

Natural Help 4...

Eye Inflammation



What is Eye Inflammation?

An inflammation of the eye generally occurs in response to viral or bacterial infection, allergies, environmental irritants, surgery or trauma. While most cases of [eye inflammation](#) are not too serious it is important to control the severity of the inflammation as well as the duration to be sure to avoid any scarring and permanent damage.

Because the eyes are such delicate organs, even a small amount of scar tissue can cause irreversible visual impairment.

Types of Eye Inflammations

There are many different types of [eye inflammations](#) depending on what area of the eye becomes inflamed, each condition differing in its symptoms and severity:

- **Conjunctivitis** - commonly known as pinkeye, conjunctivitis is an inflammation of the conjunctiva which is the clear membrane that covers the outermost layer of the eye and the inner surface of the eyelids. Many causes are associated with this condition including bacterial and viral infections, allergies and eye irritants.
- **Episcleritis** - an inflammatory condition of the episclera which is the connective tissue between the conjunctiva and sclera. The cause of episcleritis is uncertain.
- **Blepharitis** – an inflammation of the eyelids, often as the result of poor hygiene, chronically dry eyes or oily skin.
- **Keratitis** – an inflammation of the cornea region of the eye. This is often caused by bacterial or fungal infections and is increasingly prevalent in those with poor contact lens hygiene.
- **Uveitis** – an inflammation of the eyeball which is generally considered to be one of the more serious forms of [eye inflammation](#). There are also a number of types of Uveitis depending on what area of the eye ball is infected and these may include: Iritis, Cyclitis, Retinitis and Choroiditis.
- **Scleritis** - an inflammation of the sclera or white of the eye.

Diagnosing Eye Inflammation

The symptoms of an [eye inflammation](#) are generally fairly noticeable and may include visible swelling, sensations of heat and pain and redness, all of which are caused by an increased flow of blood to the affected area.

What Causes Eye Inflammation?

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

[Eye inflammations](#) can be caused by a variety of factors, and sometimes it takes a professional diagnosis for insight into the source.

Common Causes of Eye Inflammations

- Overuse of prescription and over the counter eye drops. Many people use eye drops to soothe mildly irritated eyes and prolonged use can cause a “rebound affect”. This is when your eyes become sore and irritated until you use the drops again, thus creating a kind of dependency on the eye drop affect.
- A deficiency of vitamin A may make you more susceptible to eye infections and other eye problems.
- Allergies are a fairly common cause of [eye inflammation](#) and can cause persistent eye irritation. Allergic rhinitis triggered by pollen, seasonal changes, house dust-mites, molds or pets can often result in itchy and inflamed eyes.
- Contact lens use may cause inflammation or infection, especially if hygienic measures are not taken. Hands should be washed before putting in and taking our contact lenses, the correct solution should be used and proper storage methods kept. Problems also occur when particles get trapped between the lens and the eye, causing irritation, or the lenses are worn too long.
- Some illnesses such as measles, herpes, and diabetes may cause [eye inflammation](#). Sexually transmitted diseases are also easily spread to the eye area.
- Sometimes foreign matter or foreign substances such as dust, grit or plant-sap gets trapped under the eyelid causing inflammation and discomfort.
- The use of certain eye cosmetics, and cosmetics that have exceeded their expiry date.
- Surgery, trauma, or injury to the eye.
- Inflammatory conditions such as lupus, arthritis and irritable bowel syndrome
- Viral and bacterial infections

Help for Eye Inflammation

Help and treatment of [eye inflammations](#) depends on what area of the eye is inflamed, the severity and the cause of the condition. While some [eye inflammations](#), such as those caused by allergies, are generally not serious, others such Scleritis and Uveitis often need prompt medical attention.

Conventional Medical Treatment

Medical treatment ranges from antibiotic eye lotions and drops, to over the counter solutions, antihistamine tablets and corticosteroids depending on cause and type of [eye inflammation](#). It is important to make sure you know all the side effects of any medication you may be considering as sometimes the medical treatment causes more complications than the actual [eye inflammation](#)!

Home Care

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



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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.

compress typically helps to reduce discomfort, while a cold compress works well to reduce itchiness and inflammation.

Natural Remedies for Eye Inflammation

In many cases, [eye inflammations](#) are a bother more than anything else and tend to go away soon enough. Some cases however, are more serious and should be treated accordingly. Whatever the cause, nature has a few effective herbal and homeopathic remedies that can help with over-all eye health thus promoting recovery and preventing complications to begin with! A well known and commonly used herb 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 a problem-free state. Other herbal ingredients such as Aspalathus linearis (Rooibos) and Sutherlandia frutescens work as effective anti-oxidants and assist 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.

A strong and healthy immune system is vital in protecting against any infection, including infections of the eye. Herbs well known for their tonic effect on 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 Inflammation

[Eye inflammation](#) and infections are fairly easily prevented. Just by taking a few precautions, you can avoid many bothersome eye conditions:

- Wash your hands before and after touching your eyes or face.
- Do not share eye makeup, and make sure you throw out any eye make-up older than 6 months. If you have had a viral or bacterial eye infection, throw the make-up that you used during this period out as it may be contaminated.
- If you have allergies, try your best to avoid allergens and keep an allergy-free living environment. Avoid foods that trigger reactions.
- Do not share contact lens equipment, containers, or solutions and ensure that you keep the lenses sterile.
- Never use saliva in place of contact solution.
- Don't share towels, pillows, or washcloths with others, especially if they have an eye infection or other viral and bacterial condition such as cold sores.
- Change pillowcases and wash towels and bedding frequently.
- Use immune system boosters to boost your immune system to help prevent infection as well as to encourage faster healing.

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

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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 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



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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:

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

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