

Natural Help 4...

Bloodshot Eyes



What are Bloodshot Eyes?

Bloodshot eyes is a term commonly used to describe **red eyes**, caused when the small blood vessels on the surface of the eye (sclera) become enlarged and congested with blood.

This occurs as a **result of insufficient oxygen supply** to the cornea or the tissues covering the eyes. Usually, **bloodshot eyes** are not really a cause for major concern, but if eye pain or impaired vision occurs, this may be an indication of a serious problem.

A variation of this condition is a bright red, uniformly dense bloody area which forms on the sclera as a result of a small amount of bleeding. This bloody blotch usually occurs upon waking up in the morning. It does not hurt but looks awful, and will clear within a few days. This bloody blotch is called a subconjunctival hemorrhage.

Diagnosing Bloodshot Eyes

If an episode of **bloodshot eyes** persists for longer than three days and/or you are experiencing any eye pain and vision problems, it is imperative that you consult a doctor who will determine the cause and help you find **relief for red eyes**.

The cause will be diagnosed by a detailed eye examination as well as your medical history. Your doctor may also perform a physical examination to rule out any other medical condition.

What Causes Bloodshot Eyes?

Common **causes of bloodshot eyes** include eyestrain, fatigue, and mechanical irritation. Environmental factors including extremely dry air and sun exposure, as well as an allergy, infection, trauma, improper diet, or the consumption of alcohol may also contribute to the appearance of **bloodshot eyes**. Deficiencies in Vitamin B2 (riboflavin), B6 (pyridoxine) and the amino acids histidine, lysine or phenylalanine can also bring about **bloodshot eyes**.

Other **causes of bloodshot eyes** include eye infections and eye inflammation, which cause redness, itching, pain and vision problems.

Possible Causes of Bloodshot Eyes

- Blepharitis

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Never disregard professional medical advice or delay in seeking it because of something you have read in this eBook or on ANY website.

- Conjunctivitis
- Corneal ulcers and infection
- Corneal abrasion
- Foreign bodies in the cornea and conjunctiva
- Iritis
- Ocular lacerations and intraocular foreign bodies
- Uveitis

Help for Bloodshot Eyes

In cases where fatigue or eyestrain are the **cause of bloodshot eyes**, treatment is generally not required. More serious cases of **bloodshot eyes** that do not clear up shortly may require you to **consult with an ophthalmologist**.

Eye drops are usually prescribed in order to provide **relief for red eyes**. Further yet, eyes may need irrigation with a normal saline solution to remove foreign bodies.

If **pink eye (conjunctivitis)** is diagnosed, avoid touching the infected area and rubbing the other eye, as this is a very contagious condition.

Natural Treatments for Bloodshot Eyes

Natural and holistic treatments can also provide a great sense of **relief for red eyes**. Herbal and homeopathic remedies are gentle, and can be of great benefit in **promoting healthy vision**.

Conventional treatment often includes harsh eye drops that can cause a dependency on the medication as well as side effects. This is not the case with herbal remedies. Herbs such as *Vaccinium myrtillus* (bilberry) help to facilitate delivery of essential oxygen and nutrients to the eye. This herb has been the subject of numerous research studies related to ocular health.

Aspalathus linearis (Rooibos) is a wonderful tonic for the immune system, and *Sutherlandia frutescens* has anti-oxidant effects and adaptogenic properties, thereby promoting eye health. Remember to **always ensure that your natural remedies are sourced from reputable companies** for maximum safety, therapeutic dosage and effectiveness.

Vizu-All Plus is a natural remedy that may help maintain healthy eyes and circulatory health. **Vizu-All Plus** may also promote visual health and support the eye and surrounding tissues, as well as support strength of blood capillaries in the eye.

Tips for Treating and Preventing Bloodshot Eyes

- Splash cold water over closed eyes to provide relief for **red eyes**
- Apply a cold compress (ice-pack wrapped in a towel) to the eyes
- Increase your intake of Vitamin A and B supplements
- **Causes of bloodshot eyes** such as cigarette smoke, chemical fumes, environmental toxins or sun exposure should be avoided
- Wear preservative-free contact lenses

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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

- Wear protective goggles if you are doing tasks that may produce airborne particles or dust (e.g. DIY).

The Natural Approach

While Western medicine has become the norm in many cultures, it is **not the only treatment option**. Conventional Western medicine (often called allopathic or orthodox medicine) is the system of medicine taught at most medical schools, and many pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that only a few decades ago, homeopathic, herbal and other natural medicines were commonly available and freely used-- even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that **both have a role to play in the treatment program**.

Natural medicine has often been frowned upon by conventional doctors, especially by those who do not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby **providing doctors with a wider range of treatment options** from which to choose. In many countries, especially in Europe, India and China, **natural and homeopathic medicines are commonly prescribed** by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the **body has an innate capacity to heal itself**. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a **unique and independent form of medicine** in their own right, well able to **treat a variety of conditions**. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine. This encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a **holistic way to support health, relieve symptoms and prevent future disease**. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to **support health** (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer. In many cases, **holistic medicine can accomplish just as much**, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are

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manufactured in the correct way, **natural medicines can work quickly and safely to promote healing.**

In many cases, they can **succeed where pharmaceutical drugs have failed.** Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a **long history of usage** and there is a **wealth of empirical evidence** to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to **support the extensive traditional and empirical evidence behind natural medicines.**

It is also important to know that, like any medicine, herbal and homeopathic medicines **must be manufactured in the correct way**, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately, **not all of them are equipped to manufacture to the correct standards**, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While **‘standardized’ extracts** may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have **grave disadvantages**, including an increase in side effects, as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which **retains the benefits of ALL the active ingredients within the herb** as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, **always choose wisely.** Research what is best for you. If you have a chronic or life-threatening condition, don’t make changes without first discussing them with your doctor, in order that your condition may be monitored. **Well-informed and supportive practitioners will support patients** who want to take responsibility for their own health.

Related Natural Remedies:

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1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee.](#)



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