EYES

Red eyes – Soak a regular orange pekoe teabag, or just rinse one off, and while still cool and wetish, place over closed eye. The astringent in the tea will help cool and clear the whites of the eyes. Takes about 20-30 minutes.

Cataracts – see 'Cataracts"

Floaters – Usually you see small specks that move slowly before the eyes. You may also see silver streaks. Usually this is because you have been either reading or on line too much and the eyes are tired. Astaxathin an antioxidant, usually will help eyes – take daily.

Macular Degeneration – Take Lutein/zeaxanthin supplement if available. Also 30,000 IU Vit. A daily or Cod/Halibut Liver oil. Also ginkgo biloba will help oxygenate the eye tissue. You can add Alpha Lipoic acid and NAC to the list of helpful supplements.

Glaucoma - see "Glaucoma"

Removing Foreign Particles in the eye: avoid rubbing the eye. Tears will normally be sufficient to remove small particles. Larger particles may be gently removed, under good illumination. The eyewash mentioned under eye strain also aids in the removal of particles. If the particle cannot be removed, bandage the eyes with a warm, moist bandage to prevent movement until professional treatment can be obtained.

Eyecare - Avoid:

Eye makeup
contact lenses
synthetics
nutrasweet
hair sprays
fumes eg. from copy machines, lazer printers
shampoos, soaps, laundry detergents that are not organic

Herbal Eyewash:

(for dry eyes, irritated eyes, mild infections, helps improve vision)
1 tsp raspberry leaves
1 tsp eyebright leaves
Steep in 2 cups boiling water until cool enough for application to eye but still warm. Strain through filter paper (coffee filter o.k.), pour into eye cup, rinse each eye 3 times using fresh tea each time, rotating eyeball in every direction while rinsing. Drink what is left over.

Inflamed or sore eyes:

Infuse marshmallow leaves and bathe eyes frequently (in severe cases, bind saturated cotton on loosely and apply, leave on for 15 minutes and then make a fresh application)

Eyewash for inflammation:

1 oz marshmallow root
1/4 oz raspberry leaves
Boil slowly in 1 1/2 pints water down to 1 pint. Strain, cool. Bathe eyes with the cold tea about 6 times daily.

Eye Strain:

1. **If eye strain caused by too much close work under artificial light, a little walk outside or in country is simplest remedy.**
2. **You can sponge eyes gently with cold water and splash face for five minutes or so.**
3. **An eyewash of eyebright and raspberry leaves (take 1 tsp of each and pour a cup of boiling water over them; steep and strain), cool, apply using an eyecup - soothing to the eyes when cooled.**
4. **Two pressure points are at the base of the skull in the depression on either side of the bone at the top of the neck. Rotate and roll the neck but not the shoulders, in a wide circle, six times to the left and then six times to the right, to relieve pain. The movement should be slow and even.**

STRENGTHEN SMALL BLOOD VESSELS IN EYES:

- increase consumption of flavonoid-rich fruits, esp. berries.
- take flavonoid supplements.
- Bilberry extracts may be best. 480 mg/day extract standardized to contain 25% anthocyanidins. Take for at least 2 months. Bilberry is also good for night blindness.

INFLAMED EYE LIDS (BLEPHARITIS)

There are two areas this can happen:
Anterior which is a bacterial, dandruff problem in the eyelashes.
Posterior where the oil glands in the eyelids are engorged and you may have recurring styes.
Eye mites might be at the root of the problem causing red, itchy burning, crusty eyelids around the eyelashes.

To help:
First cleanse the area with warm water compresses using a clean cloth for 5-10 minutes.
Next wipe the area with Occusoft or Eyelid Cleansing wipes (you should do this for about 6 weeks).
Then gently massage the eyelid margins using clean hands.
Lastly use artificial tears or lubricating eye drops to sooth the area.
If more serious, you may need a topical antibiotic cream applied to the lid margins for 2-8 weeks.
Don't aggressively rub the eyes.
If you also have seborrhea or rosacea, you need to address those issues also.
Avoid eye make.
Avoid Eyestrain, take breaks from computer time.
Blink often.
Change your pillow case twice a week.