



New Vitality

Holistic health from a biblical perspective



How to Make an Herbal Eyewash:

Ancient people associated eyebright with the eyes because of the similarity of the red lines to the blood vessels in the sclera of the eyes. This herb is traditionally used for treatment of any eye disorder, including cataracts, glaucoma and infections.

In a clean cup, empty the contents of 1 capsule of EW. Add 2-3 ounces very HOT water, making a tea. Allow to cool to room temp, then pour through a coffee filter. Store in refrigerator, up to 3 days.

Use an eye dropper to instill 3 drops in each eye several times per day (12-15 times is not too much!). After 2-3 days, rest from eye washing for 4-5 days, then make a new batch and begin again.

Aside from being said to correct cataracts, which are within the lens of the eye, this eye wash would be beneficial for people who work around a lot of dust and debris (farming, welding, construction, etc.). The eye wash will cleanse away fat and cholesterol from cornea making vision clearer and brighter! Good for pink eye too!