

# Natural Help 4...

# Conjunctivitis



## What is Conjunctivitis (Pink Eye)?

**Conjunctivitis**, more commonly known as **pink eye**, is an **inflammation of the conjunctiva**, the clear membrane that covers the outermost layer of the eye and the inner surface of the eyelids.

As with many of the more common eye inflammations, **conjunctivitis** usually looks and feels worse than it is, and while the pronounced redness can be quite alarming at first glance, **conjunctivitis** very rarely causes long-term visual damage.

It is, however, a condition that often needs to be diagnosed and treated early, as certain **types of conjunctivitis** are very contagious, and any prolonged inflammation of the eyes should be treated with caution to prevent complications and tissue damage.

## Diagnosing Conjunctivitis (Pink Eye)

**Conjunctivitis** is diagnosed with an eye examination using a slit lamp (a microscope with a light attached that has been specifically designed for eye examinations). Your doctor or optometrist will examine your eye and ask you about all your symptoms in order to rule out other **inflammatory eye conditions and diseases** that can mimic **symptoms of pink eye**.

In some cases, a sample of the eye discharge may be taken to determine the type of bacteria or virus causing the infection.

## What are the Symptoms of Conjunctivitis?

**Pink eye** is caused by infections (from bacteria or viruses), allergies, or certain irritants that come into contact with the eye, thus the different **types of conjunctivitis** tend to cause different symptoms. **Symptoms of pink eye** may include:

- Discomfort in the eye
- Redness of the eye or inner eyelids
- Discharge and teariness
- Discharge may cause eyelids to crust and stick together while sleeping
- Itchiness
- Tenderness of the eye, or pain (which can be severe in the cases of irritant conjunctivitis)
- Sensitivity to light
- Swelling of the eyelids

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It is not intended to diagnose or treat any medical condition. Nothing in this eBook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this eBook or on ANY website.

- Infection usually begins with one eye, but can quickly spread to other eye in cases of viral or bacterial [conjunctivitis](#)

In most cases of [pink eye](#), pain, photophobia and blurred vision are not very common. Should they occur, it is important to seek medical attention to rule out other diseases such as glaucoma, uveitis, keratitis or meningitis.

## What Causes Conjunctivitis (Pink Eye)?

[Conjunctivitis](#) is most commonly caused by allergies, but can also be caused by certain viruses, bacteria and eye irritants.

### Common Causes of Conjunctivitis

#### Allergic [Conjunctivitis](#)

Commonly occurring in people who suffer from an allergic condition, **allergic conjunctivitis** can be caused by a number of substances particular to the individual. This type of [conjunctivitis](#) often has a seasonal element and occurs more frequently during spring and seasonal changes.

Other common allergens are dust, pollen, cosmetics, perfume, or medication. Allergic **symptoms of pink eye** often affects both eyes, and **severe itchiness and swelling** are common.

#### Viral [Conjunctivitis](#)

As the name suggests, **viral conjunctivitis** is caused by a virus, either contracted through the air or direct contact. Viruses that cause the common cold, acute respiratory infections, or disease such as measles or herpes are often the causes of viral conjunctivitis.

For this reason, it is fairly common to notice other symptoms such as upper respiratory symptoms with this type of conjunctivitis, and it is fairly contagious.

#### Bacterial [Conjunctivitis](#)


Bacteria such as Staphylococcus, Streptococcus, and Haemophilus are the common culprits that cause this type of [conjunctivitis](#) which is highly contagious and easily spread, especially amongst children.

#### Irritant and Chemical [Conjunctivitis](#)

Certain irritants to the eye such as flame burns, some plant saps, irritant gases or chemicals, and environmental toxins can all cause irritant [conjunctivitis](#).


## Help for Conjunctivitis (Pink Eye)

The **treatment of conjunctivitis** depends on the **symptoms of pink eye** and what caused the condition. While some cases of [conjunctivitis](#) disappear without treatment, or are adequately healed with home-care methods, others tend to be more severe and may require more specific diagnosis and treatment. In all cases, soothing techniques such as a warm compress applied to the eye will help to reduce discomfort.



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### Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

# Various Treatments for Conjunctivitis

## Medical Treatment

[Conjunctivitis](#) caused by **viral and bacterial infections** is usually treated with topical antibiotic ointments or eye drops containing sodium to prevent secondary bacterial infections. In cases where the [conjunctivitis](#) is related to herpes simplex, gonorrhea or Chlamydia, special precautions need to be taken, and your physician may even refer you to an ophthalmologist.

In the case of **allergic conjunctivitis**, your doctor may prescribe oral anti-histamines. However, these may dry the eyes, causing further complications. It is important to investigate all possible side effects of any medication your doctor may recommend and make an informed decision on what treatment will best suit your condition.

## Home Care

Saline eye drops can be used to soothe the **discomfort of conjunctivitis**, as will a warm cloth held over the eyelid. In the case of allergic [conjunctivitis](#), it is important to find and remove or distance yourself from the source of the allergy, and you should try not to touch or rub the eyes.

A cold compress will **ease itchiness and provide some relief**. It is also a good idea to use an eye wash (using purified water) regularly throughout the day to speed up recovery. However, make sure that it is well-sterilized before hand, and if both eyes are infected, a separate eye washer should be used for each eye (or it should be re-sterilized between each use).

## A Holistic Approach

Treating [conjunctivitis](#) is important, especially in cases where the condition is severe. If left untreated, [conjunctivitis](#) may become a recurrent problem or serious damage may be caused to eye tissue.

For this reason, it is essential to take an active approach towards your health and incorporate **natural healing remedies**, with a healthy diet and a few immune-boosting techniques that will have your eyes looking bright again in no time! The immune system plays an essential role in fighting off any infection, and so giving it a helping hand should be your first step of action.

## Natural Remedies for Conjunctivitis

Conjunctivitis, like many eye ailments, is frustrating and bothersome. Luckily, nature has a few effective **herbal and homeopathic remedies** that help with **overall eye health** and swift recovery.

**Herbal ingredients** such as Aspalathus linearis (Rooibos) and Sutherlandia frutescens are powerful anti-oxidants and help to maintain a healthy supply of blood, oxygen and essential nutrients to the eye – all of which are essential to the rapid recovery from any eye condition.

Another essential herb commonly used for eye health is Vaccinium myrtillus (bilberry), which is used to **strengthen eye capillaries, prevent eye-related disease** and infection, and restore the eyes to their healthy, bright and problem-free state.

## Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

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## Tips for Treating Conjunctivitis

In addition, there are a few **natural ways to help provide relief** and promote faster healing without any unwanted side-effects.

- Add a few drops of honey to your eye wash, as honey has antibacterial properties. Honey will also soothe the eye and promote faster healing.
- Grate a potato and place on the affected eye for 15 minutes. Potato is a natural astringent and will help reduce eye inflammation.
- Replace the water of your eyewash or compress with warm milk.
- For itchy eyes, try cooled tea bags on the eyes. The tannin in tea will help sooth itchiness and reduce inflammation. Using chamomile tea bags is an even better idea, as chamomile is well-known as an effective eye tonic.

## Tips for the Prevention of Conjunctivitis

**Conjunctivitis is highly contagious** and it can easily be spread to your other eye, other people, and to yourself again once the initial infection has cleared. For this reason, a few precautions should always be taken if you or someone you know has conjunctivitis:

- Don't share towels, pillows, or washcloths with others, especially if they have [conjunctivitis](#) or other viral and bacterial conditions such as cold sores.
- Change pillowcases and wash towels and bedding frequently.
- Use immune system boosters to **to help prevent infection** as well as to encourage faster healing.
- As much as you may want to, refrain from touching your eyes! If your eyes are itchy, use a clean compress for quick relief.
- Wash your hands thoroughly before and after touching your eyes.
- Seek medical attention if you develop [conjunctivitis](#) when you have a cold sore, as herpes simplex-related [conjunctivitis](#) is a serious condition.
- Discard any make-up used when you had [conjunctivitis](#), as it may be contaminated, and this is an easy way to spread it again.
- If you wear contact lenses, switch to glasses until your eyes have completely healed.
- Wear sunglasses outdoors, as sunlight irritates [pink eye](#).

## The Natural Approach

While Western medicine has become the norm in many cultures, it is **not the only treatment option**. Conventional Western medicine (often called allopathic or orthodox medicine) is the system of medicine taught at most medical schools, and many pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that only a few decades ago, homeopathic, herbal and other natural medicines were commonly available and freely used-- even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that **both have a role to**



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## play in the treatment program.

Natural medicine has often been frowned upon by conventional doctors, especially by those who do not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby **providing doctors with a wider range of treatment options** from which to choose. In many countries, especially in Europe, India and China, **natural and homeopathic medicines are commonly prescribed** by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the **body has an innate capacity to heal itself**. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a **unique and independent form of medicine** in their own right, well able to **treat a variety of conditions**. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine. This encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a **holistic way to support health, relieve symptoms and prevent future disease**. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to **support health** (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer. In many cases, **holistic medicine can accomplish just as much**, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, **natural medicines can work quickly and safely to promote healing**.

In many cases, they can **succeed where pharmaceutical drugs have failed**. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a **long history of usage** and there is a **wealth of empirical evidence** to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to **support the extensive traditional and empirical evidence behind natural medicines**.

It is also important to know that, like any medicine, herbal and homeopathic medicines **must be manufactured in the correct way**, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately, **not all of them are equipped to manufacture to the correct standards**, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and

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1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

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giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While '**standardized**' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have **grave disadvantages**, including an increase in side effects, as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which **retains the benefits of ALL the active ingredients within the herb** as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, **always choose wisely**. Research what is best for you. If you have a chronic or life-threatening condition, don't make changes without first discussing them with your doctor, in order that your condition may be monitored. **Well-informed and supportive practitioners will support patients** who want to take responsibility for their own health.

## **Related Natural Remedies:**

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Vizu-All Plus is a 100% safe, non-addictive natural herbal remedy formulated by our team of natural health experts. Vizu-All Plus can be used consistently to safely **support visual health and encourage circulation to the eyes**, while promoting overall systemic and immune system health.

Vizu-All Plus supports the healthy functioning of the eye, thereby helping to maintain routine visual health both day and night, as well as encouraging blood flow to the optical nerve and surrounding tissues. Vizu-All Plus can make all the difference, without compromising health and **without serious side effects**.

The ingredients in Vizu-All Plus have been selected for their ability to **help support circulatory and tissue health**, particularly of the feet and hands. It also encourages the maintenance of healthy blood flow to the brain to prevent age-related absent-mindedness and to support healthy levels of oxygen and nutrients to the brain.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

**[Learn more about Vizu-All Plus](#)**

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ImmunityPlus is a 100% safe, non-addictive natural herbal remedy formulated to safely maintain the **health and systemic balance of the immune system**, without harmful side effects and stimulants.

ImmunityPlus contains a selection of herbs known for their supportive function in maintaining immune system health and well-being. It supports the healthy functioning of the immune system, thereby helping to maintain the **natural defense against pathogens** and optimum performance.

As we grow older, we sometimes begin to notice that our immune systems are not as good as they used to be. ImmunityPlus can especially benefit those individuals needing to support routine immune strength to guard against common conditions associated with the maturing of cells.

ImmunityPlus can be used consistently, without compromising health and **not causing serious side effects**, to help maintain the body's natural ability to fight viral and bacterial infections-- while also supporting healthy convalescence.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bioavailability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about ImmunityPlus](#)

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## Alternative Healing Academy

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With the increasing popularity of aromatherapy, reflexology, color & crystal therapy and a return to a more holistic lifestyle, people have begun searching for ways to earn more money; expand their skills; improve the health of themselves, friends & family; and increase their knowledge of alternative medicine.

The Alternative Healing Academy has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

A Doctor of Reflexology with The Alternative Healing Academy is teaching classes with curriculum very similar to the Reflexology Practitioner Course and the Basic Aromatherapy at her local community college.

Our holistic health courses were developed by professionals in the Holistic Health Care field trained in the following modalities: Aromatherapy, Advanced/Master Aromatherapy, Reiki, Tuning Fork Therapy, Color and Crystal Therapy, Homeopathy, Herbalism, and Advanced Reflexology.

Furthermore, since we at the Alternative Healing Academy also realize that not everyone wants to make alternative medicine a career choice, we also offer [basic courses](#) as well as several [Mini Courses](#) which will teach you the skills you need to help improve the health and quality of life for yourself, your family and your friends.

[Check out our Affordable Payment Plans!](#)



All graduates of an Alternative Healing Academy home study course will receive a 20% discount off [AHHA Practitioner Membership](#) if they meet qualifying criteria and join within six months of their graduation date.

## About Our Courses

Would you like to learn accurate, detailed aromatherapy, reflexology and/or color & crystal therapy information at your own pace in the comfort of your home? Would you like to become certified in Reflexology, Aromatherapy or Color and Crystal Therapy? An Alternative Healing Academy Distance Learning Course could be what you're looking for...

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Aromatherapy Manufacturer,  
Massage Center, Holistic Center, Day Spa, or any type of Salon

If you are a practitioner:

Massage Therapist, Esthetician, Chiropractor, Nurse, Herbalist,  
Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,  
Doula, Midwife, Energy Worker

If you are interested in personal development or improving the health of yourself and your family - these courses are also for you!

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Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?



Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified.' We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official

title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists) and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully

illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced Reflexology Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.



## Course Testimonials

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*"I'm done! Going through the final and the case studies and having such amazing experiences and opportunities to help people, I truly feel blessed and honored to have had the intense education that came with this course. I discovered in me a new ability to serve others, not only through education but through the power of healing that comes with the use of essential oils. I am continuing to train personally with Alexandria Brighton and have begun work toward opening an aromatherapy practice. Thank you so much for your patience and knowledge. Most of all thank you for this new way of living and enjoying Life."*

-A. Lindquist - Advanced Aromatherapy Practitioner

*"I am finding the course great. It is written very well so even people like me can understand the human body a whole lot better. I just hope that I can remember it all. I don't think I have a chance of remembering the names of everything in the muscular system or the movement system. But, I do have more of an understanding of how everything works now. I find it just amazing. Thanks Heaps."*

-M. Oliver - Basic Anatomy & Physiology

*"This information is great that you are teaching. I would really like to talk my oldest daughter into taking your course. It really goes into detail which is very informative."*

-Debbie F. - Basic Reflexology

*"Seven years ago I started to see a reflexologist for migraines and sinus problems. I was amazed that I finally found relief without medication. I decided this year to search out a course in reflexology so I could help family and friends and show them the benefits of reflexology. I researched various courses on the internet and decided to go with the basic course through the Alternative Healing Academy. I was impressed with course material and the ease of receiving the course material."*

*"I was given an choice of having a CD sent to me or to receiving and sending back the assignments through email. I choose email. I received 3 lessons at a time that I could read and study on my own time frame and return the lessons when I was done. Everything was sent in a very timely manner and communication was open and quick. If I needed help, I knew it was only a click away and the response time was very quick. The techniques used also came in a video mode in the email that I could replay as much as I needed to."*

*"I felt I learned a lot and am able to help myself and others. Being able to log 20 hours of treatment time and writing the case histories for the final exam was extremely rewarding and helpful. I would recommend this course to others interested in reflexology because the course material was very informative and complete and written in easy to understand language."*

-Jean Russell - Basic Reflexology Course

*"I'm so excited about (the Advanced Aromatherapy course) and I'm particularly excited about the possibility of making custom blends for people! I hadn't anticipated having that opportunity when I took the course so I'm excited to have everything done! I'm very excited to have finished. I really enjoyed this course and really appreciate all the work you've put into it! This has been a fabulous jumping off point for me and I'm so glad I took it."*

*"p.s. I know the boys are much slower at the Reflexology, but my son is loving the classes."*

-Megan P. - Advanced Aromatherapy Course

# Our Associations

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Organizational Member of the American Holistic Health Association - <http://www.ahha.org/>

Professional & Business Member of the National Association of Holistic Aromatherapy - <http://www.naha.org/>

Professional Member of the International Reflexology Association - <http://www.holisticbenefits.com/ima/international-reflexology-association.html>

Professional Member of the International Aromatherapy Association - <http://www.internationalaromatherapyassociation.com/>

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