

Eye Challenges

Although there are a lot of different names for eye problems, in my research I found that they broke down into just a few categories and that everything in the category was treated essentially the same, so I have chosen to combine all eye problems into one article.

Note: All essential oils referred to in this article are Be Young brand of essential oils. Their oils are tested for impurities and synthetics and are EOBBB guaranteed to be pure. I do not recommend any other oil brand for use in or close to the eyes.

Eye Infections

There are a lot of different eye infections. By far, the most common is conjunctivitis or pink eye. If you have something different you may want to visit with a doctor, your vision is nothing to take lightly. If you have an eye infection that is accompanied by rapid swelling of the eye—get to the emergency room! There is an aggressive eye infection, most often seen in Arizona that if left unchecked can take an eye within 24 hours. Most eye infections are very slow progressing, so if it moves fast, you move fast to a doctor.

If your eyes are gunky or if you have pink eye, follow this recipe:

1 drop of Tea Tree

9 drops of Grapeseed oil

Mix together and take one drop of your mix and put in the eye. It will sting about like Visine™ stings. Your vision will be kind of like you're underwater. Keep blinking and it will slowly clear up. Do this once a day until it clears up. If you have put off dealing with it or you feel like it has a good foothold, you can replace the tea Tree in the recipe with Lavender and it will make it a little stronger.

If you have a sty:

1 drop Tea Tree

1 drop Lavender

6 drops of carrier

Mix together and use one drop of your mixture on the sty.

If your eyes are simply itchy or scratchy, try diffusing some Tea Tree, it will often take care of the problem.

Glaucoma, Cataracts, Macular Degeneration, Eye Floaters

(Note: If your eye problem involves nerves, for example drooping eyelids or peripheral neuropathy, add Helichrysum in as another layer to what is listed below.)

For all of these types of eye problems you use the following three oils:

- Eye Vision blend
- Frankincense
- Bay Laurel

You are going to layer these three oils on your face beneath the eye (not in the eye). When you layer, you apply one oil, wait approximately 30 seconds, then apply the next oil, wait again, and apply the last oil. If, at any time, the oils feel warm or hot, apply some grapeseed or other carrier oil to slow down the essential oil's absorption.

Always rotate points when dealing with eyes in order to avoid sensitivity.

- Day one, apply essential oils below the eyes.

- Day two, apply essential oils to the points on the hands that correspond with the eyes. These points are on the pads of your pointer and middle fingers. If you were typing, it would be where the fingers touch the keyboard to press the d, f, j, and k keys.
- Day three, apply essential oils to the points on the feet that correspond with the eyes. The eyes on the feet are on the two toes closest to the big toe, right on the pads of the toes (just like the fingers, only they're toes).
- Day four, apply essential oils to the points on the ears that correspond with the eyes. This is on the earlobe, generally right around where most people have their ears pierced (a touch above and back, at least on my ears). You can use an auricular pen to get it exactly or just dab your essential oils on your earlobes and you will get it.
- Another good place is the back of the neck, along the hairline. This helps get the oils to the brain. Generally, after applying the essential oil to my spot for the day (let's say I just put the oils on my toes), I will just rub my fingers along the back of my neck along the hairline so that any residual essential oil gets put there.

A note, you do need to be persistent and consistent with this. Apply the essential oils 1-3 times daily. If you can only get in once a day, before going to bed is the best time. Generally speaking, most people will be able to see some sort of improvement in 3-5 weeks.

Most people will ask how long it will take. That depends upon you, how far advanced your eye problem is, how persistent and consistent you are with the oils, and how you treat your body. Take good care of yourself and it will show. One lady was going blind, she did the above procedure faithfully, every night, for one and a half years, and today she doesn't even need glasses.

It's bound to happen—what do you do if you accidentally get a little essential oil in your eye? (I generally do this when I rub my eye after applying essential oils.) It hurts, it burns, and your eye tears. Your first instinct will be to flush your eyes with water. Resist that impulse! It will make your eyes burn more! Apply some grapeseed or other carrier oil to your eyes; this will slow down the rate of absorption and help ease the pain.

Eye Strain

Eyestrain symptoms abound in this world of computer screens, televisions, caller id, texting, games, and more. Some symptoms that your eyes are experiencing strain include: blurred vision, difficulty in focusing, seeing specks, double vision, burning or sore eyes, headaches, tiredness, watery eyes, red eyes, bags in the eye, essentially any eye discomfort. Essential oils can help—especially those that are calming or any of the oils discussed in this article, but you also need to address your environment. Some suggestions are:

- Have you tried soft white or natural light bulbs? I used to have light bulbs in my home office that were in the yellow light spectrum, and then someone suggested I try a blue light spectrum bulb. (They come in all sizes of bulbs, long fluorescent tubes to regular style light bulbs.) Oh, I'll never go back! I still have a few yellow bulbs, but they're slowly being used up in my outdoor lights. All lighting indoors is now the blue bulbs, it's so much kinder to the eyes.
- Do you run a diffuser with essential oils? Make sure if you run one a lot that you are paying attention to your oils. Some of the oils are pretty strong. You don't want to diffuse Oregano except in very short periods. Spice for Life blend is another one that shouldn't be diffused for more than 15 minutes at a time. Essentially, if the oils are one that is termed "hot" it shouldn't be diffused for long periods of time. My favorite oils to diffuse are emotional. Romance blend or Bergamot is right up there at the top of the list. Emotional stress can often be eliminated by diffusing the right essential oils.
- Make sure your work areas are properly lit; your computer screen should not be brighter than the general work environment as this only increases eyestrain.
- If your work environment is dry, make sure you are drinking plenty of water and use a diffuser to put moisture in the air.

Many of us work at computers all day or use other visual screens. As these all use electricity, they give off positive ions. We are seeing higher and higher levels of positive ions in offices. These can damage our cells. Some of the oils that increase the effectiveness of negative ions (to help even out our exposure) are:

- Cypress
- Lemon
- Orange
- Bergamot
- Pine (found in the Breathe, Defence, and Eye Vision blends by Be Young)
- Cedarwood
- Sandalwood

It is interesting to note that these oils are a great list of essential oils from trees. What is more refreshing and replenishing than a walk in the forest? Diffuse these oils in your home or office to help refresh and replenish the good health of your body. An additional interesting note is that the Be Young oil blend Eye Vision is a blend of tree oils, and it is exceptional for eye problems!

(Note: Some of the above oils—Lemon, Orange, and Bergamot—are citrus oils. Citrus oils can cause photosensitivity in some individuals. Do not apply them to skin that will be exposed to the sun in the next 24 hours. You can put them on the bottom of your feet (assuming you'll be wearing shoes) or someplace on your body you will be covering with clothing and you'll be fine. Some people do not have the photosensitivity, but it's better to be safe than sorry.)

General Vision Problems

Did you know that your vision and your lymph are directly connected? When you start having challenges with your eyes it is often simply a matter of the lymph system not working properly. If you get trapped blood proteins behind your eyes (that normally would be cleaned up by your lymph system) they can change the shape of your eyes. That is what astigmatism is. You have fluid or trapped blood proteins behind your eye(s) that are applying pressure and changing the shape of your eye. It is a natural part of aging, but not something you have to put up with. It's also a good idea to take care of it so that you can avoid other problems like glaucoma down the road.

First, get started on the Liver Cleanse. (1 drop of Lemon essential oil and 1 drop of Peppermint essential oil in 1 teaspoon-1 Tablespoon of fresh lemon juice taken upon rising every morning. For more information see the Liver Cleanse article in our website library.)

Next, begin introducing Bay Laurel to your life. You can apply it following the directions listed above in the Glaucoma section or you can apply it to your whole body using a Body Brushing technique. (More information on Body Brushing can also be found in our library.) Or you can simply apply it to the bottoms of the feet on a daily basis. You'll be amazed at the changes this will make in your life. I like to apply it to the bottoms of my feet before exercising, it makes the workout more effective and I have more stamina.

If your eyes are hard to focus or have lots of drainage, chances are that you have trapped blood proteins behind the eyes.

Cosmetic Problems: Wrinkles, Crow's Feet, Dark Circles, Puffy eyes, etc.

First, start the Liver Cleanse, giving your liver the help that it needs will make it so that toxins aren't eliminated through your skin.

Oils that are good to use around the eyes:

- Bay Laurel (helps keep lymph flowing)
- Chamomile, German
- Clary Sage

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- Cypress
- Eucalyptus
- Eye Vision Blend (great for anything to do with the eyes)
- Fennel
- Frankincense (just incredible for eyes)
- Geranium (helps prevent and heal retinal bleeding)
- Lavender
- Lemon
- Lemongrass
- Peppermint (for allergic eyes—don't use around eyes, unless you want watery eyes, generally apply to the back of the neck along the hairline)
- Quiet Scent Blend
- Sandalwood
- Venus Blend

Dr. John Christopher, a noted herbalist, swears by cayenne as being of great benefit to the eyes. He teaches to use one teaspoon of powdered cayenne to one cup of water, stir until dissolved, then use as an eyewash. To do this get an eye cup, fill it with the cayenne water, cover the eye with the eye cup and open your eye, moving it around under the water, kind of like you're swimming. Do this three times or more a day. Yes, it will sting; many people have used this procedure and reported the clearing of cataracts, glaucoma, and even the restoration of sight that was lost to an injury. Thousands of people have been able to throw their eyeglasses away by using this procedure.

Whether you use essential oils or the cayenne your body will be releasing toxins. You may wake up with your eyes glued together; you may experience tearing, puss, a discharge, etc. Your eyes may even get a little worse before they get better. The key is persistence.

I have a lot of people who are concerned about the color of the gunk they get out of their eyes, the large amounts, some say what is released is like tar others complain about constant liquid drainage. Some will experience puffiness, swelling, and itching, while others have little to no distressing experiences. We need to remember that our eyes are exposed to some of the most toxic substances (makeup, contacts, eye drops, radiation from computer screens, UV rays, etc) and receive the least amount of attention. I know that I had a detox from my eyes in the form of clear tears, (after doing a respiratory cleanse) but they felt like acid coming down my face. The tears wouldn't stop and my cheeks were red and burning. I used Loving Care blend with Message carrier oil on the face to help with the pain there and backed off all other oils except liver cleanse. I taught an essential oil class that night and no one had a clue that a few hours before my whole face was on fire, the tears, however, continued for three more days. I repeated this experience about a month later when I resumed the respiratory cleanse. I backed off again, increased the liver cleanse and Masaji. When I tried the respiratory cleanse again about a month later my eyes were fine.

Hopefully I have covered your eye problem in this article, but if I haven't, feel free to give us a call or drop us an e-mail. Again, I would like to remind you that the eyes are nothing to take lightly, if you feel you need to visit a doctor, do so, and don't EVER use an essential oil in your eye that you are not 100% sure is 100% pure and safe! Generally speaking, I wouldn't use an essential oil that is stronger than Lavender or Tea Tree in the eye and ALWAYS dilute it down 90% (1 drop of essential oil to 9 drops of carrier oil, then use one drop of that mixture).

To order, for class information, or if you have questions contact:

Debby or Penny Swann
208-852-2295
www.TracesEtc.com