

Healing Eye Disorders Naturally

Cynthia Foster, MD • DrFostersEssentials.com

The late Dr. Christopher used the Eyebright Formula for over 20 years. Many people consider Dr. Christopher to be the Father of American Herbalism and one of the greatest herbalists of all time. The Eyebright Formula was used in order to heal eye complaints of all types including nearsightedness, farsightedness, poor night vision, retinitis pigmentosa, conjunctivitis, congenital blindness, presbyopia, macular degeneration, astigmatism, and cataracts.

Benefits:

Can improve cataracts, floaters, myopia (nearsightedness), farsightedness, macular degeneration, astigmatism, eye infections, night vision, reduces need for reading glasses (presbyopia) caused by aging, torn retina, glaucoma, and all other eye disorders.



Preparing For the Eyewash:

DO NOT DROP THE EYEBRIGHT FORMULA DROPS DIRECTLY IN THE EYE

- Because this concentrated formula is in an alcohol base, it is ALWAYS diluted with distilled water before putting into the eye. **Using the eyebright formula extract straight in the eyes is very painful and may cause damage to the eyes.** Using just a few drops diluted with pure water enough to fill up an eye cup, it is safe and healing.
- A glass eyecup is preferred to the plastic, but use whatever is available.
- Get eyewash cups at any drugstore. You will most likely find them in the contact lens section, or ask your pharmacist. It is sometimes sold with eyewash solution as an emergency treatment for flushing irritants and toxic chemicals out of the eye. Set aside the solution sold with the eyecup – you do not need it for these herbal eyewashes.
- Temperature of water to use in eyewash: lukewarm, cool or room temperature. Use only distilled water.



Figure 1 Typical Eyewash Cup Found at Your Local Drug Store

- Don't use tap water because it contains many contaminants such as bacteria, viruses, parasite eggs, pharmaceutical residues, chlorine and many other harmful chemicals.

How to Do the Eyewash:

1. Use 1 to 3 drops in an eyewash cup full of distilled water. Increase gradually as tolerated up to 10 drops.
2. Extra cayenne tincture may be added to the bottle to further increase healing circulation to the eyes.
3. It takes time for the eyes to adjust to the cayenne, so be patient and give your eyes time to get used to higher amounts of cayenne. This can happen over days to weeks.
4. Create a tight seal over the eye with the eyecup
5. Lean back the head and let the liquid wash all over the eyeball.
6. Move the eyeballs in all directions for about a minute, or as long as you can.
7. Release the eyecup from the eye, and rinse the eye cup out with more distilled water.
8. Continue the same procedure with the other eye, using a fresh batch of herbal solution.
9. Use the eyewash in both eyes, even if the problem is only in one eye.

Use both the eyewash and also take the tincture internally by mouth. To take by mouth, follow directions on product label: 1 to 2 droppers full 3 times daily. Eyewash instructions are not on the product label.

Can I use the same eyewash for each eye?

No, use a separate fresh batch for each eye. After you've done the eyewash on one eye, some toxins are released into the water. You don't want to use this same herbal mixture back into the other eye.

How long will it take to heal my eyes?

It depends on what stage of disease the eyes are in. In the first stages of disease, results are easier and quicker. Don't give up after just a few weeks. It takes a

consistent effort over time to achieve the effects. In the 1940's when the formula was first introduced, people used the eyewash 5 to 6 times daily for 6 months or longer before their cataracts finally fell out of their eyes. However, in modern, more toxic times, it can take longer. This is a big reason why we've concentrated it into an alcohol extract – it is much stronger than the tea or capsules. Glaucoma tends to respond more quickly; however eye pressure can go up temporarily as the toxins are being released from the eye.

What to expect from doing the eyewash:

Usually within a week, there are noticeable signs. There are temporary effects that only occur until the toxins are cleansed from the eye. These are good signs. You may decrease the dose/ frequency of the eyebright if these effects are not tolerated.

- Eyelids may be stuck together in the morning – this is usually due to pus and mucous being discharged from the eye: these are simply damaged cells and toxic materials being cleansed from the eyes.
- Red and sore eyes – the eyes can feel irritated from the toxic materials coming out.
- Puffy eyelids
- The appearance of an eye infection. Sometimes as the body is trying to expel toxic material from the eyes, it will gather them together in one place such as in pouches beneath the eyes. After the material has been gathered in one place, the eye will begin to unload the accumulated material.
- Temporary effect of raising the eye pressure – which is normal and is part of the cleansing effect. You can take the eyebright formula and the eyewash less often or discontinue use for 1 to 2 days until the eyes have stabilized.
- Eyesight temporarily worse – this starts to improve if the formula is continued.
- Hot burning sensation: over time this should diminish. In the beginning cayenne stimulates pain receptors, but as the cayenne is used on a daily basis, the pain receptors become tolerant to it.
- If after several weeks of using the eyewash, the burning does not improve, it could be a sign that the nerves are weak. In this case, an herbal formula such as the Calcium From Herbs Formula or the Antidepressant Formula may be used to strengthen the nerves.

Over time, as all of the toxic material that has built up in the eyes over a lifetime of accumulating them, they will all be released. When this happens, all of the redness, soreness, puffiness and discharges stop since there are no more toxic deposits to be cleaned out of the eye.

The herbs themselves are not irritating to a healthy eye, but in an unhealthy eye filled with toxins, they simply bring the toxins out. It's the toxins that are irritating. When the toxic material is eliminated from the eye muscles, they can work more effectively at focusing and seeing. If the eyewash is stopped before this point has been reached, the toxins left can continue to negatively affect the eye. However, the benefits you have built up so far will not be canceled out, and usually there is some lasting improvement.

Don't feel bad about taking temporary breaks from the formula if your eyes are irritated.

Why the eyewash? Why not just take the eyebright tincture by itself?

The eyewash puts the herbs directly in contact with the eye tissues and goes to work much faster than just taking the tincture by mouth. When herbs are taken by mouth, the herbs must be digested, metabolized by the liver, & go into the bloodstream to get to the area where it is needed. If there is bad circulation to the eyes (usually the case when there is a vision problem), digestive or liver problems, the herbs have a more difficult time getting to the eyes. When bathing the eyes with the herbal solution, the eye tissues come in direct contact with the herbs and the healing effects are almost immediate.

Notice About the Cayenne Content:

This formula is low in cayenne content because we have found that many people cannot tolerate it. For those who would like to increase the effectiveness of this formula, they can add additional Cayenne tincture to the Eyebright Formula bottle. The higher the cayenne content, usually the more rapid the results. Having the cayenne separately allows people to adjust the cayenne content as they can tolerate it. Over time, the eyes do get used to the burning sensation and people can gradually increase their cayenne over time.

Eyebright Formula Without Cayenne:

This formula is also available without the cayenne (hot chili pepper) for people who are a little timid about doing an eyewash with cayenne or for children with irritated inflamed or other issues with their eyes. The cayenne-free formula can be used for eyestrain and may be effective for children with eye infections. Use just a few drops of this formula in an eyecup and then fill the cup the rest of the way up with distilled water. Use this diluted mixture to do the eyewash. Have children hold a towel under the eyecup as they are doing the eyewash to prevent spills.

