

Schüssler Express

#95



HEALTHY EYES – HOW SCHÜSSLER-SALTS MAY ASSIST

Chronic Problems require a greater Therapeutic Effort Approach according to the Stage of Inflammation

Eye problems mainly belong in professional hands, in particular for the correct diagnose. Moreover, Schüssler-Salts provide fast assistance for our visual organs to regain unclouded vision.

The most common eye problems are conjunctivitis, dry eyes, cataract, and glaucoma. Causes of conjunctivitis are either of mechanical nature – foreign objects, injuries; chemical or toxic sorts – acids, alkali, toxins, or bacterial or viral kinds – inflammation due to pathogens.

Anti-Inflammatory Minerals are Top Priority

In case of chemical and toxic triggers it is imperative to sluice the eye immediately. Foreign objects have to be carefully removed professionally, and suspected infections – redness of the eye, pain, purulent secretion – require an eye specialist's assistance.

The following minerals are important for conjunctivitis: No. 4 Potassium chloride 6X – infection with whitish secretion and gummy eyelids, No. 3 Ferrum phosphate 12X – red eyes, light inflammation and overstrained eyes, No. 17 Manganum sulfuricum 6x – red, painfully inflamed eyes, No. 6 Potassium sulphate 6X – inflammation with yellowish secretion, No. 22 Calcium carbonicum 6X together with No. 17 – infected eyes with itch, severe redness and in case of allergic reactions.

Additionally, eye drops (chemist) are also recommended for all acute and chronic eye problems. Another supportive measure for eye irritations and

conjunctivitis are eyewashes with eyebright tea (using and eyeglass).

Biochemic Creams

For minor eye injuries – also alongside medical treatment, No. 3 Ferrum phosphate cream is a most helpful and effective remedy. Cream is applied thinly on closed eyelids several times a day in case of infections.

Dry Eyes

Dry eyes constitute an irritant condition triggered by lacrimal deficiency and are accompanied by burning and itching. Possible causes are reduced lachrymation, side-effects from medications, hormone deficiency (estriol), or vitamin A or -D deficiency.

The most important mineral for dry eyes is No. 8 Sodium chloride 6X and also the No. 8 cream (applied to closed eyelids). Sodium chloride controls moisture penetration of the eyes. Temporary artificial lacrimal fluid (often contains hyaluronic acid and isotonic saline) may help to ease the problem.

Runny Eyes

Sudden runny eyes can have allergic causes or may be due to irritants or wind. In case of hay fever, runny eyes are a sign of inflamed conjunctiva, caused by a pathological and pollen-mediated reaction. Watering eyes, particularly caused by wind, require No. 8 Sodium chloride 6X – control of fluid balance. For lachrymation with sensation of pain No. 7 Magnesium phosphate 6X

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is recommended. And for burning edges of eyelids use No. 10 Sodium sulphate 6X.

Cataract

The term 'cataract' denotes any opacification of the ocular lens, due to a metabolic disorder whereby metabolic products become embedded in the lens, resulting in decreased and blurred vision, glare sensitivity and impaired colour vision.

German eye specialist Dr med Waterloh, has accomplished a recession of the opacification by using Schüssler-Salts. The important minerals are No. 1 Calcium fluoride 12X and No. 11 Silica 12X. For cataracts, in connections with rheumatic diseases or diabetes, minerals No. 9 sodium phosphate 6x and No. 10 Sodium sulphate 6X are beneficial, and in relation to dry eyes No. 8 Sodium chloride. Refractory cataracts, general weakness of the eye, and greyish-white-, also smeary looking pupils, No. 5 Potassium phosphate 6X alternating with No. 8 Sodium chloride 6X will assist.

Important, always seek professional advice!

Glaucoma

Glaucoma indicates increased pressure in the eye (intraocular pressure). Continued, and untreated pressure causes damage to the optic nerve and eventually blindness. Glaucoma is the most frequent cause of blindness. Causes are still widely unknown, but stress and anxiety can increase the intraocular pressure. Circulatory disorders, oxidative stress, metabolic disorders may also affect the pressure. Medicinally, the intraocular pressure is controlled, or reduced with beta blockers.

Intraocular Pressure

A normal intraocular pressure is between 10 and 21mmHg (millimetre of mercury). The intraocular pressure is determined with the help of an applanation tonometer according to Goldmann.

The following Schüssler-Salts are recommended: No. 7 Magnesium phosphate 6X, No. 8 Sodium chloride 6X, and No. 10 Sodium sulphate 6X – 3 tablets of each mineral per day, dissolved in the mouth.

Micronutrients for the Eye

Orthomolecular medicine specifically treats eye diseases with nutrients, e.g vitamins, minerals, enzymes etc., that are vital for the eyes. In case of glaucoma these are predominantly bioflavonoids, lipoic acid, vitamin C, omega-3 fatty acids, B-vitamins (B₆, folic acid, B₁₂), vitamin E. For cataract and general lens opacification, the minerals/trace-elements zinc and chromium are important, in particular for diabetic cataracts.

And finally, all eye diseases benefit from the highly recommended eye exercises according to Dr Bates. Various literature on eye exercises is widely available.

German Association of Biochemistry

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