

Better Eyesight with Herbs

Dear Friends,

Today I'm going to share more information about the Eyebright Formula (http://www.drfostersessentials.com/store/EyebrightFormula_mi.php) and how it can help your vision as well as to clear up eye infections and a myriad of other problems affecting the eyes. I'm also going to share a story about a dramatic healing from a severe eye infection without antibiotics.

The Eyebright Formula was designed in the 1950's by Dr. Christopher, considered by many to be the Father of Herbal Medicine. Thousands of people have used this formula to heal cataracts, glaucoma, macular degeneration, nearsightedness, farsightedness, and astigmatism, pterygiums, pingueculas, allergy eyes, conjunctivitis and more.

In the 50's, 60's and 70's, people would take the raw herbs and brew them into a tea. They would also take the formula by mouth, as the best results come from combining an internal formula (taken by mouth) with a topical formula.

I have found that in modern times, people find it inconvenient to make the tea everyday to wash their eyes. In the 1950's people healed easily. Unfortunately, what we're seeing in the 21st century is an overwhelming preponderance of processed foods and chemicals in the American lifestyle. This has made it more difficult to heal the eyes just taking capsules. So, the new and improved way to use this formula is to use it in a more powerful, concentrated way. This is why the formula is now a very strong concentrated extract instead of in capsules.

The healing from this formula can be dramatic if used in the recommended way : do the eyewash 5 to 6 times daily and take the herbal formula by mouth 3 to 5 times daily. After about 6 month's continuous usage, some people have reported their cataracts falling off. Others have reported eye pressures going down and still others have been able to throw out their glasses. Wash each eye for around 2 minutes, rolling each eye in circles, bathing the entire eyeball in the diluted eye solution. Wash each eye with a fresh batch of herbs (a few drops added to an eyecup full of distilled water). If you are a contact lens wearer, remove contact lenses before washing the eyes.

Doctors have somehow convinced us over the years that there is nothing that can be done for vision except to wear glasses and get laser surgery. Many people would be interested to know that I have had patients come to me because the eye surgery went wrong and they were desperate to get back their vision. With the Eyebright Formula, they were able to dramatically reduce the healing time after surgery as well as to improve their vision. The formula dries up excess secretions from the eye – a real problem when eyes are inflamed after surgery.

To illustrate the healing process, I will tell you about a recently eye infection I picked up at an ophthalmologist's office during my recent trip to Peru. Many people do not realize that the most common way to pick up an eye infection is by going to the eye doctor. Lots

of people go to the eye doctor because of contagious infections, and if the equipment is not thoroughly disinfected after each patient, eye infections can spread like wildfire in an eye doctor's office.

So, there I was in Peru in a place where the water is not safe to drink and with an eye infection in both eyes. With the clear, mucousy discharge, the feeling of a foreign object constantly in the eye, the redness, swollen eyelids, lack of itching, and the swollen nodes just in front of my ears, it was very characteristic of viral conjunctivitis. (in the eyes, itching of the eyelids usually indicates another noncontagious form of conjunctivitis caused by allergies)

Thank goodness, I had brought the Eyebright Formula with me for a friend who was getting good results with it for a pinguecula (a benign growth on the lining of the eye that is easily inflamed and irritated)

My eyes were constantly weeping with mucus and my vision went completely blurry in both eyes. My eyelids were swollen almost shut and my eyelids were both stuck shut in the morning. It felt like I was constantly being stabbed in the eyes by a hot poker. You can imagine how terrifying it is not to be able to see. I had the experience of a blind person for a few days.

In Peru, I could not use the tap water to wash my eyes. (Do not use tap water to wash the eyes unless it is an extreme emergency (like you just splashed bleach in your eye and no clean water is available)). I asked for distilled water from the drugstore to use my Eyebright Formula.

Distilled water is not available in Peruvian drugstores, so a friend bought some eyedrops that "looked" natural since they contained chamomile extract. Besides the chamomile, they contained naphazoline chloride, an over the counter drug that is used to counter redness in the eye. Although my friend thought the chamomile drops would be effective, they actually caused more pain and redness (If I had known they contained a drug, I would never have allowed them to be put in my eye). After a few days, these type of eyedrops can cause a "rebound redness" that results in symptoms worse than the original symptoms. (Just another example of how medications have effects that are too strong – so strong that the body produces a "backlash" against them after only a few days). These eyedrops should never be used regularly for this reason, and I NEVER recommend them at all for an eye infection.

So, my friend had to go back to the drugstore to get some kind of sterilized water and the only thing available was sterile saline in a glass bottle. In natural healing, we learn that it is important to improvise, so I used the sterile salt water instead of the recommended distilled water. Since it was a very low concentration of salt, it was safe.

I was taking the formula by mouth several times a day and washing my eyes with the diluted formula (few drops of the Eyebright Formula in an eyecup full of pure water) every 1 to 2 hours. It soon became evident that chamomile, tea bags, warm compresses

and every other natural remedy suggested to me failed, and the only remedy that took away the pain and the mucus discharge was the Eyebright Formula. After about a day of unsuccessful “tea bag” therapy, I discontinued it and focused completely on the Eyebright Formula and taking my Essential Nutrients (http://www.drfostersessentials.com/store/EssentialNutrientsPowder_mi.php) twice daily (doubling the dose of Essential Nutrients during an infection can help clear it faster).

One night, my friend thought he was putting Vitamin A ointment into my eyes and instead had accidentally used an ointment containing an antibiotic. (In Peru, many antibiotics are sold over the counter, so many Peruvians have antibiotics in their medicine cabinets.)

As soon as the ointment hit my eye, it produced excruciating pain and a feeling of sand having blown into my eye, and I started screaming to flush it out of my eye.

The inflammation that was caused by the one-time application of the antibiotic ointment took an extra day with the Eyebright Formula to calm it down again. The lesson here is to educate your friends to read product labels and to read to you exactly what something contains before they give it to you (especially when you can't see). Don't just assume something's natural: always read product labels of ANYTHING you are putting in or on your body. These things happened because I couldn't see to read the labels myself and anyone who ends up with an eye infection will find themselves in this very same position.

Another very important comment I must add here is that many people believe antibiotics are the answer to any type of infection. They get a cold, snuffle, sore throat or another type of infection and automatically assume that an antibiotic is going to fix it. They do not realize that antibiotics have absolutely no effect on viral infections, and can, in many cases, make the infection worse.

I was told that warm compresses were recommended in order to “open up” the tear glands that could possibly be clogged. Yet, I had a very strong gut feeling that I needed to use very COLD compresses. In natural healing, we have to put a very high value on “gut feelings” because following the gut feeling is what results in the best healing. So, I began to make very cold compresses of sterile gauze dipped in purified water that I had put in a glass in the fridge and to which I had added several drops of Eyebright Formula. (throw out the piece of gauze after each use). As soon as I started to do it, the swelling in my eyelids came down by half. (Always listen to your gut instinct!)

Because I was using the formula so much, I went into a healing crisis. Foul smelling discharge started to come out of my eyes for the first time. If I didn't understand natural healing, I would have panicked and thought either the infection had gotten worse, or that I had developed a bacterial infection on top of a viral infection. Yet, I knew this was a very powerful release of toxins and kept going with the Eyewashes and taking the formula by mouth. (If people can “push through” the healing crisis, they typically end up in a state of greater health than when they first began healing).

In addition to the formula, I made sure to massage the lymph in a downwards direction from my ears all the way down my neck. I then massaged the reflex points on the bony orbits all around the eyes, massaging out any “tender buttons.” To make a long story short, the infection completely healed up and I never went back to the eye doctor, and I’m seeing better than I have in years. Hallelujah!

One word of Caution: this formula is NOT designed to be used as eyedrops. This is an alcohol-based extract. Straight alcohol should never be placed in the eye. When it is diluted to a very weak solution in distilled water, it is fine.

In Chinese medicine as well as in Ayurvedic medicine, we learn that the eyes are influenced by the functioning of the liver. I have had many people report back to me that their vision was helped by a liver cleanse. Make sure you check the Ailment Reference Guide (http://www.drfostersessentials.com/store/pdfs/Ailment_Reference.pdf) for more specifics on protocols for different eye issues.

Sales and Specials:

I want everyone to have a transformation with their vision, too, so I’m running a “Clear Vision” special. The Essential Nutrients (http://www.drfostersessentials.com/store/EssentialNutrientsPowder_mi.php), and Liver Regeneration Program (http://www.drfostersessentials.com/store/Liver1_mi.php) are both 10% off. Type in the code clearvision to get your discount when you order online. This offer expires in 2 weeks on Sept. 12 at midnight Eastern Standard Time.

Because I really want you to hang in there until you get a great healing, I’m offering a special discount for ordering multiple bottles of Eyebright Formula. So, if you buy 3 bottles of Eyebright Formula (http://www.drfostersessentials.com/store/EyebrightFormula_mi.php), you’ll get 12% off. Buy 6 bottles and get 15% off. This is automatically configured, so you don’t have to type in a code for this one.

If you have an amazing healing story of your own, please let us know about it here: http://www.drfostersessentials.com/store/email_form.php

And if you haven’t yet, make sure you check out the amazing photos and educational segment on Facebook. It takes you through step by step, demonstrating how to make herbal teas, tinctures and the Secret Seven Roots Formula of the Peruvian Rainforest: <http://www.facebook.com/album.php?aid=445470&l=85749862cc&id=10150139502090268> Facebook Album – How to Make Herb Teas, Tinctures, Etc.

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Dr. Foster

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