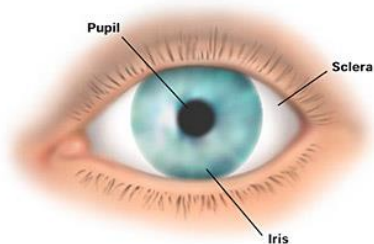


# EYE AILMENTS

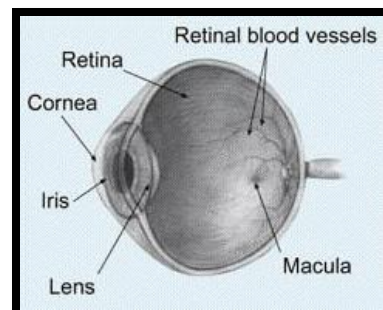


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## Definition



Any problem affecting the eyes such as glaucoma, cataracts, poor vision, conjunctivitis, etc.



## Sty

Inflammation of one or more of the sebaceous glands of the eyelids. Painful and swollen eyelids.



### Cause

Toxic poison accumulation, conjunctivitis, foreign particle, poor vision, cataracts, glaucoma.

**Sty:** Apply a hot fomentation of strong sarsaparilla tea over the eye.

**Sty:** Place a fomentation of mullein leaves, red raspberry leaves, golden seal, slippery elm, lobelia and marshmallow root over the eye.

Apply for one hour each, a fresh application three or more times a day, or leave on all night, until healed.



## Herbal Aids

**Ophthalmic** (*sore eye, inflammation of the eye*). See formula using raspberry, agrimony, eyebright and buckbean.

**Ophthalmia, Eye Inflammation:** Apply the compound oil to the eye on cotton using formula of oil of rue and olive oil



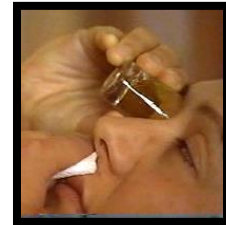
**Herbal Eyewash: (Herbal Eyebright)** This formula is excellent for brightening and healing eyes, and it is known to remove the cataracts and heavy film from the eyes. See formula using bayberry, cayenne, eyebright, golden seal and red raspberry leaves.

**Dr. Christopher's Eyewash: (Herbal Eyebright)** this formula is excellent for brightening and healing the eyes, and it is known to remove the cataracts and heavy film from the eyes:



Add 5-10 drops of tincture into a glass eye cup with distilled water.

There will be a slight burning sensation when using the cayenne in the eye at first, but there is nothing to be concerned about.

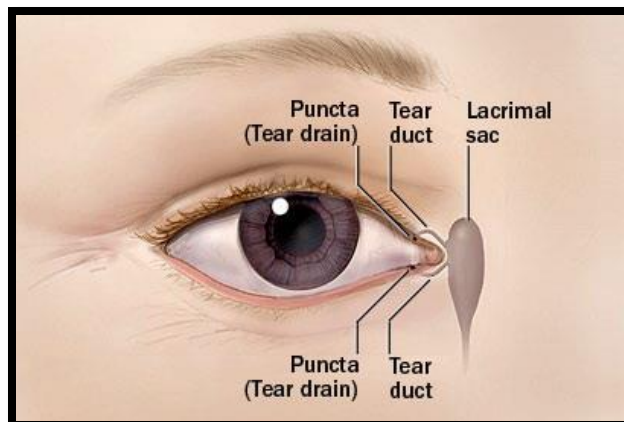


Tip head back and apply the eye cup to eye. Exercise eye while doing this as though you were swimming under water.

Do this three to six times a day. Drink ½ tsp of tonic in hot water twice a day.

## This Formula Has Aided Many Sty Cases.

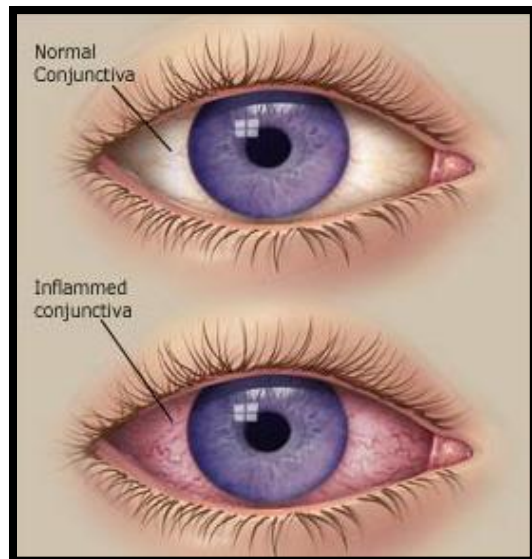
**Baby Clogged Eye Duct:** If your baby has an eye infection which is not gonorrhea you can suspect a plugged tear duct. Many mothers gently massage the area and/or wash it with eyebright and golden seal tea, which sometimes helps open the duct. If it doesn't open after a couple of months, you may wish to go to a good eye doctor for surgical opening of the duct.



**Conjunctivitis:** Some babies--and children--get pinkeye or conjunctivitis. To treat this eye infection, wash the eye with a strong solution (5-15 drops) of Eyebright Formula & Distilled water in an eye cup.

*Some midwives suggest flooding the eyes with mother's milk, which contains antibodies. I have tried this with my seven-year-old, who had caught a neighborhood infection of pinkeye. I flooded his eyes with my milk several times a day, and his infection cleared up fast. He thought it was pretty funny, too.*

**Foreign Particles:** If you get a foreign particle in your eye, or if your eyes become red and irritated, you can wash them with The Herbal Eyebright Eye Wash, or a simple tea of red raspberry leaves. These teas astringe and heal the irritated surface.



### **Is There a Natural Way to Remove Scar Tissue From the Cornea of the Eye Caused by Viral Infection (Herpes Simplex)?**

**Answer:** To work on the scar tissue in the eye which results from such an infection one needs to use Eyebright Eyewash Combination. *See Instructions for usage on previous page.*

**The Herpes simplex of course must be cleaned from the system by proper diet and the use of a good purifying tea.**

- 1) Three times each day drink a cup of burdock root tea (*Arctium lappa*).
- 2) Continue taking this tea for six days a week for a period of six weeks.
- 3) After six weeks change this infusion to an Ephedra herb tea (also known as Brigham tea, desert herb or Mormon tea). Take the Ephedra tea again for six days of each week for another six week period.
- 4) You will continue rotating the different teas at six week intervals.
- 5) To every cup of tea that you take add six to ten drops of tincture of lobelia.
- 6) Also take three fifteen grain chaparral tablets along with each cup of tea.

### ***Is There Any Help for Eye Muscle Degeneration?***

**Answer:** The herbs in the eye wash combination which I recommend as one of cell-proliferation. They have a special affinity for feeding the cell structures around the eyes themselves.

One of the herbs was named "eyebright" many years ago, because people discovered the fact that this herb was helpful for ailing eyes.

Each of the other herbs in this combination has its own way of helping improve the eye. These herbs are chosen as a good food for strengthening and rebuilding of the muscles in the eyes.

"I Have Been Using the Herbal Eyebright for Several Months now. I have followed the instructions exactly. **Is there anything else I can do to help speed this along?**"

**Answer:** In order for any herbal combination to be effective, the body must be in good working condition. This would include using the lower bowel combination and strictly following the mucusless diet.

In addition it is also important to improve the circulation to the head area. This can be accomplished by laying your head down on a slant board each day. Gradually work up to 20 minutes twice a day.

Note: There is also a tendency for the eyesight to seem to worsen for a while. This is due to the toxins being released from the system and coming to the surface of the eye to be washed away. This also indicates that the lower bowel formula should be used as a means for keeping the eliminative channels open.



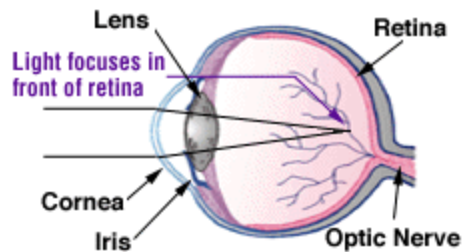
## Cayenne and the Eyes



Dr. Christopher related the humorous story of a very fine student of his who had begun teaching herb classes on his own. This young man happened to precede Dr. Christopher's lecture one evening in Arizona. The young man said, "You know, ladies and gentlemen, that Dr. Christopher has always made me gasp. I've seen him drink two or three tablespoons of Cayenne in water--and I'd just shudder. But tonight I'm going to do something that he may have never done himself." With that, he reached down into a container of Cayenne and threw a pinch right into his eye. Dr. Christopher thought that the man must have gone crazy and he was concerned that one of his students would do such a thing in public, although he knew that Cayenne can never hurt the cell structure, no matter how delicate it is. The tears ran down the man's cheek as he continued talking, and when he was finished, he opened his eye and invited everyone to look. The eye just sparkled; it was by far

the brighter of the two, although Dr. Christopher said that he never had seen this antic performed again--and that he never dared to try it himself!

**Near-Sightedness and Far-Sightedness with Herbal Eyebright:** Dr. Christopher said that, oddly enough, it took longer to correct near-sightedness and far-sightedness than blindness or cataracts or glaucoma.

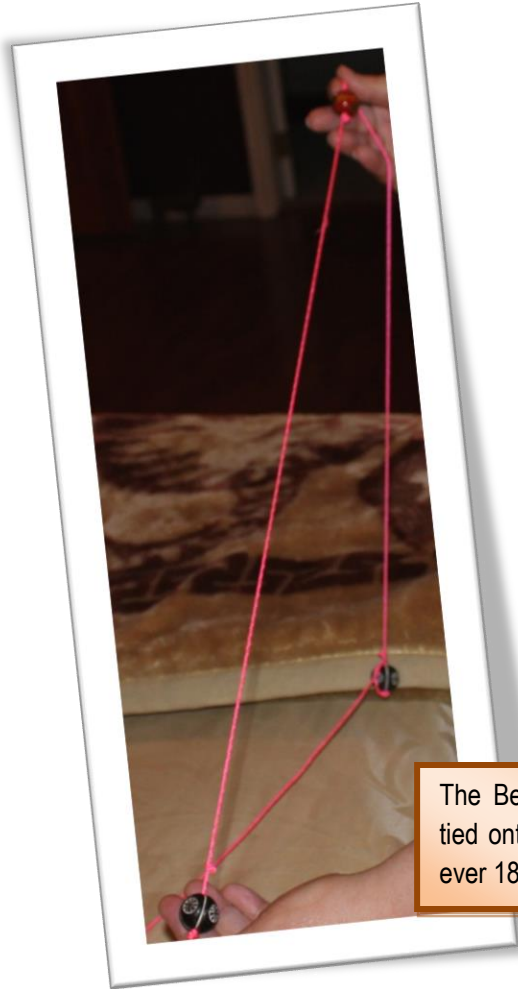


## Eye Exercise

Here is an excellent way to strengthen the muscle in your eyes. All the muscles in our bodies need exercise including those that control eye movement. Below you will find a set of instruction for making your own **Eye Exerciser**.

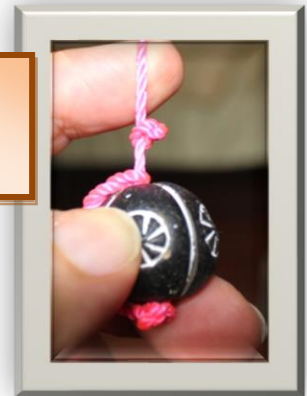
### Items you will need

- ✓ **10 feet of string**
- ✓ **4 or 5 large buttons or beads**

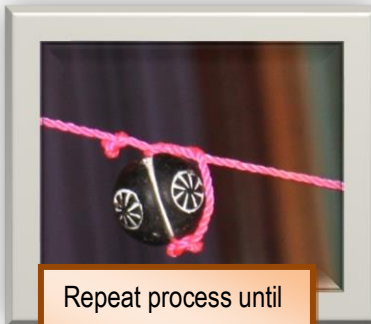


The Beads will be tied onto the string ever 18 inches.

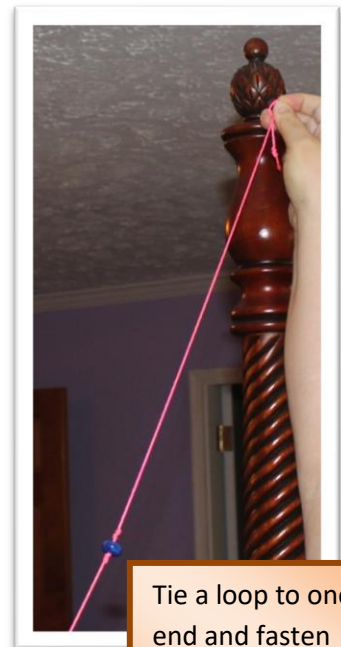
To do this tie a fat knot in the string where the first bead should be.



Now slide the bead into place and tie a second knot just under it to hold it in place.



Repeat process until all beads have been placed.

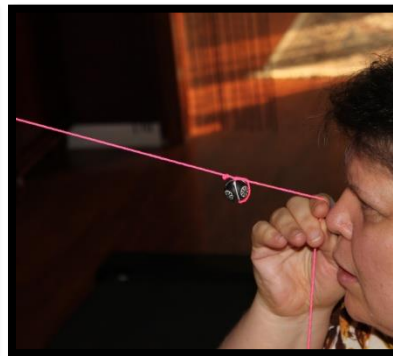


Tie a loop to one end and fasten to a high point in the room.

## Using your Eye Exerciser



Extend string to full length while seated comfortably in a favorite chair or on the floor.



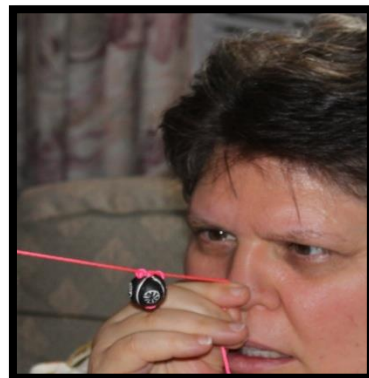
Draw first bead as close to your nose as you can and still focus clearly. If your eyes muscles are weak you may end up holding the bead a good foot away from your nose.



When focusing on bead the String in the background will become a "V". You should see two strings coming off the bead you are focusing on.



Step 2: Focus clearly on the 2<sup>nd</sup> Bead. You may have to work at getting a clear focus.



Step 3: Focus clearly again on 1<sup>st</sup> bead.



Step 4: Focus clearly on 3<sup>rd</sup> bead. Back to 1<sup>st</sup> then to 4<sup>th</sup> bead. Continue going back to the 1<sup>st</sup> each time.

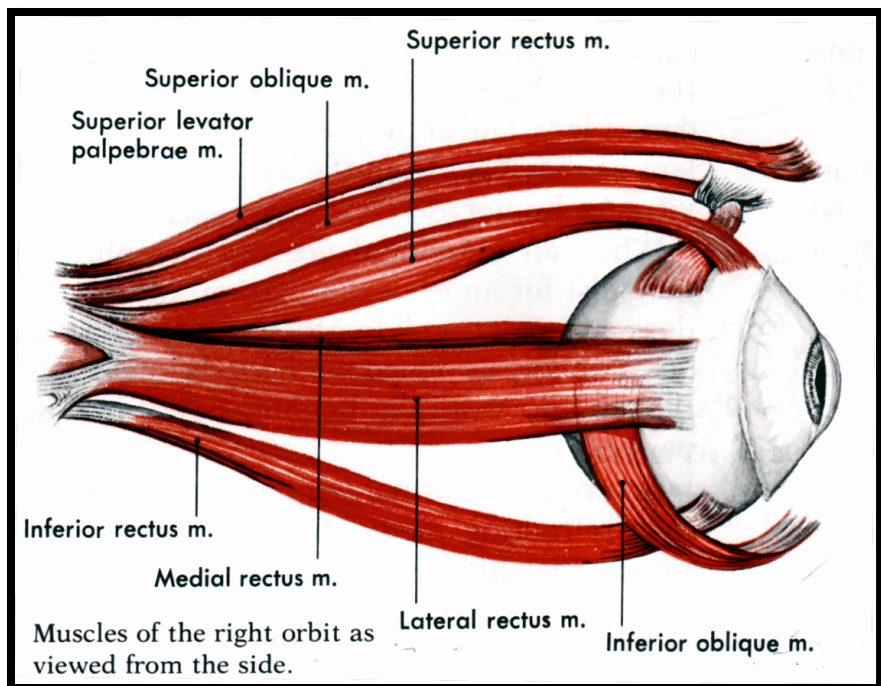
Continue moving up and down the beads until you feel the workout. As you continue to do this you will find the bead drawing closer and closer to your nose until you can focus clearly on the bead when placed directly against the nose. Doing this routine along with the Eyebright eye flush will greatly benefit the eye function.

## Eye Muscles Movements

A given extra-ocular muscle moves the pupil, at the front of the eye, in a specific direction or directions, as follows:

- **medial rectus (MR)**—
  - moves the eye inward, toward the nose (adduction)
- **lateral rectus (LR)**—
  - moves the eye outward, away from the nose (abduction)
- **superior rectus (SR)**—
  - primarily moves the eye upward (elevation)
  - secondarily rotates the top of the eye toward the nose (intorsion)
  - tertiarily moves the eye inward (adduction)
- **inferior rectus (IR)**—
  - primarily moves the eye downward (depression)
  - secondarily rotates the top of the eye away from the nose (extorsion)
  - tertiarily moves the eye inward (adduction)
- **superior oblique (SO)**—
  - primarily rotates the top of the eye toward the nose (intorsion)
  - secondarily moves the eye downward (depression)
  - tertiarily moves the eye outward (abduction)
- **inferior oblique (IO)**—
  - primarily rotates the top of the eye away from the nose (extorsion)
  - secondarily moves the eye upward (elevation)
  - tertiarily moves the eye outward (abduction)

The primary muscle that moves an eye in a given direction is known as the “agonist.” A muscle in the same eye that moves the eye in the same direction as the agonist is known as a “synergist,” while the muscle in the same eye that moves the eye in the opposite direction of the agonist is the “antagonist.” According to “Sherrington’s Law,” increased innervation to any agonist muscle is accompanied by a corresponding decrease in innervation to its antagonist muscle(s).



## Testimonials

**Carrot Juice:** A young man came to us wanting help. He wanted to become an Air Force Pilot with the government but was turned down because of bad eyesight. He had passed everything else with high grades, but the answer was still "no," because of poor eyesight. When he asked the medical doctor if he could try again later, he was laughed at and told this condition could not be changed. He persisted and so was given a three-months return date. We had him "clean his bowels," go on the mucusless diet after the three-day cleanse, and then drink one quart or more of freshly-made carrot juice each day, six days each week. He was to use nothing but distilled water on the seventh day. In three months he returned for another eye examination at the Air Force Agency, and this time was given the approval with a "clean bill of health" and "good eyesight."



**Vision Restored:** Dr. Christopher was sitting in his office in Evanston, Wyoming one day, and in walked an elderly, white-haired woman with a little child leading her. The woman was completely blind, and the little child brought her right up to the desk. The woman said she had been blind for over ten years, not able to see anything, using a child or a seeing-eye dog to find her way around. Lately she had heard about Dr. Christopher's eyebright formula and wanted to know if it could help her. Dr. Christopher could not promise her anything, but he said it had done much good and never any harm. He told her about the mucusless diet, because everything works better when you have a cleaner body, and she began the eyewash formula **Herbal Eyebright**. She kept visiting Dr. Christopher regularly, and he gave her adjustments and other therapies.



One day, she came into the waiting room and into the office, without a Seeing Eye dog or child. She smiled and said, "Hello Doctor." This was the first time, she said, that she knew what he looked like--just like she had pictured him, she said. She had her eyesight back, truly thrilled, because for ten years she had been walking in a blind world.

"I want to show you how my eyes have healed," she said. She walked over and picked up a book off his desk and read the title on the outside. She opened the book and read several verses.

Dr. Christopher commented that most blind people feel hopeless, but there is hope. Thousands have had their eyesight improved with the eyewash routine.

When people become blind from cataracts, glaucoma, near- or far-sightedness, there are no two cases alike. Not everyone can be cured, Dr. Christopher stressed. A brother-in-law of his had a torn retina, and the program could not help him at all. Even medical science could do nothing. He had laser beam treatments and other things, but without success. But others who had had the same condition have been healed. Some people who have been born blind have been able to see. Two adults and one infant the Dr. Christopher recalls were born blind, and were later able to see, thanks to this program.

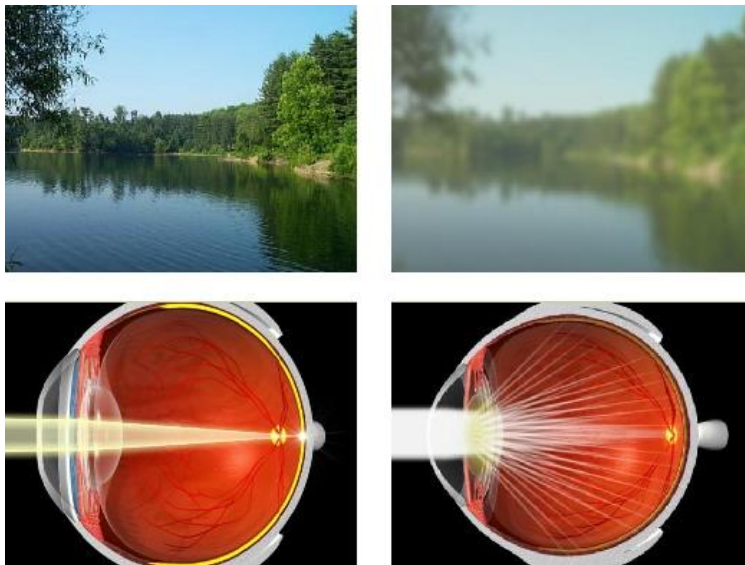


**Cataracts Disappear:** A lady with cataracts had been blind for a number of years, and yet in nine days she had her full sight back. This astounded Dr. Christopher, for it to have happened so fast. Other people go on the program for as long as three years, and though they then can see better than before, they have not been completely healed. Others clear in a matter of months--it varies with the individual.



**Dry Eyes and Cataracts:** I have had bad eye trouble for two or three years. The beginning of cataracts on both eyes, I had the jel break in both eyes--at that time my eyes were so terribly dry that I would have to lift the eyelids off my eyes in the morning with my fingers. My vision was getting real bad. I have been taking exercises for my eyes, using the eye wash and taking the Eye Wash Formula. My eyes are much, much improved. I am positive that the cataracts will be completely dissolved. Thank God for you and the wonderful work you are doing.

**Cataracts, Glaucoma and Bad Vision:** I was diagnosed as having a fast growing cataract in my right eye and a build-up of pressure in both eyes causing glaucoma. I then found in Newsletter #19 all about Herbal Eyewash [Herbal Eyebright] and capsules, which I ordered and received on November 4. I immediately started using both three times a day--with marvelous results. Within three days I could see through my new glasses, bi-focals. I hadn't been able to since I got the new glasses which had stronger vision for distance and weaker bi-focals. So I had to change to my old glasses for my bookkeeping work and the new ones for driving. Suddenly I realized I forgot to change them when I sat down at my desk at my office (because I was seeing figures perfectly, I had forgotten I had them on). Then within two weeks I suddenly realized I could see much farther with the bad eye with the cataract, when I could not see with it at all before. All along small pieces of mucus is coming out of my eyes many times daily. Before using eyewash, I couldn't stand driving after dark as the car headlights, tail lights, signal lights and street lights all had huge halos around them of flashing red, yellow and green, very scary. So I had to be very careful not to leave my office so I would get home after dark. Now the halos have disappeared and I see only a tail on each light which I think looks like only a small part of a halo and I take that to mean my eyes are improving. I am very happy with continuing improvement and have full confidence that my cataract and glaucoma will be cured. I have started two friends using it too, and they both tell me they are having good improvements too. Neither have cataracts or glaucoma, but they do have weak eyes and wear glasses.

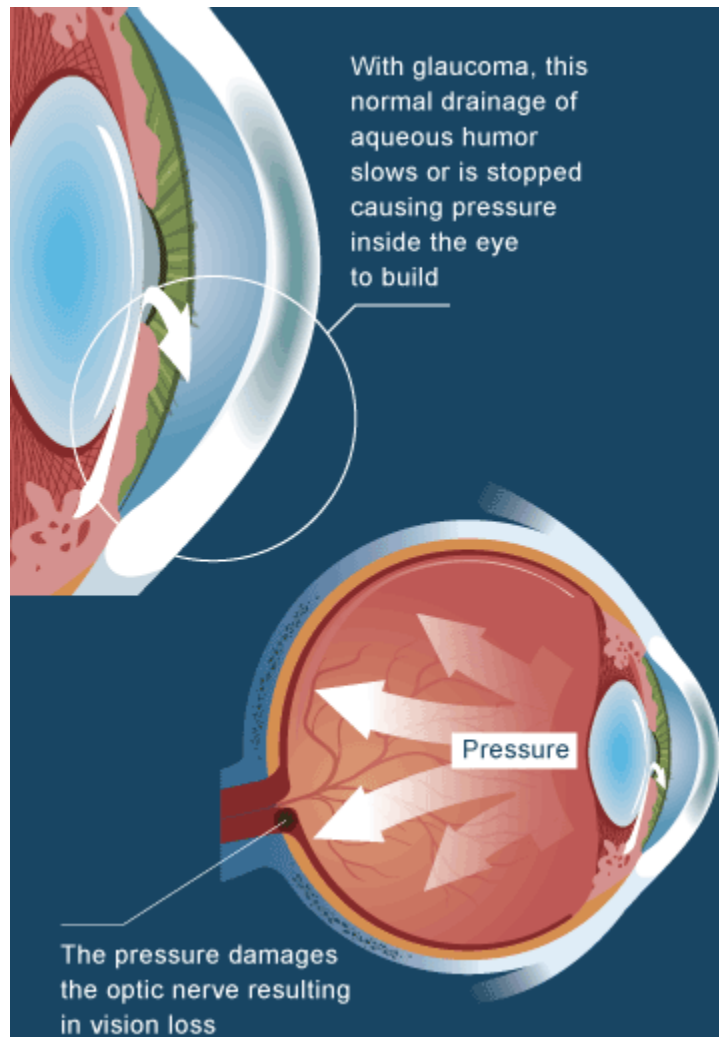


**Subretinal Hemorrhage:** My right eye went bad last January, diagnosed as "subretinal hemorrhage" which left me with probably 20-30% vision. Since using the Eyebright Formula, I now have 70 or 80% vision. Miracle Medicines-God's wonderful herbs.

**Glaucoma Disappears:** I have a friend who had had eight major surgeries. She lived in constant pain, very seldom was she able to go places and her physician had told her there was nothing more they could do.

She went on Dr. Christopher's Three Day Cleanse and Mucusless Diet. She started on herbs to cleanse the colon, the blood Cayenne, Calc tea, Yucca AR, Herbal Eyebright, etc. In a matter of about three weeks, her pain was gone. She was able to start living again. In about 3 or 4 months her arthritis left her.

She had had glaucoma for 13 years. Her glaucoma medicine was making her ill, so she went to her eye specialist. He tested her and said there is not even a trace of glaucoma left. There is virtually no cure for glaucoma, how did you do it. Her reply was thru herbs and diet. She was told whatever it is, don't stop it. He took her off her glaucoma medication, and a special pair of glasses. She now tells me her eyes have improved so much that she can now watch TV without glasses, which she never before had done. She started on this program less than a year ago. Her dark brown eyes are now turning green. She has a ways yet to go, but she is really living again. She is a composer and this past holiday season, had a Christmas Album published.



**Eye Pain:** The eyebright combination [Herbal Eyebright] has brought good results for a very severe pain behind one eye. (I have had this for over two years and the doctors have been unable to find the cause).

**Vision Restored in Only Remaining Eye:** I am a firm believer in Herbs for better health. I first heard about Dr. Christopher's Natural Herbal Formulas thru the Healthview Newsletter several years ago, and, I might add have had wonderful results from Dr. Christopher's Herbal Eye wash - even tho my ophthalmologist laughed when I mentioned it to him and stated it as quackery.

I have only one eye, and, the remaining had cataract removal with an inter-ocular lens inserted - still my vision was poor - reading about your Herbal Eyewash gave me hope - my ophthalmologist's's statement did not deter my desire to try it even though I was cautioned about possible injury to my only eye left.

I only use the eye wash once each day - when retiring for the night. The burning is rough, but, the results are gratifying. I go see my ophthalmologist's once every 6 months. My last visit was May 14,1980 - after my eye examination my ophthalmologist said, "Holy Hell, Bill, your eye examination is going backwards" - I knew what he meant, but I thought I would ask -"What do you mean, backwards?" - "Why you need less stronger glasses. You only missed 3 letters on the bottom line - and the bottom line is 20-20 eye vision." So you see I am sold on Dr. Christopher's Herbal Eyewash [Herbal Eyebright]

## Using Eyebright Tincture to Flush the Eyes



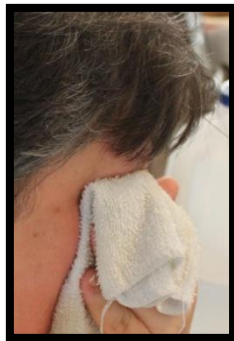
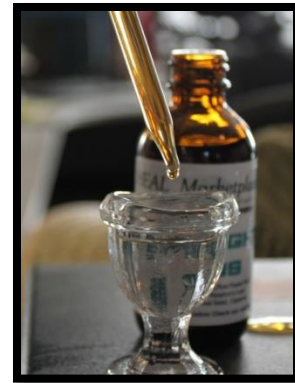
### Items Needed:

- ✓ Eyebright Extract
- ✓ 1 or 2 Eye cups
- ✓ Distilled Water
- ✓ Cold Wet Wash Cloth



### Preparation:

- ✓ Add Distilled water
- ✓ Add Eyebright Drops
- ✓ Wet Cloth with water
- ✓ Set in comfortable chair



### Flushing the eyes:

- ✓ Flush first eye
- ✓ While flushing move eye up and down and from left to right.
- ✓ When Finished Cover eye with cool damp wash cloth.
- ✓ Flush Second eye following same procedure as before.
- ✓ Cover both eyes with cloth until it is again comfortable to open them. This could take from 1 to several minutes. Relax and allow the healing to happen.

**Eighty-Two Year Old Get Drivers License:** "I began using Dr. Christopher's herbal eyewash Herbal Eyebright. In a few weeks I could read fine print without glasses, even though two years ago I had been told I had cataracts on both eyes.

I had them tested again in January, and the cataract on my right eye was gone. The doctor OK'd the paper for my driver's license. I am eighty-two."

**Takes Off Glasses Worn 40 Years Never To Put Them On Again:** "In less than 3 months, thanks to Dr. Christopher, I received my best Christmas present ever. On December 23rd 1978, after using eyewash since 10-10-78, 5 to 8 times daily and enjoying it burning and running down my face, I took off my glasses after 40 plus years, never to put them on again. When I looked in the telephone book and realized I could see names and numbers, I started calling some friends. They had said that when I started using Dr. Christopher's eye mix with cayenne [Herbal Eyebright], that within 4 months, if I was not blind using a white stick and a lead dog, they would consider using it also. Already, five have started.

**Woman's Vision Improves:** "Yes, that's what happened when I suggested to ten of my patients with chronic eye problems to try it, and see what happens.

By the way, one of them happens to be my own mother of 79, she was on the eyewash [Herbal Eyebright] and the capsule for three days and then left for Florida to visit her sister. Oh yes, she also has cataracts. Three others do also, but I must tell you about my mother. I called her in Florida about a week after she had left and asked her how her eyes were coming along, and she said to me I think I am going blind. Blind I said, what do you mean? Isn't your eyesight a little brighter at least? Oh yes, she replied, but sometimes I cannot read the paper at all and everything gets blurry and my eyes are always watering.

I asked her if she had taken her old glasses along with her, as I told her to do and she said yes. I said to her, lay the phone down and get them and a newspaper and come back to the phone which she did, but before she came back, I could hear her scream "I can see myself in the mirror". When she came back to the phone, she didn't bother to bring a newspaper with her, all I heard was that she could see herself clear in the mirror.

I told her before she left if there is a change in her eyesight to try one of her old glasses, which she forgot to do. Meantime, her eyes had gotten stronger and her present glasses were the wrong prescription.

Well, she sure knows now that she isn't going blind.

**Cold Washrag Helps After Eyewash:** I have been using Dr. John R. Christopher's eyewash [Herbal Eyebright] for seven going on eight weeks now. My eyes at first were so bad I couldn't even see my own face in the mirror clearly, without standing three inches from it. Now I can sit and watch TV and its clear across the room, and I can see clearly enough now, I can tell who the actors are! I also found at the beginning a cold washrag put to the eye, after it is washed, helps relieve the stinging. And it took me up to now to have any of my mucus or pus come out, and it pours out. I surely say it is worth every effort, because I know it works."

**Floater Disappears:** I have been using your Eyebright [Herbal Eyebright] 3-5 times daily. Before using eyebright, my lids hurt when I tried to open them in the morning. Now it does not take as long for the pain to vanish. This is a great help and comfort and I thank you. **The "floater" in my left eye has vanished.**

