

Natural Help 4...

Eye Floaters



What are Floaters?

A [floater](#) is the term commonly used to describe **small spots in your field of vision**. [Floaters](#) cast shadows over the retina (the light-sensitive inner layer of the eye) and the retina in turn then sends visual signals to the brain, resulting in an image being seen.

This causes the person to see **small specks that move slowly before the eyes**, particularly in certain lights and against certain backgrounds. For instance, when you look at a plain background like a blue sky, you may often see [floaters](#). They can be seen in various forms, as dots, specks, threads or cobwebs.

So what exactly are **floaters in the eye**? There is a clear, gel-like fluid called vitreous humor inside your eye. If some of this vitreous gel clumps together, you may see [floaters](#). It often seems as though they dart away when you try to focus on them and look at them. Although they may be bothersome, [floaters do eventually become less noticeable and are benign](#). They are usually most common amongst the elderly and nearsighted people.

Problems Associated with Floaters

Degenerative changes occur in the vitreous that shrink and may detach it from the retina. This can cause a small amount of bleeding and is particularly common amongst people who are nearsighted or have had cataract surgery. [Floaters that are caused by bleeding](#) from an abnormal growth of blood vessels can lead to hemorrhages inside the eye.

Abnormal blood vessel growth can also lead to scar tissue that tends to shrink and this shrinkage causes wrinkling, dragging, distortion, detachment or tearing of the retina.

Diagnosing Floaters

A [floater](#) occurs when a spot or shadowy shape passes in front of your field of vision or to the side. **People may also suffer from light flashes**. Light flashes refer to the false sensation that light is flashing into the eye. Shaped like a line or an arc, light flashes may appear to shoot in a certain direction.

Flashes may also occur in the side of the side of the field of vision and even if your eyes are closed, light flashes can be seen. They are bright and last for a very short time.

Flashes of light may also occur in older people and may be a sign of a detached

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retina. These flashes are caused by the mechanical stimulation of photoreceptors when the vitreous sometimes tugs on the light-sensitive retina. Although they are usually benign and common, **floaters can be signs of a serious condition such as retinal tears, hemorrhaging due to diabetes, high blood pressure or uveitis** (a kind of eye inflammation).

What Causes Floaters?

Floaters in the eye are due to the natural aging process of the eye.

Help for Floaters

If **floaters persist and symptoms are worrying**, it is advisable to have a thorough eye examination. Generally, if the number of **floaters in the eye** have increased or worsened, you should have it diagnosed and treated as quickly as possible. In most cases, **floaters** do not require treatment because eventually they do disappear.

When **floaters** appear in your line of vision, you should try to move your eye around or try looking up or down to move the **floaters**. There are no medications available to treat **floaters**. However, if **floaters** occur as a result of inflammatory eye disease, certain medications may be prescribed to treat the inflammation.

In more severe cases, surgery may be needed to remove **floaters** and prevent blindness. Surgical options include procedures such as vitrectomy and laser eye treatments like conventional LASIK are performed. Vitrectomy helps to remove scar tissue, clear blood and debris from the eye while LASIK corrects visual impairment.

Natural Remedies for Floaters

Natural and holistic treatments are also beneficial in treating the symptoms of **floaters**. **Treatments for eye floaters** include hypnosis, acupuncture as well as herbal and homeopathic remedies and have been found to be highly effective. Natural and holistic **treatments for eye floaters** that use herbal and homeopathic remedies are gentle without the harmful effects of conventional medicine.

Many **treatments for eye floaters** feature herbs such *Vaccinium myrtillus* (bilberry) which improve the circulation in the blood vessels of the eye and also help to facilitate delivery of essential oxygen and nutrients. *Aspalathus linearis* (Rooibos) can be used as an effective all round tonic and restorative, with additional benefits of maintaining digestive health and liver functioning. *Sutherlandia frutescens* has excellent adaptogenic properties as well anti-oxidant effects.

Remember to always ensure your natural remedies are sourced from reputable companies for maximum safety, therapeutic dosage and effectiveness.

The Natural Approach



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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.

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

Natural medicine has often been frowned on by conventional doctors, especially by those who did 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, which 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 and that, 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

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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 – 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. These include 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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