



Eye Problems

Protecting your eyesight and treating common eye problems

The ability to see is a precious gift. Unfortunately, many people start losing this gift as they age. Cataracts, glaucoma and macular degeneration are common problems that cause a loss of sight in the elderly. The eyes may also have problems such as eye infections, pink eye, conjunctivitis, etc. Fortunately, there are ways to help the eyes heal naturally. Here are some tips for dealing with common eye problems.

Conjunctivitis and Eye Infections

Conjunctivitis is also known as pink eye because of the redness that occurs in the whites of the eyes due to the inflammation in the eye. The inflammation occurs in the clear covering over the white of the eyes and the lining of the inner eyelids, and may be due to an allergic reaction or an infection.

Both conjunctivitis and eye infections can be treated naturally in a similar manner. The fastest way to correct them is to apply natural remedies topically. Make a tea out of EW, or a mixture of eyebright, goldenseal and chamomile. The tea can be used as eye drops or as an eyewash, using an eyewash cup after it has been cooled. You can also saturate a cotton ball with the tea and place it over the closed eyes, allowing it to rest there for about 15 minutes. Repeat this process at least four times per day. Always refrigerate the tea and make a fresh batch every couple of days to avoid microbial growth.

Another remedy for eye infections is colloidal silver which can be used straight as eye drops or as an eyewash. Conjunctivitis can also be helped by rubbing the contents of a capsule of Vitamin A & D around (but not in) the eye. Both Colloidal Silver and vitamin A & D are also useful for eye infections and conjunctivitis when taken internally.

Bloodshot or Irritated Eyes

For bloodshot or irritated eyes, there are several herbs that can be used as eyewashes, eye drops or compresses over the eyes. These include goldenseal, chamomile, chickweed, and eyebright. The herbal eyewash formula, EW, is especially effective.

When eyes are dry, HY-C may be of benefit. It is indicated for dry mouth, dry skin and dry eyes where there is constant thirst. It hydrates tissues. Blood Build may also help dry eyes. It is a liver formula, but there is a strong connection in Chinese medicine between the liver and the eyes.

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Improving Vision

Bilberry has been known to improve night vision. However, for nearsightedness and farsightedness, supplements taken internally will probably be of little value, although they may help slow or halt deterioration of eyesight. Perfect Eyes is the best formula for this purpose, although Thai Go and Mega Chel have both been reported to have helped some people improve their vision.

There are some reports of vision improvement using EW regularly as an eyewash. Dr. John Christopher, the herbalist who developed this blend, claimed that regular use of the eyewash would improve eyesight. Some people claim this has worked, but others have claimed the eyewash was irritating to their eyes when used over a long period of time.

There are also exercises which can be done to improve eyesight. There are books which can be purchased that teach these exercises, but they do require some dedication. A good one is listed in the references below.

Macular Degeneration

Macular degeneration involves a loss of central vision in both eyes produced by pathological changes in the center of the retina, the region of most visual acuity. It is believed to be an inflammatory condition and the result of free radical damage. High blood pressure and hardening of the arteries increase the risk of this condition.

Antioxidants can help prevent, slow the progress of, and perhaps even partially reverse macular degeneration. Perfect Eyes is a blend designed to protect the eyes from deterioration during the aging process and can be particularly helpful. Mega Chel and Thai Go can also be helpful in cases of macular degeneration.

Obviously, space does not permit discussing all the possible natural remedies that exist for eye problems. Consult with your local herb specialist to help design a program for you, or obtain additional information from the resources listed below.

Selected References

The Comprehensive Guide to Nature's Sunshine Products by Tree of Light Publishing
The Bates Method for Better Eyesight Without Glasses by William Bates

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