides. His latest copyrighted encyclopedia is available without charge at <http://www.stephentvedten.com/>

Save yourself, your family and the planet from toxic chemicals with this insightful and useful information.

Janette D. Sherman, M. D.
www.janettesher.com

Steve Tvedten and Get Set... In the News

Program/Newspaper, Date, Subject

Pesticide Action Network July 24, 2002 Steve's Book The Bug Stops Here recognized as resource

http://www.getipm.com/news/panups_bstop.htm

The Montreal Gazette July 5, 2002 Steve Tvedten - Interviewed on 2, 4-D

<http://www.getipm.com/news/montreal-gazette.htm>

LaCrosse Tribune May 13, 2002 Steve Tvedten - Interviewed on safe lawn care

<http://www.getipm.com/news/lacross-lawn.htm>

Earth Day 2002 - Press Release Steve Tvedten, a long time proponent for the use of safe alternatives to control and manage all types of pests, officially released his free book on Earth Day 2002 titled *The Bug Stops Here* - <http://www.safesolutionsinc.com/bugstops.pdf>

The Hindu April 14, 2002 An exclusive e-mail interview, U.S.-based pest control officer Steve Tvedten speaks to journalist SHREE PADRE about his tragedy and views on pesticides.

http://www.getipm.com/news/hindu_times.htm

Metro Times February 6, 2002 Nontoxic Avenger

<http://www.getipm.com/news/metro-times.htm>

Dayton Daily News November, 2001 Schools' pesticide use may put students in danger Shift to safer program slow to catch on in Ohio - http://www.getipm.com/news/dayton_daily.htm

U. S. News and World Report November 8, 1999 The stuff in the backyard shed — The pesticide is effective and sells like mad. But is it safe for everyone?

<http://www.getipm.com/news/usnews-tv.htm>

Perrysburg Messenger Journal January 1998 Pesticide Free Schools are Working

<http://www.getipm.com/news/perrysburg.htm>

South Bend Tribune, January 1998 Schools Using Natural Pest Control

<http://www.getipm.com/news/southbend.htm>

West 57th, CBS August 15, 1987 Chlordane Segment

<http://www.getipm.com/news/chlordane-tv.html>

No-Pesticide Pest Control

Daniel Schoonmaker

Published: June 4, 2007

MARNE — At long last, poison-free pest control company Safe Solutions Inc. has a product on store shelves. Meijer Inc. is currently testing the company's Lice R Gone shampoo in 120 stores, the first of what company founder Stephen Tvedten hopes will be a long list of non-toxic home and health care products available to the mass market. "They say if you build a better mousetrap, people will beat a path to your door," said Tvedten, one of the nation's foremost experts in non-toxic pest control. "I've got thousands of better mousetraps, and no one knows I'm here." Tvedten (pronounced Tweeden) has written a number of books on what he calls "intelligent pest management," including *The Best Control II*, a 1,900-page guide available online at safesolutionsinc.com and getipm.com. He has long provided non-toxic pest removal for health care and educational institutes across the nation. There are dozens of non-toxic products available under the Safe Solutions brand on his Web site and through direct purchase. With the aid of Kentwood contract manufacturer Surefil LLC and shifting market perceptions toward organic and sustainable business practices, Tvedten's "mousetraps" could soon be available in stores across the nation. He is in negotiations with similar manufacturers and vendors in Korea, Brazil, Canada and Europe. Mass market penetration, however, is only a means to an end. Tvedten is more than happy to give his solutions away. For instance, the recipe for Lice R Gone: peppermint, baby shampoo, glycerin and meat tenderizer. Trade secrets: Sweeteners like NutraSweet or Equal can kill ants. Bud Light beer can kill rats. Other solutions are even more creative, such as his use of a strobe light to remove stray cats from a hospital crawl space, or the use of a red light and vacuum to remove cockroaches from the kitchen of a Chinese restaurant. "For the sake of necessity, we have to create some products," Tvedten said. "You can't market killing rats with beer. But you might find something in your home that will work just as well (as a Safe Solutions product). And I'll tell you how — I just don't want you using pesticides." Thirty-eight years ago, Tvedten was an organic-phosphate-toting exterminator in Grand Rapids. The company he worked for was convinced that if their exterminators wore gloves and masks, it would lead clients to believe they were putting dangerous poisons into their homes and businesses — which they were — and within a short time, Tvedten became deathly ill. As his health rapidly improved following a series of sauna detox sessions, Tvedten began investigating the dangerous nature of pesticides. As it turns out, most of the pesticides used then and now in homes, businesses and agriculture evolved from chemicals developed as potential weapons of mass destruction during World War II. By definition, pesticides are toxic substances deliberately added to the environment to kill living things. In a broader sense, this includes weeds (herbicides), insects (insecticides), fungus (fungicides) and rodents (rodenticides). In the words of the Environmental Protection Agency: "Pesticides are not 'safe.' They are produced specifically because they are toxic to something." Biologist Rachel Carson wrote the seminal book on the subject, "Silent Spring," in 1962, primarily focusing on the health and environmental impact of DDT. That chemical was subsequently banned, but in the 30 years since, use of similar products has increased 50 percent, according to California-based Pesticide Watch. More than a billion pounds of pesticides are dumped into the U.S. ecosystem each year. "We're just beginning to understand the specific health and environmental effects of pesticide use," said Matt Tueth, chair of the sustainable business program at Aquinas College. "The effects are insidious. We're not dropping over, but things are happening that we can document and correlate to pesticide use." In agriculture, a larger share of crops is lost to pests today than before pesticides were first introduced to the industry in 1945. Ironically, Tueth said, the practice has bred stronger, chemical-resistant insects while killing off beneficial insects such as those required for pollination. This is an unseen factor in rising food costs. Studies are also correlating the use of pesticides to disease and cancer in humans and animals. "Ask veterinarians about pesticide use in our lawns. Dogs spend a lot of time in those yards, so it should be no surprise that the incidence of dogs with cancer is higher than it ever has been," Tueth said. "The huge problem with residential and agricultural use is that 99 percent of the pesticide never gets in the pest. It lingers and gets in



BUSINESS JOURNAL PHOTO / JOHNNY QUIRIN

the water supply; it migrates offsite.”Tueth expects pesticides will soon become a larger topic of green business conversation, which to date mostly has focused on industrial pollution and energy. Elsewhere, it already is. Nearly 130 municipalities in Canada have banned the use of cosmetic pesticides. South American farm workers have waged a long legal battle against the use of pesticides by U.S. firms such as Dole Food Co. and Dow Chemical Co. “When you ask about alternatives to pesticide use, it makes a lot of sense,” Tueth said. “And it doesn’t matter if you’re a tree hugger or just someone that doesn’t want their grandkids to get cancer.”Tvedten’s brand of pest control has been enthusiastically embraced in the K-12 market, where educators have been alarmed by the ineffectiveness of pesticides and their clear harm to students. “This one school in Ohio, they had kids bleeding out of orifices, and when they hired me, the maintenance guy said, ‘Steve, I don’t think this will get rid of the pests. But neither did the other stuff, and at least this way, we won’t be killing the kids.’”Ted Tyers, maintenance supervisor for Muskegon Area Intermediate School District, was first introduced to Tvedten a decade ago as supervisor of operations of Fruitport Community Schools through a referral from Grand Haven Area Public Schools. Fruitport had been battling a recurring termite infestation with the help of a local exterminator. The pests kept spreading after every treatment, while kids were going home ill from the lingering fumes. “We had this feeling of voodoo magic; it seemed so far from the norm of killing something,” Tyers said. “But if we sprayed the poison on Friday, kids would still be going home sick the following Wednesday.”Tvedten placed cardboard treated with boric acid into the infected areas, even creating a terrarium out of a library shelf for use as an impromptu science project. The termites ate the boric acid, harmful to humans but lethal to most insects, and within weeks the infestation was gone. “Kids now days are pretty much allergic to everything,” said Joe DeMarco, current director of operations at the Fruitport schools. “Some kids can’t even be in the same room with peanut butter. It’s terrible for these kids how companies are putting all these chemicals on things.”At MAISD, the maintenance staff uses a product similar to Lice R Gone, a peppermint cleanser, to kill bees and wasps. Several districts are on long-term service agreements with Tvedten’s pest-control company, Get Set Inc., which often proves cheaper than the poison alternative. It also avoids the regulatory “red tape” of using pesticides in schools. Between his various ventures, Tvedten has run into the same basic concern: How can a product kill something and not be dangerous? “People ask what the LD-50 (lethal dose for 50 percent of the population) value is, and I tell them I don’t know,” he said. “They want to know how toxic it is, and I tell them it’s not. People don’t know how to deal with that.” BJX

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JENNIFER M. GRANHOLM
GOVERNOR

STATE OF MICHIGAN
DEPARTMENT OF AGRICULTURE
LANSING

DON KOIVISTO
DIRECTOR

December 11, 2007

Mr. Stephen L. Tvedten
Get Set, Inc.
2530 Hayes Street
Marne, MI 49435-8781

Dear Mr. Tvedten:

The Michigan Department of Agriculture (MDA) is in receipt of your letter dated December 10, 2007. Thank you for your remarks and questions. In response to your first question "Does any applicator of pesticide poisons in Michigan learn as much sitting in an hour long recertification seminar as what I have written in The Best Control II?" This question is related to the MDA Pesticide Certification Program and I have forwarded your question to our Pesticide Certification Manager – Larry Swain for a response to this question. In response to your second question "Does the State of Michigan require a consultant who personally does not commercially apply or even advocate the use of any commercial pesticides to have either a pesticide application business license and/or Michigan pesticide applicator's license?" The answer is no for both.

In response to your notification to MDA that "Get Set, Inc (ID#700027, currently licensed for the 2007 year in categories 7A, 7B, 7D, 7E, 7F, and 8) do not anticipate the need for applying any registered pesticide during the remainder of the current school year, at which point I will remain only an Intelligent Pest Management Consultant", and "you note on my personal commercial certification renewal application that I have not earned any seminar credit." MDA will now be removing Get Set, Inc. from our active files as a Pesticide Application Business License (PABL) firm. It is also understood by MDA from your letter that you are declining a PABL for the 2008 license year, because Get Set, Inc. does not apply pesticides for hire.

Sincerely,

A handwritten signature in black ink, appearing to read "Melvin L. Poplar, Sr.", with a long horizontal flourish extending to the right.

Melvin L. Poplar, Sr., Manager
Pesticide Application Business License

cc: Brian Rowe, Pesticide Section Manager
Gary King, Pesticide Enforcement Manager
Larry Swain, Pesticide Certification Manager
Jeff Zimmer, Region 3 Supervisor
Jennifer Reay, Region 3 Pesticide Specialist
Sandy Bowers, PABL Support Files