

# Natural Help 4...

# Eye Problems



## What are Eye Problems?

As we all know, the eyes are the organs responsible for sight. The eye is a sensitive organ, with only a small layer of skin (the eyelid), some hair (the eyebrow) and eye fluid or tears to protect it!

This is why **various triggers can cause serious eye irritation**. Factors such as wind, environmental pollutants and toxins, allergies, and bright light can cause **common eye problems** such as bloodshot red eyes, inflamed eyes, dry eyes, itchy eyes or eye strain.

## What Causes Eye Problems?

**Common eye problems** can be caused or exacerbated by certain conditions – such as Glaucoma in the case of diabetes. Other times, **common eye problems** are caused due to **eye infections** such as Conjunctivitis and Episcleritis. Certain ocular diseases can even come from sexually transmitted diseases such as herpes and genital warts. If contact between the eye and area of infection occurs, the STD can be transmitted to the eye.

**Eye problems can also be age-related** in cases involving Bitot's Spots, Cataracts, Floaters and in more severe cases, Macular Degeneration.

## Help for Eye Problems

Many **natural remedies for eye infections** have been formulated with specific ingredients to **promote eye health and visual efficiency** thus preventing **common eye problems**. One such herb is Vaccinium myrtillus (bilberry) which is known for its ability to maintain the strength of the tiny blood vessels of the eye and help facilitate delivery of essential oxygen and nutrients to the eye.

Other **natural remedies for eye infections** such as Aspalathus linearis (Rooibos) (found only on the slopes of the Cedarberg mountains in the Western Cape of South Africa) and Sutherlandia frutescens are able to combat free radicals and support homeostasis in the body, thereby **supporting the health of the eye**.

Make sure to source your **natural remedies for eye infections** from a reputable company that uses full spectrum extraction method for the maximum benefits of homeopathic remedies.

## Tips for Eye Health

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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.


- **Have an annual check-up** by an eye care professional. If you have a family history of eye disease, diabetes, or high blood pressure, you may need to visit a specialist twice a year.
- **Consult your doctor immediately** if you notice any changes in your vision. This may include double or blurred vision, halos around lights, parts of letters or words missing from a printed page, difficulty judging depth perception on stairs or curbs, faded or distorted print, washed-out or faded colors, inability to see faces clearly, difficulty seeing when going from light to dark, sparks of light appearing off to the side, sudden pain in one or both eyes, or sudden appearance of "floaters" in your line of vision.
- **Protect your eyes from harmful light** and irritants such as ultraviolet (UV) rays, dust, wind and bright lights and be sure to wear sunglasses that protect your eyes from UV rays. Take care to avoid accidental injury to the eyes by wearing protective goggles when doing yard work, using power tools or playing sports. Remember, if a foreign body enters your eye, **DO NOT RUB your eye!** Rather, wash it with plenty of water. If acid or any other chemical gets into your eyes, wash them straight away with plenty of water and seek emergency care (emergency room visit) or see your doctor immediately.
- **Eat a healthy diet.** Research suggests that antioxidants (leafy green vegetables and citrus fruits), carotenoids (carrots, kale and spinach), zinc (beef, pork and lamb), and selenium (fish, shellfish and red meat) play a beneficial role in helping to reduce the severity and likelihood of certain age-related eye diseases.
- **Make sure there is sufficient light** for any task, especially when reading. Use common sense when watching television or working at a computer and blink your eyes frequently while watching a program. Do not turn off the lights in the room! Give your eyes a break every half hour if you are watching a long program. People who work long hours at the computer often complain of double vision, temporary shortsightedness and visual fatigue. Periodically, break your concentration, look up from the screen and focus on an object in the distance to reduce eye fatigue.

## 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



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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.

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 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

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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:**

**Vizu-All Plus:** Natural remedy for visual and circulatory health.

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.

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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, while encouraging 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!

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