



Name Eyebright Mixture

Tea

Code	Size	Duration
T17	50g	Lasts for 14-28 days

Area concerned

Eyes

Ingredients

Eyebright, Raspberry Leaf, Bayberry, Golden Seal, Buckwheat Leaves.

Description

Eyebright Mixture works very well to soothe and support the eyes. Its main ingredient is eyebright - a herb specifically to benefit the eyes - with buckwheat which helps the arterioles (small arteries) and Golden Seal for its benefits for the immune system.

Standard use

Make a tea with the mixture. Strain well, and apply to eyes using an eyebath, 3-6 times a day, for six days a week. Wash out the eyebath with boiling water and allow to cool before and after use, and before using for the second eye.

How long to take it for

Use for a week or two if sufficient; or for a course of 3-4 months or longer, as you feel is appropriate.

Cautions

None

Companion Products

Echinacea Capsules or Drops; Echinacea Compound Capsules.

Tea