

lesleybethune

My mother had very dry eyes for years and, despite seeing endless GPs, optometrists and eye specialists, nothing worked. In the end her corneas became so abraded she developed severe light intolerance (a symptom of eye injury), so she was reduced to sitting inside with curtains drawn, and sunglasses on. She went outside only in the evening, and was unable to drive at other times of the day, or read or watch TV. In short, such a seemingly trivial affliction was ruining her life.

I happened to go into a health shop in the UK while I was on holidays and was sold a product which contains Omega 7 (of which I'd never heard and which isn't mentioned in this article). Mum starting taking the suggested dosage just as she started attending a new Dry Eye Clinic - Mum's oil glands (from reading this article, they are the Meibomian glands) were actually plugged solid with lard-like fat, instead of being liquid oil, and the surface of her eyes were scratched from the constant poor lubrication. Mum had already been doing hot packs and drops but, of course, these are only short-acting mechanical interventions. Just a week after starting with the Omega 7s she told me her eyes were noticeably less sore (they'd been worsening for 4 years) and after another 3 weeks, when she went for a follow up with the Dry Eye woman, the oil of her Meibomian glands had reverted to its correct liquid-at-body-temperature state, and the surface of her eyes was smooth and healed. So, before going through any of the procedures above, give this simple one a go first: www.omega7.co.uk/omega-7

There's an identical Australian version of this sea buckthorn capsule but the coating makes it difficult to swallow, so try Pharmanord first - if you try a different brand it's important the seed and fruit percentage remains the same.

Posted On 08/15/2017

cody1234

I don't see this listed in the article, don't know if it affects anyone else this way, but artificial scents from lotions, candles, laundry detergents, dryer sheets, perfumes and colognes all cause my eyes to dry out and burn. Plus give me headaches and my nose closes up. It's horrible at work because I'm in a cubicle room setup with seven other people, a few of whom use scented lotions or wear strong perfumes and colognes. I have to leave the room for at least 15-20 minutes every time the coworker next to me comes back from the bathroom and dumps her lotion all over her hands, which is several times a day. Praise the lord my company is in the midst of building a large new addition and I'm high enough in seniority now that I'll be getting my own private office. Just have to endure a few more weeks of misery before that happens. I can't wait!

Posted On 08/16/2017

TammieP

Scents affect my eyes, too, along with causing a whole bunch of other very bad symptoms, some of which are actually life threatening. Synthetic fragrances are seriously toxic & not regulated by the FDA (not that I trust them either). Even those who don't seem to react are being poisoned by fragrances. They may not react rt now, but in the long run the fragrances are having an impact, even if they never attribute it to them.

Posted On 08/16/2017

Luvvvy

Hi Cody, I have been using organic sulfur/msm, for 2-3 months, and magically, amongst other things, my scent sensitivities have vanished. I started off by taking the sulfur internally, but then discovered the joy of using a spray of diluted solution topically, and can not say enough good. With the spray, my eyes immediately felt better and looked clearer. My teenage sons have used it for zit control, after sun care and to bring down injury swelling as well as a throat gargle, and the list goes on. My mother used it on a psoriatic lesion which it also healed. It seems help all our inflammation/s.

Back to the scent and eye help. As Relief from eye issues was obvious immediately, I started spraying it into my nostrils, after which I found a site where someone claimed to have completely overcome her sensitivities to scents after starting with sulfur. It was then and to my surprise I realized that I was no longer irritated by laundry detergent fumes and the all rest. I was going to tell my doctor who has a sign up about not wearing perfume, what I'd discovered but knew it would fall upon deaf 'unsprayed and inflamed' ears and noses. Ha! But seriously, Sulfur helps me, perhaps it's my genetics but it could help you too, either way, hope you get some relief soon.

Posted On 08/16/2017

As.I.see.it

To cody1234 & TammieP:

You have gotten a nice response from Luvvvy that hopefully will work. The trick is to find what your body needs. While I would start with what has helped Luvvvy, your needs may be different due to our individuality. While not as easy, the flip side would be to reduce any major hidden toxic load(s). The most common culprit is mold. We are subjected to many toxins, but mold is EXTREMELY prevalent in many homes, offices and vehicles. Excuse my shouting, but mold is not just very common, but one's exposure is usually long term and it is often overlooked.

Posted On 08/19/2017

onatutors

These "extra" ingredients have all caused severe dry eye and rashes.

Sulfates & Sulfites

Nitrates & Nitrites

Polyester fibers

I started feeling better once eliminating Sulfates & Sulfites, Nitrates & Nitrites from my foods, soaps, detergents, shampoos. It is very important to review all of the "added" extra ingredients in the products I buy and make sure they are Free of the above ingredients.

It is much simpler to purchase "organic" and "fresh" "whole" foods. The fewer the ingredients, the fewer allergens are in the product.

"Nitrates" were in Grape juice that I was drinking, once we changed to Grape & Water only. My eyes were calm and relaxed that evening and next two days.

Great comments, everyone. Hope this has helped someone.

Posted On 08/20/2017

Krofter

I have this issue. What triggers it for me is excessive consumption of carbs or sugars, especially fructose - which for me can be a dozen blueberries. Makes my eyes bloodshot and feeling dry, yet often watery. My solution is simple, cut back on carbs and fruit and increase fat.

Posted On 08/16/2017

seg

Good to know your triggers, the eyes have it , you can try Castor Oil...see this from Dr Carolyn Dean ND, drcarolyndean.com/.../the-eyes-have-it

Personally i like to "treat" the body as a whole...I am often reminded that diseases don't happen in a healthy body, so if we keep the body healthy then we can keep pretty much ALL diseases away - SSS - short, simple and sweet ...

Posted On 08/16/2017

iamblessediam

Two additional possible solutions - an increase in bioavailable magnesium - magnesium is needed for vitamin assimilation - and/or ozonated eye drops: [www.healingtheeye.com/Ozone-eye-drops]. Be well! LBP!

Posted On 08/16/2017

mammywitch

I read what seg replied and remembered somewhere that I have read that castor oil applied to the eyelashes, with a brush like a mascara brush, will also help the lashes to become thicker and longer--this would probably be an added bonus as the eyelashes help protect the eye from debris. I have Sjogren's and the damage to my tear and saliva glands has caused a huge decrease in both tears and saliva. I alternate between coconut oil, castor oil and vitamin E oil on my fingertips applied to the eyelids in the lash area every night before bed. This helps keep my eyes from drying out so much that i cannot open them. I need to separate the trials of these three and see which one works best for me.

And on another note: I was prescribed Pilocarpine for the saliva (but I had bad side effects)--and read in his 1997 book, Dr. James Duke's (book: The Green Pharmacy) recommendation for saliva production. He wrote this while the plant (jaborandi-pilocarpus) was strictly controlled by Brazil and Pilocarpine had not yet been marketed. Several herbals were recommended to help produce saliva (echinacea, evening primrose oil, Maliflora rose, red pepper and yohimne). He stated specifically that if he had Sjogren's he would try evening primrose oil until such time as the plant could be used for production of a pharmaceutical. I quit the Pilocarpine and am now using evening primrose oil. I cannot prove anything, but it seems to me that the evening primrose oil does as much for saliva production as the Pilocarpine--and without side effects.

Posted On 08/16/2017

rrealrose

Hi Krofter, Had this tendency to dry eyes for about 15 years - had the a/c in the car aimed towards the passenger side! Scratched one cornea several times from simply spring gardening with high winds. Fragile and scary but this completely went away after grain free and taking more omega-3's. It seems food sensitivities may affect tear production WAY MORE than currently advertised...

Posted On 08/16/2017

To mammywitch: To treat your symptoms of your SS consider trying Boldo Leaf. For those that are not light sensitive, Dong Quai Root may be of help with vaginal dryness.

Posted On 08/17/2017

badboy2

Eye health is dependent on the amino acid Taurine. Adequate levels can help prevent age-related vision loss; whereas, a deficiency can lead to troubling vision problems. Age-related vision loss has many different causes, but near the top is the impact of oxidative stress on light-sensing cells in the retina. Such damage leads to age-related macular degeneration and other forms of retinal disease. While taurine is found in very high concentrations in the retina, it declines significantly with age. Additionally, the taurine found in the retina fights oxidative stress, especially in diabetes, and helps restore deficient levels of nerve growth factor, required for maintaining retinal health

When taurine levels are deficient, a variety of vision problems can occur including retinal ganglion cell degeneration, and in children, retinal dysfunction; taurine supplementation has been shown to help with diabetic retinopathy. Evidence is strong that taurine is vital in maintaining optimal retinal function. A simple dry eyes problem is most likely a deficiency of taurine.

Certain drugs deplete the body of taurine, which can induce retinal damage. Chemotherapy drugs, Radiation therapy has been shown to deplete the body of taurine. Fortunately, supplementation can restore taurine levels to normal and protect the retina in such cases. Cats who are 98.5% carnivores, become taurine deficient when put on grain meow mix type or vegan/vegetarian diets that can lead to serious eye problems, such as cataracts and even blindness..

Posted On 08/16/2017

badboy2

For one, Taurine protects the eye lens from drying out, and strengthens the cells of the retina. Taurine is one of those conditionally essential amino acid which is not utilized for protein synthesis, as most amino's do, but is mainly found free in most tissues, especially throughout the nervous system. It functions in tissues by stabilizing cell membranes, aiding the transport of potassium, sodium, calcium and magnesium in and out of the cells. Taurine helps to generate and regulate nerve impulses and aids in the maintenance of fluid balance; it is also used by the body in visual pathways, as well as in the brain and nervous system, where it works together with glycine and GABA as a neurotransmitter.

If that is not enough, Taurine has been shown to extend life expectancy in lab test.

I use 1000mg's of Taurine a day, which I have found helps to improve my vision each day.

Posted On 08/17/2017

artfore

I found from the internet, organic castor oil rubbed around the eyes works great. Have not had dry eyes since I have been doing it after my shower after swimming.

Posted On 08/16/2017

sslevy

I can vouch for castor,oil. Very soothing and long lasting. I've not tested exactly how long an application works, because I usually apply daily, but I have forgotten several times and it doesn't seem to matter. I also take fermented cod liver oil and high vitamin butter oil, per Weston Price, and despite cataracts, my night vision has improved. This may also have improved my dry eyes. Hard to know.

Posted On 08/16/2017

jacqueline401

I read about castor oil too. I suffer with dry eyes sometimes, to the point that they just won't open in the mornings without drops being introduced into the corners - my rheumatologist explained that this is because the eyelid becomes stuck to the surface conjunctiva of the eye. As soon as I feel the familiar symptoms starting up, I just use half a finger-tip of castor oil per eye, wiped over the closed eyelashes, then go to sleep. In the mornings, my eyes are fine and I just continue applying the castor oil until I feel no scratchiness at all.

Posted On 08/16/2017

pgoltz

Be very careful with castor oil. It's poisonous internally.

Posted On 08/16/2017

Pet Rock

I have used coconut oil with similar results. What helped even more, though, is turning off my wifi and other wireless. When I am around it I get dry eyes again.

Posted On 08/16/2017

jaibaba

My dry eyes are caused by rubbing my eyes- staph aureus was diagnosed by swabbing the eyelid and culturing the swab. Staph infects and irritates the tissues, causing a yellow build up, clogging the pores, where tears exit. Antibiotics cleared it up. Now, when I get occasional dry eye, I swab the eyelid pores (the edge) with diluted baby shampoo on a Q-tip and apply moist heat. Also I found on Amazon LiviaOne Topical Probiotic Spray, which fights the bad bacteria- totally safe to be sprayed onto the eye.

Posted On 08/16/2017

SkylerJoel

Krill oil has helped incredibly well in boosting Omega 3 in my body. Thanks for the thoughtful post. I've been using krill in my diet for the past 2 years and it has really helped me a lot.

Posted On 01/28/2019

Sheltiee

My retired nurse sister insists that the occasional watering of my eyes is a sign of dry eye and plugged tear ducts. She has more than cheerfully offered to unplug them with a needle in my eye. My eye doctor of decades has never diagnosed this.

Had dry eye symptoms over 30 years ago when wearing contacts and using a eye solution with thimerasol. Both since banished. Could that be causing eye watering decades later?

Posted On 06/16/2019

Harveylee

Dry eye syndrome is a problem involving your tears. Your eyes need tears to stay clean and healthy. With dry eye syndrome, your tear glands don't make enough tears or your tears evaporate too fast. This article provides many important things and best remedies that are very helpful to treat dry eyes. Thanks for sharing.

www.eyesoothe.co.uk/.../dry-eye-syndrome-symptoms-causes

Posted On 09/16/2017

JohnColeGifuCity

I had bad dry eye up to a couple years ago. A friend in Japan pointed out that benzalkonium chloride is used as a preservative in many eye drops; it is chemically a detergent, and helps break down the lipid layer of tears. After stopping all eye drops, my dry eye almost disappeared completely. Some web sites say that caffeine consumption helps stimulate tear production. I tried drinking coffee several times a day, but got too jittery, without good results, so I stopped that. Also note that some people have one or both lacrimal ducts that leak too great a tear volume into the nose. There is a kind of silicone plug that can be inserted by an EENT doctor to help keep more tears in the eye. I have not tried that.

Posted On 08/17/2017

LJFeher

I also have Sjogrens and besides a night time ointment and Restasis, I use serum tears which they make from my blood. Insurance doesn't cover it (about \$20 a bottle) but they really help. The relief is temporary and I use them 4-6 times a day. I'll definitely try the castor oil. Maybe I can at least eliminate the night ointment.

Posted On 08/16/2017

helpothers

I've had dry eye for a while - especially in my left eye after an eye infection from contact lenses. I spoke to my eye doc about it last time and she gave me a prescription(xiidra) - which i did not use. But she did offer me a free session of a procedure she was starting up called MiBoFlo Thermoflo. They basically use ultrasound gel on your eyelids and then rub a spoon shaped device over your eyelids that is heated to 108 degrees - it 'melts' the clogged meibomian ducts. They were really raving about how great it was going to be after for me. I admit, it did feel better but not 100% - more like 40%. They recommended 3 more treatments and also 1-2 more yearly as it is not a 'cure'. I couldn't see doing it as it was \$150 per treatment and insurance does not cover. I continue to use coconut oil drops in my eyes at night or rubbing the lids with emu oil as treatment. It works well enough for the time and money. But someone here may want to give it a try so I thought I'd mention it.

Posted On 08/16/2017

Junior15

I've been using Castor oil drops in my eyes at night for about 3 weeks. I could feel the difference right away as my eyes are not as dry and it's easier to make my own tears. I also take a number of supplements formulated for eyesight and they really help. Had my eyes checked also to make sure nothing else is amiss. Told the Doctor about my using castor oil drops....he'd never heard of castor oil being used like that.....

Posted On 08/16/2017

san8826

Thanks for this article. I have Sjogrens syndrome and struggle day and night with dry eyes. I use ALOT of eye drops and take Salagen. I have tried many different things for relief, but never heard of NAC for dry eyes. I look forward to trying it. Keep up the good work. The info is greatly appreciate!!!!!!!

Posted On 08/16/2017

judyleduc

Dry Eye Syndrome - helpful advice from my optician: drinking sufficient water is very important, too.

Posted On 08/16/2017

FJL

I think many will find this free software useful on their home PCs... Iris Mini.

<https://iristech.co/iris-mini/>

Posted On 08/16/2017

fisherjones

I don't remember where I read it. It could have been in Jonathon Wright's newsletter. It could have been on Dr Mercola's sight. Massaging a little bit of testosterone cream into the eyelids also helps with dry eye. I've been doing it for years and it seems to help, along with all of what was in this article, esp taking carnosine and fish oil.

Posted On 08/16/2017

dividingcricker

Someone told me this using a (organic onion) dice about 1/4 cup in a cereal bowl and put up to eyes and nosebreath slowlyit will make your eyes tear. Its pretty awful but do this a few times with this batch in 15 minutesThe other thing if you wear glasses wash the glasses several times a day and your face and bridge of your nose and eye area I use Dr Bronner Peppermint liquidThis should clear the ducts

Posted On 08/16/2017

Almond

Hormonal changes, medications and dry climates can also contribute. I am short of time since it is harvest season, but have previously posted a remedy for dry eye. You will have to find it in the archives. If someone finds it, maybe they can repost.) It works, but requires a carefully calibrated and monitored herbal maintenance regimen. It is the sort of thing you get a hang for, esp. if you are familiar with herbs. A temporary help is to stand with your face exposed to the warm water of a shower nozzle for a minute or so. (You can position your nose in one of the air pockets or hold your hand above your nose to breathe while you flush your eyes.

Posted On 08/16/2017

CAFFEE

I have chronic dry eye which is a side effect of medication. Stopping the drug did not resolve the dry eye. I have learned this can be related to being in a functional freeze in the nervous system. When I do manage a good cry (which does not happen easily) I do manage to produce tears. Then the dry eye returns.

Posted On 08/16/2017

Almond

It sounds like the medication damaged the tissues surrounding your eyes, either the tear ducts or glands. Certain kinds of cells can be susceptible. There was once a doctor in southern California. I believe it was Dr. Herrick, Sr. (?) who used a cautery technique to remodel the tear ducts and make them function again. Not sure if I got his name right... look up the person who has the patent on the punctal plugs. Punctal plugs alone help some people, too. First test the saline plugs before having the more permanent implants. (If they fail, you can usually have them flushed out with saline.) He is prob no longer in practice. It was painless, but required a stay of several days or a week in town until the tear response could be evaluated as work sometimes had to be done in stages. I seem to recall that medical costs came to under \$100, but this was several decades ago. With the cautery, the plugs become unnecessary.

Posted On 08/16/2017

pgoltz

It could have been the magnesium stearate IN the medication that did it. Almost all medications have it, and it's a problem. I can attest to that personally.

Posted On 08/16/2017

pgoltz

I'll tell you something else that causes dry eyes. Magnesium stearate. If I take one pill with magnesium stearate in it, my eyes get so dry when I am asleep that when I first wake up and try to open them, it is acutely painful. It takes me 10 minutes of working my eyes around under my eyelids before I can open them without pain.

Posted On 08/16/2017

janeth

Pgoltz: I was just ready to post the same issue I have with Magnesium Stearate causing dry, even burning eyes. I avoid all supplements/meds containing magnesium stearate and stearic acid. Unfortunately they are in almost everything.

Posted On 08/16/2017

Janeth, I am so happy to learn that I am not the only one who has noticed this! Dr. Mercola is a vigorous opponent of magnesium stearate, but most "natural" doctors haven't caught on yet. It's a continual battle. I have the fact I'm allergic as part of my medical record. It precludes me from taking most pharmaceuticals, but ask me if I care! I hope it PREVENTS them from giving me pharmaceuticals behind my back! This is a real problem if you have to go to the hospital. You can specify (as we did) that ALL TREATMENTS are to be discussed with you first, but they'll just ignore you, and won't even tell you what they are doing to you, and they can cause SERIOUS HARM as in our case.

We need to mount a campaign against magnesium stearate with the "natural" doctors. They should know better. Hopefully, Dr. Mercola will add this to this particular topic. The epidemic in dry eyes could well be caused primarily because so many more people are taking medications than ever before.

Whenever I get information about any supplement, inviting me to try it as a special offer, I look to see if it has magnesium stearate in it. If so, I go to their web site and tell them WHY I won't buy their product. If everyone did this, they'd stop using the nasty stuff. I think Dr. Blaylock has done so, but I don't know about anyone else. I got an email back one time that said, "Dr. Sears (I think it was) wouldn't sell anything he won't take himself," to which I replied, "I don't CARE what he will take. It hurts ME, and it doesn't belong in there. You already have rice flour in the supplement. It serves the same purpose, so take the blasted magnesium stearate out already!"

Posted On 08/16/2017

It has been shown that omega 7 is a good anti-inflammatory, improves the hydration of mucous membranes and generally reduces dry eye symptoms. Sea buckthorn is the food that best represents the category rich in omega 7. It is a berry present in Europe and Asia and is usually prepared in infusions. Other foods rich in omega-7 are anchovy oil, olive oil (picual olives only have 3% omega 6), some cheeses such as parmesan and curry. Free radical damage caused by exposure to environmental pollutants and toxins, illness, stress, poor diet, medications, excessive mobile and other computing use, and inadequate sleep can cause inflammation throughout the body, including the mucous membranes.

Omega-7 is an essential part of mucous membrane cells and helps them retain moisture. Sea buckthorn's powerful combination of omega-7 and antioxidants allows it to maintain the integrity of mucous membranes. It can keep them hydrated, promote healthy tissue regeneration, and reduce inflammation. For example, a randomized, double-blind, parallel, placebo-controlled trial recruited a total of 100 volunteers. For three months, one group received 2 g of sea buckthorn oil and the other a placebo. The results showed an increase in tear secretion in the sea buckthorn group and a significant improvement in burning and redness of the eyes.

www.ncbi.nlm.nih.gov/.../PMC5409703 (2017).--- www.water-for-health.co.uk/blogs/blog/omega-7-sea-buckthorn-benefits-f.. ..-----

-----In this study, astaxanthin is an effective option against dry eyes, improving the stability of the tear film, the repair of corneal and conjunctival epithelial cells and the secretion function of the meibomian gland, improving subjective function. symptoms of dry eyes. www.frontiersin.org/.../full (2022).---

Posted On 03/12/2024

Guillermou

Supplementation with lutein or docosahexaenoic acid (DHA) demonstrated potential benefits for eye health. This study aimed to investigate the effects of lutein plus DHA complex supplementation on dry eyes, visual function and memory in healthy individuals. Thirty-four participants, ages 40 to 60, received lutein/DHA complex supplements (containing 10 mg lutein in free form, 200 mg DHA, 30 mg red algae extract (astaxanthin), phosphatidylserine, and vitamin A.) for 12 weeks. Ophthalmological examinations and memory tests were performed and a questionnaire was administered at weeks 0, 6, and 12 of the study. After 12 weeks of the intervention, tear breakup time had increased significantly and intraocular pressure had decreased significantly. This suggests that lutein/DHA complex supplementation may reduce ocular pressure and offer potential benefits for DES, as indicated by improved tear stability. www.preprints.org/.../v1 (2023).-----

Posted On 03/12/2024

marmur

THank you Guillermou! Will look for buckthorn Omega 7. Don't think Dr. Mercola carries it. Will research unless you can recommend a brand.

Posted On 03/12/2024

fvomasch

Gui-Another possible reason for dry eye may be the A/C vents in your auto. In summer the A/C is on max to cool the car and yourself. Those vents are aimed at the passengers face usually on high for a while. That would dry your eyes out quickly. Also many cars have cabin air filters which are rarely replaced. They are usually behind the glove compartment. If not replaced dusty dirty air is circulated and comes out the vents right into your eyes. Many people drive for a living like truckers or just to commute to work stuck in traffic for many hours plus the pollution and car exhaust get circulated. Just an observation.

Posted On 03/13/2024

Boomeree

The FDA banned Similasan homeopathic eye drops, one of which relieves dry eyes. I developed cataracts within a couple of years after San Diego's tap water was fluoridated. I take high dose organic vitamins and minerals, and the vitamin C as an antioxidant helps to dissolve the cloudy cataracts along with an occasional drop of organic Castor Seed oil in each eye which does the same thing. So they have not managed to advance. I do this to avoid the operation because clearing the cataract with surgery wouldn't remove it never to return when I still wash my face in fluoridated water. I am still looking for a recommendation on natural moisturizing eye drops without artificial ingredients or preservatives. Dry eyes need to be rinsed out frequently. Now all I have is distilled water, which isn't the same. I need a lubricant.

Posted On 03/12/2024

pea7228

Boomeree, you could try using homeopathy internally. Joettecalabrese.com is an excellent resource of information.

Posted On 03/12/2024

chiamiller

I would do this at bedtime as the 'oily' feeling might be difficult to endure during waking hours, but castor oil has been miraculous for many with eye issues. If you research it you will find more answers.

Posted On 03/12/2024

marmur

I understand as I suffer from Dry Eye too. However, I have noticed that when I am at a good dosage of Omega 6 (Dr. Mercola's Cod Liver Oil capsules and also the Krill Oil) taken daily most days I do not need additional eye drops. I am going to try and find this NAC eye drops that are mentioned in this article. I looked and only a couple show up that are NAC in Amazon. I wish someone could recommend a brand of eye drops. The regular dry eye drops just work for a little while.

Posted On 03/12/2024

Gabbysoup

I rub "castor oil" on my eye lids before bed every night. It has helped my dry eyes. I won't know till my eye exam if it has had any impact on my cataracts.

Posted On 03/12/2024

RJC2001

Refresh Plus eyedrops (from Allergan) have worked the best for me. It has NO preservatives. Almost every other eye drop has either caused nose bleeds or allergy symptoms for me. They have been around a long time and are safe for use with contact lenses. RJC2001

Posted On 03/13/2024

ms.libby

There is a relationship between low iodine and dry eyes/Sjogrens.

Posted On 03/12/2024

Bunny3

The one thing the article left out which I think is causing the VAST amount of dry eyes is the eye drops used during eye exams. Both eye drops - for numbing and dilation - cause the eyes to dry out, though I believe the numbing drops might be worse. I had developed chronic tearing of one eye due to facial paralysis. After most of my face had regained movement, my eye would water profusely when I chewed. When I went for my eye exam about a year later, the doctor used the numbing drops. After the numbness wore off, I noticed the tearing that I had for months dried up. I reported this to my doctor, who scoffed and said it couldn't be permanent.

But it was permanent. In my case, my eyes were tearing so it wasn't damaging, but imagine patients with normal eyes that had not been paralyzed and were left with dry eyes from the drops. I think what they used was Alcaine, but I can't be 100% sure because a different doctor had seen me that day. Looking back I realized that I had been suffering (before the paralysis) with dry eyes for a very long time. I realized it started after I had been getting regular eye exams that my eyes had gotten very dry over time, causing me more and more discomfort. I changed eye doctors after the incident with the drops, and the second doctor agreed that this was happening, but said the eyes needed to be examined, so the drops were necessary.

I have since found a doctor that takes my eye pressure using a puff of air, which is the way it was always done before Big Pharma got involved. I have him do my exam without numbing, though I've agreed to have mild dilation every few years. Doctors are aware of these dangers. I saw an article about a woman who became addicted to numbing eye drops because of irritation in her eye. She had actually taken the numbing drops from her doctor's office without permission. The result was permanent damage to her cornea, and the need for a corneal transplant.

Posted On 03/12/2024

RJC2001

You can get a retinal scan instead of the dilation. I found the dilation drops quite irritating. Given the benefits, the retinal scan was worth the extra cost of \$45 (not covered by insurance of course).

Posted On 03/13/2024

penenah

I had dry eyes, It was pretty bad. Several years ago I happened to read an article on natural helps and one was to place oil in your naval to treat dry eyes. I figured there was no reason not to give it a shot and began oiling my naval with organic coconut oil several times a week. I don't have dry eyes anymore, but I do still have the major instigator, thyroid disorder.

Posted On 03/12/2024

marmur

I will try that. Can't hurt! Will start with Castor oil in the navel for a few weeks then will switch to coconut oil Thanks. I too have a thyroid disorder. Hashimoto's.

Posted On 03/12/2024

dihirod

I first suffered dry eye (or red eye, as it's also known) when I was first exposed to a snowy winter with strong winds. I subsequently moved to a very large and polluted city, and after a few years would suffer for a couple of months each year. Eventually I was referred to an eye hospital where the specialist diagnosed blepharitis. He wrote down a list of 10 or fifteen different eye drops, saying your doctor can prescribe any of these. None of them will heal it. Just bathe your eyes with really hot water, using an eye bath or flannel. The last advice works but is cumbersome, particularly when out of the house. I later stumbled upon a herbal remedy that has actually decreased the incidence of attacks. 'Bartram's Encyclopedia of Herbal Medicine' prescribes: equal parts echinacea, buchu and burdock for a decoction (1 tsp to 2 cups water, gently simmered for 20 mins) or tincture (diluted 1-2 tsps in water 3xdaily). This remedy saved my sanity.

Posted On 03/12/2024

PeterA.

I'm an Optometrist (Doctor of Optometry). I wrote the following information for a handout for my patients who have dry eye . I will admit, some of the information I got from Dr. Mercola! **WHAT TO DO FOR DRY EYES** Dry eye syndrome can cause symptoms of dry, picky, burning irritated eyes, or even excessively **WATERY** eyes. Boosting your body's intake of omega-3 fatty acids helps alleviate the dryness, making the eyes feel much more comfortable; the omega-3's also improve your health in general! (Research "the health benefits of omega-3 fatty acids" using a search engine, and you will find out they do a world of good for you, including fighting cancer, fighting arthritis, improving brain health and emotional wellness...and a whole lot more.

Check it out for yourself!) The following are excellent sources of omega-3's and will help with dry eyes: Krill oil or fish oil gel caps Flaxseed oil gel caps Black currant seed oil gel caps For the best results, take one of EACH, every single day! I recommend taking the flax and black currant seed oil gel caps at breakfast, and the fish (or krill) oil gel cap before bed. (This avoids any feeling of "fishiness" from afflicting you during the day.) (Note: if the fish oil disagrees with you, taking **FROZEN** fish oil gel caps usually helps!) (NOTE: Krill oil is the healthiest and best option but is more expensive than fish oil.) In addition, "Chia Seeds" and "Flax Seeds" are potent sources of Omega 3's; they come in 8 to 12 ounce bags and you can add a couple of tablespoons to yogurt, applesauce, oatmeal etc.

While waiting for the krill/fish, black currant and flaxseed oils (and chia seeds) to help, use lubricant drops. There are two brands I feel are the best: Soothe XP Shake the bottle of artificial tears before use. Vision will be milky for about 10 seconds or so, and then it's very clear. (Soothe XP contains 6% mineral oil which seals in the moisture. But since oil and water separate,

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But since oil and water separate, you have to shake the bottle; the resulting frothiness causes the temporary milkiness.) Or: iVizia Lubricant Drops This is newer lubricating eye drop that contains several unique ingredients (such as hyaluronate) which help retain moisture in the eye. The goal is that the drops would kick start the healing and make your eyes feel more comfortable, but that the omega-3's would improve the health of your tear producing glands, making it so that the drops eventually no longer need to be used (or only rarely.) In my experience it takes about six weeks for the increased intake of omega-3s to make a difference with the dry eye problem.

ALSO: Avoid ALL* vegetable oils (industrial processed seed oils such as canola oil, cottonseed oil, soybean oil, rice bran oil, grapeseed oil etc.) as they contribute to inflammation in general, and dry eye syndrome in particular. Inflammation of the tear glands diminishes the quality and quantity of tears, making the eyes feel dry. (*Actually, Olive oil, coconut oil, and avocado oil are non-inflammatory and are OK. And be aware that beef tallow, lard, butter and ghee are also OK.they're actually HEALTHY for you, contrary to what we were all taught many years ago!) -Peter K. Anderson, O.D.

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Supplemental estrogen makes dry eyes much worse.

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