

# Natural Help 4...

## Eye Infection



### What is an Eye Infection?

An [eye infection](#) is usually an extremely bothersome condition that causes much discomfort. Caused by viruses and bacteria entering the eye, [eye infections](#) **affect people of all ages** (especially those with weak immune systems and can be highly contagious).

There are many different types, the most common being [pink eye](#) blepharitis, and styes (infection of the tiny oil glands on the edge of the eyelids.)

### Diagnosing an Eye Infection

The [symptoms of an eye infection](#) will depend on the type of infection and the area of the eye that is infected.

### What are the Symptoms of an Eye Infection?

Some common symptoms include:

- Persistent itching
- Eye discomfort
- Eye discharge that may become crusty at night
- Teary eyes
- Blurred vision
- Swelling and redness
- Eye pain
- Eye inflammation
- Flaking skin surrounding the eyes or on the eye lids

### What Causes an Eye Infection?

While the eyes are constantly exposed to a variety of germs, bacteria, and viruses, sometimes the **body's defenses fail and an [eye infection](#) can result.** [Eye infections](#) are most commonly spread by hand-to-eye contact, infections traveling from the sinuses, or through poor eye hygiene (especially contact-lens hygiene).

Other causes include complications from eye surgery, eye trauma, immune deficiency, or other eye problems or illness that result in bacteria or viral growth.

### Help for an Eye Infection

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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.

## Conventional Medical Treatment

While some [eye infections](#) are relatively harmless, others can be more serious and require medical attention. If left untreated, serious [eye infections](#) can cause **irreversible damage** to delicate eye tissue and vision may be permanently impaired. General practitioners will usually prescribe a topical solution or ointment for treatment of an [eye infection](#) or antibiotic eye drops.

It is important to make sure you know all the side effects of any medication you may be considering, as sometimes the medical treatment can cause further complications such as dry eyes.

## Home Care

During healing time, it is important not to touch or rub the eyes, so try using a cool or warm compress to **relieve discomfort and any itchiness**. Make a warm or cold compress by using a clean cloth or cotton swab, use only boiled or purified water to wet the cloth, and place this on the closed eye. A warm compress typically helps to reduce discomfort, while a cold compress works well to reduce itchiness and eye inflammation.

## Natural Remedies

[Eye infections](#) are bothersome and frustrating conditions, and while most simply need to run their course, there are a few herbal and homeopathic remedies that can help speed recovery as well as prevent **reoccurrence of the infection**. A commonly used herb that is known to promote eye health is Vaccinium myrtillus (bilberry), which is used to strengthen eye capillaries, **prevent eye-related disease and infection**, and heal a number of eye conditions.

Other herbal ingredients such as Aspalathus linearis (Rooibos) and Sutherlandia frutescens also work as effective anti-oxidants and assist in maintaining a healthy supply of blood, oxygen, and **essential nutrients to the eye** – all of which are essential for the rapid recovery from any [eye infection](#).

In addition to herbs specifically used for eye health, it is highly recommended to add a few ingredients that act as an immune system booster System Booster. A strong and healthy immune system is vital in protecting against and **fighting off any infection**, including infections of the eye. Herbs well known for **supporting the immune system** include Echinacea, Olea europea, and Astragalus membranaceus, while Propolis (a bee product) has been used for many years as an immune system strengthener.

## Tips on How to Avoid Eye Infections

- **Always wash your hands** before and after touching your eyes or face.
- **Don't share eye makeup** with other people.
- **Replace old eye makeup**. Most eye makeup has an expiration date of 6 months, and should be replaced thereafter to avoid eye irritation.
- **If you do get an infection**, then don't use eye makeup until it has fully healed. In addition, you should throw away eye makeup used just before the infection so as to make sure you do not re-infect yourself.



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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.

- **Practice good eye hygiene** when using contact lenses. Do not share contact lens equipment, containers, or solutions and do not wear contact lenses until the infection has healed. After this, make sure you thoroughly clean your contacts before wearing them again, and replace your contact lens case.
- **Don't share eye drops.**
- **Do not share towels**, linens, pillows, or handkerchiefs and wash your own linen and towels regularly.
- **Wear eye protection** such as sunglasses when in the sun, wind, or cold to prevent eye irritation.
- **Always wear safety goggles** when working with chemicals or certain work equipment.

## 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 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

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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 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 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:**

**Immunity Plus:** For full immune system support for adults and teens



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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 Immunity Plus](#)

**Kiddie Boost**: Support healthy immune functioning in children.

KiddieBoost is a 100% safe and natural formula containing carefully selected herbal ingredients known for their **tonic effects on the immune system**, as well as their high safety profile in children's remedies, compared to possibly harsh antibiotic side effects in children.

When children attend school, daycare, or preschool, they are particularly prone to picking up viruses and bugs. To help protect their immune systems, KiddieBoost has been specifically formulated to **strengthen child's immune system** from the age of 12 months. KiddieBoost comes in a convenient drop formula that is easy to administer to children.

KiddieBoost is developed with care by our team of specialists, is 100% natural, and manufactured according to the highest pharmaceutical standards using the **whole spectrum method** of herbal extraction.

This method ensures 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 Kiddie Boost](#)

Read the testimonials for these quality products [here](#)!

### **Six Good Reasons to choose Native Remedies as your trusted suppliers of herbal & homeopathic remedies:**

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.

6) We offer an unconditional [One Year Money Back Guarantee](#).



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