

**CONFIDENTIAL REPORT**

# **The Rejuvenation of Human Vision**

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**A note to readers:**

This report contains controversial health opinions contrary to the opinion of the government and medical community. Before attempting to apply what you read in this report, you must seek the advice of your doctor.

## **— A Brief Introduction —**

*This report presents three unconventional approaches toward improving vision: Dentistry, Herbology and Nutrition. All three approaches are not scientifically-proven in the slightest degree. Nevertheless, the information is based on clinical observations, and clinical observations are an integral part of the scientific process.*

*There are alternatives to conventional methods of vision improvement, but it can be almost impossible to get information on them.*

*May this report enlighten those with eye problems toward new alternatives in the search for better vision.*



# Dentistry and Vision

## New Findings You Won't Learn from Your Dentist

*An exclusive interview with Harold Ravins, D.D.S.*

Many vague eye complaints cannot be corrected by traditional methods.

That is because the cause of these problems lies not within the eye, but instead originates with stresses coming from within the mouth and jaw.

Are you a victim of eye dysfunction related to dental problems? Read this interview and find out.

The knowledge contained in the next several pages can be worth thousands of dollars in relief to those with certain eye problems.

**SW:** What kinds of eye problems can be related to the mouth?

**RAVINS:** The main category of problems is what I call 'undiagnosed eye pain.' Some of the various symptoms are:

Number one, patients complained that their eyes would change their focusing power. The power of their vision wouldn't be stable.

Two, patients complained that their eyes would be hazy. Many times people would say that this would happen after they would get through eating.

Thirdly, patients would complain of pressure in the back of their eyes or the top of their eyes. Many times, they would also experience a pain sensation. Others complain of simple eye sensitivity, in which their eyes felt irritated by light. Some people complain of spots in their eyes, or floaters.

**SW:** Why would patients mention their eye problems to you? You are a dentist.

**RAVINS:** I always have patients write down all their symptoms when they begin treatment. I also have them do this every time they come in. I only noticed these eye

problems when patients began writing them down on their personal case histories. That was about ten years ago.

Patients would comment about their jaws and would also complain about pain in the rest of their face, including their eyes.

**SW:** What did you do when patients complained of vision problems?

**RAVINS:** I referred them to an ophthalmologist for eye examinations. The diagnosis would be that there was nothing wrong. The patients had no detectable dysfunction or structural damage.

Even though the patient would experience pressure behind the eye, the eye doctor would check for glaucoma and find nothing wrong. The pressure could be coming from tensions in the bones and muscles in the jaw.

**SW:** What did you find out when you treated these patients?

**RAVINS:** Most often, their pain and discomfort disappeared. When we treated these patients for their dental problems, they would tell us that their eye problems also cleared up.

We were using certain types of removable orthopedic dental appliances that generated certain corrective pressures within the mouth. I treat most of my patients who complain about pain with a combination appliances that develop the upper jaw, and relieve the stresses in it.

The patients would tell us that the eye sensations that were annoying them would come right back again when they took the appliance out of their mouths.

A common treatment for pain is a lower splint. I feel that a combination of dental appliances is far more effective.

**SW:** How could problems in the mouth and jaw affect the eyes?



**RAVINS:** There are several ways. First, you have to realize that the bones that form the optical area are closely related to the bones that support the upper and lower jaw. There are a lot of sutures (movable "joints") in the bones that make up the orbit of the eye.

Stress in one part of the mouth is transmitted to the rest of the skull. When you have stress in the sutures that form the bones of the jaw, this stress is transmitted to the sutural area around the eye. This could result in vague eye complaints.

The second way the jaw can affect the eyes is via the nerves. The facial and jaw area is rich with nerves. Stress in the mouth is transmitted to these nerves.

One of the main groups of nerves coming out of the skull is the cranial nerves. The second cranial nerve is called the optic nerve. The third cranial nerve is the ocular motor nerve, which is responsible for the motor function of the eye.

In other words, more than one nerve regulates the eye.

The stress in the bones can place pressure on the blood vessels and nerves that service this region.

When one nerve is overloaded by stress, this will influence the function of other nerves. You can have an overload situation, where a continued dental stress from the mouth overburdens the nerves regulating the eye area.

Undiagnosed infection in the mouth is another possible source of eye problems. When you have inflammation in the upper or lower jaw, the nerves become irritated. This can cause confusion in brain centers that may cause dysfunction in the eye.

Also, when there is infection, the muscles can go into spasm, which in turn can cause a change in nerve activity, and could cause eye symptomatology.

**SW:** Can traditional orthodontics cause eye problems?

**RAVINS:** Many techniques used in traditional orthodontics have caused a great deal of oral stress — but I can't really connect this stress directly to eye problems.

**SW:** How can a person tell if they have an eye problem that is coming from their jaw?

**RAVINS:** The first thing is to have your eyes checked by an ophthalmologist, a medical doctor who has been trained in diagnosing and treating eye problems.

Then, if this turns nothing up, I would recommend the person have all their teeth X-rayed for hidden infections. The person should ask for what is called periapical X-rays.

The person should also have their fillings evaluated to make sure there are no faulty dental restorations, which can encourage infection in the mouth.

Then the person can check with a dentist who has experience in treating dental stress, which could affect the eyes. Some dental stress symptoms related to eye problems are difficulty in chewing, pain or other problems in

the temporo-mandibular joint just in front of the ears, clicking in the jaw joint, and chewing on one side of the mouth.

If the person has headaches, and the medical doctor can find no apparent solution, the person should suspect dental stress. It is a 75% chance the headaches are related to dental problems.

**SW:** How can a person find a dentist qualified to treat dental stress?

**RAVINS:** Readers can write to: 1) The American Academy of Cranial-Mandibular Disorders, 199 East Monterey Way, Phoenix, Arizona 85012; or 2) The Academy of Orthognathic Orthopedics, 4124 Farnam Street, Omaha, Nebraska 68131 3) The Academy of Physiologic Dentistry, Dr. A.C. Fonder, 303 West N Street, Rock Falls, Illinois 61071; or 4) Dr. Harold Ravins, Preventive Dental Research Foundation, 12381 Wilshire Blvd., West Los Angeles, California 90025.

**SW:** My final comment is that such problems cross medical boundaries, but that is not the patient's problem.

### A Case History Pain in the Eyes

One woman had pain in her eyes, and her eye doctor wanted to cut one of the nerves in her face. I saw her for a routine dental examination, and I noticed on one of her X-rays that there was a suspicious area in one of her front teeth.

The X-ray showed that she had an old plastic filling in that tooth. I was suspicious that the filling was leaking. I elected to take the plastic filling out. It turned out that the nerve was being irritated from decay in the tooth. You could not detect the decay because of the old filling. We replaced the filling with a temporary medicated dressing, and her eye pain subsided within hours.

## Part II

# Unknown Aspects of Eyesight and Nutrition

*An Unpublished Interview with Dr. Paul Eck*

In this exclusive interview, Dr. Eck explains major aspects of vision problems that have never been covered before. He gives recommendations that are different from those you will find in typical nutrition books.

He explains why common nutritional recommendations, namely, to give large doses of vitamin C, B-vitamins, and vitamin E, may, for some people, cause increased stress on the eye.

If you are concerned about any vision problems — far-sightedness, near-sightedness, cataracts, macular degeneration, diabetic retinitis, or others, you will want to read this interview.

If you have results with the suggestions contained in this interview, please let us know.

**SW:** Why don't you start by giving us a general overview?

**ECK:** You cannot get caught up in single deficiencies when you consider eye problems. I have found that eye problems are related to overall systemic distortions in mineral levels.

— The biggest mistake made in nutrition is to consider the eyes apart from the rest of the body. [You have to think of the pattern in the whole body.]

Improvement in visual problems cannot be attained with isolated nutrients that are known to be good for the eyes. Unless you reduce one's overall metabolic stress level, you are treating the eyes on a symptomatic basis.

**SW:** How does a person's metabolism relate to his susceptibility to eye problems?

**ECK:** People with a fast rate of metabolism have far more eye problems than people with a slow rate of metabolism.<sup>1</sup>

It is very unusual to see a fast metabolizer who doesn't have some sort of eye problem. He has either got astigmatism, he's got diabetic retinitis, severe myopias, cataracts, glaucoma, diabetic, retinitis, etc.

I see a lot of children with eye problems who have an extremely fast metabolism. They have high levels of sodium and potassium, which represent excessive adrenal gland activity. They also have a low ratio of calcium to magnesium, and they are in a state of relative burnout.

There is no question in my mind that there is a relationship between hyperactivity and eye problems.

**SW:** What can you tell us about cataracts?

**ECK:** I used to think that people with cataracts suffered from excessive calcium deposits on the lens of the eye.

I expected to find this condition most often in people with slow metabolisms — who tend to accumulate calcium in their body tissues.

Yet oddly, cataracts are associated most often with fast metabolizers — at least 10 or 12 times as often as in over slow oxidizers. It is odd, but tissue calcium levels tend to be very low in cataract people.

The person with a fast metabolism is losing his calcium from the tissues and from the bone, i.e., he is in a negative calcium balance.

And yet, taking calcium by itself wouldn't necessarily help a person with cataracts. If their copper levels are low, they can't properly utilize the calcium.

Fast oxidizers are notoriously low on copper, which is needed to retain calcium in the tissues. A low copper level (or high copper levels that are not biologically available) cause calcium to be leached out from the tissues.

Such calcium appears as tartar on the teeth, and as rheumatoid arthritis when it deposits into the joints. The eyes become affected when the calcium deposits into the lens of the eye.

**SW:** Fast oxidizers are also low on zinc. How does this affect their vision?

**ECK:** Fast oxidizers are high-stress, highly nervous, energetic people. The constant stress they are under often causes them to be chronically low on zinc.<sup>2</sup>

Zinc is found in higher abundance in the eye than in

any other organ of the body. Therefore, when the zinc levels are down, it is impossible to build-up and maintain the protein structure in the eye.

Zinc affects protein metabolism, especially the protein structuring of the eye. If the eye protein structure is distorted, changes in the focus of the eyes occur. Then the image forms before or behind the retina. The result is near- or far-sightedness.

Stress depletes zinc. The result will be a flare-up in eye problems during periods of stress. The eyes can become sore and the eyelids inflamed. The eyes may become tender, slightly painful, and sensitive to light.

Protein breakdown is also caused by excessive stress. This is the pattern you find in people with a fast metabolic rate. In children particularly, family problems, emotional stresses, and poor diet can lead to severe eye disorders.

**SW:** What can you tell us about glaucoma?

**ECK:** The typical glaucoma mineral pattern shows calcium, magnesium, and zinc all deficient. You find the sodium low and the potassium high — a classic exhaustion pattern.<sup>3</sup>

People with a low sodium-to-potassium ratio are prone to inflammation and swelling in a general way. I suspect that this tendency toward accumulation of fluids also affects the eyes and may lead to glaucoma.

**SW:** What do you think about the use of vitamin C for glaucoma patients?

**ECK:** I have seen papers in which it was stated that vitamin C reduced intra-ocular pressure. In many people with a low sodium-to-potassium ratio, vitamin C might indeed help. Vitamin C raises sodium levels and would tend to correct the imbalance between sodium and potassium.

In other cases, however, increasing one's vitamin C intake could cause harm, because sodium promotes the retention of fluid within the tissues. Some people with glaucoma will already have a high sodium-to-potassium ratio.

Individuals with high sodium-to-potassium ratios, particularly over 4 to 1, are prone to fluid retention.

In these cases, the vitamin C can further increase the sodium levels and promote excess inflammation — or fluid build-up. Therefore, anyone using vitamin C for eye problems has to be alert to any such side-effects.

You can't just assume that vitamin C has only good effects. Those people most likely to be harmed by an increase in vitamin C intake are those with a rapid metabolism. This would be signified by sweaty palms, a high level of physical and mental activity, and a high level of nervous tension.

**SW:** Do you have any comments on the use of vitamin A for eye problems?

**ECK:** Fast oxidizers are prone to eye problems and fast

oxidizers are almost always deficient in vitamin A.

Vitamin A is essential to adrenal gland function. Adrenals become hyperactive when a vitamin A deficiency exists.

If the adrenal glands are allowed to remain hyperactive, the person will be unable to retain calcium and will be prone to cataracts. We have mentioned this earlier.

Also, if the adrenal glands are hyperactive, which occurs in vitamin A deficiency states, the body's protein tissue breaks down. This could result in a breakdown in the protein structure of the eyes. One of the potential consequences of this breakdown in older people is macular degeneration.

I feel that vitamin A alone, however, has been overrated for eye problems. Vitamin A is synergistic with zinc; that is, they work together. Without adequate zinc, vitamin A's effectiveness is severely reduced.

In a zinc deficiency, the adrenals become hyperactive, just as they do in a vitamin A deficiency.

Zinc and vitamin A both slow down adrenal activity, which would result in an increase of available calcium and magnesium. In addition, the taking of calcium and magnesium (along with the zinc and vitamin A) would help improve eye problems in many individuals.

**SW:** What about vitamin B-2 for eyes. It is mentioned often in the literature

**ECK:** Again, as with vitamin A, vitamin B-2 is overrated for night-blindness. My research indicates that zinc is far more important. Zinc spares both vitamin A and vitamin B-2.

Personally, when I notice I am having trouble adjusting to night vision, I take zinc and a combination tablet of vitamins A and C. Within two or three days all is well.

**SW:** What can you tell us about near-sightedness?

**ECK:** Near-sightedness is very closely related to excessive stress, particularly at an early age. When I was under severe stress, my eyes deteriorated. I would say I lost a good 35% of my vision within a period of eight months.

Fast oxidizers like myself are more susceptible to near-sightedness than slow oxidizers. Children — who are fast oxidizers — go to optometrists much more often for near-sightedness than for other eye problems.

On the other hand, people with a slow rate of metabolism are more prone to far-sightedness. As you become older, your body metabolism slows down, and this is when you see an increase in far-sightedness.

To sum up, people with a fast metabolism generally have low levels of calcium to magnesium. It may be that the low calcium-to-magnesium ratio affects the eye muscles in such a way that incoming images focus before the retina.

Those with a slow metabolism generally have a high level of calcium to magnesium. This is associated with

far-sightedness, in which the incoming images focus be-  
hind the retina.

**SW:** What about floaters, in which the person is bothered by floating particles in the eyes?

**ECK:** I can't offer a lot of proof on this, but I found out that most people with floaters have a severe zinc deficiency.

Just giving them zinc will not cure them, however, because zinc is related to other minerals.

For example, there is a relationship between magnesium and zinc. Magnesium acts as a buffer or "biological cushion" to protect the body against stress and shock. As a buffer, magnesium acts to prevent the body from losing zinc.

If the magnesium levels are depleted, then zinc alone may not produce satisfactory results.<sup>4</sup> Ordinarily, giving magnesium along with zinc result in a double- or triple-fold response.

**SW:** What can you say about detached retinas?

**ECK:** Almost all detached retinas occur as a result of chronic stress and is triggered by a major acute stress. Optometrists know that.

A person goes through a severe period of stress and all of a sudden he has a detached retina. The stress depletes the zinc in the eye, which is needed for building up proteins. Without the zinc as a protection, there is an increase in copper activity, which dissolves the protein structuring.

The tissue weakens, and then it tears.

I see an almost 85% correlation of detached retina with a severe zinc deficiency. I am not talking about moderately low zinc levels of 15 (normal is 22 mg./percent. I am referring to zinc levels 8 or lower, which is quite rare except in children with failure-to-thrive syndrome.

These children have zinc levels even lower, 4 to 5, and they have the same eye symptomatology.<sup>5</sup>

Detached retinas occur mostly in people who have a tendency toward copper accumulation in the tissues.<sup>6</sup> The presence of high copper levels in the tissues worsens the effects of stress, because the excess copper competes against the available zinc.

Thus, a person with high copper is highly susceptible to stress damage and detached retinas.

**SW:** In other conversations, you have mentioned to me the relationship between near-sightedness and infection, including dental decay.

**ECK:** There is a known relationship between infection and other diseases, such as diabetes. Infection, oddly enough, is a zinc deficiency. This is why it is also related to near-sightedness.<sup>7</sup>

Many children's eyes go bad on them early in life because of chronic infections — ear infections or various

other bodily infections. As a result, their eyes deteriorate rapidly.

Children with hidden or overt copper toxicity have recurrent ear infections. These children need zinc desperately.

Of course, one can't always give zinc by itself, however, because in some cases, zinc can lower sodium levels and increase one's susceptibility to infections. That is why it is prudent to add some vitamin B-6, which tends to raise sodium.

**SW:** What recommendations could you give our readers about diet and the eyes?

**ECK:** Those with eye problems should make sure they aren't ingesting excessive amounts of dietary copper. One generally unknown source of copper is soybean proteins. Another is chocolate, which is high in copper. Other foods that are high in copper include wheat germ, liver, brewer's yeast and torula yeast.

Individuals who are taking herbs should have them analyzed to see if they are high in copper.

People think of herbs as a source of nutrition and benefit, not as a source of toxic metals or excess metals. Unless you perform mineral research, you would never consider the minerals in herbs as even being important.

However, the minerals in herbs are important. For instance, black cohosh is high in iron and copper, which is why it is so excellent for female menstrual problems. Unfortunately, any mineral that is beneficial to human life is also toxic in excess.

People should also be careful about eating too much whole grains in the form of cereals or breads. Whole grains — except in sprouted form — are rich in phytates, substances that can reduce calcium, magnesium, and zinc — the nutrients that are particularly protective of eye function.

In some individuals, even a slice or two or whole grain bread is enough to trigger problems.

Another little-known factor affecting eyesight is the water you drink. If the water is acid, it can leach copper and other minerals from pipes, even though the water itself is low in these minerals. From galvanized pipes, you ingest cadmium and zinc.

Drinking water could be high in iron, or high in calcium relative to magnesium, which suppresses copper activity and could contribute to low copper tissue levels. Other drinking water promotes excessive copper tissue levels. In either case, the eyes can be affected.

We have a family in Texas that had been poisoned by the high iron levels in their drinking water. They were suffering from nosebleeds, from headaches, hypertension, allergies, and severe muscular rigidity.

Who ever thinks to check their drinking water, however, if they have an eye problem, or any sort of problem?

**SW:** I myself noticed that I developed pains in my eyes when I took iron supplements I didn't need.

**ECK:** That's because iron, whether in the water or in food or supplements, lowers zinc and magnesium levels. The result is an increase in stress, which can be felt as an increased sensitivity to light, or as eye pains.

Excess iron also could lower copper, which is necessary for connective-tissue formation. This could lead to all the same eye problems as those caused by copper excess.

Another recommendation for your readers is that zinc, or zinc combined with magnesium, will often relieve the sensitivity of sore, painful eyes.

On the other hand, be careful with zinc because it can lead to tremendous fatigue — by causing iron to be displaced from the tissues.

**Remember:** You cannot necessarily raise zinc levels by giving zinc. A low zinc (or an abnormally high zinc under the circumstances) is indicative of adrenal failure. It takes more than zinc to correct adrenal depletion.<sup>8</sup>

**SW:** What else can people do?

**ECK:** One final suggestion I can make is eye exercises.

I have seen a least 15 people who were helped dramatically by eye exercises, including my mother. When my mother was about 31 years old, she had to wear very thick lenses. She became excited about a book by Bates entitled Sight without Glasses and practiced the exercises religiously.

Today my mother is 84 years old and she has perfect vision. She doesn't wear any glasses whatsoever.

**SW:** Do you have anything you wish to say in conclusion?

**ECK:** Yes, first, it is not going to be easy for anyone to find references on what we have been discussing, because this is a new area of research.

Second, regarding nutritional research, the sad thing is that when results aren't forthcoming from one single nutrient, researchers tend to "put down" nutrition as a help for health problems.

Nutrition can help, but you will never solve eye problems by searching for isolated nutritional deficiencies.

Eye problems are the result of overall imbalances — not single deficiencies. Until these overall patterns are identified and evaluated, there will be very little progress in nutritional eye research.

## Vitamin E and Eyes

*by Dr. Paul Eck*

Vitamin E can increase inflammation in the eyes, or of the eyelids, and you must be alert for this affect. Vitamin E raises sodium levels, which can increase inflammation — a result that is not widely known.

Any time I took vitamin E, I became edgy, very uncomfortable, and anxiety-ridden — that is, hyperactive.

I mentioned earlier the association between hyperactivity and eye diseases. For some individuals, any nutrient that raises their sodium levels will increase their tendency to develop eye dysfunction.

## Copper and Children's Vision Problems

*by Dr. Paul Eck*

Out of 300-400 hair analyses I have done with children between the ages of 2 to 13 with vision defects, I have found that almost every single one of them had a high copper level. Such children almost always had a sodium-to potassium inversion, i.e., a ratio of less than 2.5 to 1.

They were also hyperactive, and suffered from learning disabilities, behavioral problems and were frequently autistic. It is well-known that there is a relationship between such problems and visual disorders.

# Observations on Eye Problems

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**Diabetes and vision:** People with diabetes eventually go blind. If the diabetes is corrected, vision is improved.

**The thyroid and eye problems:** The thyroid gland greatly affects eye health. For example, people with a fast thyroid can have bulging eyes with a panic-stricken look. People with sluggish thyroid activity suffer from a retention of fluid in their tissues, which will be detrimental to the eyes, resulting in near- and far-sightedness.

**Vitamin C and eye problems:** Vitamin C can temporarily raise metabolism, resulting in improved vision.

People with a fast rate of metabolism can sometimes find benefit by taking vitamin C combined with vitamin A. This will give them the benefit of vitamin C, while neutralizing its ability to raise sodium. Those with a sluggish metabolism can take a product called Cytocyn-C, which contains factors designed to accelerate metabolism. (Editors Note: For information on products, write to Endo-Met Labs, 8650 N. 22nd Avenue, Phoenix, Arizona 85021.)

**Calcium and eye problems:** If a person takes more calcium than he needs, it could lead to a deterioration of vision.

For one thing, calcium lowers potassium, which is necessary for thyroid hormone activity. If thyroid function is reduced, metabolism slows down. As we become older, the human body accumulates more calcium. The higher the calcium level becomes, the slower the rate of protein metabolism.

Vision is dependent on protein metabolism. People who take unnecessary calcium can slow down their protein metabolism — even if they are eating sufficient protein.

As one's rate of metabolism decreases, the person becomes prone to far-sightedness and other eye disorders.

**Also, high calcium levels lead to low potassium levels, which in turn lead to zinc loss and copper build-up. As we have discussed, this change can damage the proteins in the eyes.**

**Even people with a fast rate of metabolism, who need calcium, could run into problems by taking calcium by itself.**

Fast oxidizers, in general, suffer from a copper deficiency. If such people merely take calcium, it could further lower their copper levels and cause many existing eye conditions to worsen.

Fast oxidizers also eat too much lean protein, which lowers their levels of calcium and magnesium and causes anxiety. The lowered levels of calcium and magnesium can then lead to a protein breakdown, which can cause the same problems as those derived from too little protein.

(As we have mentioned previously, one sign of calcium loss from excess stress or excess protein is tartar on the teeth.)

Once again, low calcium and magnesium levels result in a deterioration of the muscles that shape the lens of the eye.

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## Copper and vision

High copper levels can reduce or block zinc activity.

Even fast metabolizers with supposedly low copper levels can have surges of copper activity when they are under severe stress — and this will block zinc-activated enzymes.

When you lose zinc under stress, the zinc loss multiplies the potency of the copper in your tissues. For this reason, you could have a low copper and still suffer from eye problems caused by copper toxicity.

Inflamed eyelids and sore, painful eyes are often a major sign of copper elimination.

Copper excess tends to dissolve protein, including the muscle tissues associated with eye function. You can see why copper elimination — or low zinc — can affect the muscles that shape the eye.

Zinc is anabolic in its action; it builds up protein. Whereas copper is catabolic, it tears down protein. Zinc gives the eye proteins their strength. Copper gives them their flexibility. A balance is needed or else vision may deteriorate.



## Color Blindness

by Dr. Paul Eck

People who have accumulations of copper in their tissues have a strong tendency toward color blindness. There may be stored deposits of copper that may not show-up on early tissue mineral tests.<sup>9</sup>

I have never had any of these people call me and tell me their color blindness cleared up. However, I knew one woman personally who was helped.

Her name was Sue and she used to go through red and green and yellow lights. I used to be scared to ride with her. Her color blindness cleared up completely when she eliminated the excessive copper locked-up in her tissues.

I cannot say whether this would happen to other individuals with high copper.

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<sup>1</sup>A person with a fast metabolism typically has low levels of calcium, magnesium, and zinc and higher than normal levels of sodium and potassium.

A person with a slow metabolism has higher than normal levels of calcium, magnesium, and zinc, and lower than normal levels of sodium and potassium. High levels of calcium, magnesium, and zinc are still deficiencies, because the excesses are not normally available for metabolic purposes.

<sup>2</sup>Some fast oxidizers suffering from low sodium-to-potassium ratios need copper far more than they need zinc — even when a cursory reading of a tissue mineral analysis reveals a supposed zinc deficiency. Giving copper to such individuals will actually cause a normalization of their zinc levels, without ANY supplemental zinc being given.

<sup>3</sup>The sodium level may actually be high, but it will be less than 2.5 times the level of the potassium. Likewise, the potassium level may actually be low, but it will be high — when compared to the sodium level.

<sup>4</sup>If the person has a high level of calcium to magnesium, then the body's magnesium activity will be blocked by calcium. A high calcium-to-magnesium ratio blocks the action of magnesium, even if the tissue magnesium levels are high.

<sup>5</sup>A low zinc level, by removing a primary inhibitor of copper, can potentiate the effects of small amounts of copper. Thus, a person could have a low copper level and yet suffer eye damage from copper toxicity.

<sup>6</sup>Copper excess or zinc deficiency can sometimes result in white spots in the fingernails.

<sup>7</sup>Zinc is needed for anabolic activity, i.e., the building of proteins. This in zinc deficiency or infection, there is a breakdown of tissue proteins. In prolonged exhaustion, this protein breakdown is registered in tissue mineral analysis as a sodium-to-potassium inversion, i.e. a sodium-to-potassium ratio of less than 2.5 to 1. If a sodium-to-potassium inversion becomes prolonged, the person will experience a steady deterioration in eyesight.

<sup>8</sup>SW: If the person is in an inversion, he has a system that is electrically discharging, instead of charging. This means the person's system is not going to properly build-up proteins, no matter how much protein is being ingested.

<sup>9</sup>For a list of medical doctors who can use tissue mineral analysis properly, write to: Analytical Research Labs, 8650 N. 22nd Avenue, Phoenix, Arizona 85021.

<sup>10</sup>Signs of hidden copper on a tissue mineral analysis include a low sodium-to-potassium ratio, which may be present along with a high calcium, or a high calcium-to-potassium ratio.

## An Introduction to Dr. Christopher's Herbal Eyewash — **The Original Interview**

"I have letters from people all over the country who have used my herbal eyewash successfully to eliminate their cataracts, reduce their glaucoma pressure, and regain their lost vision."

Dr. John R. Christopher  
Nationally-Known Herbalist

### Part III

## Presenting...

# Dr. John R. Christopher

Dr. John R. Christopher was one of the nation's leading herbalists. Unlike many other herbal spokesmen today who have gained much of their information through books and magazines, Dr. Christopher has gained most of his herbal knowledge directly from first-hand clinical experience with thousands of patients over the last 35 years.

**We consider Dr. Christopher to be one of the greatest healers of the century.**

We think that Dr. Christopher was a giant of giants. In fact, we consider him to be one of the greatest healers of the century, and we are not saying that lightly. His herbal programs have gotten people well from some of the most "incurable" conditions you can imagine — conditions that both orthodox and unorthodox practitioners would find extremely difficult, if not downright impossible, to heal.

For example, Dr. Christopher has had patients who have regained their hearing after they had been stone deaf. His treatments have helped patients to regrow their teeth, which is supposedly a "medical impossibility." He has had people walk again after they had been completely crippled and bedridden, and he has even had people actually regrow new organs and bones - which is absolute medical heresy.

Dr. Christopher once told us a story about a woman who had regrown one of her lower vertebrae. A vertebra had been shattered in an accident and an x-ray showed a large open area where it should have been. Dr. Christopher told us that his patient went on one of his herbal programs; within one year, cartilage started to form; and after another year, the soft cartilage started to turn to solid bone.

Dr. Christopher died on February 6, 1983, at the age of 73. At the time of the following interview, he was 70 years old and said that he felt better than when he was 25. He attributed his enormous vitality to a daily program of herbs and a natural foods diet.

Dr. Christopher was born with crippling rheumatoid arthritis and for the first 35 years of his life he hardly knew a single day of good health. He was in a wheel chair most of the time, and was near death on numerous occasions.

When we visited him in Salt Lake City, he even pointed out to us the morgue where his mother once found him after he had been in a serious car accident. He was rushed to the hospital and suffered serious amnesia for many weeks. The doctors said his injuries were so severe that he would be doing well to live to be 35 years old.

Miraculously, he survived 38 years beyond their predictions.

**Dr. Christopher said that if it hadn't been for herbal medicine, he wouldn't have lived past 40.**

His whole life had been an uphill battle, and at the time of our interview, he was still going strong. He said that if it hadn't been for herbal medicine, he wouldn't have lived past 40.

Dr. Christopher is the author of *The School of Natural Healing*, a 639-page herbal encyclopedia and reference work for both laymen and professionals. Many herbalists and other natural practitioners consider it to be THE outstanding reference work on herbal medicine.

Dr. Christopher taught herbology in his home state of Utah. His school was called by the same name as his book, *The School of Natural Healing*. He had students from all over the country who took his week-long herbal course. At one seminar, he had students from New Zealand, Scotland and Australia. He offered degrees as a Master Herbalist and for advanced students he offered a doctorate in Herbology.

When Dr. Christopher was not busy lecturing or teaching, he spent much of his time developing new formulas. He told us that many of them came from divine inspiration. To some people, this may seem like a rather primitive and unscientific way to develop formulas, but we strongly feel that the results he has attained more than speak for themselves.

**Dr. Christopher could keep an audience spellbound for hours while he lectured on the healing power of herbs. His knowledge was awesome.**

Dr. Christopher was so dedicated to his work and to his strong belief in the healing power of herbs that he lectured constantly around the country to both lay and professional groups. His lecture schedule was so heavy that he frequently talked in three different cities during a single week.

Dr. Christopher was in a class by himself. Most persons live an entire lifetime and rarely meet anyone who comes even close to having the qualities that he had. He was a man of character and is a perfect gentleman.

It can be seen by looking at his face that he is a dedicated person and that he cared deeply about people. He wanted to see everyone become healthy. He had a sense of power about him that seems to come directly from God. If you could talk to him privately for a few moments, you would know what we mean.

From the time Dr. Christopher was a small boy, he knew that his mission in life was to heal the sick. It seems only logical and natural that a man of Dr. Christopher's stature and dedication would be chosen to teach the world the practical knowledge of herbalism.

### **You can live an entire lifetime and you will rarely meet anyone like Dr. Christopher.**

Dr. Christopher did not have an easy time in presenting his. Once he was actually handcuffed by armed police and taken off to jail as he was lecturing to a small group of people. He has had many medical groups and state governments take him to court to try to ban him from lecturing.

He told us that on several occasions the bank had to foreclose on his house because he could not meet the mortgage payments due to the high legal fees he had to incur. Once he saw his own furniture being auctioned off in front of his own home.

Even members of his profession have harassed him. Many years back a naturopathic physician sued him. The real reason was that he was able to get people well a lot more quickly than the naturopaths could and the naturopaths were losing business.

Even in his final years, Dr. Christopher still struggled as he lectured constantly to try to make a living. More than once, he has had his formulas stolen and marketed under other peoples' names. Many giant herb companies are flourishing today, and very few of them really seem to appreciate the work that he has done.

Many people seem to have jumped onto the herbal bandwagon today and they talk freely and openly about herb use with very little or no interference. When Dr. Christopher started advocating the use of herbs, there was no herbal bandwagon to jump onto.

Dr. Christopher has worked hard for the last 35 years and we feel that he earned praise and respect for the dedicated work he has done. As editors of the newsletter, we feel very honored that we have had the opportunity to spend many hours in his presence.

Almost everyone today has some sort of vision problem, ranging from minor problems, such as near- or farsightedness, eyestrain, and specks, all the way to major eye problems such as cataracts and glau-

coma. Medical sources estimate that over 115 million Americans are affected by vision problems to one degree or another.

What can be done about eye problems? For most people with relatively minor eye problems, eye glasses or contacts are fine. You cure your problem and you can see — instantly.

However, as you grow older, as your sight deteriorates and gets worse, contacts and glasses offer less and less of a solution. If you happen to develop cataracts or glaucoma, you will have to consider either surgery or treatment with drugs.

SWANNANOA has been searching for a natural approach, for serious eye problems, an approach which was painless and restored good vision fairly rapidly.

We, of course, knew about eye exercises, which do work in many cases. But often they are quite involved, quite time-consuming — taking an hour a day or more, and frequently must be done for a year or more before any results are noticeable. Most people just don't have the time to do them. And even if everyone had the time, they won't help you much if you have cataracts or glaucoma.

We also explored nutritional approaches to eye problems, since various nutrients such as vitamin A, calcium, vitamin C, and vitamin E are well-known to be needed for healthy eyes. But, as best as we could find, nutrition seems to do more to prevent eye problems than to correct them.

When we interviewed Dr. Christopher [for issue] on women's problems, we were aware of the success he had in treating eye problems. So we naturally asked him about his methods.

**“In many cases, eye problems — even serious ones such as cataracts and glaucoma — will show tremendous improvement within a matter of months.”**

SWANNANOA: What have you got for eye problems?

CHRISTOPHER: I've developed an herbal eyewash that corrects a wide variety of eye problems. In most cases, eye problems — even serious ones such as cataracts and glaucoma — will show tremendous improvement within a matter of months.

For example, many years ago, a man came to me from British Columbia, a province of Canada. When he stepped in my room, I noticed his glasses were as thick as the end of a Coke bottle. I said, “I can see your vision is terrible. How long have you had your problem?”

He said, “It's been going on for 20 years or more. My vision is diminishing rapidly. I'm a jeweler and it's the only trade I know. If I lose my eyes, I won't be able to work

anymore. I never thought it could happen to me.”

I reassured him that this need not happen. Then I told him about the herbal eye formula. He went back home and I didn't hear from him for six weeks or so. Then I received a postcard from him. He said his eyes were starting to hurt when he wore his glasses. He said he had switched to a weaker pair he had laying around and that seemed to help.

I wrote back and told him that this normally happens when the eyes get stronger.

Three months later, he wrote again. He said that his eyes had continued to improve. He had gone through another two pairs of old glasses. He said he was now wearing glasses he had worn 15 years ago. He was elated. Three months later, he reported being able to work without any glasses. He said he could fix watches, and work on diamonds, without the soreness and eyestrain he had always known.

**SWANNANOA:** It sounds hard to believe. How can a person possibly experience such a dramatic improvement in vision after 20 years of poor sight. And how can it happen so quickly?

**CHRISTOPHER:** When you don't understand how the herbs work, it certainly would seem unbelievable. So let me explain my eye formula and how it works.

The formula contains a number of different herbs, each having their own purpose. For example, there is cayenne pepper, which stimulates the eye tissues and improves the circulation in them. There is golden seal root, which kills any infection or bacteria in the eye tissues. There is bayberry bark, and red raspberry which promote the growth of new healthy eye tissue. Finally there's eyebright, an herb which has been used to cure eye problems for the last seven hundred years.

Often, within a week after starting, people notice mucus and pus coming out of their eyes when they wake up. This is simply damaged cells and toxic materials which are being cleansed from the eyes. One lady called me after taking the eye formula for only two days. She said, “Dr. Christopher, I woke up this morning and my eyes were almost glued shut with mucus.”

I told her she was lucky. I said, “If the mucus comes out of your eyes at that rate, you'll have your vision back in no time.”

You see, when the entire eye is cleaned out, the vision will naturally improve. When the waste material comes out of the muscles, the muscles will become stronger and will be able to focus better. When the lens in the eye is cleaned out, it will become almost crystal clear.

When this happens, light rays will travel through the entire lens and will be focused on the retina without being distorted, which usually happens when the lens is cloudy. In addition, the optic nerve itself will become much more sensitive and it will send picture images to and from the brain many times quicker.

Also, the eyewash will increase the circulation in the eye. This means nutrients will travel more quickly to the eye and the eye will regenerate at a faster rate. This circulation is vitally important in relation to the eye lens. There are no blood vessels in the lens itself.

It depends entirely on the free-flowing humors liquids which bathe the lens on both sides. So when nutrients can get

to the lens quickly, and when waste products can be discharged from the lens easily, a person's focusing ability is bound to improve.

**SWANNANOA:** You still didn't answer part of my question: How can your eye formula work so quickly?

**CHRISTOPHER:** The main reason it works so quickly is that I use it as an eyewash. I have people make a solution of the herbs and tell them to use it directly on the eyes as an eye wash. In this manner, the herbs are soaked directly into the eye tissues and go to work within minutes.

**“If the herb eyebright was but as much used as it is neglected, it would half spoil the spectacle makers' trade.”**

— 17th Century physician  
Nicholas Culpeper

**SWANNANOA:** Could you tell us a little more about eyebright, the main herb in your formula?

**CHRISTOPHER:** Certainly. Eyebright is a small flowering shrub which is found in Europe and northeastern America. It has been used to alleviate eye problems on both sides of the Atlantic for centuries.

In Europe, back in Roman times, it was named Euphrasia, which means “cheerfulness due to improved vision.” So even back at the time of Christ, they knew that eyebright helped to improve vision.. Eyebright was used in Iceland as early as the thirteenth century.

Icelanders used to take the plant, squeeze the juice out, and put it right in the eyes. The Scots also used it in a similar manner. Eyebright was also used in England for centuries. The famous seventeenth century doctor, Nicolas Culpeper, said the following about eyebright:

**“If the herb eyebright was but as much used as it is neglected, it would half spoil the spectacle makers' trade.”**

In America, eyebright was used by the Indians. It was used by the early settlers. It was used and recommended by famous herbalists at the turn of the century. Eyebright is listed in the official *Homeopathic Pharmacopoeia of the United States*. It's also listed as an eye remedy in a standard medical reference book, *The American Illustrated Medical Dictionary*, written by W. A. Newman Dorland, M. D.

It all makes sense. How do you think eyebright got its name? Do you think it just happened by accident? Of course not. It was named eyebright for good reason — because it helped brighten people's vision. That's the reason the name has stuck for over 700 years.

**SWANNANOA:** How do you use the eyewash?

**CHRISTOPHER:** To make the eyewash, put one teaspoon of the formula in a cup of boiling distilled water. You should never use tap water. When the tea has cooled, and the herbs have settled to the bottom, pour the solution through a clean piece of cotton or wool. Don't use any synthetic fibers. Then pour a small amount in a glass eye cup, which you can get in any drug store.

Place the cup over one of the eyes and blink the eye for a few times, then rest the eye for a few moments. This will let the eye become accustomed to being washed. Then repeat

with the other eye. Keep using the eyewash until you can blink about 20 times with each eye.

The second day, you can try to leave the eyes open for a few seconds in the solution. Your eyes may sting in the beginning. But the more you use the eyewash, the easier it will be.

Keep using the eyewash three times a day, and try to keep your eyes open in the solution for longer and longer periods. Hopefully, within a week you should be able to keep them open for five minutes at a time.

If you can do this persistently, day in and day out, you'll be well on your way toward correcting any vision problems you may have. If your eyes are really bad, you can take the eye wash 5 to 6 times a day.

Also, I urge you to take three capsules of the formula twice a day internally. This is absolutely essential if you expect to get complete results.

**SWANNANO:** You mentioned earlier that your formula contains cayenne pepper. Cayenne is pretty strong. Wouldn't it be dangerous to put it in the eyes?

**CHRISTOPHER:** No, it isn't. In all these years, I've never had any problems, with the cayenne. It's true, it makes your eyes sting, but that won't hurt you. In fact, a few people have told me that the more their eyes sting, the better their eyes feel afterwards.

**“At the end of the evening, he came up to me and waved his new driver's license. He had passed the driving test — without his glasses.”**

**SWANNANO:** Do you believe in eye exercises for vision problems?

**CHRISTOPHER:** Yes I do. Exercises are beneficial in strengthening the eye muscles and increasing the circulation to the eye. However, if you just do the eye exercises, without the eye wash, it will take you a lot longer to get results, and you may not get results at all.

It makes sense when you think about it. How can you expect eye exercises to work when the eye muscles are full of mucus and toxic debris. This explains why exercises were so much more effective earlier in the century. People didn't eat so much junk food and sugar as they do now, so they didn't have as much waste matter and bad cells in their eyes.

There are quite a few people I've seen who read books on eye exercises and try them diligently, yet just don't get any dramatic results. If they would first clean out their eyes, and rebuild them — by using the eye wash — then they would see results a lot quicker.

**SWANNANO:** How fast can a person expect results by using your eyebright formula?

**CHRISTOPHER:** It depends on the person and the problem. Sometimes there are results in three weeks. Other times it takes 5 or 6 months or longer.

For example, I helped a man who suffered from near-sightedness. His eyes were too weak to pass the driving requirement. He was legally blind, so, being a person of means, he hired a chauffeur. He heard about my eye wash at a lecture I gave in Phoenix.

Almost five months later, I was back in town for another

lecture. At the end of the evening, he came up to me and waved his new driver's license. He had passed the driving test — without glasses.

Another example I remember was a lady from Evanston, Wyoming. Whenever she came to me, she was led in by either a child or a seeing eye dog. Over a ten year period, her eyesight had deteriorated so that she could hardly see at all.

To make a long story short, she tried the eyewash and showed up back in my office seven months later. She apparently kept at it quite religiously, because this time there was no child or seeing eye dog to lead her in. I was shocked, because I wasn't expecting her, and certainly didn't expect to see her walk in without help.

She greeted me, walked over to my desk, picked up my herbal book, opened it up and started slowly reading me the section on peppermint. She wasn't reading very fast, but she didn't miss a word.

So you see, it really depends on the individual case. I can't tell you how long it will take for your particular problem to improve. You just have to stick with it, day after day, until it does.

**“Two days later, the cataract came off the other eye in the same manner.”**

**SWANNANO:** Can your eyewash help such minor problems as simple eyestrain or photosensitivity?

**CHRISTOPHER:** Of course. The eyewash makes the eyes stronger. Then they can take greater stress, whether it's strong lights, too dim light, too much reading, or whatever. All eye problems will improve.

The eyewash even helps problems not directly connected with vision. For example, a lady came to me once and just begged me to help her. I said, “What's the trouble?” She said, “I can hardly tear at all. It's been that way since I was a teenager.”

Her problem was that her tear ducts were all clogged up. She used the eyewash and in no time at all, she was able to tear like everyone else.

The eyewash also helps the opposite problem, tearing too much. One businessman came to me with this problem. It was embarrassing for him to keep wiping the tears out of his eyes during business meetings. His tear ducts were infected and didn't work right. He used the eyewash. It eliminated the infection and irritation, and the excess tearing stopped.

Another problem the eye wash will help with is in eliminating floaters. These are spots in the eyes which can appear from time to time. They're terribly irritating. Many times the eye doctor will tell you, “You just have to live with it.” Usually the eye wash will eliminate the floaters within 3-4 weeks.

**SWANNANO:** What about serious problems like cataracts and glaucoma. How long does it take for them to improve?

**CHRISTOPHER:** With cataracts, it usually takes 5 months or more. However, it can happen sooner. For instance, I remember one woman who had cataracts for over 15 years and who had become totally blind because of them. She was very poor and couldn't afford an operation.

She heard about my eye wash and began to use it regularly, at least five times a day.

Nothing much happened in the beginning, except a little discharge of mucus and pus once in a while. It was three months down the road, and there were still no results at all. She called me discouraged and wanted to quit. She said, "It's too late for a woman my age to get results. After all, I've been blind for years. I should have started while the cataracts were still forming."

I told her, "Nothing doing. You keep right at it." I said that if she quit, there would be no hope. Her only hope was to continue.

She was still discouraged, but she agreed to keep going a while longer, if only out of respect for me. Well, one week later, she was in the bathroom and she felt something funny in her eyes. Something was irritating them. She propped one eye open and started to rub it. She felt a small, hardened slippery piece of tissue come off in her hand.

She reached for a small hand mirror and looked into it. She was amazed, because she could actually see herself. Of course, her face was blurry but nevertheless she could see it.

When she realized what had happened, after being totally blind for 15 years, after having to grope around in the dark, after being confined to her small house much of the time — and now, being able to see not only light, but her own face — well, she just sat down and cried.

You see, what had happened was that her cataract had come out of her eye. The eyewash had loosened it and caused it to be thrown off. Two days later, the cataract came off the other eye in the same manner. Her vision was still poor at first, but she could walk around the house without bumping into things.

Over a two month period, her vision became sharper. Now she reads large type and works in her garden. In time, I have every confidence that she'll regain full use of her eyes.

I have to admit it, but her case was unusual. Three months is fairly quick. But I have seen dozens of people who dissolved their cataracts in 5 months or more.

By contrast, glaucoma cases improve much more quickly.

I have seen the pressure come down in many glaucoma patients within weeks. That's because the eye wash cleans out the drainage ducts near the eye. When these ducts are all cleaned out, the pressure will return to normal. It's that simple. I've never seen one glaucoma patient that didn't get dramatic results when they used the eyewash.

**"If it weren't for the eyewash, I doubt I'd be able to see anything — with or without glasses."**

**SWANNANOA:** What if someone has already gone blind. Can it be reversed?

**CHRISTOPHER:** Yes, it's possible.

For example, there was a man from Ruth, Nevada, who came to me some years ago with his 25-year-old son. The boy was blind and had been blind since birth. It looked helpless. Doctors had come from all over the country and they all agreed that nothing could be done.

Well, we started the eyewash right away. In less than six months, the boy could tell if someone had switched on a light

in the room. Before the year was out, he could tell you if a car went by and what color it was.

By the second year, he was able to read the headlines in the newspapers. After two and a half years, he was able to read fine print without glasses.

You might have a hard time accepting a story like this, but let me remind you that other organs in the body can also regenerate themselves. The liver regenerates itself all the time. So does the skin.

When you think about it for a while, it shouldn't seem too inconceivable that eye tissue could regenerate under the right circumstances, and in the right environment.

But anyway, for those who will accept a story like this, it should show them that there's always hope — not matter how bad the condition is.

**SWANNANOA:** We have just two more questions to wrap things up. First, some of your critics question the claims you make for herbs. They say you promote herbs because you make money selling herbs. Could you comment?

**CHRISTOPHER:** Yes, I do sell herbs, and frankly I do make money. But it would be ridiculous to think that the money I make in any way influences what I say about herbs. I can't just palm off a bunch of useless herbs on your readers or anyone else.

I've got a reputation at stake. It took me thirty years to get where I am now. I've got a big responsibility. Whether I like it or not, I am one of the foremost spokesmen for herbal medicine in the United States. Lay people, herbalists, and even medical doctors from all over the country follow my recommendations. With the position I have I just can't go around saying things about herbs that are not true.

If people weren't satisfied with the herbs they buy from me, they could always return them for a refund. If I didn't satisfy my customers, I'd be out of business in no time flat. Also, there are plenty of herbal suppliers besides me. You can buy herbs from any one of them. All of my formulas, including the eyebright formula, are public knowledge.

And there's just one more thing I'd like to say while I'm on it. I was involved with herbs long before there was any money in it, and long before they were popular. I've struggled for years to tell people about herbal medicine.

I've been ridiculed, ostracized, attacked, and even thrown in jail on numerous occasions. It's never been easy for me. If I were in it just for the money, I certainly didn't have to go through all that. I could have sold insurance or something else without any trouble.

**SWANNANOA:** Dr. Christopher, I notice that you yourself wear glasses. Why is that?

**CHRISTOPHER:** Yes, that's true. I do have to wear glasses for driving. But even though my eyes are not perfect, the eyewash has helped me enormously.

When I was a small boy, I had terrible vision. I could hardly see the blackboard. To make matter worse, I got hit in one eye by a baseball bat. The doctors said the eye would be blind for life.

My problem is that I don't use the eyewash regularly. I'm on the road all the time and I usually don't get to it. I always tell myself, "Tomorrow, I'm going to get on a regular schedule." Then, tomorrow comes and I have so much to do



that I put it off. It's the old case of the shoemaker going barefoot.

If I had used the eyewash faithfully, I have no doubt that I'd have perfect sight by now. But I still think I'm doing pretty well. One eye has 20/20 vision and the other is 20/15. (And remember, I'm close to 70 now.) If it weren't for the eyewash, I doubt I'd be able to see anything — with or without glasses.

**SWANNANOA:** Thank you, Dr. Christopher.

## Part IV

# Testimonials on the Herbal Eyewash

*In the following section we have presented some of the best eyewash testimonials which we have received in the last year and a half. We purposely have left all of the letters unedited with respect to both grammar and content. We wanted you to feel the full flavor and excitement of the readers as they tell you in their own words how they were able to improve their eye conditions*

*with the herbal eyewash.*

*We personally feel that all of these letters taken together should be considered as overwhelming proof that Dr. Christopher's Herbal Eyewash really does work. But whether you agree with us or not, we feel that these letters certainly speak for themselves.*

All the photos of Dr. Christopher were taken by Sam and Loren Biser at one of Dr. Christopher's herbal seminars at Park City, Utah.

## Reader from Wisconsin Says He Can Now Read the Phone Book *Without* Glasses for the First Time in Years.



Mr. John Sappington from Lake Geneva, Wisconsin, read names and phone numbers out of a phone book for us to prove that his close-up vision really has improved.

"...[all your] interviews have cleared up the fine line between true and false, and good and evil for me. I love being brainwashed as long as it is good or true. In less than 3 months, thanks to Dr. Christopher's eyewash, I received the best Christmas present ever. On December 23, 1978, after using the eyewash since October 10, 1978, 5-8 times daily, and enjoying it burning down my face, I took off my glasses, after 40 plus years, never to put them on again.

When I looked in the telephone book and realized that I could see names and numbers, I started calling some friends. I plan to continue using the eyewash for the rest of my life, if necessary.

Thank GOD there are people, like you and your Brother Sam, that have the GUTS TO REVEAL TO THE WORLD THAT THERE IS HOPE FOR PEOPLE OF THE WORLD LIKE ME."

John Sappington  
Lake Geneva, Wisconsin

We flew out to visit Mr. Sappington in Wisconsin. We asked him to read a phone book for us, and he did this without any trouble. We asked his wife if he was able to do this before he started the eyewash and she told us that he couldn't.

We wanted to know for sure if Mr. Sappington's eyesight had really improved, so we took him to a local eye doctor in town. The eye doctor told Mr. Sappington that it was possible that his near vision had improved naturally, because he said that this did happen to some people as they grow older. He did say that his distant vision had decreased in the last two years, and he also said that there was a lot of mucus behind his eyes.

The following is a condensed version of our conversations with Mr. Sappington.

**SWANNANOA:** Do you believe that what the eye doctor said about older people being able to see better at close distances as they grow older applies to you?

**SAPPINGTON:** I really don't know. I have had a few people who have come here and said, "Yes, I can take my

glasses off and see better than I can with my glasses." And these people are 69, 70 and 73. Of course, I have also had people come visit me and say that they can't see a thing when they take their glasses off.

I do know that there was no way I could see any small print at all before I took the eyewash—with or without glasses. You saw yourself that I can now read the phone book. So something has happened to my eyes.

You know, before I couldn't even read for 15 or 20 minutes before my eyes would be watering and aching, even with my glasses.

**SWANNANOA:** How about now?

**SAPPINGTON:** Oh, now, I can sit down and read novels for two or three hours.

**SWANNANOA:** Didn't you mention to me before that you just read the second book of your life without glasses?

**SAPPINGTON:** Yes, that's right. I read a 196-page novel in about a week for about 2-3 hours a day.

**SWANNANOA:** Do you think it was the eyewash that was responsible for your improved close-up vision or was it just a coincidence?

**SAPPINGTON:** I know it was the eyewash. It wasn't any coincidence at all.

**SWANNANOA:** How about all that mucus in your eyes?

**SAPPINGTON:** Well, that was certainly to be expected. Just like Dr. Christopher said, the mucus will come out. I know my sight will improve even more when all that mucus does come out. As soon as I note a change, I will have another exam.

**SWANNANOA:** Why do you think your distant vision decreased?

**SAPPINGTON:** It probably has something to do with all that mucus coming out. I am sure it will improve in time. You'll see.

**SWANNANOA:** Why did the doctor say that you needed glasses and you said that you don't need them?

**SAPPINGTON:** I haven't worn my glasses since December 23 of 1978. I don't need any glasses.

**SWANNANOA:** Well, why did the doctor think you did?

**SAPPINGTON:** Well, it's due to the fact that this mucus in back of my eyes has got it so that things are just not transparent.

Yes, as far as he is concerned, I do need glasses. I would never pass a driver's test now. I'll guarantee you that.

**SWANNANOA:** But you are just not wearing them?

**SAPPINGTON:** No, I'm not wearing them. But, I'll get my complete sight again. I know it. This eyewash just does take time. I have gotten some good results with the eyewash already, and in time I will get a lot more results. As I said in my letter, I plan to take the eyewash the rest of my life if I have to.

**SWANNANOA:** Thank you, Mr. Sappington.

### **Woman Can Almost Read the Whole Eyechart—*Without Glasses***

"Now I am determined I am going to get rid of these trifocals under Dr. Christopher's herb program. I am having much success and after about 8-9 weeks of treatment and eyewashing, I can almost read the whole eye chart without glasses after 30+ years with glasses.

"The optometrist lowered my bifocal correction. I am glad there are some doctors who do not scoff about people using herbs and exercises to improve their eyesight. I have had glimpses of being able to read sentences without glasses on, which gave me a real thrill and I do hope this is the meaning of pure sight coming back."

S.B.  
Traverse City, Michigan

### **Reader from Pennsylvania Convinced That the Eyewash Will One Day Allow Her to See *Without Glasses*.**



Mrs. Berry from Pennsylvania claims that the herbal eyewash is helping her to regain her complete vision.

"I am absolutely convinced that I can see better close up. I have been on a very good nutritional program, but I don't think that I would have been able to get the results I have gotten if it weren't for the eyewash. The stuff that came out of my eyes was just amazing. I wonder how in the world this much pus can be in the eye.

"This past Tuesday, October 16th, I read a note from a friend to my doctor *without glasses*. He, in turn, gave me a book and asked me to read a certain paragraph on the front cover, which I did. (Guess he wanted to make sure that I didn't memorize the note.)

"I have a long way to go yet, as my eyes tire and the words start running together, BUT, I KNOW DEFINITELY THAT I WILL SEE AGAIN WITHOUT GLASSES."

Mrs. Berry  
Reading, Pennsylvania

### **Can See Everything *Without Glasses***

"Dear Sam & Loren, Did I ever get a laugh when I got your NEWSLETTER about the eyewash. A friend of mine told me about EYEBRIGHT TEA, so I got some and I have been drinking it for about a month—IT did not help my eyes any. Then I made the same tea and used it to wash my eyes. That did the trick. I had so much trouble with my eyes, I thought I was going blind.

"AND now, I can see perfectly in just two days. I can see everything without glasses, except the fine print. I recommend it very highly."

H.M.  
Chicago, Illinois

### **Reader Can Now Read Large Bible Print *Without Glasses***

"I have had wonderful success with the eyewash. I have been using it 4 months and can now read large Bible print without glasses."

V.R.  
Free Union, Virginia

### **Reads Newspaper *Without Glasses***

"I am using Dr. Christopher's herbal eyewash. I have used it for three weeks now. I used to use my glasses to drive my car. Now, I can see plainly for half a mile that before was hazy. The larger print of the newspaper I can now read without glasses. The fine print is clearing and I hope to read in sixty or ninety days."

R.J.  
La Pine, Oregon

### **Reader Passes Driver's Test *Without Glasses***

"I have been using eyewash for about one year now, but I use it 3 or 4 times a day and not over 2 minutes at a time. I am still working and don't take the time I should; I know you should wash your eyes 5 minutes at a time.

"My story is that I had a restriction on my driver's license for 8 years (must wear glasses at all times when driving). I was 64 years old Nov. 3, 1979. I had to renew my driver's license for another 4 years. I did not say a word about the restriction but read the chart without my glasses and they said they were taking my restriction off of my driver's license, which they did.

"I also had to begin using my weaker glasses I had before having my eyes checked. When I did have my eyes checked, I got weaker glasses. (I did not say anything to the eye doctor about using Eyebright.) I can read big print without my glasses."

A. K.  
Vinton, Iowa

## Wisconsin Reader Claims She Can Read Newspapers *without* Glasses for the First Time Since 1932

Mrs. G. Olivotti, from Wisconsin, has used the herbal eyewash for more than 6 months, and she now says that a cataract was eliminated from one eye and she can see much better in both of her eyes.



October 7, 1979

"Dear Sam & Loren,

Yes, I am interested in the follow-up report with Dr. Christopher's Herbal Eyewash.

"I had severe cataracts and was almost blind in my left eye for almost 6 years or longer. I also had a cataract on my right eye. Since March 19th, 1979, I started using Dr. Christopher's Herbal Eyewash and am receiving my eyesight again. My right eye is OK, and already my bad eye still needs more Herbal Eyewash care—although it is getting good, too.

"I am going to keep on with the Herbal Eyewash. It is just an amazing product—I know. And it is mighty good to see again. I thank God for Dr. Christopher's Eyewash and wish him God's richest blessings and a long healthy, happy life.

"I figure about 3 to 4 months (or maybe a little longer), and I can put my glasses away. I can already read without them.

"Thanks again, Dr. Christopher. You are the Greatest."

Sincerely,  
Mrs. Olivotti

October 13, 1979

"Dear Sam & Loren,

Just got through talking to you on the phone, which was a happy surprise.

"Like I said, I'm the happiest woman in the world, that I am receiving my eyesight back. I was nearly blind from the cataract on my left eye and also had one on the right eye.

"My right eye has none anymore, and with the left eye, I figure a couple of months more and then that one will be gone, too. Then I can throw away my glasses, as I can read without them already, which I was never able to do since 1932. October 17, I will be 67 years old.

"I think I have had the cataracts for about 6 years or

longer. I thank you very much for your interest in my eyesight.

"So long."

Mrs. Olivotti

## Discussion with Mrs. Olivotti November 10, 1979

**SWANNANOA:** You said in your letter that you were helped by the herbal eyewash?

**OLIVOTTI:** Yes, I was. My left eye was really bad, and I can see fairly good with it already. Before I couldn't even see the road. I was nearly blind, and now I can see very good.

**SWANNANOA:** So it was the left eye that was causing the problem?

**OLIVOTTI:** My left eye was very bad, yes.

**SWANNANOA:** That's the one you had the cataract in?

**OLIVOTTI:** Yes, and I had one started on the right eye, but there is nothing there anymore.

**SWANNANOA:** But your eye doctor knew that you had cataracts?

**OLIVOTTI:** Yes.

**SWANNANOA:** What did he tell you? Couldn't he help you?

**OLIVOTTI:** He said I should wait a little longer and then I should have them operated on. But I didn't want an eye operation, so I started with the eyewash.

**SWANNANOA:** What happened when you used the eyewash?

**OLIVOTTI:** A lot of pus came out of my eye. It was like hard granules. And my eyes were almost stapled shut with mucus in the morning. And there is still some coming out of the left eye.

**SWANNANOA:** How is the cataract in the left eye now?

**OLIVOTTI:** It's getting, oh, I'd say about  $\frac{3}{4}$  better.

**SWANNANOA:** When it was at its worst, you weren't able to see much out of the eye?

**OLIVOTTI:** I could hardly see anything. It was just like something had covered the eye.

**SWANNANOA:** And now you can tell that it is getting better?

**OLIVOTTI:** Oh, yes! Before I couldn't drive any more because in the evening when the lights would shine, it would be like a great big halo, like a train was coming.

**SWANNANOA:** And it is not like that anymore?

**OLIVOTTI:** No, that is all gone. In the daytime, it would be like a real thick fog, you know. And there is now nothing like that at all any more.

**SWANNANOA:** So it seems that you are on your way to getting well!

**OLIVOTTI:** Oh, I sure am.

**SWANNANOA:** What does your family say?

**OLIVOTTI:** Oh, everybody is well pleased. It is really wonderful. A person doesn't miss their eyesight until it is gone.

**SWANNANOA:** How long have you used it?

**OLIVOTTI:** I've taken it since March the 19th and I wash my eyes, oh, I would say 4-5 times every day. But I can tell you that my eyes are getting better. Just yesterday, I had something slimey come out of my eyes. Even hard particles are coming out. It is really amazing how much better you can see when that stuff comes out of your eye.

**SWANNANOA:** Can you see better now?

**OLIVOTTI:** Yes, I can read papers now without glasses or anything.

**SWANNANOA:** You mean newspapers?

**OLIVOTTI:** Yes.

**SWANNANOA:** You couldn't do that before?

**OLIVOTTI:** I couldn't do that since 1932.

**SWANNANOA:** The right eye was the one you said you got rid of a cataract in.

**OLIVOTTI:** That is the one, yes.

**SWANNANOA:** How do you know that you had a cataract in that eye?

**OLIVOTTI:** The doctor told me. He confirmed it. There was no question about it.

**"Before I took the eyewash I couldn't even see a block away. I was almost blind."**

**SWANNANOA:** How long ago did he tell that you had it?

**OLIVOTTI:** About two years ago.

**SWANNANOA:** How do you know that you don't have a cataract now?

**OLIVOTTI:** No, there is nothing there now.

**SWANNANOA:** But how do you know for sure that the cataract is completely gone?

**OLIVOTTI:** I can see so good. It has to be gone.

**SWANNANOA:** But you didn't go back to the doctor and confirm that it was gone?

**OLIVOTTI:** No, I didn't.

**SWANNANOA:** Well, how much better can you see with your right eye?

**OLIVOTTI:** I am pretty sure I can see almost perfectly now.

**SWANNANOA:** Before you took the eyewash, you couldn't see in the distance with the right eye?

**OLIVOTTI:** I couldn't even see a block away.

**SWANNANOA:** Could you watch TV?

**OLIVOTTI:** I could see it, but I had to sit in front of it.

**SWANNANOA:** How about now?

**OLIVOTTI:** Oh, I can see it at any place now. I have improved my near and far vision.

**SWANNANOA:** What improvement has there been in the left eye?

**OLIVOTTI:** Quite a bit. If I close my good eye, I can see the TV.

**SWANNANOA:** And you couldn't do that before?

**OLIVOTTI:** Oh, no. I couldn't see anything. I was almost totally blind.

**SWANNANOA:** And now you can actually see with the left eye?

**OLIVOTTI:** Yes, my sight is coming back.

**Conversation with Mrs. Olivotti on November 17, 1979, after she went back to her eye doctor. (We had requested her to get a complete eye examination.)**

**SWANNANOA:** So you finally went back to your eye doctor?

**OLIVOTTI:** Yes, I went back this past Tuesday.

**SWANNANOA:** What did he say?

**OLIVOTTI:** He said that I had absolutely no cataract on my right eye.

**SWANNANOA:** How could he explain that?

**OLIVOTTI:** He said it was funny with cataracts. He said that sometimes they will go away like that. He said that he couldn't explain it and that he didn't know that much about cataracts.

He said that the eye vision had improved a little. And I said it had improved quite a bit, because I know what I could see with it.

And he said that reading inside and outside are two different things. So I suppose he has a point. And he said that I had a little astigmatism in the right eye, which I have always had. But, he did say that my vision was very good.

**SWANNANOA:** Did he change your prescription for your glasses?

**OLIVOTTI:** No, he didn't. My eyes used to need new glasses every six months. It was like this for the past two years. So this is the first time in quite a while that I don't need new glasses.

**SWANNANOA:** Did you mention to him about the eyewash?

**OLIVOTTI:** Yes, I did, and he wanted a copy of the Newsletter, but I didn't want to give it to him. I thought he might cause a lot of trouble.

**SWANNANOA:** Did he give you a copy of the eye exam?

**OLIVOTTI:** No, he didn't.

**SWANNANOA:** We would very much like to get a copy of it.

**OLIVOTTI:** Well, I will go back and see if I can get a copy for myself and then I will call you.



## Can Read Telephone Book *Without* Glasses



Mrs. Parks claims that the eyewash has helped her to read the telephone book for the first time in ten years.

**PARKS:** It was just like pus. So I knew I was getting results and of course my friends all wanted to put me in a net and take me away. They thought I was crazy when I told them the eyewash had cayenne pepper in it.

**SWANNANOA:** I can imagine.

**PARKS:** And, so that was close to the first of September. After Christmas, about the first of January, I noticed that I was able to pick up the phone book and not hunt for my glasses to read a number. I also noticed that I was able to read my insurance rate book without my glasses. I was just so happy, it's a miracle! So then I started telling all my friends about it.

**SWANNANOA:** Thank you very much, Mrs. Parks.

"I must relate my experience since using Dr. Christopher's herbal eyewash. I began last September and used it faithfully until Christmas. During the holidays I 'rested' for about three weeks, then returned to using it in January. *However*, I noticed I was using the telephone directory with *no* glasses; and I sell life insurance and our rate books are written in very fine print but I was beginning to figure rates without the aid of glasses for the first time in over 10 years.

"As I began to relate the miracle to friends and neighbors, many of them are now using the eyewash and one neighbor who has glaucoma very badly noticed an improvement almost immediately.

"We are so grateful for this simple but effective method of correcting my vision."

Sincerely,  
Mrs. Burgess Parks  
Frankfort, Kentucky

The following is a conversation we had with Mrs. Parks:

**SWANNANOA:** You said you can now read the phone book; is that correct?

**PARKS:** Yes, I can read the phone book. I sell life insurance and I can now read the rate book without my glasses. That's a miracle.

**SWANNANOA:** How long were you unable to read the phone book?

**PARKS:** I had worn glasses for about 10 years, and I've had bifocals about six or seven years. The bifocals nearly drove me crazy; I just couldn't stand them. So, when I read about the herbal eyewash in the [most recent] Newsletter, I decided to try it. I started on it last September, 1979. Within a week after I started using it, my eyes began to detoxify and big beans of pus and mucus came out of my eyes. It was almost unbelievable. You could not imagine the amount of material that came out of my eyes.

**SWANNANOA:** Did it come out every day?

**PARKS:** Every day, and this lasted for weeks. At first, it was just an unbelievable amount.

**SWANNANOA:** How would you describe it—was it dark and sticky?

## Glasses Restriction Removed from Driver's License



Mrs. Bray thinks that the eyewash has saved her from going blind. Now she can read and drive *without* glasses.

"As for the eyewash, I've been using it for several months now and have really had results. When I first started, the film that covered my eyes was so bad I could hardly see to drive and reading was almost impossible. This lasted for the first week or ten days, then I started having a greenish slime start coming out.

"Sometimes I can feel it; sometimes I can't—it's just there. About five months ago, I had the glasses restriction removed from my driver's license, though I had been told six years ago I had a very serious problem with my eyes that required prism lenses (which I refused to get) and would result in eventual possible blindness.

"Now I do most of my reading without glasses. Also, I had a severe granulation problem that started in 1952, sometimes so bad I could hardly keep my eyes open. Only occasionally do I have any sign of that, and it's so slight, I hardly notice it. Thank you for your wonderful publication."

Jean Bray  
Monroe, Louisiana

**We talked to this reader by telephone, and the following is a condensed version of our conversation.**

**SWANNANOA:** You said in your letter that you had your restriction removed from your driver's license. Has your eyesight improved that much?

**BRAY:** Oh, yes. It was just a few years ago that I was told I was going blind.

**SWANNANOA:** What was your problem?

**BRAY:** Well, I have hypoglycemia. It runs from high to low blood sugar; and, of course, that affects your eyes. Anyway, it has just been amazing. I don't use my glasses very often anymore—for reading even, unless I am in a dark room. But I am expecting that to disappear pretty soon.

**SWANNANOA:** How soon after you used the eyewash did you notice the results?

**BRAY:** I'll tell you, when I first started it, the blurriness was horrible. I could hardly see to drive a car. I had so much film over my eyes. But then it started coming off in great big globs of this green mucus. It was yellowish green.

**SWANNANOA:** Right out of your eye?

**BRAY:** Yes, it would just roll out. I could just feel it when it was rolling out. I could tell when it was ready to start coming. I know one time I didn't feel it, and I had a customer in here and he said, "What's that matter in your eye?" And I looked and I had a whole quarter of my eye that was filled with this mucus, and I had not felt it that time.

**SWANNANOA:** Was it coming out on a daily basis?

**BRAY:** It sometimes would, and then it would wait a few days, and then come again. But just before it rolls off, you will get this very hazy vision.

**SWANNANOA:** How often did you use the eyewash?

**BRAY:** I used it about twice a day for about five minutes at a time.

**SWANNANOA:** After using the eyewash for a few months, did you still get mucus?

**BRAY:** Oh, yes. It lasted for several months.

**SWANNANOA:** It seems amazing that so much mucus would come out of the eyes.

**BRAY:** Yes, it does. I also had a terrible eye granulation problem.

**SWANNANOA:** Can you explain exactly what granulation is?

**BRAY:** It feels like your eyes are filled with sand. You can't see it, but your eyes feel so heavy. It just feels like someone had thrown a handful of sand in your eyes. And I lived with that off and on for years. When I started the eyewash, it really got worse before it got better. It felt like it had swelled up. And then all that green mucus started to come out. I felt like there must have been an infection in there.

**SWANNANOA:** Weren't you worried when all that mucus started to come out?

**BRAY:** Oh, no. I knew this was healing. Every time the mucus was about to come out, my vision would get blurred.

**SWANNANOA:** How long after you started the eyewash before you began to see better again?

**BRAY:** I'd say after just a few weeks.

**SWANNANOA:** When did you go back for your driver's test?

**BRAY:** I think it was about 4 months after I started.

**SWANNANOA:** Have your eyes been tested by a doctor?

**BRAY:** No, I haven't had them tested.

**SWANNANOA:** Are you sure you absolutely needed the glasses to drive before you started with the eyewash?

**BRAY:** Oh, yes. In fact, I had a military doctor tell me that I was going blind.

**SWANNANOA:** So your eyes were actually getting worse before you started with the eyewash?

**BRAY:** Yes, this was about five years ago, and they wanted to put prism lenses on me. I also had my brother check my eyes. He is an ophthalmologist. He verified how bad my eyes were. He also said I had astigmatism.

**SWANNANOA:** So this eyewash has helped your astigmatism, too?

**BRAY:** Yes, it has.

**SWANNANOA:** Wouldn't an eye doctor say that for farsighted people, they can often see better in the distance as they grow older?

**BRAY:** Yes, but I am now reading without my lenses, so they can't say that. That is what usually gets worse when you get older. Also, my eyes were getting worse until I used the eyewash. So I know it was the eyewash and not any other factor.

**SWANNANOA:** Thank you very much for answering our questions.

**The following is a conversation we had with Mrs. Bray 6 months after we first talked to her.**

**SWANNANOA:** What has happened since we talked to you the last time?

**BRAY:** Well, mucus is coming out of my eyes in quarter inch lengths, right out of the tear ducts. I can actually feel it oozing out of there when I squeeze my eyes shut. Sometimes it will do it continuously, and sometimes I'll go for days with nothing coming out.

**SWANNANOA:** Does it still look like little slivers of metal?

**BRAY:** Yes, I got some yesterday that did.

**SWANNANOA:** You mean, it actually looks like metal?

**BRAY:** Well, it's a dark brown, and that's what a metal

sliver looks like. And it's just a 16th of an inch, or even shorter. They will be lying in the bottom of the liquid, sticks of them instead of granules.

**SWANNANOA:** You said the pressure is lower now.

**BRAY:** Oh, you bet.

**SWANNANOA:** Did you have glaucoma before?

**BRAY:** I don't know.

**SWANNANOA:** How do you know the pressure is lower? Did you go to an eye doctor?

**BRAY:** Well, no, I can feel it; I mean the granulation is less, the pressure from the granules. Sometimes I'm without it completely. Right now I have a little because I'm getting ready to eliminate some more. And sometimes the mucus just rolls out of there.

**SWANNANOA:** How did your condition begin?

**BRAY:** I believe it was in May of 1952 that our daughter was hit by a car, and that's when I got this granulation.

**SWANNANOA:** Did you get the granulation instantly?

**BRAY:** Well, within a matter of a few days. All I can remember is that when she got out of the hospital, I would sit up and try to watch the children, and at 5:00 or 6:00 at night, I could hardly hold my eyes open because of the granulation.

**SWANNANOA:** Did it clog your eyes up completely?

**BRAY:** Yes, it was almost impossible to keep them open. I had to fight to keep them open.

**SWANNANOA:** Were you able to have a driver's license then?

**BRAY:** Yes, well, I didn't say anything to anybody. I could get by better during the day, but when night came and my husband was home, it was pretty bad. The doctors were calling me a hypochondriac and now my whole life has changed since I'm into nutrition. It's just a whole new world.

**SWANNANOA:** You said that you could drive now without your glasses.

**BRAY:** Yes, I've had a glasses restriction lifted officially from my driver's license. A year ago last February I went in to be tested. My driver's license wasn't due for renewal at that time, but they said if I wanted to come in and take an eye test, I could, and if I passed, they would release the restriction. So they did. Then I had to renew it this year, last February, and again I didn't need glasses.

**SWANNANOA:** You think that's because of the eyewash?

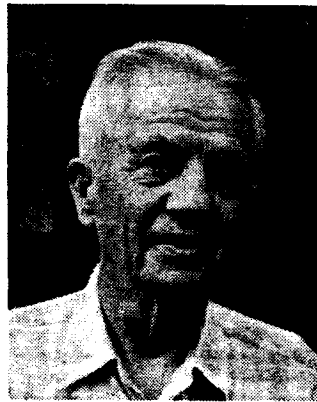
**BRAY:** Oh, I know it is.

**SWANNANOA:** You weren't doing anything else at the same time?

**BRAY:** Well, I'm taking vitamins. It's a combination, it's got to be.

**SWANNANOA:** Thanks, Jean. It has been nice talking to you.

## Reader Passes Driver's Test *Without Glasses*



Mr. Harold Sanders believes that the eyewash helped him to pass his drivers test with flying colors.

"I had a fantastic healing. I had worn glasses for 50 years and the optometrists told me I was farsighted, and had astigmatism.

"This last year at age 75 my eyes became so bad I had beginning stage of cataracts. They felt like I had sand in them and I was just about to see a doctor when I received your newsletter ..... I immediately ordered the eyewash from Dr. Christopher's Herb Shop. I began using and taking the tea. In two weeks my sight improved so I eliminated using my glasses. The eyes continued to improve during the summer and just before I turned 76 in November, I took the eye test to renew my driver's license (without glasses) and I passed with flying colors."

Yours truly,  
Harold D. Sanders  
Houston, Texas

The following is part of a conversation we had with Mr. Sanders.

**SWANNANOA:** Mr. Sanders, can you tell me a little bit about your experience with the herbal eyewash?

**SANDERS:** Well, you see, I was a commercial artist for years. I'd say 40 or 50 years. And that means a lot of eyestrain. Being in the publishing business, you know what I mean.

**SWANNANOA:** I surely do.

**SANDERS:** I've done layouts, pasteups and everything; and so, the eyestrain was bad. I wore glasses from about age 33 until the time that I started using the eyewash.

**SWANNANOA:** And you are 76.

**SANDERS:** That's right. After I started taking the eyewash, my eyes began to improve. Finally I just eliminated the glasses altogether.

**SWANNANOA:** Are you nearsighted?

**SANDERS:** Farsighted. They say that's worse. And this past year, I took my driver's test without glasses and passed with flying colors.

**SWANNANOA:** That's something for someone your age. I mean many people your age aren't even driving.

**SANDERS:** That's right.

**SWANNANOA:** How can you be sure it was the eyewash?

**SANDERS:** I'm sure it was. I still use it. You know, it's better to use than Visine, or Murine, or any of those when you get something in your eyes, or your eyes get tired. You can use it and I'd say within five minutes you can go back and do something else.

**SWANNANOA:** Mr. Sanders, how long did you use the eyewash each time?

**SANDERS:** At first I used it five times a day in washing my eyes. Of course, you drink half of it in the morning and half at night and it really works.

**SWANNANOA:** How long after you first used it did you notice that your eyesight was improving?

**SANDERS:** Oh, two or three days.

**SWANNANOA:** It was that soon?

**SANDERS:** Oh, sure.

**SWANNANOA:** That's hard to believe. Here you had been wearing your glasses for about 35 years and then you take the eyewash, and two days later you notice a difference. What did you notice?

**SANDERS:** My eyes began to clear up.

**SWANNANOA:** So within two days you could actually see things more clearly?

**SANDERS:** Absolutely. In just a very short time I discarded the glasses.

**SWANNANOA:** I don't think we've ever had anybody who has gotten results that fast. You must have been ecstatic when you noticed the improvement in your eyes.

**SANDERS:** Well, I was very pleased.

**SWANNANOA:** That's some story. After you noticed the improvement you went down and took a driving test?

**SANDERS:** Well, my driving test was due just before my birthday, in November of this year.

**SWANNANOA:** And you passed.

**SANDERS:** Oh, absolutely. With flying colors.

**SWANNANOA:** Did you ever go back to your eye doctor?

**SANDERS:** I never did consult with an eye doctor.

**SWANNANOA:** You said you felt as though there were sand in your eyes.

**SANDERS:** And I had floating spots.

**SWANNANOA:** You mean floaters?

**SANDERS:** Yes, floaters.

**SWANNANOA:** Do you have floaters anymore?

**SANDERS:** No.

**SWANNANOA:** What was the scratchiness like? Did it really feel like sand?

**SANDERS:** Yes, and then the eyelids were very sensitive; they hurt. All that's gone.

**SWANNANOA:** Did any of the "sand" ever come out?

**SANDERS:** Well, after using the eyewash, I never felt that sensation anymore.

**SWANNANOA:** Oh, I see. You said that you had astigmatism too.

**SANDERS:** Yes, I did have a slight case.

**SWANNANOA:** How is that condition?

**SANDERS:** Completely gone. I don't have anything like that anymore.

**SWANNANOA:** Well, it sounds incredible. What did your friends or your wife say? Did anybody believe you?

**SANDERS:** Yes, sure. On the strength of it, a lot of people I know have been using the eyewash.

**SWANNANOA:** Isn't that something. Have any of them gotten results like you have?

**SANDERS:** None that I know of yet.

**SWANNANOA:** Are you still using the eyewash?

**SANDERS:** Oh, yes, I use it at least once a day. Sometimes I skip a day but I always go back. It clears up my eyes every time.

**SWANNANOA:** Have you had any problem with your reading?

**SANDERS:** Oh, no. You know how small the print is in the new phone book? I can see that perfectly.

**SWANNANOA:** Could you do that before?

**SANDERS:** No. I could see it only with my glasses.

**SWANNANOA:** In other words, you can see either close-up or far away without glasses?

**SANDERS:** That's right.

**SWANNANOA:** How long after you used the eyewash could you read the phone book?

**SANDERS:** I don't know how long that was, but last year I discarded my glasses and I was able to see all the fine print.

**SWANNANOA:** Well, Mr. Sanders, I want to thank you for talking with us.

**SANDERS:** Yes, it was a pleasure.

**SWANNANOA:** It was our pleasure too.

### **Reader Can Now See Faces on T.V.**

"I have used the Herbal Eyewash and have received some results. My vision is 20/200 in both eyes and I could never see anything. I can now see the paper holding it at the normal distance about 12 inches or more. I can see the faces on TV and most of the features from a distance of 10 feet. I wear contact lenses and although I do not feel that I could drive the car without my lenses, I am greatly improved. I started using eyewash in March 1979. If I get this much improvement in the ensuing year I should be able to see very well without lenses."

Mary Dring  
Indianapolis, Indiana

## Reader Gets Unrestricted Driver's License



Mrs. Rose Henry from Oxford, Indiana, says she used the Herbal Eyewash and was able to pass her driver's test without glasses.

"I started the eyewash a month ago. I just took another eye test at the license branch today and got an unrestricted driver's license. The last time I took the eye test, I couldn't pass it and my driver's license was restricted to wearing glasses while driving.

"I can see much better with my glasses now. I'm hoping to do away with my glasses in two months, but it may take six months or longer. I want to prove to my friends wearing contacts that they don't need to mess with those uncomfortable lenses in their eyes. I want to convince my friends that herbs and natural foods can make us all well and healthy. If I can prove what herbs can do for my eyes—I believe people will listen more to me about other health subjects."

Mrs. Rose Henry  
Hammond, Indiana

We interviewed Mrs. Henry on the phone, and here is a short, condensed version of our conversation.

**SWANNANOA:** You said in your letter that before you had your last driver's test, you had to wear glasses?

**HENRY:** Yes.

**SWANNANOA:** How long did you have to use the eyewash before you could see better?

**HENRY:** Just a month.

**SWANNANOA:** How bad were your eyes before you started the eyewash?

**HENRY:** They weren't that bad. About three years ago, I took an eye test, and I just barely passed it without glasses. The next time I took the test, I didn't make it. So that is when I had a restricted driver's license. Then I took the eyewash and I went back a month later and I passed the test, and I didn't have to wear glasses while I was driving anymore.

**SWANNANOA:** Have you gotten any other results with the eyewash?

**HENRY:** When I use the eyewash, I can see immediately afterward real fine.

**SWANNANOA:** For how long can you see like that?

**HENRY:** It only lasts a few minutes, but during that time I can see very fine print. Then my eyes get blurry again. But I think there is something wrong with my system. I have been using Dr. Christopher's lower bowel formula and I think that is going to help me.

**SWANNANOA:** We have heard from Dr. Christopher that the lower bowel formula helps to correct eye problems much more quickly.

**HENRY:** Yes, I hope that is true.

## Eyewash Helps Vision

"I wish to comment on Dr. Christopher's Herbal Eyewash. I have been using it since January 1980, and I am getting great results. I am using the glasses I wore before my last pair I was wearing. I am nearsighted and wear bifocals. I can't read through the bifocals of the pair I was wearing. I have worn glasses over 25 years and I am determined to keep using the capsules and eyewash until I no longer need glasses at all. I'm thrilled about the improvement. I go without glasses a lot at home, but can't drive without them yet. I'm so thankful for the information I get through the Newsletter."

J. S.  
Iona, South Dakota



The eyewash cleans the toxins out of the eye and rebuilds the old and damaged cells. This is why it has helped so many people to improve their vision.

## Eyewash Helps Vision

"I have used the eyewash with some success. I have already had a cataract operation so the use of it is a little late for me on that. However, I used it some anyway and found that the bright sunlight does not bother me nearly so much and also at night—the darkness is darker and the lights are brighter.

"In spite of the fact that I did not use the eyewash extensively, my last check-up for my contact lens showed my corrected vision to be 20/20. My previous checkup six months ago was 20/40 corrected."

Helen Marvin  
Fort Lauderdale, Florida

The following is a phone conversation we had with Mrs. Marvin.

**SWANNANOA:** How is your vision right now?

**MARVIN:** It's fine.

**SWANNANOA:** Are you still using the herbal eyewash?

**MARVIN:** No, I stopped using it when it started making my eyes bloodshot. I want someone to tell me why it made my eyes bloodshot.

**SWANNANOA:** A number of people have reported the same reaction. The condition often clears up by itself.

**MARVIN:** Well, after my eyes got bloodshot, they got very uncomfortable.

**SWANNANOA:** What some people do when the eyewash causes the eyes to become too uncomfortable, is to stop using it for a few days, or a week, and then go back to it.

**MARVIN:** Go back to it?

**SWANNANOA:** Yes, or dilute it. You've just got to decide how much your system can tolerate.

**MARVIN:** Okay, then I should probably go back to it, but I was just afraid to, not knowing very much about it. But I still got a better checkup, which surprised me.

**SWANNANOA:** Well, that's a pretty impressive difference, isn't it, 20/20 from 20/40?

**MARVIN:** Yes, I thought so.

**SWANNANOA:** Thank you, Mrs. Marvin.

## Farsightedness Improved

"About the eyewash—using the cayenne at the strength Dr. Christopher recommended proved too much. I could not take it at all. Using the wash only once a day, I've gotten good results on my problem of farsightedness. I'm 37 years old, been wearing glasses 7 years. I work with numbers all day long, but have been able to do away with glasses 25% of the time, including reading the N.Y. Times in the morning. Had I used the eyewash more often (I will start doing just that), I'm sure the results would be even more spectacular. What I have

done is to double all the herbs in the formula while halving the cayenne. This seems to work very well for me. I also make a week's supply at a time and find no dilution of the eyewash as the days pass."

L.E.  
New York, New York

## Eyewash Helps Vision

"I was given a solution of herbal wash for eyewash and it works, and if I could improve 10% more I would be a happy man. Now I am able to see gravel on the yard, wall and window, not clear yet but getting better right along. I have been using this solution for 3 months or more."

W.R.  
Paradise, California

## Eyewash Improves Distant Vision

"I am pleased to report that Dr. Christopher's eyewash has been very effective for my wife and myself as eye drops. I guess we are just too tender to use it as an eyewash, so we tried putting drops in our eyes while lying flat on our backs and continuing to put drops in over a five-minute period.

"The results are very gratifying.

"My condition was terribly bad. I wear bifocals with correction in both the upper and lower lenses. My biggest problem, I felt, was almost a continuous itching or burning sensation around the rims of my eyes and redness. I am happy to report:

1. I no longer need correction in the upper lens of my glasses for distance vision. As a matter of fact I can now see a golf ball throughout its entire flight.

2. Improvement in the reading lens, although I cannot do continuous reading without glasses.

3. The redness, itching and burning sensation has been cured, at least during the period that I continue to use the drops.

"My wife reports that her distance vision also is improving.

"I know that with this limited experience, using only the eye drops, that I would probably endure the eyewash treatment if my condition was worse. I would only hope that this experience will convince those who are also too tender to use the eyewash method, not to abandon the treatment entirely but to try the eye drops technique as we did."

R. R., Sr.  
Gainesville, Florida



## Eyewash Helps Reader to Return to Old Glasses

"My husband began to be excessively thirsty about 3 years ago—then went into a diabetic coma one night. Thanks to several medical courses at Stanford University, I did know how to bring him out of it. The doctor, after tests, started him on insulin shots. Then a special eye doctor gave eye drops, but told him to just go to a dime store and get stronger glasses as he needed them, plus a magnifying glass. His eyes just became worse and worse. Then the medical company stopped making those eye drops. I recalled some old Illinois Indians squeezing juice from an old weed (herb) into their eyes. It was called "Eyebright." So after investigating from a Provo, Utah Herb Shop, I found Dr. Christopher's Herbal Eyebright capsules. These I later have been able to get at our health food store. Our eye doctor said, "If I have to go back to old Indian medicine, I might as well quit business." My answer was, "Sir, I'd advise you to take a refresher course! But you will not see us again!"

I told our ophthalmologist about the eyewash. He said, "Don't use it just once a day; try 3 or 4 times each day." After several visits over a couple of years, he gave my husband a two-hour exam and was most happy over the results. John is using old prescription glasses he had made 10 or 12 years ago. So thanks to Dr. Christopher, and to an old Indian Chief (from an Indian tribe of Minnesota and No. Illinois). The Dr. Christopher's herbal combination really works! John removes thin pieces of skin, which I presume would cause cataracts, as well as tiny sharp things that might clog up the eye cells and build pressure that would bring on glaucoma. So thanks so much for the work you are doing to help so many with eye problems."

Sincerely,  
Mrs. J.P.  
Santa Cruz, CA

## Reader from Ohio Wears Older Glasses as Eyes Improve



Mrs. Grahl got dramatic eye improvement after she used the eyewash for 5 straight months.

"My eyes are slowly improving using Eyebright. Have gone back two pairs of glasses. . . . In the picture (taken in September, 1978) I am wearing trifocals. The following February or March I started using Dr. Christopher's herbal eyewash. About four or five months later I changed to my older weaker trifocals; in a few more months to my old red bifocals which I am still wearing."

Mrs. Fred Grahl  
Reynoldsburg, Ohio

Here is an extract of a conversation we had with Mrs. Grahl:

**SWANNANOA:** We would like to learn a little bit more about your vision improvement.

**GRAHL:** I was on my second pair of trifocals when I started the eyewash. Then I went to the pair before them, and now I've gone to the pair of bifocals that were my original bifocals. Then I got involved in other things and I haven't been using the eyewash in the last two months, but I intend to get back to it so I can improve more.

**SWANNANOA:** How long did you use the eyewash?

**GRAHL:** I used it for five months to get the improvement I have.

**SWANNANOA:** How old are you now?

**GRAHL:** I am seventy-three years old. I still work as a bookkeeper two days a week, as I did today, using my eyes all day, and these bifocals are now strong enough for me. For about two months now I haven't used the eyewash regularly, but my vision hasn't receded any during the time I was off it.

**SWANNANOA:** Thank you very much Mrs. Grahl.

## No Longer Needs Glasses for Reading

"After wearing glasses for astigmatism and nearsightedness for 20 years I read in the [most recent] Newsletter of Dr. Christopher's eyewash and immediately sent for same. I don't wear glasses for reading or sewing anymore. If I read for 2 hours my vision still gets cloudy. I wash my eyes with the solution and I can continue to read. I still can't see far away well, but I'm working on it. I've used Dr. Christopher's eyewash 4 months.

"I became such a believer that I became a distributor of Dr. Christopher's remedies. The most popular is the eyewash. I order 25 packs and they are gone in no time. I am a member of 4 Natural Food and Natural Living organizations in the Philadelphia vicinity. I have many persons using the products, and they are progressing rapidly. If they don't it's only because they don't go long enough or become tired of making the teas."

A. I.  
Aston, Pennsylvania

## Reader Can Now Read Small Print Without Glasses

"I have been using Eyebright about 6 months. It really has helped my eyes. The sight in my left eye was almost gone. All I could see was a splotch on the TV with my left eye; now I can identify figures. I used to have 7 shadows on the moon with both eyes, now there's only 1 shadow. I can also read small print without my glasses. I haven't worn my glasses since the first week in November, 1979, and I can thread the needle on my sewing machine without a needle threader. I see better without my glasses than I do with them."

Mrs. F. R.  
Osceola, Nebraska

## Reader Is on the Way to 20/20 Vision

"I have been using Dr. John R. Christopher's eyewash for seven, going on eight weeks now. My eyes at first were so bad I couldn't even see my own face in the mirror clearly without standing 3 inches from it. Now I can sit and watch TV, and it's clear enough now I can tell who the actors are!

"I surely say it is worth every effort, because I know it works. I will send you a copy of my doctor's exam, knowing it will say 20/120 to 20/20. Thank you for all your work and effort."

R.N.  
Portland, Oregon

## Reader Improves Her Close-Up Vision by 25%

"I have used the eyewash for 2 months and now I can see things close up a lot better without my glasses. I would say that my vision is about 25% better.

"I can cook now and actually see what I am doing. I can also tell time on my watch, and I can put on my makeup without having to constantly take my glasses on and off. And I can do all this without wearing my strong bifocals."

L.O.  
West Monroe, Louisiana

## Woman Going Blind, Uses Eyewash and Can Read Again

"We have a 90-year old friend in New Zealand who is using eyebright caps which we send her every two weeks. She is going blind. Since she has been using the eyewash in her eyes and also taking caps, she is able to read again after many years of not being able to."

Mrs. M. P.  
Beverly Hills, California

## Young Man Blind from Birth—Begins to See Light for the First Time



Beau Bromell, age 24, from Kansas City, Missouri, has been blind from birth. After using the eyewash for a year, he can now see sunlight and can also see flashes of lightning.

We spoke with his mother, Mrs. Bromell several times, and what appears below is an extract of our discussions with her.

**SWANNANOA:** How did Beau become blind?

**BROMELL:** They gave him too much oxygen as a baby, and it destroyed the retinas in his eyes.

He was born prematurely, and he had to have oxygen to breathe; but they made it too strong, and it damaged his eyes. It happened to thousands of babies back then before they found out. They were all "preemies"—premature—and they were all under five pounds, like Beau was.

It's called retrolental fibroplasia, and it made him totally blind, right from the beginning.

**SWANNANOA:** Did you try anything else before you tried the eyewash?

**BROMELL:** Oh, heavens, yes. You name it, and I've tried it. I have tried chiropractic, you know that, of course. And I tried the osteopaths and the medics and the optometrists, and every place I went, they said there was nothing I could do.

**HEALTHVIEW:** What did the medical doctors say?

**BROMELL:** They said that no one had ever found anything that could help retrolental fibroplasia. They said that when the retina is destroyed, as it is in Beau, there is nothing to work with; so you can't even do surgery, like a lens implant or anything like that.

I tried everything. Spiritualism, and healers, a whole bunch of them, and nothing took effect. And I tried oil—castor oil on his eyes, and hot packs, and the potato packs. Oh, I had him on just about everything—vitamins, herbs, chiropractors—there wasn't anything I didn't do.

**SWANNANOA:** What did you think when the doctors told you there was nothing you could do?

**BROMELL:** I didn't believe them. I knew he would be able to see one day. That's the only reason I adopted Beau in the first place, because I believed that, with God, all things are possible.

**SWANNANOA:** You adopted Beau? I didn't know that.

**BROMELL:** Oh yes. I adopted him when he was five months old. Then when I took him to an osteopath like I had to to adopt him, why the doc says, "Don't adopt this child. He'll never see." I was so mad I began to cry.

I said, "That's the only reason I want him. *I'll* be his eyes."

Oh, that made me mad for him to say, "Don't EVER, EVER adopt this child. He'll NEVER see."

But I believed Beau would see, because I believed God was more important than that doctor was.

Later on, I even had a vision about it. It was back in about 1964. There was a bright light, and Beau got his sight. It seemed like Beau and I were healed by this beautiful light, and then Beau and my picture was in a magazine in color, telling all about his sight.

The same night, Beau had the same dream like he could see. And since then, we both had a dream that he was driving a car, so we're sure he's going to have his sight.

**SWANNANOA:** How did you hear about the eyewash?

**BROMELL:** One of the owners of the healthfood store, and that's Healthfood Haven—it was Mrs. Bogart. She said, "There is something that is written up in a health magazine I think you ought to hear about."

And I said, "Well, honey, I just don't have the time. I'm so busy all the time."

"Well," she said, "YOU'LL BE INTERESTED IN THIS!!!" She sent the issue to me, and by golly, when I read about that eyewash, well, I've been up in seventh heaven ever since. I just know he's going to have his sight.

**SWANNANOA:** How long has Beau been using the eyewash?

**BROMELL:** About a year. But we stopped in the middle for a few months because my sister had a nervous breakdown; and I was so busy trying to help her, and too many things were happening, and I just couldn't do everything.

But we started a few weeks ago. Beau uses it twice a day, as much as five minutes each time.

**SWANNANOA:** How is he doing?

**BROMELL:** Well, it's slow, but he can see sunlight. One morning I opened up the drapes and he said, "Oh, Mom, the sun is so bright." And when we drive in the car and go under a tunnel or under an overpass, he can tell because he can see the lights get dimmer.

And the biggest thing that thrilled me was when he began to see lightning.

**SWANNANOA:** Before he used the eyewash, could Beau see anything?

**BROMELL:** Oh, heavens, no. Oh, no.

**SWANNANOA:** Could he tell when you would drive through a tunnel?

**BROMELL:** NO. NO, not at all. He couldn't see anything. Now he can tell when I turn on the lights in a room, although he can't tell which direction they are coming from.

**SWANNANOA:** So there's no question about it, Beau is beginning to show improvement?

**BROMELL:** That's right. There *is* a difference. I just KNOW he is going to see someday. I always knew it.

**SWANNANOA:** Thank you, Mrs. Bromell. We'll keep in touch. We *know* Beau can do it.

[Editor's Note: We suggested to Mrs. Bromell that she add Dr. Christopher's Lower Bowel Formula to Beau's program and that Beau use a compress at night of Dr. Christopher's B, F and C Tea over his eyes. Also, we suggested that Beau wasn't using the eyewash as much as he could, and said we felt that twice a day was not enough, and that he should use it more often, perhaps three or four times a day, and take the capsules internally, as well.]

Mrs. Bromell said she will do everything we suggested and that she will let us know as soon as there is further improvement in Beau's vision. As soon as we hear from her, we'll let you know, because we know you are as anxious as we are to find out how Beau makes out. We are all rooting for him.]

[Editor's Note: We contacted Mrs. Bromell shortly before we went to press and were disappointed to find out that Beau was still not using the eyewash regularly. We told him that if we were blind, we would use the eyewash as much as possible. We hope he does.]

## Baby Born Blind Can Now See

**SWANNANOA:** Dr. Christopher, you told us a story once about a blind baby that had gained it's eyesight. Can you tell us this story again?

**CHRISTOPHER:** Yes, surely. I knew of a baby that was born blind. The doctor said that it had been born without any optic nerves. Last April, I was staying at the Hotel Utah when this couple approached me with their little baby. It was at the stage where it was just beginning to crawl. They wanted to know if there was anything which I could recommend that could help the baby to see.

**SWANNANOA:** What did you recommend?

**CHRISTOPHER:** I told them to use the eyewash as a fomentation over the eyes. I also told them to put a few drops of my B & B tincture in the ears twice a day.

A number of months later this same couple came up to me before one of my lectures and asked me if I remembered them. I said, "Of course I do." They then told me that they had used the program I had recommended and that the baby could now follow a ball when they rolled it on the floor. They also said that the baby could pick up bright pieces of paper off the floor. So the baby can now see.



### **Eyewash Helps 83-Year-Old Man See TV Better**

"I am using the Dr. Christopher Eyebright formula and I can see the TV a lot better. In fact, I couldn't watch it at all, and now I watch a couple one-hour shows after using it 4 months. I am 83 years old."

E.G.  
Tacoma, Washington

### **No Need for New Glasses**

"After using the herbal eyewash for 3 months, I had my annual checkup for cataracts. The doctor said, 'No change; you don't need a new Rx for glasses . . . cataracts immature.' (A year before he said, 'You'll need surgery in a few years.') After using the eyewash for 6 months, I can tell the improvement. At first there was a lot of 'pus,' but now very seldom."

F.H.  
Brown Deer, Wisconsin



### **Reader Needs New Glasses**

"I started using the eyewash January 18, 1979, and March 1st, I had to have new glasses because my eyes had improved so much and again before too long a time I needed new glasses. My doctor said, 'Your eyes are better', but of course doctors won't admit a lot and I didn't tell him what I was doing and they have continued to get better. I had had glaucoma and cataracts for some years but had held it with eye drops. I have been very pleased with the eyewash and use it daily."

Sincerely,  
Mrs. Jack Sacrison  
Pilot Rock, Oregon

### **Can Use Weaker Glasses**

"And now for the Eyebright tea. I have used it for 6 months and I went and had my eyes checked; and now I have to get weaker glasses, so thanks to [the health] Newsletter."

C.N.  
Aurora, Illinois



### **Eliminates the Use of Glasses 60-70% of the Day**

"As for Doctor Christopher's Eyewash—after 20 years of glasses, art work, millions of musical notes, I've eliminated the use of glasses for 60-70% of the day. It's necessary to be disciplined and patient. The cayenne cannot be diluted to reduce eye irritation without sacrifice of Eyebright's effectiveness."

S.A.  
Detroit, Michigan

## Eyesight Improved

"My eyes have improved to the point that I can read the newspaper without glasses—though not as well as with glasses."

A. F.  
Los Angeles, California

We called this person up to ask her a few questions about her vision.

**SWANNANOA:** You said in your letter that you could now read the newspaper without glasses?

**MRS. F:** Yes, that was right.

**SWANNANOA:** Well, that was in April. Have your eyes improved since?

**MRS. F:** I haven't used it enough since. I've been terribly busy and I kind of let it go, and now I'm not doing so well. So I've got to start it all over again.

**SWANNANOA:** Before you first used the eyewash, you couldn't read the paper without glasses, could you?

**MRS. F:** No, but then I guess my eyesight improved enough to let me see the print in the papers.

**SWANNANOA:** But you can't see it now, can you?

**MRS. F:** No. I haven't used it in a while.

**SWANNANOA:** So your eyesight has gotten worse since you stopped it?

**MRS. F:** Yes, it has.

**SWANNANOA:** Well, at least that would show that it was the eyewash that helped your eyesight. I mean you took it and your sight got better, and then you stopped and it got worse. I guess that would be proof that the eyewash really worked.

**MRS. F:** I would think so.

**SWANNANOA:** It would be interesting to see what happens when you go back on the eyewash, on a regular basis, I mean.

**MRS. F:** I'll try my best.

## Man's Eyesight Improves Considerably after Life-long 90% Vision Loss

"I had a severe case of pneumonia when I was four years old and a temperature of 104 for two to three weeks, and this was in 1921.

"At the time of this terrible sickness, the pneumonia left my left eye in a weakened condition with only about 10% vision in it. Since then, I have gone through grade school and high school, besides being in the service and working at a good paying job until retirement.

"In March of this year, after I had received the [most recent] Newsletter on Eyebright herbal eyewash in powder form and capsules, I sent for the medicines and started using them in March, 1979. I have used this for

three months and now going on four months, every day, either once or twice a day, and my sight has improved considerably.

"Before taking the medicine, I could hardly see at all, except fairly large objects. Since taking this medicine each day, my eyes have had crusty matter come out of them; and also they itch quite a lot, which means that they are getting better.

"I do honestly believe my sight is coming back in the left eye. The objects are not completely clear, but I can make them out more vividly and much clearer. So, this gives me hope that in time, I will have all my sight back again in that eye."

T.W.  
Villisca, Iowa

We talked to this gentleman on the phone, and he confirmed the information he wrote in his letter.

## Can Thread Needles Again After One Week on Eyewash

"Six years ago, my gradually dimming vision was diagnosed as cataracts. Glasses helped none, except for magnification; in fact, my vision improved a couple years later when I lost my glasses and was without them for several months (explained by Dr. John Ott's research).

"Finally, two years ago, my driver's license was denied because I could no longer read the MVD eyechart. Last spring, vision had become dimmer and 'wavy' and I began contemplating surgery.

"Instead, I started using Dr. Christopher's Eyebright formula, expecting no results earlier than five months, as indicated by the Newsletter discussions. But, in *one week's time*, my vision cleared to the point where I could again thread needles and distinguish deer in the fields a half mile distant.

"Since then, improvement has been gradual and in proportion to the regularity and persistence with which I follow through. I attribute my initial quick results to the fact that I have been well supplemented, nutritionally, for years. I'm past eighty, so my body had the wherewithall with which to make repairs as soon as toxins were removed by the herbs. I feel that the capsules are as important to the program as the eyewash."

D.B.  
Ridgefield, Washington

## Vision Improved—Doesn't Have to Blink as Much

"I have been using the eyewash for just about one month. My vision is improved—and I don't blink nearly as much."

M.R.  
Pope, North Carolina

# ASSORTED EYE PROBLEMS

## **Eyewash Eliminates Itchy, Sticky Eyes**

"I have been using Dr. Christopher's eyewash. My eyes have been increasingly itchy and sticky. The eyewash has eliminated both conditions, and they are much more comfortable."

C.M.  
Golden Gate, Florida

## **Can't Praise Eyewash Enough**

"I am writing in regard to the herbal eyewash. I have been bothered with my eyes for a long time with dry, tired eyes most of the time. I always feel like there is something in my eyes that I can't see.

"The only thing that helped them was Eyebright tea.

"I have been using the eyewash for two weeks. AFTER the first complete day, my eyes felt clear for the first time in years. They feel clear and bright like they did when I was twenty. I can't praise the eyewash enough."

J.C.  
Dallas, Texas

## **Eyewash Improves Vision and Sinus Condition**

"I have nothing but praise for [...your health...] Newsletter! As one who has delved into the factors concerned with health over many years, none have been quite as challenging and informative as those in [your newsletter.]

"Specifically, I want to mention Dr. Christopher's eyewash. It is just wonderful! The burning is not difficult to manage when one notices almost on a day-to-day basis such an improvement in reduced itching and better vision. And, wonder of wonders, a sinus condition has improved right along with the eyes. I recall that this was discussed in one of the Newsletters. A subscriber had experienced the same, and your reply was that due to the relationship of the Eustachian tubes, it was very possible. I hope I have quoted you properly.

"I shall continue the use of the marvelous eyewash without ceasing for a long time to come. With appreciation and gratitude."

M.A.  
Wilberforce, Ohio

## **Smog Doesn't Bother Her Now**

"The Los Angeles smog doesn't affect my eyes now. I use the eyewash four times a day. We have had horrible smog so it is sure good to have the eyewash for that reason alone."

Mrs. D. J.  
Santa Fe Springs, California

## **Eyewash Restful to Eyes**

"I'm using the Eyebright combination treatment in issue. It gives such rest to the eyes. I will keep you informed of the progress."

G.P.  
Asheboro, North Carolina

## **Eyewash Feels Good**

"I've been using Dr. Christopher's eyewash with interesting results. It feels so good after the 'sting' goes away that I'm expecting big help for my weak, watery, cataract-inflicted eyes. I'm taking the capsules, too. I get up in the night to bathe my eyes; they feel so much better after it."

K.R.  
Downey, California

## **Can Read Without Glasses in Bright Daylight**

"P.S. Dr. Christopher's herbal eyewash has helped me to read without glasses in bright daylight, not with artificial light."

F.B.  
Hendersonville, North Carolina

## Can See at Night Now

"The eyewash has helped me a lot. I can see at night better than I can ever remember, so I can drive at night without being so scared.

"Also, I can see to read and thread needles!!! I was putting off getting reading glasses.

"My contacts don't hurt me as much. They were getting so I could hardly wear them."

M.B.  
Spring Valley, California

## Can Now Drive at Night

"A Fresno lady who could not drive her car at night because of her poor eyesight, took the herbal Eyebright combination internally. After about 3 months taking three capsules per day, she is now able to drive again at night. She said, 'The street lights and headlights of other cars looked long instead of round—it confused my vision. After using the herbal combination, the lights are all sharp and round and I'm able to distinguish one car light from other lights.'"

B.P.  
Fresno, California

## Reader Claims Rejuvenation of Vision.

For six weeks an eyebright bath twice a day has been a routine with me. My initial shocks were at the amount of mucus disgorged by the eyebright bath. Now the world has new colors, more distinct detail, and my reaction to moving objects is more rapid. In other words, a rejuvenation of vision.

Before I started, I had blurred vision, slow reactions, and inaccurate depth perception. Now my peripheral vision is much more accurate and I look forward to the surprise of my doctor at my next examination.

Mrs. MacConakie  
Scottsville, Virginia

## Eyewash Eliminates Focusing Problem

"I used the eyewash for 3 months, 2 times a day, and discovered it was easy to read and no trouble focusing. I'd always hated to read because it was so hard to keep my words focused. It also made my work easier."

V.D.  
Albuquerque, New Mexico

## Night Blindness Overcome

"I tried the herbal eyewash. I work all day, so am not able to use it as often as I should. I feel that it is helping, though—my night blindness has disappeared."

W.W.  
Lisle, Illinois

## Eyewash Eliminates Rainbows around Lights

"Been helped tremendously by [your information.] I'm one who applies what she learns, so I've been getting excellent results. For example, the eyewash. I was seeing rainbows around lights at night, having headaches. I got [your newsletter] the day before I was to get an eye exam.

"I got the exam anyway, which included a glaucoma test. Paid \$30 to be told nothing is wrong except I need glasses, which I refuse to wear because they are nothing but a crutch.

"I started using the eyewash. After two weeks, no more rainbows or headaches. Slight improvement in vision. I'm going to be more faithful with the eyewash; and when I know I can pass the exam, I'm going back. I will get the results of the first exam, plus the next one, for solid evidence the eyewash works."

Mrs. Jones  
Waldron, Michigan

The following is a conversation we had with Mrs. Jones.

**SWANNANOA:** You said that you got rid of both rainbows in your vision and the headaches?

**MRS. JONES:** Yes, both.

**SWANNANOA:** How long did you have them?

**MRS. JONES:** I had them for several months and finally I told my mother and she said I had better go to the eye doctor.

**SWANNANOA:** Were you seeing rainbows all day long?

**MRS. JONES:** Well, only in the evenings. It was the lights, you know, the street lights. That's when I saw the rainbows. My mom said that was a sign of glaucoma.

**SWANNANOA:** I didn't know that.

**MRS. JONES:** Yes, it is. So I made an appointment with an eye doctor.

**SWANNANOA:** What did he say?

**MRS. JONES:** He said I just needed glasses. I just wanted the glaucoma test, you know. But he talked me out of the whole shot, you know, thirty bucks. And nothing wrong, just need glasses. But I still had the rainbows. In the meantime, I ordered the eyewash and that took a couple of weeks. And I started taking it, I think it was about a week or so. How long did I say in the letter?

**SWANNANOA:** About two weeks.

**MRS. JONES:** Yes, two weeks. Instead of the whole rainbow, it got down to the blues and greens, and it just went away. And I was just amazed. Every night, I'd say to myself, "There's no rainbows." It was so annoying, you know. All those lights from cars.

**SWANNANOA:** Did the doctor say anything about your having beginning glaucoma?

**MRS. JONES:** I don't think so.

**SWANNANOA:** Did your sight get any better?

**MRS. JONES:** Yes.

**SWANNANOA:** How much?

**MRS. JONES:** Even right now in this dim lighted room I can see all the numbers on my calendar, and I couldn't before. It used to be fuzzy before. So I am quite impressed. It stings.

**SWANNANOA:** So, do you still use it?

**MRS. JONES:** Once in a while. I am not faithful at it.

**SWANNANOA:** And you said that your headaches went away, too, is that right?

**MRS. JONES:** Yes. This is the big thing since I used the eyewash—no more headaches, ever. So it got rid of that problem.

### Optometrist Notes Clearness in Eyes

"I mailed a comment letter to you yesterday about the herbal eyewash and omitted the following comment of importance.

"Recently I had my eyes checked for new glasses, if necessary. The optometrist said a new prescription was not necessary, but mentioned *several* times how *clear* and *good* my eyes looked."

M.R.  
Honolulu, Hawaii

### Eyewash Got Results in Denmark

"As I have very fine results with the eyewash, until now tested on about 100 persons in Denmark, I should like to ask you if you ever have tested it on welders who have been troubled from looking at the welding light from the arc.

"You know, it is very painful, and the doctors' help is not very successful in general.

"I have analyzed the eyewash tea and found it very rich in trace minerals, and I have also noticed that it improved considerably if I waited 24 hours before straining through the cloth.

"Looking forward to helping thousands of Danes with your splendid herbal remedies."

V. Berthelsen  
Chemist  
Hellerup, Denmark

### Brighter Eyes

"I have used Dr. Christopher's eyewash four times a day and my eyes are brighter."

H.W.  
Jamaica, New York

### Eyewash Brightens Eyes

"I received the eyewash on April 2nd and began with my eyes. Yes, it stings, but after a few minutes, my eyes feel so clean and good.

"People tell me how *bright* my eyes have become. They feel so good afterwards. I take the capsules as directed.

"Each morning when I get up, my eyes have something gooey which gathers during the night. I will continue because I intend to clean my eyes."

M.S.  
Ft. Lauderdale, Florida

### Optometrist Surprised at Eye Improvement

"The day I received the Newsletter, I sent for the eyewash and have been using it twice a day ever since.

"I was wearing photogrey glasses and read that they block ultra-violet rays, which are good for our eyes. So I looked for some of my older glasses and found that I could see better with an older prescription. I wore these for 3 months and then had my eyes examined by an optometrist. He was very thorough and was surprised that my eyes had improved from a -4.00 to -3.5. I hope to continue using the eyewash the rest of my days and to be able to go without glasses some day."

J.G.  
Las Vegas, Nevada

### 79-Year-Old Woman Gets Results with Eyewash

"I have had bad eye trouble for two or three years. The beginning of cataracts on both eyes. I had the gel break in both eyes—at that time my eyes were so terribly dry that I would have to lift the eyelids off my eyes in the morning with my fingers. My vision was getting real bad. I have been taking exercises for my eyes, using the eyewash and taking the formula. My eyes are much, much improved. I am positive that the cataracts will be completely dissolved. Thank God for you and the wonderful work you are doing."

N.D.  
Newberry Springs, California

[Editors' Note: We talked to this person on the phone, and she said that she had plenty of moisture in her eyes now. She also told us that she could see colors better.]

### Eyes are No Longer Watery

"Regarding Dr. Christopher's Herbal Eyewash, yes I have had relief for my eyes. My right eye for some years was bothering me—there was quite a bit of inflammation there and I felt as though both eyes were con-



stantly in a pool of liquid. During the winter months my right eye would not be able to hold this liquid/fluid and so it would gush down my right nostril!!

"It is indeed a great relief not to have that constant feeling of having to blink so as to clear my eyes. Of course, the blinking couldn't clear away the fluid because I had poor drainage, especially in my right eye."

E. E.  
New York, New York

### Flashes of Light Eliminated

"I ordered the herbal eyewash three months ago and when it arrived, I just put it away. I never thought I'd be using it, as my eyes are pretty good.

"So lo and behold, about a month ago, I thought it was lightning outside until I discovered that it was my left eye 'flashing.' I had flashes of light on the side of my left eye. I was just petrified. I couldn't believe that it was actually happening.

"Then I thought of the herbal eyewash I got from the herb shop. I drank some and put some in an eyecup and washed out my eye. I did it a few times and the next day, too.

"Then lo and behold, no more lightning flashes. I was so relieved that you just can't imagine. Thank you for this miracle tea."

Mrs. J. S.  
Tonawanda, New York

### Eyewash Helpful for Angular Blepharitis

"Reference to Christopher's Herbal Eyewash, my eyes felt like sand was in them, diagnosed as Angular Blepharitis. The Eyewash brought relief."

Yours truly,  
R. W. S.  
Santa Rosa, California

### Astigmatism Improved by Eyewash

"Four years ago, when I had an eye examination by my ophthalmologist, I needed slightly stronger glasses (because of astigmatism) for reading. My recent examination (last month) caused the same ophthalmologist to comment: 'You don't need a change of glasses; in fact, your astigmatic eye seems better.' He then put a lens in the test frame and said, 'This is the lens I would have expected you to need, but obviously you don't need any change at all.'"

M.G.  
River Edge, New Jersey

[Editors' Note: We talked to this person by phone, and she told us that she was able to get the results she did by

using the eye formula *internally* only. She did not use it as an eyewash. It would have been interesting to see what results this lady would have gotten if she had used the formula as an eyewash, too.]

### Blurry Eyes and Calcium Deposits Disappear

"The eyewash has cleared up a blurring of my eyes that occurred after just a little reading. After using the Eyebright about a week, I could read all day, every day, without the blurring. The blurring has bothered me for 15-20 years.

"Also, another good part was that two calcium deposits washed out of my right eye. One came loose and came out without any trouble. The other was attached by a thin membrane, which had to be clipped by my ophthalmologist. He said that it was a calcium deposit that was covered by a soft coating formed by the body. I did not tell him that this occurred after using the Eyebright eyewash."

W.D.  
San Diego, California

[Editors' Note: This person had a problem of floaters appearing after she used the eyewash.

We called this person up, and she told us that the eyewash also helped her double vision. She said that she doesn't see double any more when she reads.]

### Eyewash Helps Woman Avoid Serious Eye Operation (calcium deposits)

"I had written to you last September 6th about the condition of my eyes (calcium deposits). You published Dr. Christopher's advice in [the most recent] Newsletter. I followed instructions and used Dr. Christopher's eyewash three times daily, also taking two capsules with my meals per day.

"My visits to the ophthalmologist have been every 6 to 8 months.

"My first examination, February, 1978, showed: My vision 20/30 and 20/30 plus. The doctor said there was no need to disturb my eyes at this time and that this condition had been coming on for a long time.

"Third visit—June 4, 1979. I had been using the eyewash regularly for six months and also taking the capsules with meals. I told the ophthalmologist that I had been washing my eyes with an herbal tea. He did not know how that would help my eyes. I now have 20/25 vision. The doctor said if I continue as I have, holding up well, perhaps I would never need an operation.

"I am very thankful for the advice given me by Dr. Christopher and to both of you for publishing the article."

S.H.  
Los Angeles, California

## 85-Year-Old Man Eliminates Double Vision

George Farmer, a very proud-looking, retired tool and die maker from Indiana, is convinced, beyond a doubt, that the herbal eyewash has helped him to eliminate his double vision and has also allowed him to see close-up again.



"Grandpa—George Farmer—was born in 1894. His eyes were plagued with a viral-caused, boil-like eruption that caused him pain and embarrassment. He also suffered from double vision of eight years' standing. Because he is a tool and die maker, this was very hard on him.

"We tried Dr. Christopher's Eyebright herbal eyewash, both internally and externally, after trying mega-vitamin therapy, protein step-up—just about everything.

"In one week, there was a noticeable improvement in vision. His eyes looked more healthy and bright. The boils vanished. In two weeks, Grandpa began to see one image now and then. Now three weeks later, his double vision has not only vanished, but he can see stars. What a thrill!

"I was not a believer. Thought the promotion literature was ridiculous . . . but here is a man who has gone to doctor after doctor, and this stuff WORKS."

Jean Farmer  
Bloomington, Indiana

**SWANNANOA:** According to what you said in your letter, your grandpa has improved his vision?

**FARMER:** Now since I have talked to you last, I have taken him for a full eye examination at the school of optometry nearby. From what the doctor said, there is a possibility that this is just a change in his cataracts which he does have. He said in a certain stage of

cataract development, the lens will get clearer. And it is a possibility that this is a coincidence. OK? Because I am telling you what is true. However, you can't convince Grandpa of that because he got immediate results with the eyewash.

In all fairness, there is a possibility that it is just a coincidence that his sight improved, but I really don't think so.

**SWANNANOA:** You said that he could see stars again? He couldn't see them before?

**FARMER:** No, he couldn't. He had his double vision vanish almost immediately.

**SWANNANOA:** Almost immediately?

**FARMER:** Yes, I'd say within a few weeks he was beginning to get real results, and you can't explain this by his cataracts changing. I think the fact that his double vision went is the most interesting result.

There is just no doubt that he had very sudden improvement. I'll tell you something. My grandfather is not a man who believes in suggestive things. He is a tool and die maker; and all he sees is what he sees, if you can follow me. And if he says he can see better, he can see better. I see him read close up, and he is very excited about that.

**SWANNANOA:** How is that viral infection that you talked about?

**FARMER:** To my despair, when he came back from vacation, he got a very small sty. But I think that was from a variety of reasons, like stress for one. But he has had nine years of sties, and he just got rid of them with the eyewash. The doctor gave him all sorts of ointments, but nothing ever helped him. But now, all those boils have gone.

**SWANNANOA:** Thank you, Mrs. Farmer.

## Eyewash Corrects Double Vision

"Now I want to inform you of my miracle with Eyebright. About 16 years ago I had an accident with my left eye. I remained with a broken muscle, which caused me to see double when I looked down. Therefore, what I actually saw was with my right eye, only on the lower level.

"Some years ago, I asked my doctor if an operation could repair the damage. He said that nature would fight back and I won't be comfortable.

"Two-and-a-half years ago, I went to another doctor who had the same opinion. He sent me to an eye specialist in this field and the result was the same.

"About 2 years ago a leaflet at the Health Food store introduced me to Eyebright. I started immediately.

"I started using the eyewash when I received [...it.] Used it for a while, but I thought I noticed that my eyes

were getting bloodshot, so I stopped. I also tried mullein-lobelia.

"When I went back to the first doctor for a regular checkup, he told me that my eyes had improved.

"I again went back for a checkup last week. Lo and behold, the doctor was amazed at the improvement in my eyes. He said that the operation would have corrected my muscle to this condition. The best part of it is that I don't see double any more. I am so grateful. I will keep you informed as to my progress."

F.R.  
Brooklyn, New York

### **Eyewash Helps Retinal Hemorrhage Condition**

Dear Dr. Christopher:

My right eye went bad last January, diagnosed as "subretinal hemorrhage" which left me with probably 20-30% vision.

Since using Eyebright Combination, I now have 70 or 80% vision. Miracle medicines—God's wonderful herbs.

B.L.S.  
Covington, Kentucky

### **Eyewash Helps Dentist Control His Iritis**



Dr. Harold Ravins

Dr. Harold Ravins, a prominent dentist from Beverly Hills, California, says the eyewash has greatly helped his iritis condition.

"I have had attacks of iritis in one eye for over ten years. My ophthalmologist has been treating me with cortisone over the years. It normally takes between three to six months for the infection to leave.

"Now, I treat my eye first with the eyewash and then with the cortisone and I have been able to remove the infection within two to three weeks."

Dr. Harold Ravins, D.D.S.  
Beverly Hills, California

### **Relief from Conjunctivitis**

"I am Mr. Smither's daughter, 66 years old and for five years have been battling a chronic conjunctivitis problem. At the same time my Father started using the eyewash I started taking the capsules but not the eyewash.

"In June of this year I was told I had the very earliest stages of cataracts in both eyes. I immediately started to use the eyewash but not at the strength recommended. I was afraid I would start having eye hemorrhages again so I started with 1/4 teaspoon and then worked up to one teaspoon.

"The first five weeks, the mucus and pus that came out of my eyes you wouldn't believe. My eyes look better and they seem to be a little stronger. I will go back to the Doctor the end of September and will know then whether the eyewash has had time to work on the cataracts."

H. A. S.  
Union, New Jersey

### **Floater in Eye Vanishes**

"I have been using your Eyebright 3-5 times daily. Before using Eyebright, my lids hurt when I tried to open them in the morning. Now it does not take as long for the pain to vanish. This is a great help and comfort, and I thank you. The 'floater' in my left eye has vanished."

H.H.  
Utica, Michigan

### **Floaters Dissolving**

"Last December 1st, I started the eyewash and began to use the capsules internally; and with the exception of a couple of weeks, I have been using them regularly. My eyes no longer get tired, I can see better, and the specks (floaters) appear to be dissolving. I am much encouraged and will continue the treatment for months, if necessary."

M.C., Ph.D.  
Professor at  
University of Delaware  
Lewes, Delaware

### **Reader No Longer Has Floaters**

"We have both used the eyewash since September 26, 1979, and have noticed an improvement. Mine are much clearer and I don't have the floaters or webs in the eye."

Mrs. N. B.  
Sparta, New Jersey

## Floaters Disappear

"I'm using the Eyebright and after a month of usage, I can now read the fine print and the floaters have gone."

H.D.  
Indianapolis, Indiana

We talked to this lady on the phone, and we asked her a number of questions about her letter.

**SWANNANOA:** You said in your letter that you used to have a lot of floaters.

**MRS. D:** Ah, yes, quite a lot!

**SWANNANOA:** How long did you have them?

**MRS. D:** Oh, probably several months.

**SWANNANOA:** What were they like? Were they just little white specks?

**MRS. D:** Well, no, some of mine were black. But I have seen both black and white streaks.

**SWANNANOA:** What did your doctor say?

**MRS. D:** I never went. No, my husband had so many problems and I've just been so disgusted with his results, and I just figured that I'm a naturalist, and I would rather just go naturally than have to start putting all those drops in my eyes when I know they would be harmful.

**SWANNANOA:** How long did you use the eyewash?

**MRS. D:** I used it for, oh, six months.

**SWANNANOA:** Six months, how many times a day?

**MRS. D:** About five times.

**SWANNANOA:** So you were pretty persistent?

**MRS. D:** Oh, yes.

**SWANNANOA:** How long did it take for the floaters to go away?

**MRS. D:** Oh, they left shortly after I started using the eyewash. I haven't had any more since.

**SWANNANOA:** Are your floaters completely gone?

**MRS. D:** Yes, that's right.

**SWANNANOA:** And you said you could read the fine print now?

**MRS. D:** Yes, I can read the telephone directory.

**SWANNANOA:** You couldn't do that before?

**MRS. D:** No, I couldn't.

**SWANNANOA:** Did you need your glasses before?

**MRS. D:** No, I didn't need glasses. I guess I did, but I never had them.

**SWANNANOA:** And you are sure it was the eyewash which was responsible for your improved vision?

**MRS. D:** That's right.

**SWANNANOA:** Are you still taking the eyewash?

**MRS. D:** I've been busy this summer. I've been gardening, so I'm going to start in again this fall, if I have a little time.

**SWANNANOA:** It's worth it.

**MRS. D:** Oh, it is. It really is. I'll tell you, it threw out so much debris, you wouldn't believe it!

**SWANNANOA:** What came out?

**MRS. D:** All kinds of yellow stuff. Mucus, I guess. That eyewash is just fantastic stuff! Really.

**SWANNANOA:** Well, we appreciated talking to you. Good luck to you.

## Hot, Inflamed Feeling in Eye Goes Away

"My eyes have been sore for many years—they had that hot, inflamed feeling—even to touch the eyeball, it hurt. I couldn't sit down and read the daily paper through—my eyes hurt so bad.

"But after using the tea (wash) 2-3 times a day, that inflamed feeling went out and I was able to read the daily paper at one sitting.

"It really cooled my eyes—made them feel good. I think the eyewash is the best. I had used other drug-store washes and drops from an eye doctor—but nothing helped as this herbal eyewash. I'm telling others about it, too, *Thanks* for telling me in your Newsletter."

G.S.  
Sacramento, California

## Eyewash Eliminates Severe Pain in Eye

"I have had phenomenal success with your God-given herbs. The Eyebright combination has brought good results for a very severe pain behind one eye. (I have had this for over two years, and the doctors have been unable to find the cause.)"

Mrs. Z. Harder  
College Station, Texas

**SWANNANOA:** How long did you have the pain in your eye?

**HARDER:** I had the pain there for two or three years.

**SWANNANOA:** What did it feel like?

**HARDER:** It felt like something in back of the eyeball.

**SWANNANOA:** Was it the right eye?

**HARDER:** It was the left eye.

**SWANNANOA:** Was it glaucoma?

**HARDER:** No. I saw a specialist, and he could find nothing wrong with the eye.

**SWANNANOA:** But you still had the pain?

**HARDER:** Yes. The pain was always there.

**SWANNANOA:** Did you ever get a little bit scared?

**HARDER:** Yes, I sure did. I was concerned because I didn't know what it was.

**SWANNANOA:** How long did it take for the eyewash to help?

**HARDER:** It took some time. It was so painful when I used it, I cut back on the strength of the eyewash; and then I read in your question and answer column that you just had to use a weaker solution. So I thought there has got to be something wrong with it. I thought nothing can cause that much pain in me. So I had my 18-year-old use it, and she felt no more pain than from mild eye-drops. So I knew then immediately that it had to be my eyes. So I continued using it then and using the capsules. In three months, I noticed a radical change.

**SWANNANOA:** Did you use it every day?

**HARDER:** Yes.

**SWANNANOA:** So you were pretty faithful?

**HARDER:** Yes.

**SWANNANOA:** Did the pain completely go away?

**HARDER:** Yes.

**SWANNANOA:** You must have been pretty happy.

**HARDER:** I was delighted.

**SWANNANOA:** Do you still use the eyewash now?

**HARDER:** Not like I should. Human nature being like it is, you know; when the pain is gone, I am not using it every day and I should be.

**SWANNANOA:** Well, thank you for talking with us. I'm sure you will appreciate this next issue on the eyewash.

**HARDER:** It sounds like it should be real good.

### No More Pain in Eye

"My husband has had a great deal of improvement in his eyes since using the herbal Eyebright formula, both internally and as an eyewash. He formerly had a lot of pain in his eyes and mentioned a 'squishy feeling' around the eyeballs. Lots of mucus has come out of his eyes in the morning after using the eyewash the previous night. He can see better now and has no more pain."

Mrs. K.R.S.  
O'Brien, Oregon

### Eyewash Eliminates Pain in Eye

"I used to have terrible pain in both of my eyes. It felt like needles in both corners of the eyes. The first time I used the eyewash, the pain was gone. It was just in one day. I have told a lot of people to use the eyewash.

"I have used the eyewash consistently since last January 4th. I just went to the eye doctor and he said my eyes were about the same. But I think that if it wasn't for the eyewash, my eyes would be a lot, lot worse."

L.Z.  
Ramsey, Michigan

### Pain in Eyes Disappears

"My eyes hurt a great deal in both corners. The pain felt like needles in both corners of my eyes. This was all the time. In my right eye I had a detached retina. I had a hole in my eye and I had hemorrhages behind my eye and a cataract was the least of my problems. I was in surgery for seven and one half hours.

"In my left eye I had surgery two years ago. That is supposed to be my good eye.

"I have been using the eyewash since January 4th. The first time I used the eyewash the pain was gone in the corner of my eyes. It happened in just one day. I have told a lot of people to use the eyewash.

"We were recently on vacation and I couldn't use the eyewash for five days. Last night I couldn't wait until I used it. My eyes were so relieved. It's just unbelievable what it can do."

Mrs. L. Z.  
Wyandotte, Michigan

### Eyewash Eliminates Fatty Growth on Eye

"My husband's right eye had a large yellow fatty growth for years, and the past year it started to grow on the blue. He also began scratching which caused a massive red on the whole eye, although it was not solid red.

"When the newsletter came we sent for Dr. Christopher's eyewash. On March 6, 1979, he began using it twice daily. Each day his eye felt better, and in a week the scratching was gone. From March 6 to November there now is only a very thin small clear mass. We continue using the eyewash. We are *very grateful*."

Mrs. E. H.  
Edmore, Michigan

The following is a conversation we had with Mrs. E. H. about her husband.

**SWANNANOA:** In your letter, you said that your husband had a large yellow fatty growth in his eye.

**MRS. E.H.:** Yes. And that growth has almost completely diminished. Our daughter has observed this, and she said, "Well, I really have faith in that stuff now."

**SWANNANOA:** How large was the growth?

**MRS. E.H.:** Well, let me see, it was larger than the eraser on a pencil. When we got the Newsletter, his eye was a massive red.

A couple of days after that we used the eyewash and the scratchiness left. Then, a couple of times after that, within maybe three or four weeks apart, he had scratchiness again, and then it cleared up. So evidently something was coming loose.

**SWANNANOA:** What did the eye doctor say?

**MRS. E.H.:** We haven't gone to an eye doctor since we started this.

**SWANNANOA:** Did any eye doctor ever see the eye when it was in that condition?

**MRS. E.H.:** When we lived out West, he went to an eye doctor. The eye doctor at that time said that when the fatty growth begins to grow, you'll have to have it removed.

**SWANNANOA:** Did he give it any name?

**MRS. E.H.:** He gave it a name, but I don't have the faintest idea what the name of it was.

**SWANNANOA:** So, in other words, that growth is going down almost every time he uses it.

**MRS. E.H.:** Gradually going down. It's almost gone.

**SWANNANOA:** How long has he used it?

**MRS. E.H.:** He has used it about six weeks, I think. Maybe two months, and he is very regular in doing it once a day. He wouldn't miss it for anything.

**SWANNANOA:** Well, I'm glad to hear the growth is going down.

**MRS. E.H.:** So am I, because it would have meant surgery otherwise.

**SWANNANOA:** Thank you for talking with us.

## Reader Eliminates Blood Spot in Eye



The herbal eyewash helped Mrs. McCracken eliminate a blood spot she had on her eye since she was a child.

"Just before Christmas I called to find out when the eagerly-anticipated [next] issue would be coming and your nice secretary said that it would be the latter part of January or early February. Then I spoke about my own eye problems and the progress which had been made toward correcting them, namely, the disappearance of the rather large blood spot that had been in my left eye since childhood (in the white part of the eye) and the sudden realization one night that I could see one moon instead of two or three; also, the clearing of the nasal passages which had been clogged for such a long time, particularly since my left eye had become weaker and there was excessive discharge from both nasal passages.

These improvements I told her were remarkable and deeply gratifying, but the problem which is still to be corrected in the left eye is what a 'specialist' told me some ten years ago was 'a hole in the macula.' And he said, 'It won't get any better'. But he never offered any suggestion whatsoever for treatment. Of course,

I have never gone back to him. He merely said something like 'ignorance' contributing to the cause of such a thing.

"My eyes are already so much improved and I truly believe I am on my way to regaining normal vision in both eyes."

Sincerely yours,  
Mrs. McCracken  
Maryland

The following is part of a conversation we had with Mrs. McCracken.

**SWANNANOA:** Mrs. McCracken, you said in your letter that you were able to eliminate a large blood spot by using the eyewash?

**McCRACKEN:** About two weeks ago, after I began using the eyewash, I just happened to glance in the mirror and couldn't believe it. It was gone. I was afraid to look again in case I had been mistaken, but I did. It was gone.

**SWANNANOA:** How long did you say you had had the blood spot?

**McCRACKEN:** Oh, ever since I can first remember. When I was first conscious of it, I must have been about ten or eleven years old. I came home from church one day, and I was taking off my pretty dress that mother had made for me and there was a pin in it. I always thought that maybe the pin caused the blood spot, but I could not say for sure. I have seen other people with blood spots, and they didn't have any pins stuck in their eyes.

**SWANNANOA:** Did you ever go to an eye doctor about that?

**McCRACKEN:** I never did mention it to an eye doctor. I did go to the eye doctor, but that was when this blur started.

**SWANNANOA:** How long have you had the blur?

**McCRACKEN:** I noticed it about ten years ago.

**SWANNANOA:** You mentioned that you can now see one moon instead of two.

**McCRACKEN:** That's right. I love to see the new moon. It was a great discovery to me when I looked out one evening and saw only one moon.

**SWANNANOA:** You used to see three or four?

**McCRACKEN:** Oh, yes. I was so amazed that I looked back again, as I did for the blood spot. Sure enough, there was that single silvery crescent.

**SWANNANOA:** How long have you had the multiple vision?

**McCRACKEN:** Well, I couldn't tell you, it has been so long.

**SWANNANOA:** More than ten years?

**McCRACKEN:** Oh, I'm sure it has.

**SWANNANOA:** Is that completely gone now, or just about gone?

**McCRACKEN:** Yes, for all practical purposes, it is gone.

**SWANNANOA:** Well, good, so your vision has improved, then?

**McCRACKEN:** Oh, it has.

**SWANNANOA:** Well, thank you for answering my questions on the eyewash.

### **Eyewash Eliminates Cyst in Eye**

"I have been using Dr. Christopher's Herbal Eyewash for about one year. Prior to using the Eyewash I had a cyst in the inner corner of one eye. My ophthalmologist told me I had the beginning of cataracts, glaucoma pressure of 24 in one eye and 23 in the other. One month after using the eyewash three times a day for five minutes in each eye, the cyst was dissolved. Later on my eye examination revealed that my eyeball pressure had been reduced to 20 and 21, respectively, and no indication of cataracts. My peripheral vision had improved considerably and the pain in my right eye, previously experienced when reading for a length of time, was completely eliminated.

"I am still using the eyewash for five minutes in each eye once a day."

J. K.  
Eustis, Florida

Conversation with Mrs. K.

**MRS. K:** My eye doctor said I had the beginnings of a cataract. But then a month or about five weeks after I started using the eyewash something came out of my eye. It was a hard jelly-like thing. It was very little because mine was just the beginning of a cataract.

I set it aside for perhaps a couple of weeks thinking that I might say something to the doctor. But I decided not to. Now, I don't think the eye doctor even remembers I had one, unless he looked back into his records.

**SWANNANOA:** What about the pain in your eye. What was that like?

**MRS. K:** Well, I had a sharp pain in my right eye when I read too long.

**SWANNANOA:** How long could you read before it occurred?

**MRS. K:** Oh, not too long at all. If I was reading the newspaper, only a half hour or so. I'd have to hold my finger on my right eye and read with my left eye. Now I have no pain at all. I can read all day without pain.

To me the greatest thing was getting rid of that cyst. It was worth all the trouble I went through. It was very annoying and it embarrassed me too because it was getting bigger and bigger. It looked like I had a lot of matter in my eye, like I should put my finger in my eye and clean it out.

**SWANNANOA:** Did other people notice it?

**MRS. K:** Oh sure. The doctor said it wasn't that noticeable, but I think it was. It was the size of a pea, and it was beginning to annoy me when I closed my eyelids. It was on the inner part of the right eye, near the nose.

**SWANNANOA:** And now it's gone.

**MRS. K:** Yes, there's nothing left.

**SWANNANOA:** Thank you very much.

### **Cyst on Eyelid Reduced**

"For about 6 months I have had a very small lump in the center of my upper eyelid. I was told that it probably is a cyst. Since using the eyewash, this has reduced in size until it is hardly noticeable. I am hoping that it will completely clear up."

N.B.  
Greencastle, Indiana

### **Bubble on Eye Almost Completely Dissolved**

"It really all began when I asked my manager for an herbal eyewash for my mother who has had glaucoma for over four years. Both her eyes have been operated on, and although immediate eyesight loss was checked, slowly her eyes have been deteriorating. I was referred to [the issue] of your newsletter in which Dr. Christopher discusses an herbal eyewash. Since we sell Dr. Christopher's herbal formulas, I obtained some along with the Eyebright and started my mother on the eyewash.

"At first she was not consistent in taking it, and after I lovingly scolded her for this, she now takes it faithfully every three hours. The results have been remarkable! In a matter of days, a "bubble" that was on her eye where she had surgery over two years ago and which has been an irritant since, started to DISSOLVE! Now after only three weeks on the eyewash, her eyes are not watery or red, the bubble is almost gone and her vision is getting better in one of the eyes.

"The overall appearance of the eyes is so noticeable that people who know my mother have commented to her about it."

G.V.  
Portland, Oregon.

Editor's Note: We contacted the mother and verified the story. The mother said her eye doctor wanted to burn it off. She said she felt the bubble would have gotten bigger if it were not for the eyewash.

### **Scar on Eye gets Better**

"My husband had a scar on his eye and now after taking the eyewash, the scar is not as big. He got stuck in the eye at work. Some guy was not too careful. Last month he had his eyes checked, and they stayed the same. Usually he had to have stronger glasses."

M.B.  
Aloha, Oregon

## Eyewash Reduces Bulging Eye for Reader

Mrs. R. Howard from Fayetteville, North Carolina, says that Dr. Christopher's Herbal Eyewash eliminated a serious swelling in her eyeball. She says that her own eye doctor was not able to help her with her condition.



"Perhaps this is too late for [your use,] but I do want to tell what happened with my use of Dr. Christopher's eyewash.

"Pressure behind the retina in my left eye caused the eye to swell enough to touch my glasses. After much treatment and money spent, the doctor told me the only thing left for them to do was to send me to have a laser beam used; and if I decided to try this, I *could* lose the sight in that eye.

"Instead, I ordered Dr. Christopher's eyewash, and after three days, the swelling was much less; and in three weeks, it was well. I still use the eyewash in both eyes occasionally.

"We think [that your] Newsletter is the best publication of its kind. Keep up the good work."

Mrs. R. Howard  
Fayetteville, North Carolina

The following was a follow-up letter which Mrs. Howard sent to us.

"Finally I did get to the doctor for a checkup on my eyes. In January, 1977, I first went to the doctor with the left eye swollen and painful. It was diagnosed as central serous retinopathy. I was given prednizone for ten days, but no real improvement.

"February, 1978, checkup showed permanent damage. Meanwhile, I had refused laser beam because I had been told it could destroy the vision in that left eye. In March, 1978, I used Herbal Eyebright and within 3 weeks, the swelling was all gone; and while I still need glasses, I am very pleased with the results. I am eagerly awaiting the next issue."

We talked extensively with Mrs. Howard on the phone and the following is a very brief selection of our conversation.

**SWANNANOA:** Did the doctor say you had any cataract or glaucoma condition?

**HOWARD:** No. He said there was no cataract and there was no glaucoma. He said it was a condition called central serous retinopathy, which he said was found primarily in women that were under tension.

**SWANNANOA:** How long did it take for the swelling to go down?

**HOWARD:** After just three days, the swelling was much less. And then after three weeks, it was completely gone.

**SWANNANOA:** Have you ever had any swelling since?

**HOWARD:** I have never had any swelling since. Now there are times when I will get sort of a burning sensation—like a pain in that eye. But I will just get my eyewash out and use it.

**SWANNANOA:** Did you ever go back to your doctor?

**HOWARD:** I went back this last time.

**SWANNANOA:** What did he say?

**HOWARD:** He said I had a slight damage, but it did seem to be much better than it was the last time I saw him.

**SWANNANOA:** Did he have any reason for its being better?

**HOWARD:** No, he said that he couldn't understand why, but sometimes people will never have another occurrence of it, and others will have it come back periodically.

**SWANNANOA:** So, he didn't give any credit to the eyewash?

**HOWARD:** I didn't tell him. He is right here in my community, so I didn't want to say anything.

**SWANNANOA:** Has the eyewash helped your vision at all?

**HOWARD:** Oh, yes, I can see real good. But I can't say that I can go without my glasses because one of them is near-sighted and the other one is far-sighted.

**SWANNANOA:** It would be interesting to see what would happen if you used the eyewash every single day.

**HOWARD:** I am wanting to do that, but I am in school four nights a week and I'm studying nutrition through correspondence; and I am running this beauty shop, and all of it together, it doesn't seem like there are enough hours in the day.

**SWANNANOA:** Well, we wish you the best of luck, anyway, and we certainly would like to hear from you to let us know how you are doing.

**HOWARD:** Why, thank you.

## Keratoconus Improves on Eyewash

"My son has keratoconus in his eyes and he has been going to the VA Hospital and Stanford Eye Clinic in Palo Alto. When nothing could be done he was scheduled for Cornea Transplant. While waiting, he started using Dr. Christopher's Herbal Eyewash. When he was



checked the doctor said his eyes were not as bad as he had expected and he could have a soft contact lens instead of a transplant. Praise the Lord!"

Sincerely,  
Mrs. C. P. T.  
Tuolumne, California

We spoke with Mrs. T's son and this is our conversation below. We omitted his name to protect his identity completely.

The following is part of a conversation we had with this patient.

**SWANNANOA:** What is keratoconus?

**PATIENT:** It's where your eye starts coning; in other words, it starts pointing. I guess the eye stretches like a balloon would and pretty soon the layers of the eye start separating.

**SWANNANOA:** What happens as it continues to point out? Can it burst at the tip of the point?

**PATIENT:** Yes, it can; then you lose your eye and there is no way anything can be done for you.

**SWANNANOA:** Are doctors able to stop it in most cases?

**PATIENT:** From what I understand, there is no known cure for it. They don't even know what causes it.

**SWANNANOA:** What is the usual treatment?

**PATIENT:** They use hard contact lenses to hold the eye in place to keep it from pointing out. But it's only a temporary measure because the "pointing" eventually gets worse.

**SWANNANOA:** How bad was your case?

**PATIENT:** It became so bad that one or two layers inside the cornea of my right eye had actually broken. This was on the inside. Such "breaking" allows the fluid to get inside, and apparently, makes a kind of scar on the front which really distorts your vision.

I have a soft contact lens for comfort and then a hard contact lens on top of that to stop the eye from pointing. I think I was diagnosed with this keratoconus about eight years ago and I ended up in Stanford Hospital in Palo Alto.

I had a year of treatment there, but it got to the point with my right eye that they said there was nothing else they could do and the only thing left to do was a cornea transplant. I was on the waiting list for the transplant, and as soon as they had someone's cornea available, they were going to go ahead with the operation.

**SWANNANOA:** And what happened then?

**PATIENT:** That was about the time I first heard about the eyewash. It was in December about a year ago. I started to use the eyewash and after six months of use, I went back to see a different doctor, a doctor at the Veterans' Hospital.

**SWANNANOA:** What did he say?

**PATIENT:** He checked my eyes and then he said, "Your eyes aren't nearly as bad as I expected from reviewing

your records."

Now I am still checked periodically by the doctor from Stanford and I asked him, "Have my eyes improved?" And he said, "Well, I have never known of a case that was getting any better." And he also said, "The doctor just had exceptional success in fitting you with contact lenses."

**SWANNANOA:** Do you feel that it was really the eyewash and not the contacts that helped you?

**PATIENT:** Yes, I do. Oh, I almost forgot to mention something. When the first doctor saw me, he said, "Why do you want a cornea transplant? You don't need it. All you need is some contact lenses." And yet, six months earlier, a team of four top doctors from Stanford had consulted among themselves and all agreed that a transplant was the only thing that could help me. So I definitely feel I was helped.

**SWANNANOA:** Are you still using the eyewash?

**PATIENT:** No, I stopped for a while.

**SWANNANOA:** What happened?

**PATIENT:** My contact lenses were rubbing on my eyes all the time and they were keeping my eyes a little on the sore side. And the eyewash just made my eyes burn like anything. I finally got to the point where I got so much irritation and so much mucus in my eyes that I had to decide, "Am I going to continue what I am doing," because I did feel I needed the contacts so I wouldn't bump into things and hurt myself, or "should I stop for awhile?"

So I decided to stop until my eyes calmed down some.

**SWANNANOA:** Did you try diluting the eyewash?

**PATIENT:** I did try this and I found that the mucus just kept coming out for a number of days afterward. I started out using about one capsule to two cups of water and I did get it down to the point where I could take one capsule to about  $\frac{3}{4}$ ths of a cup of water. But even diluted, it made my eyes sting terribly. So much mucus came out at night that my eyes would be glued shut in the morning.

I decided that I would give it up for a little while until my eyes could settle down and then go back to using it. Now I am still taking the capsules. I think that when I start using the eyewash again I may dilute it even more, so I can use it and still live with it.

I am going back to the doctor soon and if anything interesting comes up I will let you know.

**SWANNANOA:** Please do, we surely would like to hear from you.

**Editor's Note:** We checked with this patient a number of months later to see how his condition was. His mother told us that he had still not gone back to regularly using the eyewash. This is a typical case: A person will get some relief from a condition and then as soon as they get a few unfamiliar reactions, they will stop using the eyewash. The readers that have gotten the best results with the eyewash have stuck with it. The eyewash won't work if you don't use it.

## Staph Infection

### Reader from Florida Eliminates Incurable Staph Infection from Eye.



Mrs. Jerry Shaver, from Florida, says that Dr. Christopher's Herbal Eyewash helped her to eliminate an incurable staph infection in her eye.

I hope I'm not too late in helping you with your follow-up article regarding Dr. Christopher's herbal eyewash. I just received [your newsletter] this weekend and found out you needed experiences.

"Last December, I developed an ulcer on my eye in the iris area. I went to my doctor to see what it was. He looked at it and said, 'Jerry, I don't like the looks of it. I don't know exactly what it is, but I know one thing, it is potentially very dangerous. We'll take a culture and start you on sulfa drugs for a couple of days.' (This was on a Saturday.)

"I went back Monday and it seemed a bit better, but we still didn't know what it was because the culture didn't grow. By Wednesday, it wasn't improving so he called and made an appointment with an ophthalmologist.

"That doctor looked into my eyes and knew immediately it was a 'staph infection.' (I don't know how to spell the medical word.) He said, 'I can get rid of those ulcers by the weekend.' I said, 'OK, but how about getting rid of the staph infection?' He shook his head, 'No' and said, 'I'm sorry, but you'll have this infection for life.'

"He said I would have to use eye medicine every day for the rest of my life. He explained that if I didn't each time an ulcer appeared, I would get scar tissue, and enough scar tissue causes blindness. He wrote out a prescription for 'Blephamide' and told me to use it four times a day for a week and then once a day for life. He then added, 'But, I don't like the side effects of this drug.' I said, 'What are they?' He answered, 'Cataracts or glaucoma.'

"Great!! I felt I was caught between the devil and the deep blue sea!

"The following June, a friend paid us a visit from

Michigan. She told me about Dr. Christopher's herbal eyewash. I went out and bought some and started using it orally and as an eyewash.

"It burned when I used it, but so does Blephamide, so I didn't mind. I couldn't believe the matter that came from my eye. In the morning, when I woke up, I sometimes had trouble opening my lids. They were glued shut.

"I gambled! I shelved the Blephamide and relied solely on the eyewash—really hoping it would do the trick! With the two capsules of Eyebright, I added one goldenseal.

"I am happy to say my problem is gone. I haven't used the medicine since June. I don't always get my eyewash made daily because I leave so early for work, but I always take 6 capsules a day. The eyewash isn't a daily affair, but almost every day. I'm looking forward to the day I don't have to wear glasses.

"Thank you very much for publishing such a beautiful magazine."

Sincerely,  
Mrs. Jerry Shaver  
Blountstown, Florida

The following is a condensed version of a conversation we had with Mrs. Shaver by phone.

**SWANNANO:** You said you had ulcers right on the eyeball?

**SHAVER:** Yes, right on the eyeball. I still have the scars because I can look in the mirror and see them. But I don't have any more ulcers on my eyes now.

**SWANNANO:** I assume that it must be pretty rare to get ulcers on the eye.

**SHAVER:** Oh, it's bad. You know it is bad in your mouth, but get one on your eye!

**SWANNANO:** What was it like?

**SHAVER:** Very painful, because every time you blink your eye, you go over a sore. My ulcer was a white dot right on my iris. I noticed my eyes started burning real bad. And bright light hurt them, and they were watering and it was real painful. So I went to the mirror and I saw this white dot on my eye.

**SWANNANO:** Was it on both eyes?

**SHAVER:** Yes, both eyes. So I went to the emergency room at the hospital. I live right behind the hospital. As a matter of fact, I work there. So anyway, I went over there and they looked, and the doctor said I had better see a specialist. He said, "I don't fool with eyes, but you've got something real dangerous."

So I went over to Tallahassee to an eye specialist and he just looked in my eyes and right off the bat he said, "Why, you've got staph infection." He said I would have the staph infection for the rest of my life. He said there was no known cure. He told me I would have to use special medicine for the rest of my life. The Eyebright doesn't burn as much as this medicine did.

**SWANNANO:** It must have really burned them.

**SHAVER:** Yes, you know that stuff really smarts. OK,

so he also told me that the side effects of the medicine could be cataracts and glaucoma. He told me that unless I put these drops in my eyes, it was called Blephamide, every single day, that I would go blind. He told me about one black lady that had the exact same condition that I had and that she ignored the problem and she eventually went blind. You see, when you have any ulcer on the eye, it will heal. But then you will have scar tissue. He said that the new ulcer will break close to the pupil. You never get an ulcer on the same spot. And it just works its way across the pupil, and when it works its way all across, you are blind. And he said this lady had gone blind because she had never gone to the doctor.

**SWANNANOA:** It is the staph infection which causes the ulcer, right?

**SHAVER:** Yes, that is right. Well, a friend of mine from Michigan gave me your magazine and she told me about the eyewash. So I went to the health food store and got some. And I was really leery about using it in my eye because the doctor had me so scared. He told me that if I didn't use the medicine every day I would go blind. So I took the eyewash by capsule only. Then I met my friend again and she said that I didn't have anything to be afraid of. So I said, "OK." I started using the eyewash. I did that for a couple of weeks and then I decided to drop the medicine completely and see if the eyewash would help.

**SWANNANOA:** Did you use the eyewash every day?

**SHAVER:** I did then, but I don't use it every day now. Now I may go a few days without it, and then I will go a week with it.

**SWANNANOA:** How many times did you use it every day?

**"Considering all the toxins which were in my eyes, it was no surprise I had a severe infection."**

**SHAVER:** I guess I used it about 4-5 times.

**SWANNANOA:** How long did you use it in each eye?

**SHAVER:** Oh, I have my own method.

**HEALTHVIEW:** How do you do it?

**SHAVER:** I don't have the nerve to open my eyes, you know, because it burns. So what I do is to put the eyewash in a glass eyedropper and I pull the bottom eyelid open and put in the eyewash. Do you know what I am saying? I put the eyewash right inside the eyelid.

**SWANNANOA:** Doesn't it sting?

**SHAVER:** Sure it does.

**SWANNANOA:** Then why don't you just use it as an eyewash?

**SHAVER:** I don't like using the cup. I don't have the nerve to just put the eyewash right on my eye. Anyway, the cup was so large and a lot of it went right down my

face. The first week or so you wouldn't believe the stuff that came out.

**SWANNANOA:** What came out?

**SHAVER:** Oh, everything. You know, when you were a little kid and your eyes were glued shut?

**SWANNANOA:** Sure do.

**SHAVER:** Well, that is how my eyes were in the morning. My eyes were just glued. I would have to go peel the hard matter and the white pus off.

**SWANNANOA:** How long did the pus and mucus come out?

**SHAVER:** It came out for three weeks.

**SWANNANOA:** Three weeks straight?

**SHAVER:** Yes, just about every day. Considering what came out, it seems it is no wonder I had an infection. But I don't have any problem now. I think I got all the infection out of my eyes.

**SWANNANOA:** How are your eyes now? Has your vision improved?

**SHAVER:** I think my vision has improved a little bit. I am sure of it because I can read without bifocals now.

## **Jerry Shaver Visits Her Ophthalmologist After Her Recovery**

**SWANNANOA:** So, you went back to the doctor. He said the infection was completely gone?

**SHAVER:** Yes. He looked in my eyes with that big machine, and he said, "Your eyes look great—the cornea is just as clear as it can be. It looks just fine." Then he wanted to know what I was there for. So I reminded him. I said, "You remember I was here in December, and I had staph." "Oh, yes, I remember that," you know, and I said, "You prescribed the blephamide. Well, I used that and I used the Vascon regular that you prescribed," and I said, "I used it until about June." Then I said, "A friend of mine told me about an herbal eyewash. Now when I was here last time, I showed it to you, and you didn't think it was going to work, you know.

But I said I decided to use the eyewash and give it a good try, and then I decided to drop the blephamide. Then I said, "I had such good results with it that even when I quit the herbal eyewash, I had no more ulcers on the eyeball." I told him that I felt that it cured it, and I said, "I want you just to check my eyes," and I told him about the magazine and you wanting me to come back.

Then I said, "They're going to call me, and I'm going to tell them the results of what you say." And he said, "Well, your eyes look good," but he said, "Now Jerry, let me explain something to you. A lot of healing has to do with our mental attitude. If you had told me that blephamide really did the trick, I would have been glad to write another prescription for you; or if the

Vascon regular had done the trick, I would write another prescription, but," he said, "if you feel that these herbs are helping you, then I'm sure they are. You know, any placebo will do."

**SWANNANOA:** You must have laughed when you heard that.

**SHAVER:** Yes, really. I mean, if any placebo will do, why didn't blephamide cure me?

**SWANNANOA:** You gave it a good chance, didn't you?

**SHAVER:** Six months.

**SWANNANOA:** And it didn't work?

**SHAVER:** No, and if I missed *one* day, by evening I had another ulcer. My eyes were watery, and I knew right then I was going to have a problem; and I'd look, and there was an ulcer, and I'd have to go right back and use that blephamide. I was supposed to use one drop a day, but if I had an ulcer, I had to go to four drops a day. Then when it cured, you know, got healed up, then I was back to one drop a day; and if I missed a day, I had another ulcer. Six months I tried that. That's a fair chance.

I mean Eyebright did it in about two months or a month or whatever, and then he said, "You know, any placebo would do it."

**SWANNANOA:** How come *they* can't come out with the placebo that does it?

**SHAVER:** Yes, that's right.

**SWANNANOA:** Did you ask him if he had heard of Dr. Christopher?

**SHAVER:** Yes, I asked him that. No, he hadn't. He said, "Of course, he's an herbalist and I'm a medical doctor." I said, "Have you *ever* heard of Eyebright, the herb, Eyebright?" He said, "No." Then I said, "Well, I'm surprised. It's been used for hundreds of years." He had never heard of it. He said, "You know, it's very possible that I mis-diagnosed."

**SWANNANOA:** Possible? After all that you went through?

**SHAVER:** Yes, that's right. And last year, he was so positive. I mean he looked in my eyes and said, "You've got staph infection, and it is incurable. I mean you've got it for the rest of your life. There's nothing you can do," was what he said. "It's incurable."

**SWANNANOA:** It seems unusual that he would give you a prescription for something as strong as blephamide . . . and such a dangerous prescription. This prescription causes blindness . . . it causes cataracts and glaucoma.

That brings up the question that if he did mis-diagnose, why did he give you those drugs?

**SHAVER:** That's right, because he told me that I had the staph. He said that it's *so hard* to control. He said, "There's only *one* drug on the market that will control staph—not cure it, control it. But I just don't like the side effects of it."

And that's when I said, "Well, what are the side

effects?" He said, "cataracts and glaucoma." Well, if he mis-diagnosed, I could have gotten cataracts and glaucoma on a mis-diagnosis.

**SWANNANOA:** That's pretty serious.

**SHAVER:** I know. But it's their professional pride. They want it to be drugs. When it's not, they get upset.

**SWANNANOA:** Thank you, Jerry.

### Reader Claims Staph Infection Clears Up

"I have a friend that uses the Eyebright combination for a staph infection she had for years. It cleared it up."

Mrs. E. S.  
Sleepy Eye, Minnesota

### Eye Infection Clears Up

"Several years ago I had a very bad eye infection; my eyes were very swollen and pus was coming out of my tear ducts. Doctor Christopher's eyewash cleared it up within days."

J. A.  
East Lansing, Michigan



"I would like to stress that the infection does *not* come from the eyewash. The infection is *already* in the eye. The eyewash merely brings it to the surface."

## Glaucoma

### Improvement in Glaucoma

"An aunt (88 years old) has been helped by your eye-wash—she can see light in an eye 'blinded' by glaucoma."

Miss R. S.  
Spearfish, South Dakota

[Editor's Note: We tried to contact this woman for further details but were unable to reach her by press time.]

### Reader Eliminates Glaucoma Condition

"Much to my delight, my doctor informed me at a recent check-up that I no longer have glaucoma!"

H. B.  
Los Angeles, California

### Reader from Montana Eliminates a Pressure from Behind her Eyes.



Mrs. Clark, from Montana, claims that she was able to eliminate a severe pressure behind her eye by using the herbal eyewash. She also says that she can see colors a lot brighter now.

"I use the eyewash tea myself regularly and drink a cup hot for breakfast instead of coffee. It's gotten rid of a pressure behind my eyes, and the world seems much brighter and more colorful. I'm forever grateful."

Mrs. Clark  
Montana

**SWANNANOA:** Mrs. Clark, you said in your letter that you used the herbal eyewash and that you were able to get rid of a pressure behind your eyes?

**CLARK:** Yes.

**SWANNANOA:** How bad was the pressure?

**CLARK:** Well, it bothered me a lot. I'd push on my eyes a lot just to kind of relieve it.

**SWANNANOA:** What did the doctor say?

**CLARK:** I don't go to a doctor.

**SWANNANOA:** How long did you have the pressure?

**CLARK:** Oh, I have had it for a couple of years. About three. It comes on kind of gradual.

**SWANNANOA:** Did it get worse?

**CLARK:** Yes, it got worse.

**SWANNANOA:** It sounds like you might have had glaucoma?

**CLARK:** Yes, but that wasn't what it was, I guess.

**SWANNANOA:** How do you know?

**CLARK:** Well, I did have my eyes tested a couple of years ago, and there was no sign of it.

**SWANNANOA:** Did he test you when you had the pressure?

**CLARK:** Yes, and there wasn't any glaucoma.

**SWANNANOA:** I wonder what it was?

**CLARK:** Well, I have low blood sugar, and that could have had something to do with it.

**SWANNANOA:** When you used the eyewash, did the eye pressure completely go away?

**CLARK:** Yes, it did.

**SWANNANOA:** How long did you use the eyewash?

**CLARK:** I only used the eyewash about three weeks, but I take the tea all the time. I drink it every day.

**SWANNANOA:** Do you think it really made a difference, taking all that tea?

**CLARK:** Yes, I do, I think it made a big difference.

**SWANNANOA:** Do you think that the eyewash helped you?

**CLARK:** Yes, it helped, but I got lazy and quit using it. If it was really severe, and if I hadn't gotten relief, I would have kept doing it.

**SWANNANOA:** Thank you, Mrs. Clark.

### Glaucoma Pressure Almost Normal

"In response to your .... issue, I began using the eyewash last December, plus continuing use of my doctor's eye drops. The drops alone were very annoying and practically useless. With the eyewash, the aqueous flow was stimulated and my eyes began to drain. Now, although I still need my glasses, on my last visit to the doctor, he announced my pressure was normal. 'Very normal,' he said."

Sincerely,  
Mr. Brightman  
New York, New York

Following are the highlights of our conversation with Mr. Brightman.

**SWANNANOA:** When did you first find out you had increased pressure in your eyes?

**BRIGHTMAN:** It was in 1971, when my ophthalmologist sent me down to N. Y. University Hospital and they examined me; and yes, it turned out I had a glaucoma condition. They started me off on Pilocarpine drops. They drove me out of my mind. They closed down the lens of the eye.

**SWANNANOA:** You mean you couldn't see well with the drops?

**BRIGHTMAN:** Oh, I was half-blind from them. I even lost my sense of proportion. And once walking to work I stumbled over a very low curb and fell flat on my face.

The doctors tried to counteract the effects of the Pilocarpine with drops of Epitrate. That's something that's supposed to keep the lens open. Everything was always half dark. I really don't know how I survived in my work. For me, it was worse than doing nothing.

I tried to talk to my ophthalmologist but he was very professional and he simply indicated that he didn't want to talk to me and was I questioning his professional judgment.

Eventually, I got very interested in some of the offbeat literature on health and I came across the Bates method of eye exercise. I found particularly that the palming and the sunbathing seemed to relieve the strain a great deal. It didn't do anything about the glaucoma but I did have a sense of relief, so I figured that maybe some of this offbeat stuff was worthwhile. And then along came your Newsletter eventually.

About this time, my condition was a little better but not much better. The Pilocarpine was closing down my eyes so much that I had to stop taking it three days before I visited the eye doctor. Otherwise, he had to give me drop after drop of another drug to open up the eyes just to be able to examine them.

I finally said, "I don't want to have the Pilocarpine; with that stuff I am half blind." I was miserable with it. So he put me on Epinol and then later he put me on Timoptic, the newest of the drugs.

Both of them succeeded in a measure, I guess, in controlling pressure but it is *only* a control and they do nothing to the liquids to flush them out.

### **My eyes began to drain pus and that was when I began to get well.**

It doesn't make you blind but it does give you a misty cloud over your eyes, and that's the same symptom that glaucoma causes anyway, which I didn't have when I went on the Pilocarpine.

I had the herbs at this time, but they were on the shelf. When I got the eyewash, I thought, I'll give these new drugs a chance. After all, I am his patient, and I'm not that disobedient to a doctor that I'm going to defy his orders.

Well, with all the shadow effect I was getting, I thought I could do no harm from trying the eyewash. So I made

up a batch and tried it. And all of a sudden what began to happen was that I began to flush. The flushing was first evidenced through excessive sinus drainage. I would blow and blow and blow my nose.

But it took a long time to bring the pressure down. For a while, I left off the drops and I did not bring down the pressure with just the eyewash. . . . In fact, the pressure went up, and I got scolded by the eye doctor. He told me to use the drops faithfully—I hadn't told him about the eyewash. So for two weeks I used the drops and eyewash in combination and my pressure went down.

After a while, my eyes began to drain pus and that was when I began to get well. It wasn't just the nasal excretion, but it was the drainage of the pus right through the eyes. And when that happened after a while, my sinus drainage quit. After that condition occurred in me, I went back to the eye doctor and he said, "Your pressure is very normal."

He hasn't officially relieved me of the drops yet, so I am continuing with the drops morning and night, along with the eyewash morning and evening, and the combination seems to help me.

**SWANNANOA:** How is your vision now?

**BRIGHTMAN:** My eyes are now far better than when they originally diagnosed my condition in 1971. After the sinus drainage, I have a visual acuity I haven't had in years. But I am still very dependent on glasses. My astigmatism is such that I can see the time on my radio alarm clock, but I can't read or anything like that.

There seems to be an improvement, because now the eyewash doesn't sting anymore; it's just like a bracing cocktail.

**SWANNANOA:** Did you ever try the eyewash by itself without the drops?

**BRIGHTMAN:** Yes, I did experiment with it by itself for awhile, and the pressure went up. I had pressure in my high teens and twenties, but when I went off the eyedrops and went on the eyewash alone, the pressure went up to thirty.

**SWANNANOA:** This happened to other people. Dr. Christopher says it's just part of the cleansing process.

**BRIGHTMAN:** I am sure it is, but I just didn't want to take the chance, especially since the eyedrops were keeping it under control.

**SWANNANOA:** Absolutely.

**BRIGHTMAN:** There is one thing I want to add. I think my change in diet had a part to play in the improvement in my eyesight. When I was diagnosed as having glaucoma, I was almost in a diabetic condition and my weight was high. Since then, I have changed my diet completely and my blood pressure and cholesterol have normalized, and I think this has helped my eyes too.

**SWANNANOA:** I'm sure it has. Thank you very much, Mr. Brightman.



**"You should always check with your eye doctor before you decide to discontinue using any eye medication."**

### **Woman Reduces Her Glaucoma Pressure 25 Units**

**"Dr. Christopher's herbal eyewash has reduced my glaucoma pressure to almost normal."**

**Mrs. Jackson  
Dallas, Texas**

**SWANNANOA:** How did you find out about the herbal eyewash?

**JACKSON:** A lady in San Marcos, Texas saw my picture in the paper and read about my glaucoma condition. She sent me the article on the herbal eyewash by Dr. Christopher.

**SWANNANOA:** How long was it after you started using the eyewash before you noticed any results?

**JACKSON:** I didn't know for about a month. It was then that I went back to the eye doctor to have my pressure taken.

**SWANNANOA:** What did the pressure go down to?

**JACKSON:** Well, it went down to seventeen and when I was there this month, it was down to twelve.

**SWANNANOA:** What was the pressure in the beginning?

**JACKSON:** Thirty-seven.

**SWANNANOA:** And after one month it went down to seventeen?

**JACKSON:** Yes sir.

**SWANNANOA:** How many times do you use the herbal eyewash each day?

**JACKSON:** Two or three times a day.

**SWANNANOA:** What does your doctor think about the herbal eyewash?

**JACKSON:** I didn't tell him.

**SWANNANOA:** Do you think that you will be able to cure your condition completely?

**JACKSON:** I don't know, but I will just keep on trying.

**SWANNANOA:** Has your vision improved since you used the herbal eyewash?

**JACKSON:** Well, before I started, I could hardly thread a needle. Now I am making a beautiful quilt for a lady in Houston. My vision is much better.

**SWANNANOA:** So there is no question in your mind that the herbal eyewash has helped you.

**JACKSON:** That's right.

**SWANNANOA:** Well, we want to wish you the best of luck.

**JACKSON:** Why thank you.

### **Eyewash Eliminates Glaucoma Condition and Floaters**



**Mrs. Romine's eye pressure went down from 35 to normal after she used the eyewash.**

**"Regarding the Herbal eyewash, I was told in 1972 I had chronic glaucoma. I was visiting my daughter in Houston, Texas. My eyes were constantly watering.**



"She took me to her eye doctor there and after a careful examination, he told me I had glaucoma. Instantly the bottom fell out of my world, being a seamstress. I just knew I'd have to quit the work I loved more than anything.

"After he found out I didn't live in Houston and was going home in a few days, he told me to go see a doctor in Dallas. I asked him if I'd have to quit sewing; he said you can do anything you've ever done if you'll use these drops I'm giving you. It was a prescription for Isopto-Carpine 2%.

"I was to be in the doctor's office in Dallas 4 weeks from that day. After his examination he told me I had an infection in the tear duct of my left eye. He gave me a prescription for an antibiotic to use in the left eye only and continue with the Isopto-Carpine which I did. He said, 'I want to see you in two weeks to see if the infection is gone.'

"At that time my pressure in my eyes was 25. I was at his office 2 weeks later; the infection was gone, and the pressure was 21. I continued seeing him at 3-month intervals for 2 years. He never could get the pressure down entirely so he put me on a new medication (can't remember the name of it). It was a dark-colored drop, and real strong; it was 5%. My eyes began watering constantly so badly, I was ashamed to go out in public; he would not reduce it. He said, 'Its got the pressure down and is keeping it down and we are not doing anything to it.'

"He washed out my tear ducts and told me to come back if my eyes watered any more. They watered constantly when using the stuff, so I stopped using it. While my tear ducts were clean I decided to keep them clear. He wanted to make me a tear duct; I said 'No; the ones I have will be O.K., if I quit this medication.'

"I called my daughter in Fort Worth to get me an appointment with a doctor I had heard a lot about. It was three weeks before I could get an appointment (in the meantime I didn't use any drops) and when he took the pressure it was 35. He told me I needed a doctor at home (in Gainesville). I told him yes that's right, and when one comes here I'll use him. It was 2 years before one came and he put me to using Isopto-Carpine 4% but couldn't get the pressure down and then a new medicine came out (Timoptic). He put me on it, 0.5%. It helped more than anything but he told me to also use the Isopto-Carpine 4% along with it; I did.

"But in September last year I ordered the Herbal tea from Dr. Christopher and started using it in October. I used the drops along with it a day or so. The eyewash made my eyes so sore and pus ran out of them and each morning they were stuck up. It would have scared me, but Dr. Christopher said it would do that way in drawing the toxins, etc., out of my eyes.

"After a while that all stopped, but it did burn and hurt, but I believed it would help me and it sure has. I'm still using it. My vision is clearer, and the tiny black floaters that I used to see now and then have all disappeared. All in all I'm pleased with the eyewash and proud of myself for being able to stay with it long

enough to get results; and the results are so wonderful it makes you want to keep on keeping on."

Sincerely,  
Mrs. Jessie Romine  
Gainesville, Texas

The following is a conversation we had with Mrs. Romine.

**SWANNANOA:** I heard from Dr. Christopher that you had good results in treating your glaucoma?

**ROMINE:** I did. They were really good, yes.

**SWANNANOA:** Can you tell us about it?

**ROMINE:** My eye doctor told me when I went to see him, that I was doing just fine. He said I didn't have any symptoms of pressure in my eyes.

**SWANNANOA:** How bad had your pressure been before?

**ROMINE:** It had been up to thirty-five.

**SWANNANOA:** Up to thirty-five?

**ROMINE:** Yes.

**SWANNANOA:** So you're saying the pressure went down from thirty-five to normal?

**ROMINE:** Yes.

**SWANNANOA:** Did you tell the doctor that you were using the herbal eyewash?

**ROMINE:** No sir, I did not.

**SWANNANOA:** Well, what did he say was the reason for the improvement? He must have been amazed.

**ROMINE:** He just said the medicine he was giving me was doing it. See, I was getting off the medicine.

**SWANNANOA:** Have you noticed any improvement in your eyes?

**ROMINE:** Oh, yes, lots. My eyes don't water any more like they used to.

**SWANNANOA:** How about your vision?

**ROMINE:** Well, I can see lots better, a lot clearer.

**SWANNANOA:** You can see more clearly?

**ROMINE:** Yes. I don't see those little black things floating in front of me sometimes like I used to.

**SWANNANOA:** Floaters?

**ROMINE:** Yes, I don't see those any more.

**SWANNANOA:** So that condition has cleared up too. Has either your close-up vision or distance vision improved?

**ROMINE:** Oh, yes, I use close-up vision because I sew. I've sewed for the public for years. That's why I was afraid when I was told that I had glaucoma. I was afraid that I could never sew anymore.

**SWANNANOA:** Are you sure your pressure is down to normal?

**ROMINE:** Oh, yes, I don't have any pressure. I didn't



the last time I was at the eye doctor's office. I was there the 5th of February and I don't have to go back until the 5th of August. I'm just taking care of it with the eyewash, and occasionally I'll put some of the drops in it when I go to bed at night.

**SWANNANOA:** You're sure it was the eyewash that caused this improvement?

**ROMINE:** Well, it never was that way before, so it must have been.

**SWANNANOA:** Did you give the eyedrops a chance?

**ROMINE:** Well, I'll tell you, as Dr. Christopher says, he doesn't tell anyone to stop the drops completely.

**SWANNANOA:** Right, that's what he says.

**ROMINE:** He says to gradually get off of the drops.

**SWANNANOA:** Right, and that's what you did.

**ROMINE:** I was using them four times a day. Then I dropped them down to twice a day doctoring my eyes and using the wash.

**SWANNANOA:** When you first knew you had glaucoma, I guess you were taking the medication by itself?

**ROMINE:** Yes pilocarpine; yes that's what it was.

**SWANNANOA:** Did that help you?

**ROMINE:** No, it never did get the pressure down.

**SWANNANOA:** How long did you use it?

**ROMINE:** From 1972 until October of 1979.

**SWANNANOA:** So, in other words, you used the medicine for seven years.

**ROMINE:** Yes.

**SWANNANOA:** And it didn't help you.

**ROMINE:** Not that much, no.

**SWANNANOA:** Well, do you think the eyewash is mainly responsible for your improvement?

**ROMINE:** I think the eyewash is what has helped my eyes more than anything; I surely do.

**SWANNANOA:** Thank you very much.

## Cataracts

### Cataracts Stop Growing

"One of my distributors said her mother was scheduled for cataract surgery, but started the eyebright about four or five months ago. Her doctor checked her the other day and said the cataracts had stopped growing and there was no need for surgery at this time. Needless to say, she is elated and is continuing to use the eyebright. You may contact her daughter for further information if you care to."

Jean Bray, N.D.  
Jean's Nutrition Center  
Monroe, Louisiana

(Editor's Note: We did contact the daughter and she confirmed the story. She told us that her mother had only used the capsules and that she had not yet used the eyewash formula as an eyewash.)

## Eye Doctor Questions Why Cataract Disappears

"In March, 1974, my wife, at the age of 73, had her eyes examined by her eye doctor—one of the leading ophthalmologists in Nebraska. During the process, her doctor remarked that she had a cataract in her right eye. Upon inquiring of him about having the cataract removed surgically, her doctor replied that it was yet too early for it to be removed.

"In October, 1978, when we first learned of Dr. Christopher's eyewash, my wife immediately started taking the treatment and continued it, religiously, for six months.

"On April 27, 1979, my wife again went to her eye doctor to be reexamined for any possible needed adjustment in her glasses. Before starting the examination, her doctor said, 'Your record shows that you had a cataract in your right eye—have you had it removed?'

"To which my wife replied, 'No, you said not to have it removed.' To which he replied, 'But that was 5 years ago,' and he immediately began to make the examination and soon had this to say, 'Your eyes are unusually clear and clean, and you have no sign of a cataract in your right eye.'"

S.S.

Greenwood, Nebraska

[Editors' Note: We contacted this lady, and she told us that she had stopped taking the eyewash. She said that her vision was getting cloudy and that she had given the eyewash six months to work, which she felt was plenty of time. We checked with Dr. Christopher and he said, as he usually does, that this lady should have continued for a longer period of time.]

## Cataract Condition Improves

"Gentlemen:

Well, you asked for responses to the eye program of Dr. Christopher. Here's something for your Newsletter readers—hope it helps them.

### TEN PATIENTS ON EYE PROGRAM— TEN SUCCESSES

"Yes, that's what happened when I suggested to ten of my patients with chronic eye problems to try it and see what happens.

"By the way, one of them happens to be my own mother of 79. She was on the eyewash and the capsule for three days and then left for Florida to visit her sister. Oh yes, she also has cataracts. Three others do also, but I must tell you about my mother. I called her in Florida

about a week after she had left and asked her how her eyes were coming along, and she said to me, 'I think I am going blind.' 'Blind,' I said, 'what do you mean? Isn't your eyesight a little brighter at least?' 'Oh, yes,' she replied, 'but sometimes I cannot read the paper at all, and everything gets blurry and my eyes are always watering.'

"I asked her if she had taken her old glasses along with her, as I told her to do and she said yes. I said to her, 'Lay the phone down and get them and a newspaper and come back to the phone,' which she did; but before she came back, I could hear her scream, 'I can see myself in the mirror.' When she came back to the phone, she didn't bother to bring a newspaper with her; all I heard was that she could see herself clear in the mirror.

"I told her before she left, if there is a change in her eyesight to try one of her old glasses, which she forgot to do. Meantime, her eyes had gotten stronger and her present glasses were the wrong prescription.

"Well, she sure knows now that she isn't going blind."

Dr. H.G.  
Chicago, Illinois

### **Eyewash Eliminates Cataract**

"My experience has been a true success story with the eyewash! Last summer (1978) I experienced failing vision in my right eye. The left eye only had about 10% vision when a cataract started developing on it in 1961. My ophthalmologist advised against surgery on it because of the limited vision and the amblyopia. I was then 51 years old, and he thought the cataract might never develop on the right eye.

"However, last summer when I checked with my optometrist, he diagnosed a rapidly growing cataract on the right eye and advised immediate surgery. As my vision was becoming increasingly poor, I decided to have surgery; but before I could make the arrangements, I had an appointment with my chiropractor. When I told the doctor about my problem, he gave me his copy of the (most recent) Newsletter with Dr. Christopher's eyewash treatment outlined in it.

"I read the article thoroughly and on the way home, I stopped at the local health food store and bought some of the Herbal Combination capsules. When I got home, I immediately made up the solution and washed my eyes with it twice that day. This was October 4, 1978.

"I continued washing my eyes up to 5 and 6 times a day for the next three weeks when we were scheduled to make a trip to Philadelphia, Pennsylvania, where we had lived until moving to California in 1974. I was having fantastic results with the eyewash! The toxins started coming out of the eyes from the start. Sometimes I would wake up in the night, and my eyelids would be stuck together from the pus that ran out of them, so I would get up and clean them off with the solution. After washing the eyes, pus would sometimes roll up in the corners of the eye like pearls, and strands of pus would hang

from my eyelashes! It was frightening, in a way, but my vision was getting stronger and clearer all the time.

"When we returned to Philadelphia at the end of October, I made an appointment with my ophthalmologist of many years, saying I would like to have him check my eyes, but not saying anything about the cataract diagnosis in California. He checked my left eye thoroughly, more thoroughly than he ever had before. I thought and finally said, 'Well, the cataract is still there.' I said, 'How about the right eye?' I could hardly wait! He examined it very thoroughly and announced *no sign* of a cataract!

"The glasses I was wearing were too strong, and he reduced that prescription.

"I did not tell him what I had done, but I did ask him if he knew of anything that could be done to dissolve the cataract once it had formed. He said there was nothing they could do, except surgery!

"I have kept on with the eyewash, and also I am taking the six capsules (sometimes less) a day ever since. I have only missed one day of using the eyewash and usually do it 2, 3, or 4 times a day, depending on how my eyes feel and if I have been under stress.

"I found it a terrific strain on my neck to tilt my head back while holding the eyecup over the eye 5 minutes on each eye, so I solved the problem by lying on my back on the bed. I could relax and rest while the solution did its work.

"I shall be forever grateful to Dr. Christopher and to you for bringing this to my attention. I am hoping that in time, I will eliminate the cataract from my left eye that has been there for 18 years! It will be 10 months this week since I started the treatments, and the comfort from them more than compensates for the little inconvenience in taking them.

"P.S. My husband has had excellent results with the ear drop treatment for his hearing problem—but that's another success story!"

C.S.  
Claremont, California

### **Husband Thinks He Won't Need Cataract Operation**

"My husband was told he had cataracts and would have to have them removed before very long. After Dr. Christopher's interview, he began using the eyewash. My husband got such good results.

"The film that would come over his eyes and which had to be wiped from his lids has improved. His eyes now feel fine. He reads sometimes without his glasses. We have every hope that he will not need an operation. Any medical reports he receives will be forwarded to [you.]

T.S.  
Henning, Tennessee

## 73-Year-Old Lady from Alabama says that Three Cataracts Came Off her Eyes.

Mrs. Dutton, a retired librarian and organic gardener from Alabama, says that three cataracts came off her eyes after 4 months on the herbal eyewash.



"When my eyes were examined in 1972, the doctor said I was legally blind because I could not read anything on the chart. One eye was completely covered by a cataract and the other was also ready for cataract removal. The doctor was going to a convention and would remove both cataracts on his return. No date was set.

"In the meantime, I read about Eyebright, but was unable to locate a source until [your latest] Newsletter listed a source.

"In January, 1979, I began using the eyewash; and in May, I rubbed a finger across each eye and a cataract came off on each finger.

"I continued using the eyewash to correct double vision in my best eye and other problems to strengthen my eyes. Two weeks later, another cataract came off the worst eye.

"I am a 73-year-old retired librarian, and I have not worn glasses since I retired, nor do I intend to."

Mrs. Dutton  
Alabama

The following are parts of a number of conversations we have had with Mrs. Dutton.

**SWANNANOA:** There is no question that your eye doctor confirmed that you did have cataracts?

**DUTTON:** That's right. I had gone to him over five years ago. He was ready to do an operation, and he sent me back to my regular doctor to see if it was all right for me to have this operation. So I went to my doctor and he said, "If you want to have your left eye operated on, go ahead, but don't let anyone touch your right eye. You have a good chance of losing your vision in your eyes everytime you have an operation. Your left eye is already bad, but don't let anyone touch your right eye."

So from that time on, I started to look for an answer to my cataracts. In the meantime, my vision was getting worse.

**SWANNANOA:** So, you have had the cataracts for

about 5 years?

**DUTTON:** That is correct.

**SWANNANOA:** You said in your letter that you used the eyewash for about four months before the cataracts came off.

**DUTTON:** Yes.

**SWANNANOA:** Did both cataracts come off about the same period of time?

**DUTTON:** Yes. First the one in the right eye came off, then the one in the left eye came off.

**SWANNANOA:** When you said come off, what exactly do you mean?

**DUTTON:** Well, one day I felt like rubbing my eyes; so I rubbed across my eyes, and a cataract came off in each finger.

**SWANNANOA:** Was it like mucus?

**DUTTON:** It was a hardened form of mucus, I guess. The nearest thing I can compare it to is the inner lining of a grape.

**SWANNANOA:** As soon as it came out, could you see better?

**DUTTON:** I think so. I can't remember exactly, but I think so. I think I was amazed the same day. It happened right after breakfast. I went to church and I normally sit in the fourth pew back. That Sunday, the day the cataracts came off, I could see the preacher for the first time at that distance. Before I couldn't see a person's face across a room, and now I can.

**SWANNANOA:** So you think your vision improved after the cataracts came out?

**DUTTON:** Yes. I can't tell you the percentage, though.

**SWANNANOA:** What can you see now that you couldn't see before?

**DUTTON:** I couldn't see long distance, and night lights bothered me before. I was practically blind at night. The only thing I could see were car lights, and they looked like Christmas trees.

**SWANNANOA:** Can you see better at night now?

**DUTTON:** Yes. I can see things in the distance much further and much clearer now.

**SWANNANOA:** How is the rest of your vision?

**DUTTON:** The rest of my vision is improving, too. I can see clearly enough now to thread needles.

**SWANNANOA:** How long do you use the eyewash every day?

**DUTTON:** I use it three times a day; and when I use it, I bat my eyes 100 times each in the solution.

**SWANNANOA:** Will you go back to the eye doctor to get documented proof that your cataracts are gone and that your sight really has improved?

**DUTTON:** There is no need to. No, I don't think I will go back, at least not now. I would rather wait until my vision improves enough so that I can drive a car.

**SWANNANOA:** Thank you, Mrs. Dutton.

## Reader Claims That Two Cataracts Came Off

"On November 15, 1978, I began the herbal eyewash formula according to the directions on the package, and by November 24 and November 25, 1978, both cataracts were removed. First I thanked our Heavenly Father for this favor, and now I am thanking Dr. Christopher for making this formula available to us. I do plan on continuing the herbal eyewash until most of my vision is restored."

Mrs. S.M.  
Southgate, Michigan

**We called this lady on the phone and asked her a number of questions about her letter.**

**SWANNANO:** We have your letter here in which you said your cataracts came off in ten days.

**MRS. M.:** Nine days!

**SWANNANO:** Nine days? Are you sure they were cataracts that came off?

**MRS. M.:** Well, a piece of skin came off and they told me that is a cataract. I didn't have cataracts that long.

**SWANNANO:** You didn't?

**MRS. M.:** No, I was diagnosed as having cataracts for only about two-and-a-half years. So it wasn't a case where I had them for 10, 15, or 20 years.

**SWANNANO:** Are you sure it took only nine days for the cataracts to come off?

**MRS. M.:** Yes, because I kept a record. I actually kept a record. I used the eyewash three times a day—at 9, at 3 and at 9 at night again. And I wrote down every little reaction.

**SWANNANO:** What was it like when a cataract came off? Did you feel it in your hand?

**MRS. M.:** It was hanging on my eyelash, believe it or not.

**SWANNANO:** What was it like?

**MRS. M.:** It was like a thin layer of film. At first I didn't know exactly what it was, because I didn't even know what a cataract was.

**SWANNANO:** Did the doctor say that you had cataracts?

**MRS. M.:** Yes, he is the one that told me.

**SWANNANO:** When the cataracts came off, did they come off together the same day?

**MRS. M.:** No. One came off one day, and the other came off the second day.

**SWANNANO:** How did they come off?

**MRS. M.:** Actually, it was extremely painful. It peeled off itself. It was like a layer of skin coming off. The pain came before it came off. I also had a lot of headaches. From the first day I started using the eyewash, I had terrific headaches.

**SWANNANO:** Do you still have headaches now?

**MRS. M.:** Why are you asking me so many questions?



"Yes, absolutely, the eyewash *can* remove cataracts—even cataracts deeply implanted in the lens."

### Cataract Disappears

"I have been using the herbal eyewash since last October, twice daily, and a cataract on my left eye has apparently disappeared."

E.R.  
Salem, Virginia

### Cataracts Disappear—Can Now Read Fine Print

"I began using Dr. Christopher's herbal eyewash after getting [the recent health] Newsletter. In a few weeks I could read fine print without glasses, even though two years ago I had been told I had cataracts on both eyes.

"I had them tested again in January, and the cataract on my right eye was gone. The doctor OK'd the paper for my driver's license. I am eighty-two."

M.D.  
Lakeland, Florida

**SWANNANOA:** We are just trying to be objective. So many of our readers write us and tell us their stories. We would like to believe all of these stories, but we have an obligation to our readers to find out if the stories are true or not.

**MRS. M.:** Oh, well, I see. As far as I am concerned, it worked. The only thing I can attribute to the fact that mine took so short to come off is that I did not have them that long. I have talked to many people since. Before, I didn't even know what a cataract was. But they all tell me it is skin. Now I surmise that, with time, that skin thickens, which it will do on a sore or on anything else. You know your body is going to operate the same whether it be on your eyes or on your legs. At least, that is the way it appears to me. You know I used the eyewash three times a day—faithfully.

**SWANNANOA:** How long did you use it?

**MRS. M.:** To be honest with you, not that long. That stuff burns. I'm a coward.

**SWANNANOA:** We know what you mean. We tried it, too, and it certainly does burn.

**MRS. M.:** You better believe it. Would you believe that after that cataract came off, it worked the opposite? It was soothing.

**SWANNANOA:** That's interesting.

**MRS. M.:** Yes.

**SWANNANOA:** How was your eyesight when it came off? I would assume that it got better.

**MRS. M.:** My eyesight did not clear up that fast. It took a little while.

**SWANNANOA:** Did your eyesight improve at all?

**MRS. M.:** Yes, it did. The first improvement came when I started noticing that I could again see by night. You see, that was one of my biggest hang-ups. I simply could not see at night. To see again at night is such a blessing for me.

**SWANNANOA:** Was that just when the cataracts came off?

**MRS. M.:** No, that was a little while after. It took a little time for my eyesight to adjust.

**SWANNANOA:** How long after the cataracts came off did you continue to use the eyewash?

**MRS. M.:** I took the eyewash for another six months. And then I stopped.

**SWANNANOA:** So there is no question that you can see better at night?

**MRS. M.:** Most definitely.

**SWANNANOA:** Could you drive at night before you took the eyewash?

**MRS. M.:** No. No. I had my husband take me everywhere.

**SWANNANOA:** How bad was your vision just before you took the eyewash?

**MRS. M.:** I couldn't see very good at a distance at all. And that frightened me because I was always able to see

good at a distance. Before I took the eyewash, my eyesight was deteriorating so rapidly, it was frightening.

**SWANNANOA:** So you would definitely say that the eyewash has helped your vision?

**MRS. M.:** Yes, I would.

[Editors' Note: We received a copy of this lady's latest eye examination, and the doctor said that a cataract was still in the right eye.]

**SWANNANOA:** How could you account for the fact that the eye doctor said you still had a cataract in your right eye?

**MRS. M.:** It was a disappointment to me. Maybe it is possible that just a small layer of skin or mucus came off the eye. But I can see better in both eyes. And like I said before, before I took the eyewash, both of my eyes had terrible vision. Now I can see better.

**SWANNANOA:** You can see better in your right eye?

**MRS. M.:** Yes, I can. It seems to me that if I can see better, then that is what should count. I can tell you that something came out of my eye.

**SWANNANOA:** Yes, that does count. I think the fact that you can see better at night, and the fact that you can see better in both eyes, means that you got some kind of benefit from the eyewash.

**MRS. M.:** Well, I think I did, too, and I am very grateful for Dr. Christopher.

[Editors' Note: This lady also told us that she was able to eliminate a very bad sinus condition by using the herbal Eyebright as a tea. She said she was able to breathe a lot easier than before, and that as soon as she stopped taking the eyewash tea, her sinus condition came back.]

### Reader Avoids Cataract Surgery

The following is a conversation we had with one of our readers over the phone. We have changed this woman's name because she didn't want to be identified.

**SWANNANOA:** We just wanted to ask you some questions about your experience with the herbal eyewash. You said the doctor said you had cataracts?

**BROWN:** Yes.

**SWANNANOA:** And you used the eyewash and you no longer had to have surgery.

**BROWN:** Well, yes, in fact he told me this last March, that I will probably never need surgery. He said my cataracts were still very immature. And this is really something, I think. I still need glasses for driving, and although he has prescribed bifocals, I no longer use my bifocals for reading. So this is a three-year experience and I am very encouraged.

**SWANNANOA:** When did the doctor first say you would need surgery?

**BROWN:** About three years ago, when I first went to him.

**SWANNANOA:** He said you would need surgery shortly?

**BROWN:** No, he didn't say shortly, he said, "You have cataracts forming and some day we will probably have to remove them."

**SWANNANOA:** And then you heard about the herbal eyewash.

**BROWN:** Yes.

**SWANNANOA:** How often do you use it?

**BROWN:** Well, I use it every morning when I arise, and before retiring at night, unless I do a lot of reading during the day, then I use it after I finish reading.

**SWANNANOA:** How can you tell that your eyes have improved?

**BROWN:** Well, only from what the doctor told me, and the fact that my prescription hasn't been changed and the fact that I used to use reading glasses and now I can read with a naked eye.

**SWANNANOA:** So your vision must have improved.

**BROWN:** Yes, oh yes, there's definitely an improvement.

**SWANNANOA:** You don't need your reading glasses?

**BROWN:** Right. I can't use my bifocals for reading but because they haven't changed the prescription, I just use my glasses for driving and for distance, such as to see across a large room. I have difficulty recognizing people clearly, and my glasses take care of everything.

**SWANNANOA:** Well, did you tell the doctor about the eyewash?

**BROWN:** I told him that I was using an herbal eyewash, and he asked no questions. He said, "Well, continue to use it."

**SWANNANOA:** It's good he said that.

**BROWN:** I know how doctors are with any suggestions whatsoever. They are never receptive, and as long as he didn't ask what I was using, I didn't inform him.

**SWANNANOA:** You said that you had an unbelievable amount of material that came out of your eyes?

**BROWN:** In the beginning, I had all kinds of stuff coming out. Now there is no discharge whatsoever.

**SWANNANOA:** You said in your letter that your eyes no longer sting when you use the eyewash.

**BROWN:** This is right.

**SWANNANOA:** The stinging just went away?

**BROWN:** It's just a refreshing eyewash now.

**SWANNANOA:** Isn't that wonderful? Thank you for talking to us.

### **Cataract Condition Improved**

"I have been using Dr. Christopher's herbal eyewash ever since I first learned of it in [...your health...]

**NEWSLETTER.** The results I've achieved have been entirely satisfactory. Anyone anticipating spontaneous remission of the results of many years of neglect and downright abuse is naive.

"The cataract in my right eye was so fully developed ten years ago that I could barely distinguish objects at a distance of twenty feet. It was like looking through frosted glass. The condition is, by no means, completely cured, but I can distinguish individual leaves on trees fifty feet away and can read the capital letters of this type size without magnification.

"My personal optometrist can verify the improvement I've achieved through the use of the eyewash.

"Bravo, Dr. Christopher. Keep up the good work."

M.M.

Northridge, California

We checked with this person's optometrist, and the doctor told us that there was definite improvement in the vision of this person.

### **Eye Doctor Amazed at Improved Cataract Condition**



Mr. Stanley can now see signs on the street which he hadn't been able to see for years.

"I don't know if my testimony will mean the same to others, as it does to me, but it really is of great importance to me.

"A gracious lady friend in her 50's, whom we've known for over 25 years, told us about your deep muscle therapy which was working! Then when she told us of the Eyewash, we could hardly doubt her, so we sent away for Dr. John Christopher's Herbal Eyebright. I have cataracts in both eyes, and my wife has one in one eye.

"Since I have been using it by eyecup AND orally by capsules, I can now see all the license plate numbers equally in *both* eyes! (I could not see license plate numbers or highway signs with my left eye. They looked 'foggy.' Also, at night, all lights had 'halos' around them as a fog. Now the left eye has equally as good vision as my right eye!) Further, without my glasses, I can

see each individual brick in condos across our green belt, approximately 250 feet away, which I never could before. My eye doctor, a year ago, said I had cataracts in both eyes, and the worst in my left eye. Six months ago on a check-up, they were no worse, but I had to come back in 6 months.

"Two days ago, the doctor was amazed and delighted how my cataracts had shrunk (VERY RARE he said) and he said my eyes were so good I need not come back for a whole year!

"I'm nearsighted normally, and had slightly more negative corrections every change. Now I can see as good with my older (less strong) glasses, and my eyes feel great. The herbal eyewash still smarts for a few seconds, but my eyes feel so good afterward. I use the eyecup 3 times a day, and 3 capsules. I'm 62 years old. My wife, 61 years old, does not take the capsules saying they cause a slight diarrhea which I had not experienced. She's using the eyecup twice daily. We've been on Dr. Christopher's Herbal Eyebright now for over 3 months, and will stick on it for the next year, and let you know then."

W. Stanley  
Dearborn, Michigan

The following is a conversation we had with Mr. Stanley:

**SWANNANOA:** Can you tell us how your vision has improved.

**STANLEY:** I can read print and see signs on the street that I haven't seen in years and years. I think the most fantastic thing was that I was sitting here without any glasses and I looked across a belt of green grass and all of a sudden I was seeing all the bricks on the other side. I was just flabbergasted.

**SWANNANOA:** You couldn't do that before?

**STANLEY:** No, I haven't done that in fifteen years.

**SWANNANOA:** Are you still nearsighted?

**STANLEY:** Yes, but not as much, because I don't use my glasses as much.

**SWANNANOA:** Did you tell your eye doctor you were using the eyewash?

**STANLEY:** No, I didn't tell him. He is such a renowned eye doctor and eye surgeon that I think he'd freak out if I told him. His name is so well-known that he has a two-year waiting list to get in.

**SWANNANOA:** Did he examine you recently?

**STANLEY:** Yes, I was there in December. He checked out my cataracts and said, "This is very rare, that they regress like this. You are very blessed. I don't have to see you now for another year." And till then I was going in every six months.

He gave me a reading chart and everything and he said, "Gee, it's really hard to believe."

**SWANNANOA:** That means a lot coming from him.

**STANLEY:** It sure does.

**SWANNANOA:** Thank you, Mr. Stanley.

## Cataracts Now Disappearing

"Eight and a half months ago I started the eyewash. I am just beginning to see my cataract disappearing."

Mr. H. N.  
New Smyrna Beach, Florida

The following is part of a conversation we had with Mr. H. N.

**SWANNANOA:** You had a cataract, and it is now slowly disappearing?

**MR. H. N.:** Yes, finally, after almost eight months.

**SWANNANOA:** You told me that you are using the eyewash ten times a day.

**MR. H. N.:** Fifteen minutes, that's the minimum each time.

**SWANNANOA:** How long in each eye? Is it fifteen minutes in each eye?

**MR. H. N.:** No, just one eye.

**SWANNANOA:** You're to be commended for really using it that much.

**MR. H. N.:** Well, I did see movement sometime back, so I figured that as long as there was some movement, it must be doing some good.

**SWANNANOA:** Okay, what results have you seen? Is the cataract getting smaller?

**MR. H. N.:** Yes, it is getting smaller, and it is a little bit more transparent.

**SWANNANOA:** Transparent? You mean, you can actually tell a difference?

**MR. H. N.:** Yes.

**SWANNANOA:** And you are sure that it's not just your imagination?

**MR. H. N.:** Oh, no. I don't know how long it will take, but I know it eventually will go away.

**SWANNANOA:** How did you find out about the eyewash?

**MR. H. N.:** Well, I read about it in your Newsletter.

**SWANNANOA:** And did the doctor confirm that you had a cataract?

**MR. H. N.:** Oh yes, three doctors.

**SWANNANOA:** So there's no question about your having had a cataract. Did they agree that you were going to need an operation?

**MR. H. N.:** Well, one of them did say that eventually he would have to operate.

**SWANNANOA:** How about the other two?

**MR. H. N.:** Well, they didn't mention anything at all, because it wasn't that bad according to them.

**SWANNANOA:** Is the cataract getting smaller?

**MR. H. N.:** Yes.

**SWANNANOA:** How long do you think it will take before your cataract will go away completely?

**MR. H. N.:** Well, it's hard to say; maybe another couple

of months. If it does clear up, I will call you and let you know.

**SWANNANOA:** Please do let us know what is happening. Good luck to you.

**MR. H. N.:** Thank you very much.

### **Eyewash Helps Cataract Condition**

"My husband was told that he would have to have a cataract operation, and he used the eyewash for a year and a half and when he was checked at Will's Eye Hospital he was told that he did not have cataracts."

Elizabeth C. Durham  
Elkton,  
Maryland

### **Eyewash Helps 87-Year-Old Women Avoid Cataract Operation**

For several years, eye doctors have said, "It's a 50-50 decision as to whether these cataracts should be removed." I held off for two years. I have used Dr. Christopher's eyewash, more or less faithfully. My glasses irritated me. I went to an eye specialist yesterday, and after careful and elaborate examination he said, "You have a good pair of eyes. The back of the eye is very healthy. The only thing you need is new glasses. These are too strong for your eyes." Of course I had a faithful session with the eyewash last night and also this morning.

I am deeply thankful. I am 87, and a lot of my good health I owe to the Biser boys.

Mrs. Edward H. Prentiss  
Berkeley, California

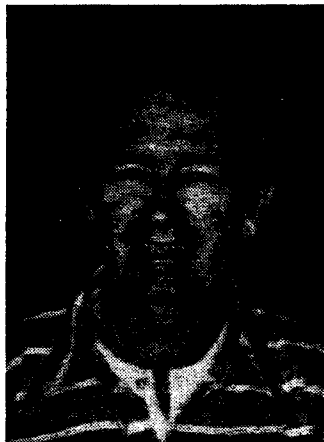
### **Dry Eyes**

#### **Eyewash Helping Dry Eyes**

"I am using the HERBAL EYEWASH from Dr. John R. Christopher and I have found it to be a great help. I have chronic dryness of the cornea, and had several ulcers in both eyes. I had to use artificial tears every hour. But since I started with the eyewash, I don't have to use the drops as often, and my eyes are less painful."

Ms. J. L. G.  
West Babylon, New York

### **Reader Says Eyes Now Feel Like They Did When He Was Twenty**



"My eyes now feel clear and bright like they did when I was twenty. I can't praise the eyewash enough."

"I have been bothered with dry eyes for a long time. My eyes were tired most of the time. I always felt like there was something in my eyes that I couldn't see.

"The only thing that helped them was the eye-bright combination. I have been using the eyewash for two weeks. After the first complete day my eyes felt clear for the first time in years. They felt clear and bright like they did when I was twenty. I can't praise the eyewash enough."

Mr. J. E. Campbell  
Oregon City, Oregon

The following is a conversation we had with Mr. Campbell:

**SWANNANOA:** So your eyes feel better now?

**CAMPBELL:** When I first started using the eyewash, I had pretty strong glasses and I had to use them to watch TV. Now, the only time I use the glasses is when I drive to town.

**SWANNANOA:** You said in your letter that your eyes felt clear and bright like they did when you were twenty.

**CAMPBELL:** Well, when I first started using it, I used to have trouble with my eyes itching, and they'd burn sometimes. And they never do that anymore.

**SWANNANOA:** You said your eyes were dry; are they just as dry now?

**CAMPBELL:** Oh no, I have plenty of moisture in them now.

**SWANNANOA:** How long had your eyes been dry?

**CAMPBELL:** Oh, ever since I was about seventeen.

**SWANNANOA:** And how old are you now?

**CAMPBELL:** Fifty-five.

**SWANNANOA:** So for all of those years your eyes were dry.

**CAMPBELL:** I used to put Murine eyewash in them every morning to get them going.

**SWANNANOA:** Thank you, Mr. Campbell.



## Sjogren's Disease (Dry Eyes) Eliminated by Eyewash



Mrs. Iuppo

"I began to notice relief within a few weeks of taking the eyewash. For me it was the end of six years of agony."

"About six years ago I developed Sjogren's disease, which is one of the little 'benefits' of rheumatoid arthritis, and means that I had no fluid in my eyes. Thus, being in the sun for any length of time would cause squinting and irritability, taking the pleasure out of summertime. Being in a room where people smoked caused me to rub my eyes incessantly causing redness and irritation, ruining many a social outing. Television viewing would lead to the constant rubbing and blinking, ruining my recreation time; bicycling was out because the air hitting my eyes would cause havoc; wind was my virtual enemy, as was baking because the heat from the oven would make my eyes extremely dry.

"After numerous visits to my ophthalmologist and various testings, he gave me some drops to create artificial fluid in my eyes and were to be used three times a day, but the dryness got worse and I had to increase the drops to four times a day, then six times a day, etc., until I had to use them almost every ten or fifteen minutes. 'You have to learn to live with it,' was the official medical position. I was told that absolutely nothing could be done to bring back the fluid that dried up in my ducts. That position and my own pain was most uncomfortable to live with.

"Then approximately three years ago I developed a compounded problem; due to the extreme dryness of my eyes I began to get 'pig-tails' on my corneas. Before these were discovered I virtually lived in pain and darkness for about six months—blinking painfully and incessantly and lying in darkness most of the time with a washcloth of ice cubes on my eyes to ease the pain when my eyes were open.

"I thought I had been conditioned to pain as I had had rheumatoid arthritis for 19 years, but this was more than I bargained for. Finally it got so bad I had to go to my ophthalmologist who removed several 'pig-tails' and bandaged one eye to recuperate. It was fine for a few days, then more 'pig-tails' formed and I had to go back to him every few days to have them removed so that I could see and relieve the pain.

"'Pig-tails' were explained to me as pieces of mucus that form on the cornea; my natural tears would have washed them away, but my dry-eye condition caused them to lodge themselves on the cornea and I could not move my eyes without causing pain and irritation. Each time I blinked I thought I would die. I was told that this condition could cause great eye damage and the medication I used could cause a thinning of the cornea and possible rupture.

"My doctor gave no encouragement and said there was little he could do or anyone could do because once my tear ducts dried up that was it—nevermore tears. I got the strong impression that my doctor and his staff were sick of seeing me there every other day or so and would have loved for me to go to another doctor. The only reason I didn't was that I went through so much with this ophthalmologist I thought that he would soon come up with some sort of positive help. I sincerely believe that he was as frustrated as I was.

"Finally he had an out—he was going on vacation he told me and knowing I would need almost daily care, he referred me to a specialist in a large New York City hospital. This was the straw that broke the camel's back; the eye specialist gave me an examination and saw the terrible shape my eyes were in as well as my state of mind. He suggested 'goggles' (a type that kept moisture around the eyes), which might help. However, he had to make a few phone calls to find a pair.

**"No amount of wetting solution helped. My husband kept applying ice packs to soothe my eyes, that's how bad they were."**

"While we sat there he did make several phone calls but the answer he got each time was that they were no longer manufactured or available. It seemed that modern medicine was referring to tools out of the stone age with those 'goggles' but I was only a patient, so what did I know!

"It was at this point that he suggested soft contact lenses. These he claimed would not allow the eyelid to press against the cornea every time I blinked which was causing the pain. These lenses could be moistened with a solution in the eye as often as needed, thus keeping the eye moist. Well, he did fit me with the soft lenses (non-prescriptive) and told me to wear them, sleep in them and return the next day and he would remove them. He never told me or my husband (who was with me) how to remove them. Since I had to trust him I thought they could remain in my eyes until the next day with no problems. The lenses seemed to help as soon as they were placed in my eyes and I was encouraged for the first time in a long time—until I went to bed that night.

"After a few hours of sleep, I awoke about 3 am because of pain and really bad irritability because of the lenses being in my eyes and drying while I slept.

No amount of wetting solution helped. My husband kept applying ice packs to soothe my eyes and frantically tried to reach the specialist—but it was 3 am and we only got his answering service who said the message would be given to him as soon as possible.

**“Now, whenever I feel dryness or if I am exposed to cigarette smoke, I use the eyewash for immediate relief.”**

“The ‘soon as possible’ turned out to be 9 am the next morning. We were due at his office at 11 am and so all he said was that he would see us when we got there later. By this time I was tearing my hair out and without eating breakfast we hurried to New York. Once there, he removed the lenses but now we had more trouble—the lenses had scratched the corneas. I would have more pain so he prescribed eye medication. I left his office depressed and one eye bandaged—he could not bandage both because I would not be able to function at all and my state of mind could not tolerate that.

“Even with the medication, it took a while to heal. The specialist said the soft lenses were the answer and told me to go home and rest and when my regular doctor returned from his vacation I should return to him and get a pair of soft contact lenses.

“I was told by both doctors that I could not wear prescriptive contact lenses because they would be too thick and would be too uncomfortable. So, my doctor fitted me with nonprescriptive soft lenses and now I know he really ripped me off. He saw that I was desperate and in agony and seized the opportunity. Initially he told my husband that they would not cost as much as prescription lenses, but when he gave them to me, he said the cost was the same as prescription lenses and charged me \$375.00 for them. This cost was in addition to my almost daily visits (most he termed ‘emergency’ and charged me more than for a regular visit). Since he could not teach me to insert the lenses myself (my arthritis took a toll on my hands and fingers) he said he would teach my husband to do it for me; the instruction lasted about 5 minutes, and the results were a daily disaster for both myself and my husband. Day after day it became increasingly evident that there had to be a better way!

“My husband is a naturopath, nutrition consultant, and massage therapist and remembered an article about Eyebright. He found Dr. Christopher’s article and read what people had to say about Herbal Eyebright benefits. He went to our health food store and brought it home. I immediately began to take it orally and as an eyewash. This couldn’t have happened soon enough because now I was suffering infections from the insertion and removal of the lenses. In the mornings I couldn’t open my eyes because of the sticky mucus.

“Well—the end of my agony—ecstasy! I began to notice relief within a few weeks of taking the Eyebright

daily and using the eyewash every three hours. It took a while to get used to the stinging as my eyes were horribly irritated from the lenses, rubbing, dryness, infections, etc. However, I persisted and found after a while that I did not require the eyewash as often and could cut it down to three times a day; the infections stopped, the dryness eased, I didn’t rub my eyes, the mucus was removed with the eyewash—and miracle of miracles, I did not have to wear those miserable soft contact lenses as often. I can’t remember the last time I wore them.

“Now whenever I feel dryness or if I’m exposed to cigarette smoke I use the eyewash for immediate relief. I try to use it every few days regardless because it makes my eyes clearer. I also carry a small amount of the Eyebright solution in a small eye-dropper bottle so I can use it throughout the day if necessary—which is not often. I still continue to take it orally along with my other daily vitamins. My ophthalmologist could not believe the change in my eyes or me and mumbled something about the tears in my eyes were only temporary. I asked him what he thought the tears and improvement were attributed to and he said the lenses (which at this time I hadn’t worn for about 6 months). Since he wouldn’t understand what we were doing, much less approve of it, I did not go into my story of Eyebright. All I know is that it helped me.”

Mrs. Iuppo  
New Jersey

The following is a conversation we had with Mrs. Iuppo by phone:

**SWANNANOA:** Can you briefly describe your case to us?

**IUPPO:** Well, I had a condition known as Sjogren’s Disease. It’s one of the side effects of arthritis. It is a drying up of the fluid in the eye, and that’s how I developed it.

**SWANNANOA:** How long did you have it?

**IUPPO:** About six years.

**SWANNANOA:** Six years. That’s a long time. There was actually no fluid in your eye at all?

**IUPPO:** That’s what the doctor claimed at the time—my ophthalmologist.

**SWANNANOA:** It’s amazing how the eye can function at all with very little fluid.

**IUPPO:** Yes, it is. My husband thought there had to be a different way because he is a naturopath nutrition consultant and he had read about Dr. Christopher’s herbal Eyebright. He went out and got that for me; he said, something has got to work. I do have a limited amount of tears. I had been taking homeopathic remedies also, and nutrition, because of the arthritis and this Sjogren’s Disease, but the ophthalmologist said at the time that there was nothing he could do, and that was it.

**SWANNANOA:** What different things had he prescribed?

**IUPPO:** I had taken all kinds of drugs internally and locally for my eyes, and nothing seemed to work. As a matter of fact, it had gotten worse. And it usually irritated it more than anything else.

**SWANNANO:** What were some of the drugs he gave you?

**IUPPO:** I would have to look back at the names because it's been a long time since I have taken them. I do have some of the things in my medicine chest.

**SWANNANO:** And you were using these for about six years?

**IUPPO:** No, it was six years ago when I developed the disease. About three years ago, as I stated in my letter, I had a compounded problem. Due to the dryness, I had what the doctor termed "pigtailed" on my corneas. And this was a result of the dryness I had. The mucus would form and not be able to move, because I had no fluid. The fluid would normally take out anything that entered the eye, or was on the eye. I lived in virtual blindness. I would lie on the couch with ice in a washcloth most of the time. In fact I said to him. "Dr. . . . , I need to wash it out with something, can't I just wash my eye?" He said, "No, that wouldn't help you at all."

**"My eye specialist wanted to give me some sort of goggles which would keep fluid in the eye area."**

**SWANNANO:** And you did this for three years?

**IUPPO:** I did it that way for three years, all day long. I was in virtual agony and pain. You can't imagine what it would possibly mean. I could not go out socially. It was just impossible. Every time I blinked my eyes, it was agonizing.

**SWANNANO:** So, you really didn't go out for six years then.

**IUPPO:** Well, during the first three years that I had Sjogren's Disease, I was able to go out on occasion, because when I started taking the homeopathic remedies, my eye problems eased up a little. I could not go places where there was smoke or the lighting was too bright.

**SWANNANO:** Did you go to a number of eye doctors, or just one?

**IUPPO:** No, I went to an ophthalmologist. We live in a small town, and the only ophthalmologist in my town, or anywhere near where we live is the one in the medical building here. And I stayed with him as I stated in my letter, because once you go to someone, you feel that eventually he will find out what is wrong and how to alleviate it or give you some relief. His credentials were very good. He made me come back every other day.

**SWANNANO:** So you didn't go to another eye doctor to have it checked out.

**IUPPO:** Yes, I did. My doctor was getting tired of seeing me come back because he didn't know what to do, but he wouldn't tell me that he didn't know what to do. So he was going on vacation, and he sent me to New York to Columbia Hospital, and give me the name of a specialist there. He told me to go see this man, and I did. The specialist didn't know what to do for me at first. He wanted to give me some sort of goggles that had been used some years ago which would keep fluid in the eye area. They would keep my eyes moist. But they don't make them anymore, or they are not being manufactured, and he couldn't find a pair.

**SWANNANO:** Even if they had had them, who would want to wear them in public?

**IUPPO:** He said he knew the goggles would be unsightly, but that was my only solution.

**SWANNANO:** How many people suffer from Sjogren's Disease?

**IUPPO:** I have found many people who have this condition. It is usually associated with rheumatoid arthritis. However, we have found several people who did not have diagnosed rheumatoid arthritis and did suffer from this disease. Ophthalmologists say that there is nothing they can do for this condition.

**SWANNANO:** Is that the official position of the eye profession?

**IUPPO:** As far as I know, yes. Because there are many artificial fluids out on the market. If you go into a drugstore, you'll see many kinds of artificial fluids on the market now.

**SWANNANO:** I wasn't even aware of that.

**IUPPO:** You go into the drugstore now, and you'll find maybe six or seven different varieties. Now they are not just making them for me. They are making them for a lot of people. And they are very, very expensive.

**SWANNANO:** So, these various fluids are for people suffering from different degrees of the same condition?

**"At times, I would rather have had no sight at all than the agony and pain that I was in."**

**SWANNANO:** I didn't realize this disease was a problem.

**IUPPO:** It is a very big problem. I had never known of the name Sjogren's Disease. The only reason the doctor told me about it was because I had applied for insurance. They told me it wouldn't cover an eye examination. So I said to the doctor, "What is it that I have so that I can tell them what it is? They want to know exactly what it is." Then he came out with this

term, Sjogren's Disease and said it's a common outgrowth of rheumatoid arthritis. That's how I found that out; otherwise, he wouldn't have told me that either.

**SWANNANOA:** Did he tell you anything about the disease?

**IUPPO:** He said one of the things that could happen with Sjogren's Disease is that you can get infections in your eye, your cornea can become thin, and you may lose your sight.

**SWANNANOA:** I wonder if that has happened to many people?

**IUPPO:** That I don't know, and I would hate to find out. It is a problem. That's what we were very worried about.

**SWANNANOA:** So you were worried about losing your vision.

**IUPPO:** Of course I was. It was bad enough that I was living in darkness. As a matter of fact, at times I would rather have had no sight at all than the agony and pain that I was in.

**SWANNANOA:** When you say darkness, do you mean putting the . . .

**IUPPO:** Yes, I just could not open my eyes. I just had to lie down. And I have a son, a husband, and a home to care for, and it was extremely difficult.

**SWANNANOA:** You were fortunate that you didn't have to work.

**IUPPO:** That's right.

**SWANNANOA:** I don't know what you would have done.

**IUPPO:** Well, I would have just done what the doctor said, just learned to live with it.

**SWANNANOA:** So you had to keep your eyes closed during most of the day?

**IUPPO:** Most of the time, because it was very painful.

**SWANNANOA:** How did you do anything, such as preparing meals for your husband?

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**"I could not wear the soft contact lenses for very long because I had no fluid in my eyes. I had to keep putting the saline solution in my eyes, so I could only wear them for four hours a day."**

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**IUPPO:** Well, I did it because I'm a very determined person. I knew my responsibilities and I just had to do certain things.

**SWANNANOA:** Boy, a living Hell for six years. Did you ever wear the goggles?

**IUPPO:** No, at the time I was sitting in the doctor's office, he told me that they didn't make them anymore. Then, at that time, he said, "Well, we'll fit you with contact lenses. They can't be prescriptive because the

prescription would be too thick and it would not serve any purpose." The purpose of the contact lenses is to prevent the eyelid from rubbing against the cornea. But as I said in my letter, they really ripped me off because they knew how much agony I was in. And they took advantage of me.

**SWANNANOA:** So you wore those contacts for some time. Did that help?

**IUPPO:** Yes, the contact lenses did help, but I could not put them in myself. They are very tricky. Soft contact lenses are very, very tricky.

**SWANNANOA:** How long could you wear them at one time?

**IUPPO:** I could not wear them very long because I had no fluid in my eyes. I had to keep putting the saline solution in at the same time so I could only wear them for a maximum of four hours a day. The lenses would start to get tight in my eyes and become very uncomfortable.

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**"After I used the eyewash for a while, my husband said, 'Your eyes look wet, they look moist.'"**

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**SWANNANOA:** I should think you would have been better off just keeping your eyes closed.

**IUPPO:** You can't go through life with closed eyes. My husband had to put the lenses in for me, and for him to place them in my eyes was very difficult, because normally if you put a contact lens in an eye that has fluid, it does not hurt, scratch, or irritate. When he would put them in my eyes, until I could get enough fluid in my eyes, they would be very uncomfortable, and I would nearly go out of my mind. He would see me very irritated and depressed and every morning was just a terrible thing to wake up to. There had to be a better way. So, he remembered reading about the herbal Eyebright. He went out to the health food store that we deal with and brought it home, and I started taking it from that time on internally, and started making the solution for my eyes. And it started to help.

**SWANNANOA:** How long after you first used the herbal eyewash did you notice any results?

**IUPPO:** Well, it took a while at first to get used to the stinging. My eyes were very sore because of the infections. However, within a very short time, I found that the irritability had subsided and the stinging was not as bad, and I didn't rub my eyes as much as a result, and the mucus was removed, so I was more comfortable.

**SWANNANOA:** So you weren't getting any more "pigtailed?"

**IUPPO:** That's right.

**SWANNANOA:** When did the moisture come back?

**IUPPO:** Well, as time went on, my husband would look

at my eyes, and say, "Your eyes look wet, they look moist." He noticed that there was moisture in my eyes. And the fact that I didn't have to wear my contact lenses so often and that I didn't get the "pigtales" so often, indicated that there must be some sort of lubricant.

So I went back to the doctor for a checkup, and the doctor noticed there was moisture and tear fluid in my eyes. He said, "Well, that's only temporary; but," he said, "even that way, you will never have any tears." He couldn't attribute the moisture to anything and he told me it would be just a "temporary thing, same as it always was." At that time, he thought I was wearing the lenses. I wasn't. But he would never have understood. He is a medical doctor, and he wouldn't understand about Eyebright. I just never discussed it with him.

**SWANNANOA:** So you now have moist eyes?

**IUPPO:** Yes. I still don't cry tears, you know, abundant tears. That I can't do yet.

**SWANNANOA:** Can you go out in public?

**IUPPO:** I'm always out.

**SWANNANOA:** So, the dryness of your eyes is really no problem for you now?

**IUPPO:** I have no problem. I drive, I do everything. I'm very active in the community; I'm very active at my husband's office; I'm just a very active person. That's why it hit us so hard when it did happen.

**SWANNANOA:** It was like getting a new lease on life. You must be in ecstasy.

**IUPPO:** That's right. And our social life, everything is just different.

**SWANNANOA:** Do you still use the eyewash?

**IUPPO:** Yes, I do.

**SWANNANOA:** Dr. Christopher told a story about a girl who, years ago, couldn't cry at all. Then she used the eyewash, and she could. It sounds like the same situation.

**IUPPO:** Well, if I get emotional, my eyes will fill up, but I just don't have the abundant tears I did have.

**SWANNANOA:** I think it is just a matter of time until your eyes will be normally moist.

**IUPPO:** Probably, probably, but I keep on taking it. I will not stop. As a matter of fact, there are a few times when I have gone off of it, and my eyes have become irritated. We are not sure whether or not it is psychological because I'm so dependent on it.

**SWANNANOA:** How long do you use the wash every day?

**IUPPO:** I use it three times a day, and I take capsules three times a day. If I feel my eyes are irritated or if I have been with people who are smoking, or if I watch TV too long, I will wash them out. Before, I was washing them every hour. I made it by the bucketloads.

**SWANNANOA:** So you used it all day long in the beginning.

**"Since my ophthalmologist didn't understand what I was doing, much less approve of it, I did not go into my story of Eyebright. All I know is that it helped me."**

**IUPPO:** That's right. Because that would at least soothe my eyes. Often I would wake up and I couldn't even open them, the mucus was so bad. It would take me 15 or 20 minutes with warm water before I could open my eyes.

**SWANNANOA:** A lot of people have said that.

**IUPPO:** It was just really very bad. And it would hurt. You know, you could stand it if you just had to wash out mucus, but it was really very painful.

**SWANNANOA:** Do you still get mucus now?

**IUPPO:** No.

**SWANNANOA:** Has your vision improved?

**IUPPO:** That I don't know. I really couldn't say. As a matter of fact, I just told my husband last night, I have to make an appointment with the optometrist, because I do wear glasses. My ophthalmologist did say that it could damage my eyes.

**SWANNANOA:** The eyewash?

**IUPPO:** No, no, no. No, the contact lenses and the medication that he had prescribed. So I want to see if it did any damage. I can't see any, and I don't experience any, but you never can tell. I'm going to get my eyes examined again.

**SWANNANOA:** Well, if you keep up with the eyewash, I'm sure there's a good chance it would improve your vision.

**IUPPO:** Well, the thing that we were concerned mostly about in the beginning was the problem I had. My eyesight was not the biggest problem at that point. Now, of course, we can probably keep better tabs on that.

**SWANNANOA:** I wouldn't want to even imagine how many people suffer from this condition.

**IUPPO:** There are quite a few. Since I found out what it was, I have found a lot of people who have had it.

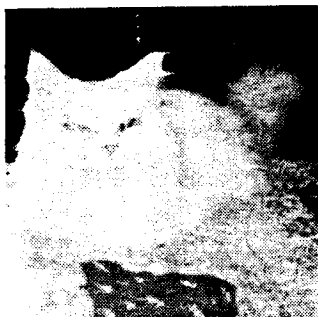
**SWANNANOA:** I wonder what they are doing?

**IUPPO:** I don't know.

**SWANNANOA:** Well, you are well on the road to recovery. It has been wonderful talking to you.

## Special Section on Pets

### Eyewash Saves Cat's Life



The herbal eyewash saved this cat from eye surgery.

"I own a cat who two years ago, while we were on vacation, spent a couple of weeks with my sister. My sister lives in a mobile home, and the cat, terrified of their dog outside, ran under the trailer, then climbed up into it through a fiberglass-insulated vent.

"Unfortunately, while doing so he managed to get a good deal of fiberglass in his eyes. Also, unfortunately, and very painfully, fiberglass works inward instead of festering out. So in one way, the cat was in a "no-win" situation.

"I took him to the veterinarian, and we tried eye-drops, but all the doctor could recommend was removal of the lower eyelid. This of course would not alleviate much of the pain, nor solve the problem. As a matter of fact it would only complicate matters by allowing dirt and particles into the sensitive eye area. The veterinarian agreed with me on this. Needless to say, I did not have surgery done on my cat.

"I heard from my mother about the herbal eyewash, and as I had tried just about everything I figured I would give it a try.

"Well, it has helped greatly; as I mentioned earlier there is no real cure, but the eyewash seems to heal on a continual basis enough so that my cat's eyesight has been saved. His eyes still have matter, but there's no blood mixed with it anymore, thank goodness, and he opens his eyes and uses them whether it be day or night, indoors, or in the fresh outdoors. As a matter of fact he is sometimes quite playful even now in his adulthood. The only reason I did not have to have him "put to sleep" was due to the beneficial results the eyewash had on his eyes and his physical health.

"We have used the eyewash for about one and a half years. I use it by eyedropper about once a week, three times a day now. To begin with I used it three to five times a day, every day, then gradually tapered off, as only matter/pus remained and the blood stains gradually disappeared. Also, the constant pressure on the

tender eye muscles when holding his eyes open for treatment, was hard on him. My cat certainly appeared to be in a "no-win" situation at first, but that was over a year ago, and for the present as long as he seems to be contented and enjoying life, I'll not take his life away from him."

Kim Marsland  
Burlington, North Dakota

### Eyewash Saves Dog's Vision

Our toy poodle scratched his eye and it was clouding. It appeared that he would lose at least some of his sight. I used drops and held the eye open for the time suggested, but didn't get marked results until I started giving him the capsule. Within 4 days he started holding his eye open and all the clouding has gone now after several months of using the capsules (I stopped using the drops).

Evelyn Robbins  
Greenville, Texas

### Reader Thinks Her Dog Can See Better Since Taking the Eyebright Capsules



"Lambchop," a French Poodle, is now taking 4 eye capsules a day.

"He is at least 13 years old, and three months ago I noticed when he came down the three steps from the hall to the living room, he had his little toes separated and very slow and gently was reaching for the step, as he could not see the steps. So! I was deeply concerned and immediately put him on the "EYEBRIGHT" ... he takes 2 in the morning, and 2 in the evening.

**RESULTS:** He now comes down the steps with assurance, and in our car, we have a water dish for him, and he now gets to the water without trying to slowly reach it because he can't see. Also, I give him 2 Vegazymes and it has increased his pep."

Mrs. Hope Berry  
Washington, Pennsylvania

## Eyewash Helps Dog

"I have used the eyewash on my female cocker spaniel. For a long time she had a white substance coming from her eyes. The vet failed to correct it. However, after three days with Eyebright, she did not have the white substance in the corner of her eyes."

T. D.  
Taylorsville, Kentucky

## Cataract in Dog Diminished by Eyewash



Dana's sight was saved by the eyewash.

**SWANNANOA:** Paul Eck gave us your name and he said that you had a real fantastic story about your dog's eyes' getting well through use of the herbal eyewash.

**BAKER:** Well, as I told Paul, it is not 100%. I've been working with herbs for some time, and I took my dog down to the vet because her condition got very bad rapidly on both eyes. So he said, "I hate to tell you, Bill, but your dog is going to be blind in a couple of months, because it is an inherent characteristic of shepherds." The dog is half shepherd and half whippet. So I thought, well you know, I am going to do something about it.

The vet gave me some antibiotics, and I didn't use them. So I instead made an infusion of Eyebright combination and used it as drops on the eye, and I also gave her the tea internally. Plus, I also gave her some garlic and Vitamin C with rutin.

The cataracts almost entirely went away. The little cataracts are still there. They are very small in size. They don't seem to want to go 100% away. There could be some other factors there, too. The dog did have a staph infection three or four years ago. I know I haven't treated the whole animal. I was just treating the eyes. But, anyway, with what I have done, it is just amazing how it has cleared up.

**SWANNANOA:** Did the veterinarian say that it was a cataract?

**BAKER:** Oh, definitely. But she also had this incredible infection all around her eyes. As I said before, the outside of the eye was like raw meat with pus oozing out.

**SWANNANOA:** And the eyewash cleared that up, too?

**BAKER:** Yes, I never used any antibiotics at all.

**SWANNANOA:** What did the doctor say?

**BAKER:** Oh, it just blew his mind. He is really a very nice guy, though.

**SWANNANOA:** How long did you use the eyewash on her?

**BAKER:** Well, it's been on and off now. It's been about 5 months.

**SWANNANOA:** Did you put the drops in her eyes every day?

**BAKER:** I used the drops three times a day, and I gave her four capsules of the formula, too.

**SWANNANOA:** And she can see better?

**BAKER:** Oh, the dog sees fine. She just has a little cataract in the center of the pupil, but it is very tiny. On both eyes around the eye, it was like raw meat. It was red and the pus was coming out, and this film was just covering the dog's eye.

**SWANNANOA:** So there is just no question that the dog can see better now?

**BAKER:** Oh, it is just unbelievable. The eyes are clear, perfectly clear. There is just a little cataract dot in the center, whereas before, the cataracts were probably covering two-thirds of the eyes in total film. Now the eyes are clear, they are really super clear.

**SWANNANOA:** Were both eyes affected?

**BAKER:** Yes, both of them.

**SWANNANOA:** Can you tell by the way the dog walks that her eyesight is any better?

**BAKER:** Oh yes, beautiful. She runs now like a rabbit.

**SWANNANOA:** And she didn't run before?

**BAKER:** Well, she was running, but she was always knocking into things. This eyewash has really been terrific.

**SWANNANOA:** Thank you, Mr. Baker. And good luck to your dog.

## 15-Year-Old Poodle Helped by Eyewash



This little dog's eyes are much brighter since she started using the herbal eyewash.

"I give my poodle the eyewash capsules in her food every night. I think her eyes are much brighter and I think she can see better too."

Mrs. Varley  
New Jersey

## Part V

# Questions and Answers on the Herbal Eyewash

*When we first published the original eyewash interview in July of 1978, we had no idea that it would generate so many questions. Almost as soon as the interview went out, we started to receive dozens and dozens of questions about the eyewash which had not been covered in the original interview.*

*The majority of questions centered around the bad reactions people had to the eyewash, so there was no way we could have anticipated these questions. When we published that first interview, we had talked to very few people who had actually used the eyewash. Even Dr. Christopher himself wasn't aware of all the reactions people would have to it since the eyewash had not been used extensively until our readers found out about it.*

*This past July we took all of the questions we had at the time and we went out to see Dr. Christopher again in Salt Lake City. Dr. Christopher spent an entire day with us discussing the eyewash and he answered every single question we asked him as best as he could. We*

*would like to add that Dr. Christopher was, as usual, extremely kind and patient as he calmly answered question after question on the eyewash.*

*We returned home to Charlottesville, and we continued to talk to Dr. Christopher for the next 4 months by phone as the questions kept on coming in.*

*Our aim in publishing these questions and answers was to present to you a practical manual on the eyewash. We wanted you to have—in one place, all of the information you would need to practically use and benefit from the eyewash. We didn't want anyone to have to flip through 6 different issues to find an answer to a question.*

*Some of these questions may be a bit repetitive, but we tried to make this Report as complete as possible.*

*Any additional questions our readers may have, will be answered in our second report on the eyewash.*



## Eyewash Formula

**QUESTION:** "What is the formula of the herbal eyewash, and in what proportion is each herb?"

P.D.  
New York, New York

**CHRISTOPHER:** There are five herbs in the eyewash formula. They are eyebright tea, cayenne pepper, goldenseal tea, bayberry, and red raspberry leaves. Each of the herbs is mixed in equal proportion, except the cayenne pepper. Use  $\frac{1}{6}$  part cayenne pepper.

## Reader Finds Eyewash Instructions Confusing

**QUESTION:** "I find the instructions on taking the formula internally very confusing and contradictory. The Newsletter says to take three capsules twice a day. Three capsules make one teaspoon. That would be two teaspoons per day.

"The directions that came with the capsules say to take one capsule three times per day. That would be one teaspoon per day.

"My last order in bulk came in with another set of directions! It says to drink a half a cup of tea with one teaspoon of the formula twice a day. (One teaspoon per cup—drinking half in the morning and half in the evening.)

"Now, when you make a tea out of anything the dregs settle or are strained off—so there is a considerable difference in the amount of the formula taken internally with the tea. This matter should certainly be clarified with more specific instructions."

M. K.  
Paterson, New Jersey

**CHRISTOPHER:** The basic system is to make three cups of the eyewash tea a day, with a teaspoon of the eyewash powder per cup. Then strain each cup of tea through some natural fiber like cotton. From each cup take out two full eyeglasses for washing your eyes. Drink the rest. This gives you three washings a day and almost three full cups of tea a day.

If you are using capsules, allow three capsules per teaspoon, as you mentioned. However, as I have mentioned elsewhere, it is generally cheaper to get the eyewash in powder, not capsule, form.

## How to Use Eyewash Capsules?

**QUESTION:** "Do you put the capsules in Distilled H<sub>2</sub>O or do you remove the ingredients from the capsules and put them in the water?"

**CHRISTOPHER:** You remove the ingredients first and put them in the water. But this is an expensive way to make tea. The eyewash in general is much cheaper to use if you buy it in loose form in 4 or 8 ounce bags.

## How Long Should One Use the Eyewash?

**QUESTION:** "I think that Dr. Christopher was not specific enough in his directions. When he says in severe cases you can use the wash five times a day, he did not specify whether that should be 5 minutes each time or 25 minutes total (divided between two eyes, or 5 minutes, or whatever, for each eye 5 times a day, or a total of 50 minutes per day)."

W.P.  
Florence, New Jersey

**CHRISTOPHER:** If you have severe eye problems, you can use the eyewash 5 times a day, for five minutes each time in each eye. This is just a general recommendation. The longer your eye can take the wash, the quicker it will heal. Many people I know have taken the wash up to 7 and 9 times a day, and they have gotten good results. I think this is one case where, within limits, the more you take, the better results you will get. I think this makes sense. If you take the wash for just a few minutes each day, you cannot expect to change a chronic long-term eye problem as quickly as when you use it more.

## How Strong Should the Eyewash Be?

**QUESTION:** "I think better instructions should have been given [to readers] as to how much distilled water should be used. It says a cup, which can mean 6 or 8 ounces. I used 8 ounces the first time, and between 6 and 7 the second time, which may be too strong."

Miss E. A.  
Racine, Wisconsin

**CHRISTOPHER:** We use a standard cup measurement which is medically classified as 8 ounces. But regardless of that, you still may have to adjust the concentration until you find a level that suits your own eyes. Every person is different. The best I can do is give the average level and you have to take it from there.

## Is Once a Day Soaking of Eyes Enough?

**QUESTION:** "I soak each eye from 15 to 30 minutes each day. Then maybe I work in another 5 to 10 minutes for each eye later in the day. Will I receive the same results as I would if I were soaking each eye for five minutes at different times during the day?"

Mrs. N. B.  
Greencastle, Indiana

**CHRISTOPHER:** Usually, it is better to soak the eyes several times a day instead of once. But, it's hard to say. You may get just as good results from one long soak, although I doubt it. I'm not really sure.

## Eyewash—How Long to Take It

**QUESTION:** "If the eyes are corrected, do you have to

keep on using the eyewash?"

E.K.  
Indianapolis, Indiana

**CHRISTOPHER:** No. As soon as the eyes are healed, if you follow a respectable diet, the eyes will take care of themselves. I know people who got rid of their eyeglasses and never had to go back to the eyewash at all. We always teach people to go on a mucusless diet, which means you should avoid eating milk and wheat products. Neither of these foods is good for the eyes.

### Burning Sensation

**QUESTION:** "My wife has been using your eyewash in all different strengths. Sometimes she has had a burning sensation, and at other times she was able to cope with it.

"However, she discovered that the burning sensation had destroyed part of her eyelashes, and subsequently she completely stopped its use.

"Please, I will appreciate it very much if you will advise if she should continue with the use of the eyewash or perhaps other suggestions."

H. F.  
Rock Hill, New York

**CHRISTOPHER:** The burning sensation is caused by the toxic poisons coming out. Some poisons coming from the rectum or vagina or other places can almost eat the skin off. Those toxins are vicious. I've had people who have yelled and screamed so loud that you could hear them a block away when the poisons came out.

When these toxins come out, they come out RED HOT. I have had people who have passed cancerous tumors from the vagina, the urethral tract and the rectum, and they were very uncomfortable when those poisons came out.

### Pouches under Eyes

**QUESTION:** "Pouches have appeared under both eyes since I started to use the herbal eyewash. I hope you can give me some answer on this. All the claims for the eyewash seem to be for special cases only."

H.C.  
Birmingham, Alabama

**CHRISTOPHER:** The pouches are liquids or toxic poisons that have come out of the eye. They have accumulated beneath your eye, but they will go away.

You should use the same fomentation that I recommended for the person with puffy eyelids. (Editor: See page 76.)

But don't stop using the eyewash. The people who get results are not special cases—they are just people who use it *consistently*—both day and night—and who continue using it and don't stop just because they run into problems.

Unfortunately, many people use the eyewash for a few weeks and then they give up for any one of a

hundred different reasons. If you are persistent, you WILL get results. I have seen too many successful cases for me to believe otherwise.

### Old Glasses Seem a Little Too Strong

**QUESTION:** "I am fourteen years old and I have been nearsighted for six years. My eyesight has steadily decreased, and now I wear glasses that are quite thick. You couldn't know how happy I was when I read Dr. Christopher's article on Eyebright—I'd resigned myself to the idea of wearing glasses for the rest of my life!

"I started the eyewash and let me tell you, it stings *painfully*, and after giving up in despair a few times, I finally settled down to using it twice a day.

"I have been using the eyewash for a few months now, without many results. I noticed that when I put my glasses back on, that they seemed a little too strong, but I suppose that is because my eyes had to get reaccustomed to wearing glasses. I am getting pretty discouraged, and I was wondering if I was doing anything wrong. Does the eyewash work faster if a person is younger or just the opposite?"

S.R.  
Highland, Michigan

**CHRISTOPHER:** I might be wrong, but I think you are wearing glasses that are too strong for you. I think your eyes are getting stronger. It is true that young people generally can get faster results than older people, but this wouldn't be true in all cases. If you want your FULL eyesight back, you'll have to keep at it for longer than just a few months.

### Eyewash Causes Eyes to Become Sensitive to Light

**QUESTION:** "The eyewash has helped me a lot. I can see at night better than I can ever remember, so I can drive at night without being so scared.

"Also, I can see to read and thread needles!!!!

"My contacts don't hurt me as much. They were getting so I could hardly wear them.

"Although, my eyes do seem sensitive to light now. The sun hurts and bright light hurts. Maybe my eyes are just letting in more light now and I will adjust."\*

Mrs. D.B.  
Spring Valley, California

**CHRISTOPHER:** That film in the eyes has protected the eyes from the sun. Now, it is just a question of the eyes getting accustomed to the sun again. But that was some letter. It is so nice to hear about people having beneficial results.

\*Editors' Note: Parts of this letter also appear in our testimonial section.

## Will Eyewash Eliminate Floaters in 3-4 Weeks?

**QUESTION:** "Dr. Christopher mentioned that usually the eyewash will eliminate the floaters within 3-4 weeks. Is there, in my case, any chance that they might disappear if I continue the eyewash, even if I do it only for this reason? I have used the eyewash for 4 months."

Dr. A.H.  
West Germany

**CHRISTOPHER:** You must keep at it for a lot longer than 4 months. Every case is different. Yes, some people have eliminated their floaters in 3-4 weeks, but everyone is different.

## Nearsightedness Does NOT Improve

**QUESTION:** "When I read about the remarkable results people had gotten from using your herbal eyewash, I decided that my case would be an easy one to cure, since my nearsightedness is relatively mild and I have worn glasses for only 15 years.

"I began using the eyewash last November, washing 3 times a day as you suggested. I started with a formula of 2 capsules per cup of distilled water and increased the strength to 3 capsules per cup 2-3 months ago.

"Sometimes people will use the eyewash for an entire year with no results at all—and then all of a sudden their eyes will heal completely. This is exactly why you should stick with the eyewash and never give up."

"After six months of this business, I have come to the conclusion that this is like most miracle cures: while they bring forth fantastic results in some people, they simply do not work for everyone. I know natural methods take time. That is why I have given the eyewash a half a year to 'prove' itself. I was not waiting for an overnight improvement, but since I cannot perceive even a slight gradual one, I feel I am wasting my time and money on this eyewash.

"The eyewash probably did help eliminate the black 'floaters' that come occasionally as a result of eyestrain at work. Is my lack of success unusual?"

R.H.  
Minneapolis, Minnesota

**CHRISTOPHER:** Many people have to use the eyewash for one and even two FULL years before they can get any results. The person in this letter has only used it for six months.

The people that really value their eyesight will wait patiently for years to get back their sight. I guess it is like putting good food in front of a person who is not hungry. I know many, many people who put up with all the pain and tears and pus, and everything else, and they finally were able to get positive results. But, it took time. There is just no way around it.



## **Eyewash Irritates Eyelids**

**QUESTION:** "In response to your request for reactions on the Christopher herbal eyewash, I report that I ordered and received what was prescribed and used it for a short time. I found, however, that it did not work in my case. It irritated my eyelids so badly that I had to discontinue it entirely."

M.J.  
Cherry Hill, New Jersey

**CHRISTOPHER:** Yes, this is just the toxic poisons coming out.

**SWANNANO:** We are just amazed at how many different and varied reactions people have to the eyewash.

**CHRISTOPHER:** Oh, yes. Weakness in the human body varies from one person to another.

## **Nearsightedness and Allergy Condition**

**QUESTION:** "When visual problems, such as nearsightedness, are complicated by allergy conditions affecting the eyes, can the herbal eyewash still be an effective remedy? The allergy conditions referred to are a general type and include hypersensitivity to certain types of pollen, food substances and dust."

J.S.  
Lyndhurst, Ohio

**CHRISTOPHER:** If you have an allergy condition, you should also take the lower bowel formula to clean out your intestine. You have to get those toxins out of your body. There is too big a load to be carried out through your eyes. Try to avoid *all* milk products and all wheat products. And most important, try to drink at least a gallon of distilled water every day, and, of course, take the eyewash as often as you can. If you have had the nearsightedness for some time, you will have to be very patient, but you **WILL** get results. You just have to stick with it.

## **Floater Forms in Eye**

**QUESTION:** "A not-so-good thing happened to me while I was using the eyewash, and it may not have been caused by it. A large floater appeared in my left eye and has not left after several months. My doctor tells me that it probably will never leave and that he does not know what causes floaters.

"After the floater appeared, I quit the eyewash, and the blurring of my eyes returned. After using the eyewash again for two days, the blurring disappeared again."

Mrs. W.D.  
San Diego, California

**CHRISTOPHER:** Floaters are usually caused by the transverse colon being plugged up. There are two drainage ducts from the eyes to the transverse colon.

Whenever the transverse colon gets plugged up, it plugs these drainage canals.

So I would recommend that this person take the lower bowel formula to clean themselves out.

**SWANNANO:** How do you know that there are drainage ducts from the eye to the intestine?

**CHRISTOPHER:** I don't know for sure, but some doctors have told me this.

**SWANNANO:** Have you ever had any patients who got rid of floaters after they went on the lower bowel formula?

**CHRISTOPHER:** Yes, along with the eyewash.

## **Eyewash Causes Pus in Eyes**

**QUESTION:** "I used the eyewash for two months, but I finally had to give up—my eyes became so sore, I couldn't keep it up.

"I diluted the solution to one half, and it still just burned so badly I gave up. When I first started using it, the pus, in the morning especially, was quite heavy; and after about two weeks, it was less and less."

D.F.  
Reno, Nevada

**CHRISTOPHER:** The eyewash is a "cell proliferant." It causes the good cells to grow rapidly, and this pushes off the bad cells. This is a common reaction. I would advise to just keep on with the eyewash. This is the only way you can get results. You can't expect results if you don't consistently use it. The eyewash may burn the eyes, and it may be temporarily very painful, but it will never harm the eyes.

If this person stops the eyewash, he will have that pus in his safety deposit box all his life.

## **Eyewash Causes Pain in Groin**

**QUESTION:** "About Dr. Christopher's herbal eyewash: I have cataracts, not too bad yet. I started the eyewash 2 times a day and the capsules 2 times a day. After a while, I got a pain in my groin on the right side. I stopped the capsules and the pain went away. I started the capsules again and the pain came back, so I quit.

"After about six months I happened to discover that my eyesight was definitely worse. I had such high hopes. So now I have stopped all; am looking for something else to try."

M.C.  
New Orleans, Louisiana

**CHRISTOPHER:** This is the first case I have ever heard of in which the eyewash caused a pain in the groin. As I said in one of the other questions, I would imagine that this person is not in the best of health. When a person is weak, taking even small amounts of anything new to the body will cause problems.

## Can Eyewash Make Eye Diseases Worse?

**QUESTION:** "We would like very much to know if there is any kind of eye disease that the wash would make worse."

J.S.  
Knoxville, Tennessee

**CHRISTOPHER:** None that we know of.

## Eyewash "Burns" Eyes Terribly

**QUESTION:** "I have tried Dr. Christopher's Herbal Eyewash (4 times) and I couldn't bear with it. It was so painful that I had to discontinue it. What does this mean? I want to believe in the tea, but I just cannot do it.

"Maybe if I can dilute it more? The tea *burns* my eyes terribly. Please help."

G.L.  
Tampa, Florida

**CHRISTOPHER:** The cayenne pepper in the eyewash brings the toxins out and causes the pain. But it is the FEAR of the cayenne that causes the most problems. It is this fear that has stopped many, many people from getting well. The ones that have gotten the best results are the ones that have eliminated any fear from their thoughts.

## Undissolved Cayenne Pepper in Eye

**QUESTION:** "I was very anxious about using the eyewash to improve my eyesight. I followed the directions carefully, and for 2 days everything went well. But on the third day, my eye became irritated and my eyelids became red and swollen. Having complete faith in the eyewash, I used it one more time, but my eye worsened. I thought it would clear up in a couple of days, but it didn't.

"After several days, I became worried and went to see an eye doctor, telling him I had gotten some cayenne pepper in my eye. He gave me some drops and it cleared up in a few days. Now I'm fearful about using it again.

"This affected only one eye, so there must have been some undissolved cayenne that got into the one eye, though I had carefully strained it. Not realizing this, I washed the affected eye and it worsened. Please comment."

H.S.  
Boulder, Colorado

**CHRISTOPHER:** As I have said over and over again, I think the toxins that are already in your eye are irritating it. Cayenne pepper cannot hurt your eye in any manner. I had one of my students throw cayenne pepper right in his eye in front of a large audience, just to show that it was harmless. Tears came into his eyes, but when he finally opened them, they were clear and sparkling. Cayenne can be painful, as many of you know, but it cannot do any harm.

## Eyes Have Yellowish Cast

**QUESTION:** "I have been taking the eyewash three times a day since June 30th. My right eye (the better one) is especially painful and sensitive to the wash and has been somewhat bloodshot since I began using the eyewash. My eyes seem to have a yellowish cast. The white is no longer clear as it used to be. This morning when I awoke, both eyes were extremely bloodshot to the point of appearing that I have a 'pinkeye.'

"Is this a normal reaction that I can expect to clear up?"

B.M.  
Menomonee Falls, Wisconsin

**CHRISTOPHER:** Your eyes have to get worse before they will get better. I think what is causing your problem is a poor liver. If you take my liver-gall bladder combination, you should get some relief. You should take no less than two tablets, three times a day. And I can't stress enough the importance of taking the lower bowel formula. If you can improve the liver and your intestine, your eyes should become less and less yellow.

## Dry Eyes

**QUESTION:** "I have tried the eyewash for about 6 months. I got quite a bit of mucus but discontinued using it after my eyes started feeling very dry from it. What was causing the dryness? Would it be beneficial for me to start using it again?"

L.H.  
Plano, Texas

**CHRISTOPHER:** Absolutely. Go ahead and use it again and get those tear ducts going. I've never heard of it causing dryness. The eyes might become drier, but this will be only temporary. This is only part of the cleansing routine.

If a person has dry eyes, this indicates he needs the eyewash more than ever. Also, a person with dry eyes should step up his water intake. He should try his best to drink a gallon of water a day.

Just one more thing I use for patients with dry eyes is unsalted sunflower seeds. The natural oils in the seeds are good for dry eyes.

[Editors' Note: We just talked to a Mrs. Howard from Fayetteville, North Carolina, who says that when her eyes became dry, she used the eyewash for several days and the natural moisture came back.]

*Please check with your eye doctor before using the herbal eyewash.*

## Diseased Vitreous and Perforated Corneas

**QUESTION:** "I have a friend who has been told by her doctor that she has a diseased vitreous of the eye and also perforated corneas. She would like to know if it would be safe for her to use the herbal eyewash on her eyes."

A sick woman  
(No name, please)

**CHRISTOPHER:** I think there is hope. I would use the herbal eyewash as a fomentation over the eye. Just soak some cotton cloth in the wash and then place it over the closed eye. It will go right through the skin and be absorbed.

### **Damaged Optical Nerve**

**QUESTION:** "I'm writing for a friend of mine who went blind about 10 years ago. He was working as a logger when a tree hit the back of his head. Pressure damaged the optical nerve. He has been operated on. At the present time, he can see only high lights. Do you think the Eyebright could restore his sight?"

T.M.  
St. Mary's, Pennsylvania

**CHRISTOPHER:** After the operation, we can't promise anything. It may work or it may not. After a man has worked on the area, we don't know what he's done. There's always a possibility. It won't do your friend any harm, and it may help.

**SWANNANOA:** What if the optical nerve was cut? Could a person regain their sight in a case like that?

**CHRISTOPHER:** Yes, definitely so.

**SWANNANOA:** Have you ever heard of a case like that?

**CHRISTOPHER:** Yes, we have even had a case where the spinal nerve was cut and it was rebuilt. We had one fellow that was paralyzed from the waist down. He followed my "incurable" program, and he is no longer paralyzed from the waist down. You just have to give the good Lord a chance.

### **Cataracts Already Removed**

**QUESTION:** "I would like to know if the herbal eyewash can be used if a person has had cataracts removed from the eyes."

W.F.M.  
Covington, Kentucky

**CHRISTOPHER:** Yes, we have had many people use the eyewash after they have had their cataracts removed.

### **Glaucoma Operation Causes Blisters**

**QUESTION:** "My sister had a glaucoma operation on both eyes, which resulted in blisters on her eyes. She's afraid of getting infection if she uses the eyewash, and should infection occur, she cannot tolerate cortisone. Would the eyewash dissolve the blisters? How would she prevent any infection?"

M.P.  
Buffalo, New York

**CHRISTOPHER:** If she gets an infection, it is an infection that is *already* there. The eyewash does not carry infection. But if any infection does come out, it will not damage the eye.

As far as the blisters go, that is something new to me.

### **Eyebright Capsules Give Reader Diarrhea**

**QUESTION:** "Unfortunately, I cannot take the capsules or tea internally, although I have tried to at various intervals. Just one capsule gives me diarrhea. Since I can't take the herbs internally, I'm wondering if I am wasting my time just using the eyewash. I'm wondering what will happen if I stop."

J.H.  
Warrenton, Missouri

**CHRISTOPHER:** This is an unusual thing. He has a bad physical condition. If he has diarrhea from just taking a few Eyebright capsules, his bowels are in serious condition. I would recommend that he go on the full mucusless diet, along with a three-day cleansing program.

### **Will Eyewash Help Corneal Transplant?**

**QUESTION:** "Is it advisable to use the herbal eyewash if one has had a corneal transplant?"

M.G.  
Sun City, Arizona

**CHRISTOPHER:** We have had a few such cases, but what the results are I cannot tell you.

### **Eyewash Causes Blackout in Eye**

**QUESTION:** "I started using your eyewash on May 21, 1978. I felt my eyes getting clearer, and I continued using it.

"On July 17, about two weeks after I started the eyewash, I had a sudden blackout of my right eye and lost sight in that eye.

"On July 23, I went to the eye doctor. He said I had a vitreous hemorrhage of the right eye. Is it possible that the eyewash caused this?

"July 26 I started to have mucus and pus in the left (good) eye; on the 27th also in the blind (right) eye.

"Dear Doctor, please send me some word as to what is the best to do. Shall I continue using the eyewash? Is there any chance of my sight returning?"

W.S.  
Daytona Beach, Florida

**CHRISTOPHER:** I feel that the blackout happened "in spite of" and NOT "because of" the eyewash. The eyewash can do nothing but good in strengthening and rebuilding the eye area. I don't know what condition your body is in, but I would suspect that you need to go on a good nutritional diet and a good cleansing program. I have noticed again and again over the years, that people with healthy bodies have much less problem with the eyewash than people who have neglected their health.

## Eyewash Causes Tearing

**QUESTION:** "I would like to report that after using the eyewash for a few months, my better eye began to tear and is still tearing. Should I continue to use the eyewash?"

L.M.  
Chicago, Illinois

**CHRISTOPHER:** Yes, absolutely. The tearing is just a normal reaction. It is just the toxic poisons coming out.

**SWANNANOA:** Why do some people have mucus and some people tears?

**CHRISTOPHER:** I think you will find out that it produces tears with everybody, eventually. Many people don't tear in the beginning because the tear ducts have been clogged.

We had an interesting story where a young lady came to me and said that she could never cry. I immediately put her on the herbal eyewash, and within no time, she was the happiest lady you ever saw. She said that she could cry at will.

## Doctor Claims Mucus Is Really Body's Defense against Cayenne Pepper

**QUESTION:** "A number of doctors have told me that rather than the poisons being thrown out as stated in the article, the mucus-like stuff glueing the eyes shut during the night was made up of white corpuscles, which the body sent out to defend itself from the invader which, in this case, was the cayenne pepper among other things."

J.J.  
Fairbanks, Alaska

**CHRISTOPHER:** That's absolutely ridiculous. I've never heard that argument before.

**SWANNANOA:** Let's just say that the outpouring of mucus is the body's method of protecting itself from cayenne pepper. If this gets the kind of results we have reported in this issue, then what's the problem?

## Woman Wants to Continue Using Weakened Solution of Eyewash

**QUESTION:** "My question is—should I continue the eyewash in a weakened solution? If I don't dilute the eyewash, it really burns. I don't mind the discomfort for a while, if I know I'm doing the right thing."

J.B.  
Clifton, Colorado

**CHRISTOPHER:** There are so many thousands of people who are taking that discomfort and they are getting results. If you want your eyesight back, you will have to put up with a little discomfort. So keep up with the eyewash. Of course, I think it will take you *longer* to get back your sight if you use a diluted solution.

## Eyesight Gets Worse After Using Eyewash

**QUESTION:** "After I used the herbal eyewash, I found that I was no longer able to read store labels or prices, or simply sign my name without putting on my glasses. My vision has definitely deteriorated, even in my good eye. My question is: Should I resume the eyewash treatment?"

**CHRISTOPHER:** You certainly should. The eyes have to get worse before they get better. In some people the eyes get a lot worse than others, but the eyes will always get better. When all the mucus and toxins come out, the sight will improve. I can assure you.

## Reader Has Hard Time Getting Glass Eyecup

**QUESTION:** "The instructions call for a glass eyecup. Every druggist tells me to look for one in an antique shop—there's no such thing any more—only plastic. That's what I'm using. What's the story? Can any of your readers get glass eyecups? If so, please let me know."

M.K.  
Kendall Park, New Jersey

**CHRISTOPHER:** We sell the glass cups at our Herb Shop. I'm surprised to hear that they are often hard to obtain. I thought that most drug stores did carry them.

## Eyewash Tea Causes High Blood Pressure

**QUESTION:** "I have discontinued the eyewash because the ingestion of your formula caused high blood pressure."

"Please note that my blood pressure has always been normal. Since I discontinued the eyewash (after about two months), my blood pressure is again normal. I am 70 years old."

H.B.  
Randolph, Massachusetts

**CHRISTOPHER:** I have never heard of a case like this. This is a very, very rare case. We have a formula of cayenne and garlic which helps to keep the blood pressure down. You should take from one to three teaspoons a day.

## Can Eyewash Help Cataract 'Inside' the Eye?

**QUESTION:** "Could you do me a favor: I would like to know from Dr. Christopher if he has had any users of the eyewash who have experienced a cure of the type of cataract which obscures the lens itself? Mention was made in his Newsletter article of the sloughing off of th

type which grows on the *outside* of the eye, but nothing specifically was said about the internal lens type."

R.B.  
South San Gabriel,  
California

**CHRISTOPHER:** We have had success with *both* types. The eyewash will help a cataract, even if it is on the inside of the eye.

### Will Eyewash Be Safe for Eye with Lens Implant?

**QUESTION:** "I am interested in using the herbal eyewash for my eyes. However, last November I had cataract surgery and a lens implant in my right eye. Had I known about the Eyebright, I would not have had the surgery. *My question is this:* Is it safe for me to use Eyebright in the *left eye*? *Is it safe* for me to use Eyebright in the eye that was operated on? I would like to



"To get the best results with the eyewash, you should take it both internally and externally."

discuss this with the doctor who operated, but I know doctors are not interested in vitamins, herbs, etc. I would like to use Eyebright in both eyes, but dare not until I know no harm would result to my eyes or the *implant.*"

E.V.  
Lake Como, Florida

**CHRISTOPHER:** I cannot answer whether the eyewash will be safe for an implanted lens or not. I have never had a case like that.

### How Can Eyewash Taken Internally Help the Eyes?

**QUESTION:** "I am confused about Dr. Christopher's statement that one must drink or take 3 capsules of the formula internally every day. Please have him explain the 'what' and 'why' of this. How can it help the eyes by going into the stomach?"

**CHRISTOPHER:** The human body is computerized, and those herbs that are good for a certain area like the lungs, the heart, the kidney, will go to that certain area. In this case, the herbs will travel to the eye. We have had a few cases where a person only took the Eyebright tea internally, and they still got results. Of course, it takes longer than if you used the tea externally, but it still works.

### Needs Help for Ingrown Eyelashes

**QUESTION:** "A customer said, 'Every two months I have to go to the eye doctor to have about 5-10 ingrown eyelashes pulled out. They grow down under the eyelid and scratch the eye.' I promised her I would ask you about it."

**CHRISTOPHER:** No, I've never heard that one before. I can't give an answer to that one.

### Will Eyewash Restore Lost Central Vision?

**QUESTION:** "Three years ago, my husband had a sun stroke working in our garden in over 100 degree heat. Several months later, he lost his central vision in one eye. Now this past December, he lost the vision in the other eye. He is desperate, not being able to see to do things around the house and yard."

W.M.  
Griffith, Indiana

**CHRISTOPHER:** The eyewash can only do good. It can do no harm. I would certainly recommend that your husband try it.

### Will Eyewash Remove Scar in Back of Eye?

**QUESTION:** "I just learned about your herbal eye-



wash. My husband had a cataract operation and an implant, but he has a scar in the back of the eye from a broken blood vessel or hardening of the arteries. Will your eyewash help to dissolve the scar? He can't get glasses, on account of the scar."

E.F.  
Paradise, California

**CHRISTOPHER:** It will, but it takes a long period of time. I have known cases where scars definitely diminished in size. The eyewash is a cell proliferant. It causes new cells to grow, and at the same time it pushes old cells off.

### Can Eyewash Help Ruptured Blood Vessels?

**QUESTION:** "My husband lost his eyesight last May. The doctor said the blood vessels behind his eyes ruptured, and the blood seeped into the gel between the retina and the eye and has blocked out all his vision. Do you think the herbal eyewash would give him back his sight?"

J.R.  
Rough and Ready, California

**CHRISTOPHER:** Yes, as long as he, in addition, takes cayenne orally in a glass of water. He should work up gradually to a teaspoon three times a day. He should start with a quarter of a teaspoon and work up from there. The cayenne is what stops hardening of the arteries because it rebuilds the venal structure.

Also, in that type of condition, he should not consume salt at all. Salt can cause blindness over a period of time because it is hard on the eye arteries.

He should definitely use the eyewash several times a day. We have had cases in which a person has regained his sight back after a ruptured artery, but this does not happen in every case.

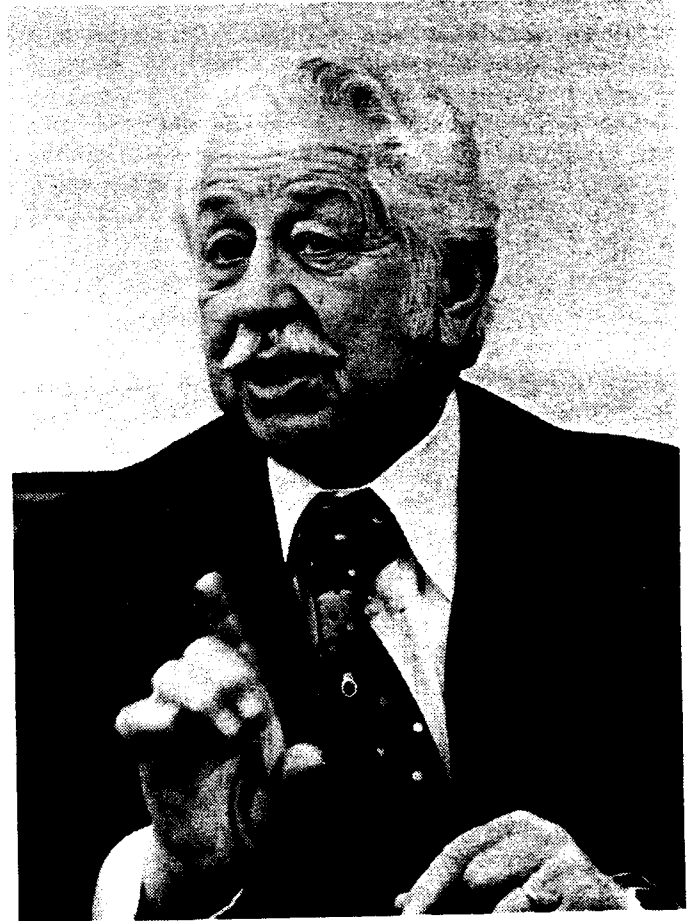
### Eyewash Causes Sight to Get Worse

**QUESTION:** "I did want to write someone about the eyewash. I have been using myself as a guinea pig and have religiously followed the instructions for the Eye-bright eyewash.

"I seem to be having trouble seeing even bridge cards across the table and street signs, even in the daytime, where before I didn't even use glasses, except for reading. It has frightened me a little, and I stopped using the eyewash for a few days and now only use the eyewash before going to bed at night. What am I doing wrong?"

E.L.  
Ft. Lauderdale, Florida

**CHRISTOPHER:** When the sight clouds up and gets dim, it means the mucus is coming to the surface. It's all part of the healing program.



"When the sight clouds up and gets dim, it means the mucus is coming to the surface. It's all part of the healing program."

### Reader Upset with Unsigned Letter from the Herb Shop

**QUESTION:** "Gentlemen:

For your information . . . I want to say that I have just received a handwritten letter, undated, from Springville, Utah, and on Christopher Publications stationery, evidently in response to my letter written to you in regard to cataracts and which was probably forwarded on to them for reply. It states that thousands of people have used the eyewash over the years without any adverse side effects, and it goes on to say that it will not harm the eye or cause loss of vision, etc. and comes to an abrupt ending, without the customary 'Yours truly,' and is also unsigned by the party writing the letter.

"In my opinion, I do not consider it an authoritative letter, without a proper signature, and therefore, feel it is worthless . . . and it leaves me more doubtful than before about the true cataract situation.

"If the facts were true and they were honest and aboveboard about everything, why didn't they add their signature to the letter? I should think that if everything was true and on the 'up and up,' they would have been proud to sign the letter. This way, it leads one to believe they are not sure of themselves and are afraid of being held responsible for something . . . and that everything isn't just what it is cracked up to be.

"I just wanted you to know."

T.H.  
New Port Richey, Florida

**CHRISTOPHER:** I think that must have been a mistake. My secretary, Fawn, usually signs all the letters. Such an oversight is unusual for her, because so many people have told me that Fawn is the nicest person one could ever meet. She's very meticulous.

**SWANNANO:** We have met many members of Dr. Christopher's staff and family, and we can tell you that they are very honest, responsible, and caring people. And they certainly do stand behind Dr. Christopher and his herbal recommendations.

### Drink Sediments from Eyewash

**QUESTION:** "Is it OK to drink the sediments from your herbal eyewash?"

M.S.  
Latonia, Kentucky

**CHRISTOPHER:** Yes, it's perfectly OK.

### Hope for Cut Eyeball

**QUESTION:** "I was in an accident in 1975, and my left eyeball was cut from the left side up to the center of the pupil. The doctor said he had to leave this open in order for me not to have glaucoma or cataracts. Do you think this eye formula would be good for my eyes?"

V.I.  
Latonia, Kentucky

**CHRISTOPHER:** Yes, of course, the eyewash would be good for your eyes.

### Will Eyes Go Blind from Eyewash?

**QUESTION:** "My sisters say I might go blind if I use your eyewash."

L.W.  
Jeannette, Pennsylvania

**CHRISTOPHER:** Tens and thousands of people have used the eyewash, and it has never caused blindness. In fact, it's just the opposite. People who were blind are now able to see again. So, go right ahead and use it. There's nothing to worry about.

### Eyes Water after Eyewash

**QUESTION:** "Is it normal to have my eyes water after

I use the herbal eyewash?"

L.W.  
Tampa, Florida

**CHRISTOPHER:** Most people will have their eyes water after they use the eyewash.

### Goldenseal and Hypoglycemics

**QUESTION:** "I have heard that the goldenseal, which is used in the herbal eyewash, should not be used by hypoglycemics."

V.G.  
Fargo, North Dakota

**CHRISTOPHER:** We never recommend a person take goldenseal tea by itself. It must be in a formula with other herbs.

### Hardened Crystals in Eye

**QUESTION:** "I have some crystal hardening at the inside section of my eyes near the nose. Will the eyewash help?"

L.C.  
Everett, Massachusetts

**CHRISTOPHER:** It certainly should. You just have a lot of toxins which are apparently coming out in liquid form and are then crystalizing.

### Will Cayenne Damage the Kidneys?

**QUESTION:** "Once the herbs which make up the eyewash are strained through sterilized cotton, will the cayenne pepper remain a threat to people who have kidney stones? Doctors say avoid pepper at all times. I would appreciate Dr. Christopher's comments."

R.S.  
Roslyn Heights, New York

**CHRISTOPHER:** That's ridiculous and awful. The pepper will have nothing to do with damaging the kidneys. It will do nothing but good for the kidneys.

### Hardening of the Eye Arteries

**QUESTION:** "I believe I have hardening of the arteries behind my eyes. Will the eyewash help?"

T.E.  
Cheshire, Connecticut

**CHRISTOPHER:** Yes, it will. The eyewash will soften the arteries. Please try to drink as much distilled water as you can. A gallon a day is fine.

### Puffy Eyelids from Eyewash

**QUESTION:** "The only problem I have with the eyewash is that in the morning when I arise, and for two to three hours (sometimes more), my upper eyelids are

badly swollen and puffy. I find the heaviness distracting, and, of course, the drooping eyelids are not particularly esthetic. Is there anything I can do about this condition? I had it only to a minor degree in one eye, but now after taking the eyewash, it is severe in both eyes."

M.C., Ph.D.  
Lewes, Delaware

**CHRISTOPHER:** It will eventually go away when the eye is healed. In the meantime, you can use a fomentation of 3 parts mullein, 3 parts red raspberry leaf, and 1 part lobelia. This will draw the water out.

### Pregnant Women and Eyewash

**QUESTION:** "Is it safe to take the Eyebright capsules if I'm pregnant? I had just started using the eyewash and taking the capsules when I discovered that I was pregnant. I hope it did no harm."

E. R.  
Shippensburg, Pennsylvania

**CHRISTOPHER:** Yes, it is safe. It can do no harm.

### Goldenseal and Intestinal Bacteria

**QUESTION:** "My health food store says that goldenseal destroys intestinal bacteria—the good ones, as well as the bad ones. This makes me wonder if it is advisable to take the eyewash capsules."

B.F.  
Los Angeles, California

**CHRISTOPHER:** The eyewash formula has goldenseal in it, but it is in a formula where it does its job without any bad response. Too much goldenseal by itself can cause health problems, but in the eye combination with four other herbs, it is completely safe.

### Astigmatism

**QUESTION:** "Is the herbal eyewash beneficial to someone with astigmatism?"

C.B.  
Senath, Missouri

**CHRISTOPHER:** Yes, it can be very beneficial. But you have to be patient. Astigmatism is generally long-standing, and it will take some time to heal it. But the eyewash will work.

### Ruptured Blood Vessel

**QUESTION:** "My sister in Fresno began to use your eyewash but had to quit because her eyes became so bloodshot and a blood vessel ruptured in one eye. Is this a normal reaction?"

R.G.  
Hemet, California

**CHRISTOPHER:** At times this does happen when there is a calcium deficiency. You should take the calc

tea combination. A number of people to whom this has happened have come to me and said the eyewash ruptured their blood vessels. The condition of weak vessels was there long before they took the eyewash.

If you take the calcium combination (calc tea) as directed on the label, you should be able to receive some help, but don't just rely on one herbal combination. You should also eat a good diet with plenty of fresh garden vegetables. Herbs should *never* be a substitute for a good diet.

### Is Boiled Tap Water OK for Eyewash?

**QUESTION:** "Is it all right to use boiled tap water for the eyewash solution, instead of distilled water?"

Mr. J.S.  
Honey Brook, Pennsylvania

**CHRISTOPHER:** You can't boil all the minerals out of the tap water, nor can you destroy all the bacterial toxins it may contain. However, if you can't get distilled water, boiled tap water could suffice.

### Eyes Smarting from Eyewash

**QUESTION:** "I expected the eyewash to sting for the first few days, but after two weeks, it is still stinging as bad as before. Could I be damaging my eyes?"

Miss E. K.  
Austin, Minnesota

**CHRISTOPHER:** No, the eyewash cannot damage the eyes in any way. The smarting is just part of the procedure.

### Sties in Eye from Eyewash

**QUESTION:** "After using the eyewash for about one month, I got a sty in my eye. After it appeared, I reduced the concentration of the eyewash to one-half of what it was before, and the sty disappeared. Then, after another month, I got another sty. This has happened to my brother and me about three or four times.

"I really want to continue using the eyewash to improve my eyesight. I had made progress, as my eye were 'stuck together' when I woke up in the morning.

"What do you suggest to prevent getting any more sties so that I can continue to use the eyewash?"

K.M.  
Pt. Pleasant, New Jersey

**CHRISTOPHER:** The sties are caused by toxins coming out of the body. We want to keep them coming out, so continue using the eyewash and eventually they will quit coming.

### Thinning Cornea

**QUESTION:** "I have had keratoconus (bulging, thinning cornea) for 29 years. I have had the best doctor

who have done all they can for me . . . short of corneal transplant. Is this treatment safe for thin corneas? They have warned me for the past eleven years or more that they can very easily rupture due to the thinness of them."

Mrs. C.S.  
Portland, Oregon

**CHRISTOPHER:** I can't see why the eyewash should do you any harm. It should only strengthen your eyes because it's merely a food to rebuild areas of the eyes that are suffering. However, in your case, it would be better to go carefully and to dilute the eyewash to a weak solution until you are used to it.

### Eyewash without Cayenne?

**QUESTION:** "I am extra sensitive to any kind of stimulant and realized that the cayenne was probably too strong for me. When I used the eyewash at any time after 12 noon, I lay awake all night feeling just as stimulated as if I had drunk a cup of coffee.

"So I got the other herbs from the health food store and made up the eyewash without it. Will this help?"

Mrs. W.M.  
Portland, Oregon

**CHRISTOPHER:** I can't guarantee the eyewash without the cayenne. If it is too stimulating, use it earlier in the day; and if that doesn't work, dilute it before using it.

### Stringy Mucus

**QUESTION:** "I am writing for a friend who has been using the eyewash for 5 months. What alarmed her was something that felt like threads on her eyes. Her daughter used a Q-tip, and it came off her eye in a long string. Is this unusual? Should she continue to use the eyewash?"

Jane M.  
Lantana, Florida

**CHRISTOPHER:** This is not unusual. Many people experience strings of mucus coming out of their eyes. It's all part of the cleansing process.

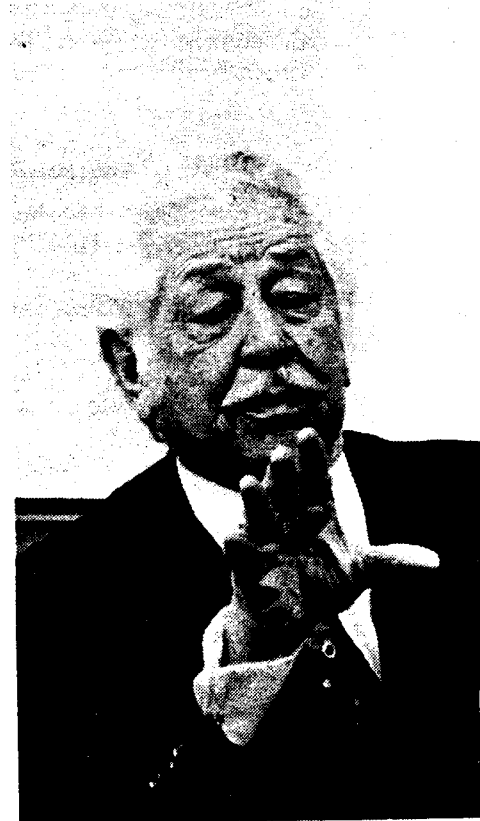
### Cataracts Removed—Still Hope?

**QUESTION:** "Will your herbal eyewash and capsules work for an 82-year-old patient who had cataracts removed from both eyes several years ago?"

"Her sight has been rapidly deteriorating. After using the wash for a month, she feels her sight is getting worse. Do you think she should continue the treatment?"

Dr. S.W.H.  
Bentonville, Arkansas

**CHRISTOPHER:** Yes, she should continue. Regardless of age, the eyewash can produce miracles.



### Test One Eye First?

**QUESTION:** "Could a person use the eyewash on one eye first to test it out, or does that set you off balance?"

K.S.  
Norfolk, Virginia

**CHRISTOPHER:** It's better to use the eyewash on both eyes at the SAME time. It certainly will set you off balance if you use the eyewash on just one eye at a time. It doesn't matter if one eye is better than the other one. Use the wash on both eyes.

### Eyewash without Cayenne

**QUESTION:** "Would the eyewash be effective if you made it up without the cayenne pepper?"

L.B.  
Boston, Massachusetts

**CHRISTOPHER:** We've had people try it without the cayenne, but it hasn't worked. It takes the cayenne as a stimulant to get the eye functioning.

**SWANNANOA:** How did you know to put the cayenne in the formula?

**CHRISTOPHER:** It was just one of those things that came to me.

**SWANNANOA:** Did all the five herbs come to you at once?

**CHRISTOPHER:** It's been so many years ago that I don't remember, but it seems to be that they did. That's the way so many of my formulas have come to me.

### Using the Same Eyewash for Each Eye

**QUESTION:** "Is it all right to use the same wash for both eyes?"

I.K.  
Louis River, New Jersey

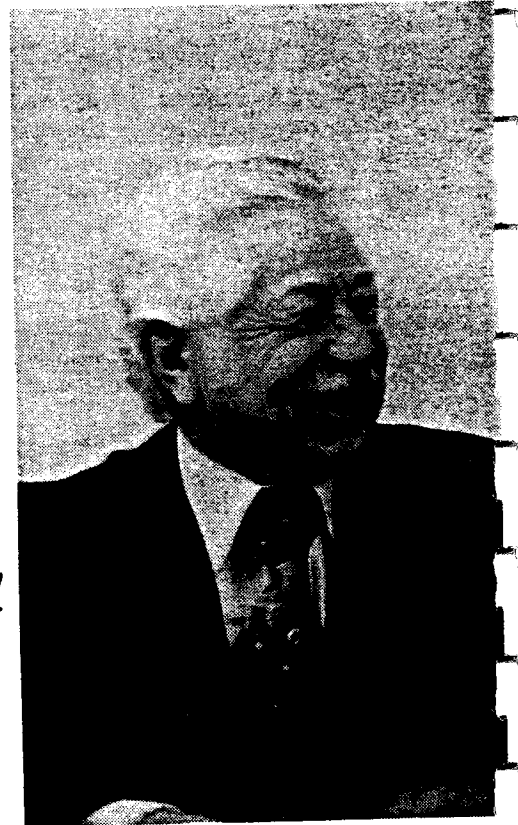
**CHRISTOPHER:** No, we prefer using a fresh wash for each eye. Wash out the cup after each wash.

### Stitches in Retina

**QUESTION:** "I had surgery on my left eye for a torn retina. I was told that there were some stitches put in that would soon dissolve out and some permanent ones that would always be there. I assume that by now, there are only the permanent stitches left.

"My question is would there be any chance of the eyewash dissolving these permanent stitches out (treating them as toxic to the eye) and maybe causing the retina to come loose again?"

P.O.  
Oklahoma City, Oklahoma



**CHRISTOPHER:** I really don't know the answer to that one.

### Color of Straining Material

**QUESTION:** "Would 100% white wool be all right to use as a straining material?"

M.E.  
Benton, Pennsylvania

**CHRISTOPHER:** Yes, white is fine. NEVER use any dyed wool. Use either cotton or wool material.

### Temperature of Eyewash

**QUESTION:** "Must the eyewash be cooled before using it?"

J.K.  
Charleston, South Carolina

**CHRISTOPHER:** It is best to use the eyewash at body temperature.

### Plastic Eyecups

**QUESTION:** "Are plastic eyecups OK to use?"

L.E.  
Springfield, Massachusetts

**CHRISTOPHER:** The glass eyecup is far superior to plastic. Under no conditions should you use aluminum eyecups.

### Can Eyewash Stain Eyes?

**QUESTION:** "I have used the eyewash 3 times daily for my cataracts. Many times the eyewash drippings will stain my cloth and the sheets. I cannot remove the stains. Will the eyewash stain the eyes in the same manner?"

E.D.  
New York

**CHRISTOPHER:** The eyewash cannot hurt the eye in any manner. And it certainly cannot stain the eyes. That's the first time I have heard a comment like that.

### Question on Cataracts

**QUESTION:** "Dr. Christopher describes a particular case in which a woman removed both cataracts with the rinse of the herbal eyewash. I understood that when the cataract is removed, the lens goes with it. Is this true only when surgically removed?"

G.G.  
Chicago, Illinois

**CHRISTOPHER:** I am not really an expert on cataracts, but I know that the eyewash can dissolve them WITHOUT removing any eye lens. Cataracts are just an accumulation of toxins and mucus. It's really logical, too. That's why so many people with cataracts

have been helped by the eyewash. The eyewash cleans out the eye.

### Eyesight Gets Worse

**QUESTION:** "I have cataracts in each eye. I used the eyewash with great expectations. I also took the capsules of the same materials. At first, I thought there was improvement. I used the eyewash three times a day for seven months. Instead of my eyes improving, I cannot see as well now as when I started using the eyewash.

"I am no longer able to read the newspapers—only the headlines. I don't want to lose what little sight I have left. What do you recommend?"

M.K.  
San Diego, California

**CHRISTOPHER:** Your eyes will get worse before they will get better. NOBODY has ever lost their sight from the eyewash. I'm sure that when all the mucus and toxins come out of your eyes, your sight will improve right away.

### Eyewash Burns Periodically

**QUESTION:** "My husband and I use the eyewash regularly three times a day. We are becoming more and more used to it, and we can keep it in the eye for longer periods of time.

"However, every once-in-a-while, for no apparent reason, our eyes will burn so much we can hardly stand it at all. Then it will pass, and we will be able to use it the next time. Can you tell us why?"

J.M.  
Pittsburgh, Pennsylvania

**CHRISTOPHER:** I think you will find that the eyes will dump their poisons in cycles. They will accumulate for 6 days in the eye, and then on the 7th day they will come out. This is what is causing you the discomfort. So keep on taking the eyewash. You're doing just fine.

### Use Eyewash for BOTH Eyes?

**QUESTION:** "I am 65 years old and I have one good eye and one bad eye. Should I use the eyewash in BOTH eyes?"

H.G.  
Billings, Montana

**CHRISTOPHER:** Yes, you *must* use the eyewash for both eyes. If you don't, you will have problems.

### Jelly-like Substance in Back of Eye

**QUESTION:** "I have developed a problem with my eye, and I would like to know if anything can be done to help.

"In the back hemisphere of the eye, there is a jelly-like substance that, instead of being like HARD jello, is mushy. Two eye doctors have said the same thing. When

I move my head, I see spots and sometimes sparks to the left of my eye. I am willing to try anything. Can you help me?"

M.M.  
Des Plaines, Illinois

**CHRISTOPHER:** I have never heard of a case like that, so it would be hard for me to comment on it. If you can take the eyewash without discomfort, you may be able to be helped. But never give up! I have seen many people get well from "incurable" conditions that even I didn't think were possible. So I'll be praying for you, Marie.

### How Long To Use Eyewash?

**QUESTION:** "My husband, who has cataracts on one eye, has been faithful in using the eyewash—but that has been for only 6 weeks. We have to be patient. **HERE IS WHAT WE DO WANT DR. CHRISTOPHER TO GO INTO. HOW LONG SHOULD WE USE THE ONE BATCH OF EYEWASH???** In other words, we make up a batch of the eyewash—whether it be a cup or ½ cup—how long should we continue to use that before we make up another batch???"

E.E.  
Tucson, Arizona

**CHRISTOPHER:** You should make up a batch of eyewash once a day and use it the same day. You should not keep it longer than one day.

### Granules in Eye

**QUESTION:** "I have been using Dr. Christopher's eyewash approximately 2-3 months, with no specific results. Granules in the eye are formed overnight when used at bedtime. I believe this is the *tea* sedimentation, not mucus or waste matter as suggested!"

M.S.  
La Jolla, California

**CHRISTOPHER:** This is false. It is definitely mucus.

### Eyewash Causes Terrible Pain

**QUESTION:** "I tried Dr. Christopher's herbal eyewash. It absolutely burned like fire. It was impossible to see for a period of time after using the eyewash. My eyes became sore, bloodshot and extremely red. It took about two days for the eyes to clear up after I stopped using the eyewash.

"Please ask Dr. Christopher to comment on the severity of the eyewash—the pain was terrible!"

J.B.  
Holyoke, Colorado

**CHRISTOPHER:** These are just normal reactions to the eyewash. The eyewash cannot hurt you in any way. It's just a matter of putting up with the pain. If your eyes are worth working with, carry on.

### Doctor Questions Use of Wash— Prefers Eyedropper

**QUESTION:** "What is the rationale for using the product as an *eyewash* as opposed to an *eyedrop*? Most of the preps are drops, and I hardly ever fill prescriptions for washes, which are usually intended for the physical flushing out of impediments in the eye. On the other hand, drops put enough of the active ingredient in the eye to do the job. My point is, it would seem like a waste of the product to use it as a wash if a few drops would do the job. Most of the wash ends up spilling down the face, anyway. At least it did for me. Also, why can't the Eyebright capsules be simply swallowed instead of making them into a tea?"

B.D., Ph.D.  
Wausau, Wisconsin

**CHRISTOPHER:** If the eyewash is used properly, it will NOT spill down the face. A few drops are simply not enough. They just won't do the job. It is important to take the capsules, but the wash works many times faster. The wash filters directly into the eye and this is why it is so effective.

### "Gritty" Substance Comes out of Eye

**QUESTION:** "Several members of our family use the eyewash. On awakening in the morning, many of us complain of sticky eyelashes, and we also complain of a gritty substance on them which does not remove easily. Also, all of us complain of itching."

E.A.  
Tacoma, Washington

**CHRISTOPHER:** The gritty substance is mucus that hardens into what we call "sleepy sand." This is very beneficial because it shows that the eye is starting to clear out. The itching is just a matter of toxins. This frequently occurs when those toxins come out.

### Does the Eye Absorb the Eyewash?

**QUESTION:** "Is it possible for the eye to absorb the eyewash solution for 5 minutes at a time?"

W.P.  
Florence, New Jersey

**CHRISTOPHER:** Yes. The more you use it, the more of the eyewash will be absorbed in the eye. If you use the eyewash for 5 minutes at a time, this is plenty of time for a good amount of eyewash to be absorbed.

### Cross-Eyedness

**QUESTION:** "Will the eyewash correct cross-eyedness?"

R.K.  
Jamestown, Tennessee

**CHRISTOPHER:** With cross-eyedness, I recommend the full eyewash program, both internally and exter-



nally. We also include a program of putting B&B tincture in the ear. This herbal solution feeds the motor nerves near the eye and in back of the medulla. The eyewash will strengthen the muscles connected to the eyes and this is one of the main problems with cross-eyedness. I have also heard of cross-eyedness being cured by a cranial technique. I used to know a man that moved a certain spot inside the mouth and the cross-eyedness would improve almost immediately.

If you decide to use the B&B tincture alone with the eyewash, you should use a few drops inside the ear every night for six nights and then take a night off. You should also rub a little of the tincture on the back of the neck.

### Stronger Solution

**QUESTION:** "I could tolerate a stronger solution than the 1 tablespoon per cup of distilled water. Would that be beneficial?"

F.D.  
Rockwall, Texas

**CHRISTOPHER:** Yes, it would. Absolutely. I have had people who took the eyewash every hour of the day in strong concentrations, and they got faster results.

### Eyes Improve—Then Don't Get Better

**QUESTION:** "After two weeks of faithful application of the herbal eyewash and taking the capsules, I could read some newsprint and store labels without reading glasses. Needless to say, I was thrilled.

"Now, seven months later—no further progress. I was hoping to be able to discard my reading glasses completely and even eliminate wearing contact lenses. Am I hoping for too much, or are my eyes just slow to respond? Any comment from Dr. Christopher would be appreciated."

Mrs. E.G.  
Salt Lake City, Utah

**CHRISTOPHER:** You are doing just fine. But you have to keep with it. If you never give up and use it CONSISTENTLY—day and night—I'm sure you will be pleasantly surprised.

### Eyewash Tea Bothers Stomach

**QUESTION:** "I've used the eyewash for 8 months. I also took the herbs internally, but it bothered my stomach so I cut down from 3 times a day to once a day. Shall I continue?"

A.K.  
Barnett, Missouri

**CHRISTOPHER:** Cayenne sometimes irritates the stomach as well as healing it. Take a cup of warm slippery elm tea with it.

### Retinitis Pigmentosa

**QUESTION:** "My family carries a hereditary eye disease called Retinitis Pigmentosa. Does Dr. Christopher have any record of the eyewash helping someone with this disease? Could it harm you?"

M.N.  
East Point, Georgia

**CHRISTOPHER:** Yes, we have had several such cases which have been successfully treated.

### Diabetic with Cataracts

**QUESTION:** "I am a diabetic with cataracts. I use the eyewash and take the Eyebright combination capsules. Should I take the pancreas tea capsules instead of the Eyebright capsules, or should I alternate them?"

M.E. Brett  
Spencer, Iowa

**CHRISTOPHER:** You should take them BOTH. This is very important.

### Eyewash Price Seems High

**QUESTION:** "The eyewash price quoted from the Herb Shop in Utah seems HIGH. Can't you suggest a less expensive source? (All of us are not wealthy, you know. Those who live on fixed incomes can have trouble making ends meet.)"

P.D.  
New York, New York

**CHRISTOPHER:** We have kept the price as low as we can and still survive.

[Editors' note: We feel Dr. Christopher is correct. The price really isn't that high. We figured the price if you buy the herbs in bulk and then mix them yourself, and you really don't save much at all. Plus, you have to spend all that time mixing each of the herbs. And then, what would a person do with ten pounds of the eyewash?]

### NO Improvement with Eyewash

**QUESTION:** "I started taking Dr. Christopher's herbal eyewash on Dec. 26, 1978. I took it at least three times a day. I have also been taking the capsules internally. So far, 'NO Improvement of Eyesight.' I saw Dr. Christopher at a lecture and told him my problem, and he said that it could take from 1-2 years to notice any improvement. With faith and hope, I am awaiting an answer."

R.S.  
Green Bay, Wisconsin

**CHRISTOPHER:** Yes, that's right, it can take one or two years. Many people have had their problems for years and years. It can take time to rebuild the eye. I have had many cases where the eyewash would not work for 6 or 8 months, and then all of a sudden people would notice an immediate improvement.



We knew of a fellow who had a cataract, and he took the eyewash for almost an entire year with no success. Then all of a sudden, his cataract cleared completely. And then I had a case where a cataract cleared in 7 days. There are no two people alike. You just have to have faith and NEVER give up.

### Hereditary Focal Problems

**QUESTION:** "Does the eyewash correct hereditary problems?"

K.I.  
Corona, New York

**CHRISTOPHER:** Yes, but it takes longer on focal problems. It's a rebuilding job. I do believe that weaknesses in the eyes can be passed down from generation to generation. But you CAN overcome these weaknesses, no matter how serious they are. When you feed and clean the eyes, they will become better, no matter how weak they may be. You can rebuild weak eyes. I've just heard of a girl in southern Utah who had polio. She had one leg that was 4 inches shorter than the other one. By using my "incurable" program, especially the bone, flesh and cartilage formula, she now has two legs that are of equal length. So if herbs can rebuild the bone, I'm sure they can rebuild the eyes. I know they can, because I've seen it happen so many times.

### Eyewash for Young People

**QUESTION:** "Does the eyewash benefit the young as much as the old?"

K.I.  
Corona, New York

**CHRISTOPHER:** Definitely. It works faster on the young.

### Retinal Hemorrhage

**QUESTION:** "My husband had a retinal hemorrhage and has only about 30% vision. We would like to know if Dr. Christopher's eyewash will help restore his vision. He had the hemorrhage about 14 months ago."

S.M.  
Milwaukee, Wisconsin

**CHRISTOPHER:** Yes, the eyewash can help; you just have to give it a chance. Your husband should also take a whole gallon of distilled water every day in addition to the eyewash tea. Distilled water helps because it flushes out many wastes in the eye so the veins will become healthier. The distilled water also takes many inorganic minerals out of the body. I'm sold on distilled water because I'm not in a wheelchair anymore. It helped me and I still take it, just about every single day.

### Eyewash for Pets

**QUESTION:** "Are there any specific recommendations Dr. Christopher can give for my little dog? I love the little fellow and desire so much to have his sight return, if there's any way to do it. I hope you can help

me. One herbalist for dogs does not feel dogs should be given cayenne pepper; yet Dr. Christopher says this is a most important part of the formula."

M.G.  
River Edge, New Jersey

**CHRISTOPHER:** We have had many people who have treated their dogs and cats with the eyewash. You can give it to them in a liquid form with their meals or put it in an eyedropper and put a few drops in the eye. Preferably you should use them both.

### Red-hot Feeling in Eyes

**QUESTION:** "I have been using Dr. Christopher's Herbal Eyewash . . . off and on for over six months. The reason for the OFF is: my right eye cannot get accustomed to the feeling that a red-hot wire has been jabbed in my eyeball. The feeling is for a second or so, but the pain is awful.

"My eyes feel so great AFTER I have gone through this, I cannot give it up completely.

"Ask Dr. Christopher if my right eye will ever become accustomed to the eyewash. I only use half-strength as it is and use it 3 times a day. What am I doing wrong?"

Mrs. J.C.  
Miami Shores, Florida

**CHRISTOPHER:** You are doing nothing wrong. This has happened to a number of people. There is evidently some irritated nerve in there. You might try diluting it a little further and hope that this will help. Most of the people I have talked to have eventually become accustomed to the eyewash, but there are a few that always have problems.

Two things that might help you are my calc tea formula and my nervine formula. Both of these herbal products will help you to rebuild your nerves. You should take 2 cups of both of these teas every day. You can also take them in capsule form, if you like.

### Cysts on Eyelid

**QUESTION:** "Dear Dr. Christopher,

Help! Help! I need someone to suggest an alternative to surgery.

"I have 3 cysts (Chalazions) inside my lower right eyelid. Have consulted two ophthalmologists. Both say I must have surgery. Neither can say that the results would be good. In fact, they say that the cysts can return after surgery, too.

"I am very discouraged, and the doctors are angry with me for not submitting to surgery immediately. What they are really saying is that they will mutilate my eyelid time and again, but will not guarantee good results.

"Can you help? Please, please!"

N.W.  
Hoffman Estates, Illinois

**CHRISTOPHER:** You should use the eyewash three or more times a day and also drink the tea at night. Also, you should use the following fomentation right on your eyelid three times a week when you go to bed. Put one tablespoon of red raspberry leaf tea in a cup of boiled water. Let it steep until it has cooled. Then add 6-10 drops of either elderberry tincture or black walnut tincture. Then take a piece of sterilized cotton and dip it in this solution and place it right on the eyelid.

If you follow my directions faithfully, you should expect some good results.

### Macula Degeneration

**QUESTION:** "If a person has macula degeneration, what help may he or she expect from the use of the eye wash?"

J. R.  
Port Charlotte, Florida

**CHRISTOPHER:** I am not really acquainted with this condition, so I can't tell you what to expect. However, the more serious the condition, the greater your chances of recovery by following our entire program in addition to the eyewash. Let me know what happens.

### Floaters Increase on Eyewash?

**QUESTION:** "I started using the eyewash because of the large number of floaters in my eyes and because I also have a film that floats like the floaters. I started using the eyewash over 13 weeks ago.

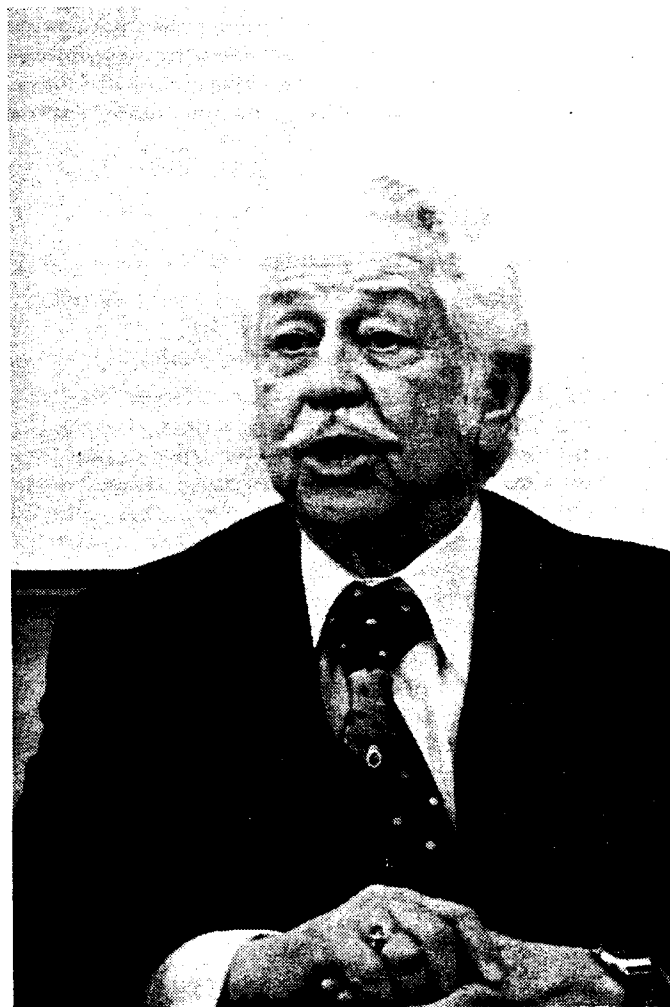
"For a long time, there was no change in my eyes. Then, the number of floaters began to increase until now they bother me all the time. I am concerned that my distant vision is worse and my reading vision slightly worse."

Mrs. L. K.  
Mt. Pleasant, Michigan

**CHRISTOPHER:** This is a good sign. It's got to get worse before it gets better. We had another letter on floaters way back there where we talked about cleaning out the transverse colon with the lower bowel formula, which applies here too.

### Reader Uses Eyewash for 9 Months—Eyes Keep Getting Worse

**QUESTION:** "I am 72 years old now and did not have any eye trouble until I was 68. I did not even wear glasses. I first noticed some diminished vision in 1976 and had an exam by an optometrist in Detroit who said I had cataracts but no glaucoma. He fitted me with



"To get the best results with the eyewash, you should cleanse your bowels, your blood, and you should go on our entire cleansing program. The eyewash by itself may not be enough."

glasses and said I would need an operation in the future.

"I was still driving at the time but eventually had to stop as my vision receded. I started with the eyewash and kept with it for 9 months. My vision has continued to recede and I can no longer read normal print. I had to add a magnifying glass to my glasses and even now I can only read with great effort. Even this letter was a great effort to see to write.

"I am continuing the program for a few more weeks, but if a miracle doesn't happen I am going through with the operation. I hope to hear from you as I cannot go on with the eyes getting worse."

L. A., D.C.  
Negaunee, Michigan

**CHRISTOPHER:** This is the odd thing about the eyewash. Some people get results right away and others have to wait for 2 to 2½ years for improvement. And while you are waiting for improvement, the eyes may continue to get worse. Perhaps you can increase the

strength of the eyewash solution slightly, or add parts of my "incurables" program to your regimen, such as the B and B tincture, the red clover combination for the bloodstream, the lower bowel formula and the mucusless diet. Anything additional you can do will only speed your recovery.

There is nothing that could do you any harm from this formula in any way. All we're doing in the healing process is bringing the toxic and bad material which clouds the vision to the surface. This does panic people of course, but with some people they clear it in a hurry; with others it takes many, many months.

**SWANNANOA:** Do you ever have people lose their vision for a while?

**CHRISTOPHER:** Very rarely, the eyes can go completely blind for a while, then it comes back again. It comes back so that they can do without their glasses and can read fine print.

Anyone who wants to go as quickly as they can on these things should do our basics, the three-day cleanse with the apple juice, the bowel cleansing, the blood cleansing, and everything else. If you do all this, you'll heal that much faster.

A lot of people don't cleanse their bodies or change their diet and they are pumping poisons into their eyes faster than they can ever clear them out.

### Increased Ocular Pressure from Eyewash?

**QUESTION:** "I went to my Doctor after I started using the eyewash and the pressure had shot up to 39 in one eye and 32 in the other. They had been about 22 so I had to go back in a week. I quit the eyewash and they went back down to 22. My eye doctor didn't know what happened because I didn't tell him.

"I need to know now what I had done wrong, as now I am afraid to use the eyewash again."

L. D.  
Escondido, California

**CHRISTOPHER:** No there's no problem there because what we're doing is stirring up toxic poisons so fast that it gets worse before it gets better again. With the large majority of people, they use the eyewash for a couple of weeks and go in and find the pressure is down.

### Pain and Burning from Eyewash

**QUESTION:** "The evening after my fourth day of using the eyewash my eyes began to burn and the lids also and as the evening wore on they hurt more and more. I had to apply cold compresses until late into the night to stop the pain. The next days my eyes were almost swollen shut and the eye balls were fiery red and the condition took several days to clear up.

"Ten days later, I used the eyewash again, and after the third wash, it happened again, although not as severe. Now I'm afraid to use it again, although I do have cataracts and would like very much to be rid of them—*without surgery.*"

Mrs. V. M.  
Midwest City, Oklahoma

**CHRISTOPHER:** She's got a nice case of eye problem there that has to be cleared. And as they pull the toxic poisons out so fast, sometimes it gets too rough for them, they've got to taper it off a little. But also you use the fomentation over the eyes at night to try and rebuild them. Use the fomentation with the red raspberry leaf with the mullein. (Editor: See Page 77.)

### Eyes Get Too Dry from Eyewash

**QUESTION:** "About an hour after I use the eyewash, I have a film come over the eyes. In a couple of weeks this ended and my eyes felt dry. In the A.M., upon awakening, the eyeballs felt hard (like a marble) and dry and it was difficult to open my eyes. The lids felt stuck to the eyeball—a most uncomfortable feeling.

"My eyes felt stronger, although I could not be sure I felt any better. I've worn glasses 47 years, since I was 17. Now my eyes do not tire as easily.

"However, because of the almost frightening discomfort, I have discontinued use of the eyewash. At times, I have had to literally pull my eyes open. Is there any way I can alleviate this so I can continue to use the eyewash?"

Mrs. M. R.  
Port Allen, Louisiana

**CHRISTOPHER:** What's happening is that the tear ducts are being healed here, and they are not putting out the liquids. So in this case, she should use unsalted sunflower seeds. Use more oils in her diet, so she can assist in lubricating her tear ducts.

She is probably so dehydrated that the tear ducts don't want to work. She should be drinking a gallon of distilled water a day, but not during or right after meals. Tell her to step up that liquid, and I don't mean coffee or Coca-Cola.

### Detached Retina from Eyewash Use?

**QUESTION:** "I really got bad results from the eyewash. I used it for about three months and it resulted in a detached retina which required surgery. Since the surgery I still have vision but not that good in the eye."

Mrs. F. L. G.  
New Boston, Michigan

**CHRISTOPHER:** I am sorry to learn what happened to you, but this is in spite of using the eyewash, and *not* because of it. As I have said many, many times, the eyewash can do no harm. Your eyes must have been in a bad condition in the first place and the fact that you used the eyewash is **NOT** the reason your retina detached.

It is *still* possible for the eyewash to help repair your eyes, but you should go "slow and easy" to see what happens. Also, get yourself on a good program. You can't always rely on the eyewash by itself to do the entire job. After all, the eyeballs are connected with the rest of the body. They are not independent, and you can't always get them well by ignoring everything else and using the eyewash to bail you out.

### Lens Implant and Eyewash?

**QUESTION:** "My mother is developing cataracts and she suspects that she has glaucoma too. Her problem lies in the fact that she has permanent lenses in her eyes.

"Her doctor has prescribed cortisone to control the infection in her eye. She also takes penicillin.

"Would it be all right for her to use the eyewash formula? Would it be safe for her to use the eyewash with the permanent lenses in and in view of the medicines she is taking?"

L. A.  
Staten Island, New York

**CHRISTOPHER:** I don't think the eyewash would interfere with her implanted lenses or with her other medications, but to be safe, it would probably be best to use an *extremely* diluted solution at first and see what happens.

### Does Eyewash Cause Excessive Tearing?

**QUESTION:** "I store the eyewash in a small plastic bottle in the refrigerator. I apply the solution cold to the eye, at about the temperature it comes out of the refrigerator. I notice now, too, that out-of-doors in the cold, my eyes tear excessively and the tear ducts do not handle the flow, so that tears keep spilling over my face. Any suggestions?"

M. R. C., Ph.D  
Lewes, Delaware

**CHRISTOPHER:** First of all, we do not recommend putting the eyewash on cold. It should be put on at room temperature. Aside from that, I am not sure why your eyes should be tearing like that. I should hope that with continued use of the eyewash, the tear ducts will heal themselves and correct the problem. To be honest, this is something I have never heard of before.

### Reader Claims Eyewash Caused Severe Infection

**QUESTION:** "After three days of herbal eyewash used at  $\frac{1}{8}$ th strength, I increased the solution to  $\frac{1}{4}$  teaspoon per cup of water and bathed the right eye six times that day instead of three.

"As I was preparing for bed I felt a twinge in the right eye but felt nothing more and slept well through the night. Early the next morning I was awakened by jabs of pain in the right eye and found my vision blurred and distorted. I went on to work, the pains stopped suddenly at 10:30 A.M., and I made an appointment with the doctor for the next day.

"Examination showed that I had either burned off or torn off a patch of skin from the right eyeball, and Sulamyd drops and ointments were prescribed. There was little improvement during the next week, and the next examination showed that I had a herpes virus infection in the eye. Vira-A was prescribed but the condition worsened and I spent a week in the hospital having various medications instilled every hour day and night. At the end of the week, the infected area had been reduced to the size of a pinhead and I was discharged. My vision had improved from a milky zero at the height of the infection to about 20/500 at that point.

"After almost three months of further medication, and expenses, amounting to almost \$1,500, the infection is gone, my eye is almost normal-looking, but my vision has improved to only 20/300.

"On October 25, 1979, my eye was examined by the head of the Department of Ophthalmology at the University Hospital, University of Oregon, Portland. He was not able to come up with any diagnosis at the time, and was not sure that there was very much help for the problem. He and my own ophthalmologist here in Salem have decided to try an eyedrop that is supposed to dissolve the mucus plaque on the eyeball, and I will begin these on Monday, November 5 (this evening).

"My purpose in writing is not to criticize the herbal eyewash, because I am sure that most of the people who try it will be helped; however, I wonder whether people who have no knowledge of eyes and symptoms and problems should be tempted into using a substance without first warning them to consult a doctor. (In many cases the doctor probably would disapprove of any method except his own, however.) I shudder to think that both of my eyes might have responded in the same way, and I am grateful to have the full use of the left eye.

"Would Dr. Christopher care to comment on any of this?"

Sincerely yours,  
Mrs. J. T.  
Salem, Oregon

**CHRISTOPHER:** I have seen no tea on the face of the earth that could tear off a patch of skin. No tea can do that.

**SWANNANOA:** Why do you think she got that tremendous blow-up and infection?

**CHRISTOPHER:** This condition of rebuilding an area of the body makes it go through a lot of physical change and it could have drawn toxic poison from other parts of the body. The eyewash DID NOT give her herpes virus but it could have pulled it from another part of the body and caused it to erupt through the eyes. I think her biggest mistake was to stop the eyewash completely, not even use it in a diluted form, and go through an intensive series of medications. Her eyes will never become normal that way.

### Readers Question Christopher Statement About Cataracts

**QUESTION:** "I am very concerned about a statement by Dr. Christopher [in your latest newsletter]; so much so that I am afraid to show this issue to my ophthalmologist.

"Quote: 'You see, what had happened was that her cataract had come out of her eye. The eyewash had loosened it and caused it to be thrown off. Two days



"The eyewash just doesn't work on the surface of the eye. It penetrates clear through to the back of the lens, even to the optic nerve."

later the cataract came off the other eye in the same manner.'

"It is my understanding that the term 'cataract' refers to an opacity of the crystalline lens. Since the lens is within the eye how could a cataract come off in one's hand? I would greatly appreciate an explanation of Dr. Christopher's statement."

H. D. W. English  
Lindsay, California

**CHRISTOPHER:** It doesn't matter how deep it is within the lens, it will come to the surface. Now we've had them in deep like this, but it takes longer. The tea that we use doesn't just work on the surface of the eye. It penetrates clear through to the back of the lens, even to the optic nerve. It goes through the whole eye and drives off bad cells; it doesn't matter how deep they are.

### Does Eyewash Cause Infection?

**QUESTION:** "It may be that the method of making the eyewash is not well spelled out. Distilled water is sterile as is the distilled water after it is heated. The eye glass is washed routinely. Therefore, I find it hard to visualize how one can get bacterial infection from using the eyewash medication. *The bacteria is not coming from inside the eye.* It is either coming from the eye wash or something in the eyewash or the receptacle for the eyewash. (Emphasis supplied.)"

A Medical Doctor  
(Name withheld on request)  
Winter Haven, Florida

**CHRISTOPHER:** There is nothing toxic in the eyewash, and although everything can and does contain bacteria, including the eyewash, I do not believe it causes infection in anyone. I believe the infection is coming from the eye itself or else is drawn there for elimination from another part of the body. The infection doesn't necessarily have to be in the eye itself, it can be drawn to it from the bloodstream.

### Eyes Puffed Up Like Balloons

**QUESTION:** "I used the eyewash and the response was unfavorable because my eyes puffed up like balloons, so I stopped the treatment right away. I spent about \$21.00 on it and it's all right down the drain."

S. E.  
Chicago, Illinois

**CHRISTOPHER:** Well, her eyes are retaining water there. You could use the compress I recommended on page 77 to remove the excess liquid. But I am wondering if it is a kidney problem. Generally, that would cause a lot of bloating around the eye area and the eyewash would bring it to the surface.

If it is a kidney problem, they should use the kidney formula and use parsley tea with it.

## Skin Reaction from Eyewash?

**QUESTION:** "After several months of using your eyewash I stopped because my eyes were so bloodshot. Six weeks after I stopped, I gradually broke out with a rash and the face around my eyes is covered with bumps like spider bites. Hard, sore bumps under my skin. Also along the jaw, back of the ears and all around the neck. Could this be a delayed reaction to the herbal eyewash?"

Mr. J. J.  
Fairbanks, Alaska

**CHRISTOPHER:** Well, it would be in spite of, not because of; there's no question about that. Because that sounds like a glandular problem there. It might be that the eyewash has stirred up enough toxins to irritate the glands, but we would recommend the mullein and lobelia to help clear the glands and speed it up. Use the mullein and lobelia—3 parts mullein to 1 part lobelia—internally and as a fomentation and that will help to clear up a glandular condition.

**SWANNANO:** Why do the eyes get so bloodshot in many people?

**CHRISTOPHER:** The eye is weak in the first place and now we're working it over, you know, accentuating the blood running through there. If they've been using a lot of sugary materials, or bread products, that will weaken the eye. But over a period of time the eyes will rebuild themselves and heal. In the meantime, users may have to dilute the solution until the bloodshot problem goes away.

## How to Regenerate Optic Nerve

**QUESTION:** "I have been totally blind for about 2 years from what ophthalmologists called temporal arteritis or a hemorrhage which rendered the optic nerve inactive. I wish to use any natural remedies which possibly would reactivate the optic nerve."

Mrs. J. T. K.  
Portland, Oregon

**CHRISTOPHER:** In addition to the B and B tincture, you should try the oil of garlic in the ear, 3 to 6 drops of each 6 nights a week. This will go into the brain and repair the main motor nerve in the brain and the optic nerve as well. You definitely should use it.

[Editor's Note: To give you an idea of the power of Dr. Christopher's B and B tincture routine, we recently spoke with Mrs. Grace Bromell in Kansas City, and she told us her brother had bad hearing. He tried the B and B JUST ONCE, and the next week when he went to church he could hardly stand the noise, because he wasn't used to the increased sensitivity. Of course, this example pertains to ears, and not eyes and also, not everybody gets this kind of result, but it does give you an idea of what can happen.]

## Keratoconus Question

**QUESTION:** "Has Dr. Christopher had any experience with keratoconus with his eyewash?"

I. K., N. D.  
Toms River, New Jersey

**CHRISTOPHER:** The term is unknown to me, but I can't say that the eyewash won't help. It has helped so many other conditions.

## Is Eyewash Safe for Heart Patients?

**QUESTION:** "I am a heart patient who just got out of the hospital 1½ years ago and I want to know if it is safe to take the eyewash capsules twice a day as you recommended?"

Mr. S. M.  
Turnersville, New Jersey

**CHRISTOPHER:** Yes, it has nothing to do with that. It is nothing but beneficial.

## Getting Eyewash in Bulk?

**QUESTION:** "I would like to buy the eyewash in bulk as it would be much cheaper and I could get my cataracts healed much faster if I had it in bulk. Then I would drink the tea and do my eyes more as the capsules don't last that long and they are quite expensive."

Mrs. B.  
Morristown, Minnesota

"P.S. My husband died two years ago at 75 years of age. It isn't very pleasant to be alone unless you can use your eyes for everything like reading and sewing which I love to do."

**CHRISTOPHER:** I can understand your concern with keeping costs down. However, there is no need to get the eyewash in capsules. It also comes in powder form.

## Eyewash Irritates Roof of Mouth

**QUESTION:** "I have tried taking the eyewash 3 different times and each time the roof of my mouth and throat gets very irritated (itchy). Why would this happen with the eyewash?"

Joanna Sellards  
Topeka, Kansas

**CHRISTOPHER:** Again, it sounds like we're stirring up toxic poisons in the body. But the eyewash didn't *cause* the problem. It was there already. Maybe you should try the mullein lobelia compress also, on the throat area, and take it internally too.

### Pressure and Aching Near Eyes

**QUESTION:** "My purpose for trying the eyewash is a problem I have had for many years. The problem seems to be the fact that I'm conscious of the fact that I have eyes in my head. The aching, burning, pressure and headachy feeling I have most of the time causes me to blink and stretch the eyes and facial muscles continuously, causing severe headaches and worsening of the eye problem.

"This got so bad five years ago that I consulted an ophthalmologist in tears. He couldn't find any real problem with the eyes, insinuating it might be just a bad habit. A pituitary tumor was discovered and it was removed but I have continued to have the same trouble with my eyes. I still complain to ophthalmologists and M.D.'s with no success. This problem, along with the pain, has affected my looks and personality extremely."

Ms. J. H.  
Culpeper, Virginia

**CHRISTOPHER:** I would recommend in a case like this to use the bone, flesh and cartilage formula as a cap over the entire skull six nights a week as well as using the eyewash. It sounds a little deeper set than just an eye problem.

To make the bone, flesh and cartilage formula, soak the tea in cold water for 4 to 6 hours, then simmer for 20 minutes, no more, then strain and continue to simmer slowly until the tea is one-half its original volume. Don't simmer more than 20 minutes with the ingredients in because if you do the goodness of the tea will go back into the herbs and you will actually weaken the solution instead of making it stronger.

If it's a pituitary or pineal tumor or cyst, it will absolutely leave with the bone, flesh and cartilage compress. It will absolutely be dissolved. Incidentally, be sure to cover the compress with plastic to keep the moisture in all night.

Also, in this case, I would recommend using the B and B tincture in the ears, 3 to 6 drops a night, six nights a week, and plug the ear with cotton after using it so that it doesn't run out. Also, use the B and B tincture orally, about 6 drops in some water, three times a day.

**SWANNANOVA:** She said the tumor was removed but she still had the same trouble with her eyes.

**CHRISTOPHER:** Well, even if the tumor were removed surgically, it wouldn't go to the cause. And what we're doing is going to the cause so that there won't be any more tumors. I feel sure that the bone, flesh and cartilage and the B and B tincture will solve her problem.



"If you have had nearsightedness for some time, you will have to be very patient, but you *will* get results. You just have to stick with it."

### Eyewash Capsules Cause Indigestion

**QUESTION:** "The third time I used the eyewash I started having a pain in my left chest and some indigestion after eating. I stopped taking the eyewash capsules and no more pain and indigestion."

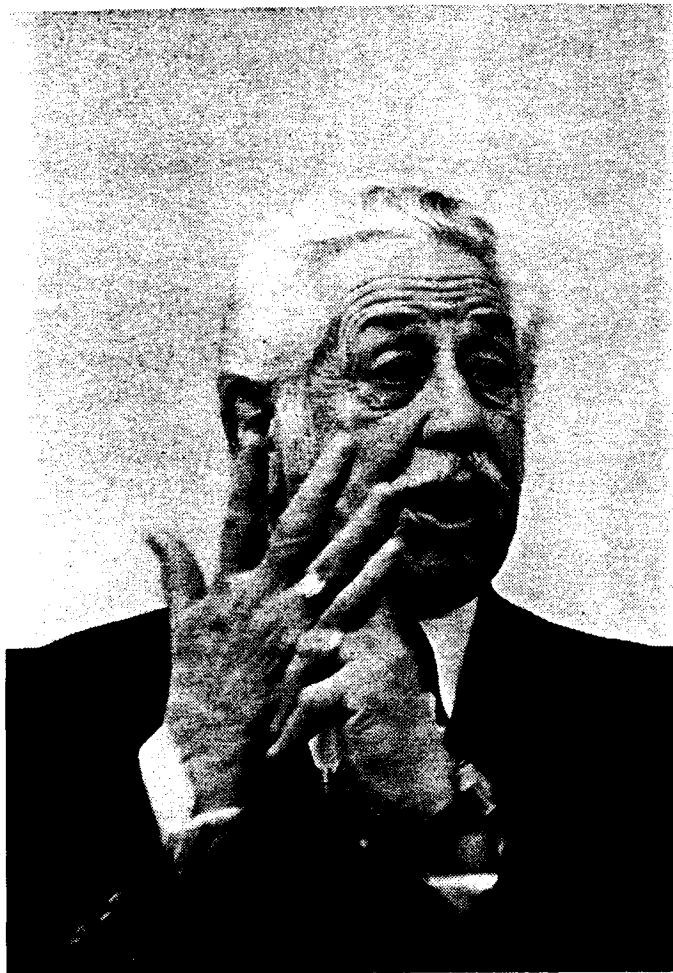
Mr. H. T.  
Reno, Nevada

**CHRISTOPHER:** The person isn't used to using cayenne. He should use more water with it. He is evidently just barely getting it down. He should drink more water with the capsules.

### Mullein-Lobelia Didn't Soothe Eyes

**QUESTION:** "We started with the eyewash but diluted 50%. Still the eyes were sore and red and burned considerably. We stopped using it and used the lobelia-





"The eyewash will not work as well without the cayenne pepper. I think that in most cases the fear of the cayenne causes more problems than the cayenne itself."

mullein solution, also diluted 50%. This also is painful to the eyes and if used several times a day, they become red and inflamed. What would you suggest?"

E. A.  
Tacoma, Washington

**CHRISTOPHER:** Try using slippery elm gruel as a fomentation, 1 teaspoon to a cup of water. But you've got to take the slippery elm powder and mix it into a paste with a little water before you can add a whole cup, otherwise it won't mix properly in water; make a paste first and thin it down. The slippery elm will soothe the eyes.

We have had so many cases that have used the mullein-lobelia successfully—but I guess your eyes are too sensitive, so stick to the slippery elm, and dilute the eyewash even more, until you reach a good level that doesn't cause prolonged soreness.

## Are Eyewash Capsules O.K. If You Have Ulcers?

**QUESTION:** "I must ask if we can use the capsules for the eyewash if we both have ulcers, angina condition and high blood pressure. I doubt that the stomach can take the cayenne, as we react to any spice at all."

Mrs. E. C.  
North Bergen, New Jersey

**CHRISTOPHER:** We use cayenne to cure ulcers. A teaspoonful three times a day has helped many people realize that ulcers aren't necessary.

And cayenne will help clear out the arteries, so it is good for anyone with a heart condition.

It's a shame that the people who need cayenne the most can have trouble taking it. If you have trouble taking it, it's a sure sign that you need it. You'll just have to start slowly, and take it with food at first, so it doesn't hit an empty stomach. Gradually increase your dosage.

## Opaque Spot in Eyes

**QUESTION:** "I have an opaque spot in my right eye and I hope the eyewash will clear that up, if possible."

"I have been bathing my eyes with eyebright and goldenseal and it brought globules of yellow matter or pus into the corners of the eyes, and glued eyelashes together. It frightened me and I quit. What can I do to clear up this opaque spot?"

My doctor told me to stay off *all* dairy products for a year, but I do not think it has helped me, for I am still spitting up as much phlegm as I did before."

Mrs. R. B.  
Topeka, Kansas

**CHRISTOPHER:** You shouldn't have quit. You were getting excellent results, or that pus wouldn't have started to come out. Do you want to keep it locked up in there for the rest of your life? Just keep going. If these were the results you got from using just eyebright and goldenseal, imagine how much better you would do on the complete eyewash formula.

To get rid of mucus, you not only have to eliminate dairy products, but you should go on our Three Day Cleansing Program, and go on the Mucusless Diet.

## Reader Can't Afford to Use Eyewash as Tea

"Dear Dr. Christopher,

I am eighteen years old and I have been using the eyewash for three months. My eyes are very bad and I need the eyewash, but I can't afford to take it as a tea



in addition to the eyewash. I don't make much money, only from babysitting, and with drinking the eyewash twice a day, it won't last me long.

"I figured it would cost me about twenty-five dollars a month. I can't afford that so what should I do? Should I stop taking the eyewash altogether? How important is drinking the tea?"

Miss D. P.  
Newark, Delaware

**CHRISTOPHER:** I can't see why the eyewash should be that expensive. If you make three cups a day of the tea and remove an eyecupful for the eyewashing, you will have almost three cups left for drinking. Three cups should use at most 3 teaspoonsful of the powder. At that rate, a 4 ounce bag should last you 15 days. So your monthly bill should be no more than \$10.00, unless you have to buy it in the mail and pay postage. If you have to, slightly reduce the concentration of the tea to conserve its use.

However, I'd rather see you try to get another babysitting job and raise enough to take the full dosage. It's worth the effort, believe me.

### Cause of Low Oil Content in Tears

**QUESTION:** "Every time I go to one of these eye doctors I would ask them, 'What is the cause of this chronic low-grade infection and inflammation?' They then reply that it is due to what they call a 'Low Oil Content' in your tears, which causes the tears to break apart over the eye thus leaving parts of the eye exposed and without adequate tear-film protection.

"Next I invariably ask the final question, 'What is the cause of this low oil content in my tears?' to which they invariably shrug their shoulders in a futile gesture. Could this low oil content be caused by a nutritional deficiency? Is there any special herb that will correct the problem? I can't use the eyewash with cayenne pepper in it because of this problem."

B. S.  
Slatington, Pennsylvania

**CHRISTOPHER:** You should eat raw sunflower seeds. The oil in sunflower seeds has a special attraction for the tear glands in the eyes; it gets there faster than anything else. Also, as I said elsewhere, add more oils to your diet, like raw olive oil.

As far as being afraid of the cayenne pepper because of your dry eyes, I don't think you'll have a problem. I have given the eyewash to people who were so dry they never cried at all because they had no tears to cry with. And the eyewash brought them back to normal. So I think you'll do just fine with it.

### Where Does All the Mucus Come From?

**QUESTION:** "On the second day of using the eyewash the sticky, yellow matter was coming from my eyes so fast I could hardly see at times. The next morning my eyes were glued shut. I had to pull the dried matter off from my eyelashes. Now the mucus has slowed up and the eyes are taking longer washings.

"I can't understand how so much matter could collect in such a small space. Could this possibly come from another area such as the sinus?"

Mrs. E. T.  
San Francisco, California

**CHRISTOPHER:** Yes, the mucus and other matter is probably coming from other areas too, like the sinus. This is something that happens with many people. Just be thankful that the eyewash is giving you such a good cleaning out. You needed it.

### Blindness from Multiple Sclerosis

**QUESTION:** "Can the eyewash help those who have become blind from multiple sclerosis?"

"I have multiple sclerosis, and like so many others, it affects my vision.

"I have one good eye. I cut out all sugar 8 years ago and exposed the upper lids of my eyes to the sun for 10 to 15 minutes every sunny day. This is best done by reclining and looking down at toes or grass. This is said to affect all glands of the body and the eyes. It has worked for me for I have better sight in my good eye than most people have at my age. My other eye is slightly crossed and can only see to count fingers. I can't read with it at all. Would the eyewash help it?"

Mr. R.N.  
Milwaukie, Oregon

**CHRISTOPHER:** Yes, I don't see any reason why the eyewash shouldn't help a person with multiple sclerosis. Of course, anyone with your condition should be on the entire "incurables" program. A lot of people from the Amish Country in Pennsylvania are using that program and are getting marvelous results with multiple sclerosis, cerebral palsy and other "incurable" conditions.

Thank you for the tip on sunlight. Any mild exposure to the sun like that can only do you good.

### Glaucoma and Eyewash

**QUESTION:** "I am under my doctor's care and he had me taking a 2% solution of Pilocarpine for my glaucoma. Should I discontinue this and use the eyewash instead?"

G. C.  
Seattle, Washington

**CHRISTOPHER:** I would never tell you to completely discontinue using your drops, but I would recommend

that you use the eyewash and *slowly* ease off on the medication until you are sure the eyewash is helping your glaucoma. Many people have written me and told me how little faith they have in Pilocarpine. But still, I always tell them to make sure the eyewash is working first before they stop using their medication.

### Infection from Eyewash?

**QUESTION:** "After use of the eyewash, my eyes became infected with pus forming. A drop of antibiotic Garamycin cured this. I diluted the eyewash 50% and used it again. It again became infected and was cured by Garamycin. What do I do now?"

Mr. R. F.  
Lighthouse Point, Florida

**CHRISTOPHER:** The eyewash is *NOT* causing your infection. You already have that. All the eyewash is doing is bringing it out. You will never cure the problem with drugs, because it will probably come back, as indeed it has. The only way to really help your eyes is to stick to the eyewash and get the cleansing over with. If you stop in midstream, you will be in the middle of an infection with only drugs to turn to. Next time, don't stop the eyewash.

Also, if you have repeated infections from the use of eyewash, make sure you clean out your colon with our Lower Bowel Formula and use the Red Clover Combination to cleanse your bloodstream.

### Can Eyewash Help Detached Retina?

**QUESTION:** "My son's right eye was operated on a year ago for a detached retina, and it has held so far for the past 15 months. However, it has resulted in a serious loss of vision and was correctable only with lens to a 20/40 vision.

"His other eye has had 4 operations for detached retina in the past 6 months. The last operation was unsuccessful and the retina has not started to heal as hoped and there is also fluid in the back of the eye. The Doctor has said he cannot do anything further and that our son may lose the sight of the eye.

"Is it possible under these conditions to use your 'Eyebright' Formula?"

Mr. and Mrs. M. F.  
Little Neck, New York

**CHRISTOPHER:** I don't have any experience with this condition, but I don't see any reason why the eyewash shouldn't help. You may also want to use it as a compress at night over the eyes. I am sorry I cannot give you any more information on this.

### Diabetes and Eyewash

**QUESTION:** "My nephew, who is 29, has had diabetes since he was 9 and his eyesight is failing rapidly. Is your formula safe for his eyes? I hope and pray it is so, because if a lifetime blind person could now see, why couldn't it help a diabetic?"

M. W.  
Park Hill, Pennsylvania

**CHRISTOPHER:** I'm glad to see you are optimistic. Yes, by all means, use the eyewash. It can only do your nephew good.

I also recommend your nephew take a special blend of herbs called Pancreas Tea. You see, many diabetics suffer from eye problems because the disease affects the optic nerve. That's why it's important to correct the cause of your nephew's problems.

There's an interesting story about how I developed this Pancreas Tea. A few years ago I recommended some juniper berries for a patient of mine. He said he had these in his garden, so he didn't have to buy them. One day he came to show me some of his berries and I saw right away that they weren't juniper berries but cedar berries. I started to tell him not to take these anymore, when he interrupted me and said, "Oh, I don't want to stop taking these. I noticed that I don't have to take that much insulin anymore."

I was astounded. I told him to triple the dose and before long he didn't have to take any insulin. That's how I accidentally stumbled upon a great herb for diabetics. I added a few more herbs to make the cedar berries more effective and called the mixture Pancreas Tea.

Please let me know how everything works out. Just to be on the safe side, check with your doctor first.

### Can Lower Bowel Formula Be Used in Case of Spastic Colon?

**QUESTION:** "Can the lower bowel formula be used by someone who has a very easily irritated and spastic colon?"

Mrs. C. B.  
Raytown, Missouri

**CHRISTOPHER:** Yes, it can. But if it does cause irritation, use it with a slippery elm gruel. Use a teaspoon or more per cup. [Editor: See instructions on how to mix this up on page 89, on the question entitled, 'Mullein-Lobelia Didn't Soothe Eyes.' Also, we included this question because many of our readers are adding the Lower Bowel Formula to their programs to make the eyewash work faster.]

### Conjunctivitis

**QUESTION:** "Cataracts and glaucoma have been talked

about in your Newsletter, but nothing concerning conjunctivitis. Please get some doctor or herbalist to explain the cause of conjunctivitis and what can be done to be free of it."

Mrs. A. S.  
Denton, Texas

**CHRISTOPHER:** I don't have that much experience with conjunctivitis, but basically I can tell you that it is defined as inflammation of the delicate membrane lining the eyelids and covering the eyeball. Since we have had many people use the eyewash and recover from various types of eye inflammation, I see no reason why the eyewash shouldn't help people with conjunctivitis.

[Editors' Note: Please see Page 37 for the story of a reader who relieved her conjunctivitis by using the eyewash.]

### Editor Worries about Sight Getting Worse

**QUESTION:** "I am at the point of having a cataract operation this summer and cannot wait much longer because of the clouding up. As an editor—a fellow editor with you—I need my eyes constantly. But there is one point of obscurity which holds me back from using the eyewash. Several people in letters have said that after a while, their eyes get much worse and they can hardly see for a while. The answer from Dr. Christopher is always that this is a good sign, that they should continue and the sight will come back. But never is there any indication of the *time span to expect* of these processes.

"I cannot afford, for example, to start a treatment under which I may have no sight for several months or even weeks. I am both a teacher and editor and cannot go more than a week or so without doing editorial work.

"So my question is this: if my sight turns bad while using the eyewash, *how long, roughly*, should it take to recover sight? Is there a high probability that I would not be able to *see at all* for some period, even a short one, so that I could not do anything during this time? I fear this would be too dangerous for me."

N. C.  
Bronx, New York

**CHRISTOPHER:** I can understand your predicament but it is an impossible thing to give you an exact time-span. Usually the eyes don't go bad for more than a few days; however, in a severe case, it is impossible to predict what will happen.

Maybe you could speed your recovery by using the eyewash as a fomentation on the eyes at night. Use a cloth dampened with the eyewash solution, place it over the eyes and cover with a small piece of plastic to keep the moisture in. Let me know if this helps.

Also, and as I have told many many other readers, you should definitely consider going on the entire "in-

curables" program, or at least on the blood-cleansing and bowel-cleansing portion to try to speed up your recovery.

### Eyewash Causes Black-Out in Eye

**QUESTION:** "I started using your eyewash on May 21, 1978. I felt my eyes getting clearer, and I continued using it. On July 17, about two weeks after I started the eyewash, I had a sudden black-out of my right eye and lost sight in that eye.

"On July 23, I went to the eye doctor. He said I had a vitreous hemorrhage of the right eye. Is it possible that the eyewash caused this?

"Dear Doctor, please send me some word as to what is the best to do. Shall I continue using the eyewash? Is there any chance of my sight returning?"

W. S.  
Daytona Beach, Florida



"The people that use the eyewash the most, invariably get the best results."

**CHRISTOPHER:** I feel that the black-out happened "in spite of" and NOT "because of" the eyewash. The eyewash can do nothing but good in strengthening and rebuilding the eye area. I don't know what condition your body is in, but I would suspect that you need to go on a good nutritional diet and a good cleansing program. I have noticed again and again over the years, that the people with healthy bodies have fewer problems with the eyewash than people who have neglected their health.

I would also like to add that your eyes may flare up every seven days, seven weeks, and every seven years. The body works on a healing cycle of seven, and so when you have a flare-up, it may not be that you are doing anything wrong. It may very likely be just a part of the cleansing cycle.

Every seven years I have a flare-up of my arthritis; it has actually put me back in a wheelchair for weeks at a time. This year, I had one of the healing crises for a few days. I got so stiff and sore I had to cancel a few lectures and stay at home and take care of myself. So please, expect your eyes to get worse. You *can* get your sight back, but *not* if you stop the eyewash.

### Will Eyewash Help Cryptococcus Virus?

**QUESTION:** "Enclosed are xeroxed copies regarding the tragic illness of my husband, who suffered loss of sight due to the fungus or virus called cryptococcus meningitis.

"A lady in Tulsa, seeing the last account of his progress, sent us a copy of the ..... Newsletter which has an interview with Dr. Christopher.

"The purpose of this letter is to ask if you think treatment with herbs would aid my husband's optic nerves? It is a very rare virus and until 11 years ago, they had no cure as you are probably aware.

"Can you please help us?"

J. P.  
Durant, Oklahoma

**CHRISTOPHER:** The eyewash should be able to offer you some hope. It can never hurt you. I could not say for sure whether the eyewash will definitely work, but I can tell you that I have heard stories how blind people have regained their sight with the eyewash.

You should also take the eyewash as a tea. In each glass of tea, add 6-10 drops of black walnut tincture. Be sure to drink at least three glasses a day.

You should also use 6 drops of B&B tincture in your ear every night before you go to bed. Use a soft piece of cotton to hold the liquid in. Also, take 6-10 drops of this a day internally with a glass of water and rub some into the back of the neck. This will help to feed the motor nerves which help control the optic nerve.

Try to take the eyewash as much as you can. I know it's a lot of work, but I think it will be well worth it.

### Hole in Eye for Drainage

**QUESTION:** "I met a lady who asked a question I could not show the answer for in your letters! A doctor she knew used a 'cool laser' to make a hole in the eye above the lid so you can't see it. This lets the fluids that cause the pressure to drain out. The lady said she must be careful not to let anything get in these holes, and she was afraid to use the eyewash because of that.

"I was not about to stick my neck out and say, 'That's OK!' I told her I would ask you and let her read the answer in the ...Newsletter.

"Please let me—us—read your answer there!"

R. B.  
Gasport, New York

**CHRISTOPHER:** That's another case I have never heard about. I would be a little hesitant about giving advice on that one. It's really a shame that anyone would put a hole in the eyelid to drain the ducts, especially when so many people have gotten results with the eyewash. It makes me sorrowful to hear stories like that.

### Eyewash vs. Glaucoma Medication

**QUESTION:** "My husband is suffering from severe glaucoma, and his specialist has experimented with every combination of drops known, including the newest, Timoptic. He is now using that in conjunction with carbocol and has had to add the oral drug, Diamox.

"I am sure it would not be safe for him to discontinue using the medications, but we wonder if you have anything to guide us as to how he might use the eyewash in conjunction with the drops?"

Mrs. R. C.  
New York, New York

**CHRISTOPHER:** If you decide to use the eyewash, you should not use them at the same time. We have had a number of people who have had great success with the eyewash for their glaucoma.

### Sinus Problem

**QUESTION:** "After each eye bath, my head seems to drain a lot. I blow and spit a while and everything is OK. Is this a normal reaction?"

J.H.  
San Francisco, California

**CHRISTOPHER:** Yes, because the eyewash goes in and starts cleaning the sinuses loose, as well as cleaning the mucus out of the eyes. So many people have told me that the eyewash will break loose mucus in the sinus area.

## Suggestions from Readers

### Reader Modifies Eyewash Formula To Cut Burning Sensation

"About the eyewash—Using the cayenne at the strength Dr. Christopher recommended proved too much. I could not take it at all.

"What I have done is to double all the herbs in the formula while halving the cayenne. This seems to work very well for me. I also make a week's supply at a time, and find no dilution of the eyewash as the days pass."

L. E.  
New York, New York

### "Let Eyes Burn Before Rinsing," Says Reader

"I do believe that it helps to let my eyes burn when I finish with the eyecupful of eyewash. Then when they quit burning I wash them, closed, with water."

J. G.  
Las Vegas, Nevada

### Reader Uses Cod Liver Oil to Help Eyes

"I was taking cod liver oil as suggested by Dale Alexander and that cleared up tearing and tired eyes."

E. R. K.  
Indianapolis, Indiana

### How One Reader Increases Potency of Eyewash

"It seems that storing the eyewash in the refrigerator for a few weeks enhances the efficiency of it. I've noticed that the last of one batch will induce copious deposits of mucus, while a new brew will produce no mucus for at least a week. I brew a pint at a time for use as eyewash and store in the refrigerator. The drinking tea I brew fresh each day."

M. M.  
Northridge, California

### Lying Down Helps Reader Take Eyewash

"I'd like to pass on a suggestion which has made using Dr. Christopher's eyewash very enjoyable. When I began using the eyewash, my neck ached terribly while leaning my head back for five minutes, even though I leaned forward for breaks.

"A friend suggested lying on the floor. This is one of the most valuable suggestions I've had in years, because I now look forward to bathing my eyes."

C. P.  
New Orleans, Louisiana

## Important Notice for *ALL* Eyewash Users—Please Read this **BEFORE** You Use the Eyewash

We would like to stress to everyone that there *are* certain risks in using Dr. Christopher's Herbal Eyewash. Many of the problems associated with the eyewash have been presented in this report. There are no doubt other problems and bad reactions which people have had to the eyewash that are *not* presented here.

**BEFORE** you decide to use the eyewash, you should carefully go over every single question concerning it so you will know what you are getting into. Then you should take this report to your own personal eye doctor and discuss it with him before you use the eyewash. If you do decide to use it, the decision should rest **COMPLETELY** with you and your own doctor.

We realize that many people will use the eyewash *without* checking with any doctor, and they certainly have this right. However, anyone who does this must bear *full* responsibility for any negative or unwanted consequences that may occur.

We say this because some readers have tried to blame either Dr. Christopher or us when something goes wrong. We cannot bear any legal responsibility when something goes wrong. In presenting the material, we give the pros and cons, using the best information we have available at the time.

It is up to the readers to make their own personal decision as to what they will do with the information we print. We must emphasize that there are risks, however small, with any method or therapy, whether it is natural or orthodox. Every person is different and it is absolutely impossible for our company, or Dr. Christopher, or anyone else, to predict — in advance — all of the things that may happen.

So please, when you try any of the advice presented in our report, do your own thinking. Neither your doctor nor we can give you all the answers you need to know. In many cases, such as with the eyewash, you will have to work things out yourself; you will have to determine the best dosages. You will have to determine how many times per day to use it, when to stop temporarily, and so forth. No one can do this for you, and no one can do it better than you.

We realize this announcement doesn't apply to most of you, but we have had to write it to protect ourselves from the few people there are who would try to cause trouble for everyone.

So we hope you understand, and we want you to know that our hearts are with you. We desperately want you to get well, and to feel better. Once again, we wish you the best, and hope that all of you can have that perfect vision that God intended. We know you can.

## Now—It's up to YOU!!

Well, you've just read what the eyewash can do for people, and now it's up to you.

We have tried our best to have as many eyewash questions answered and discussed as possible. We have presented the failures *and* the successes. We have tried to present the MOST inspiring stories that we possibly could. We have waited months and months to collect these stories because we knew that unless we presented enough convincing evidence in favor of the eyewash, that very few people would continue to use it . . . now, it is COMPLETELY up to you.

**If you leave your eyewash on the shelf without using it, it will NEVER work.**

After reading the entire eyewash follow-up Report we think that it should be pretty obvious to everyone that the eyewash *really does work*. But, it won't work unless you use it—we can guarantee that. You've got to use it consistently. If there would be one "secret" to getting rid of any eye problem, we would say that it would be this—USE THE EYEWASH REGULARLY AND CONSISTENTLY.

We have talked to many people who have NOT gotten beneficial results from the eyewash and in 99.999% of the cases they told us that they stopped using it. We admit, that many people *did* have good reason to stop because they didn't know if their reaction to it was normal or not. But now, there should be NO excuse.

Dr. Christopher has assured us again and again that most of the reported reactions to the eyewash are normal. So, if you started to use the eyewash and stopped for one reason or another, you should now start again.

The stories we have presented should be enough to inspire and encourage anyone to continue using the eyewash. If you have used it for a number of months and have had no beneficial results you should still continue to use it. Dr. Christopher told us the story of one man who had cataracts and who tried the eyewash for one entire year without results. Then—out of the blue, his cataracts disappeared.

If ever you feel that you are getting nowhere with the eyewash, you should just re-read these success stories. Even we get excited reading them again and again. So keep with it. Don't give up! Don't let anyone tell you that you are just trying to do the impossible. Don't let any friend or relative discourage you. If you believe in your heart that you can eliminate your eye problems, then you probably can. We are behind you 100%.

And please, if you do continue with the eyewash, and if you do have good results with it, let us know. It is only because of the wonderful people who wrote in

to us in the first place that this entire issue was possible. Remember, if your success story can inspire another human being on to better health, you would be fulfilling one of our only real purposes on earth, and that is to help our fellow man. Good luck!

## You Can Have SUPER Vision

There are probably a lot of you out there who will NOT use the eyewash because you think that you don't need it. You may feel that since you can see both distant and close-up objects *without* glasses, there is no need at all for you to use the eyewash.

However, we strongly feel that *even* if you have "perfect" vision, you can STILL further improve it. Just because you can pass a driver's test without glasses or just because your eye doctor says that you do not need glasses, does not mean that you really have "perfect" vision.

The term "perfect" vision is actually sort of a misnomer today. The standard 20-20 eye test is ARBITRARILY set by the medical profession. But how can anyone say what the optimum eyesight of man is?

We have heard stories of how some primitive people could see stars and constellations with their bare eyes which we would need a telescope to see today. We heard a story once that one of the astronauts was able to see lights and figures on earth while he was in outer space. And just recently, we read a story in the National Enquirer about a lady who was able to see microscopic print without any glasses at all. So who's to say exactly how well a person should see today? We feel that such stories as these should be the *rule* rather than the *exception*.

We believe that people *can* improve their eyesight FAR, FAR beyond what is considered as normal today. If a person has "perfect" vision and if he uses the eyewash—consistently—every day, we see no reason why his eyesight won't improve beyond normal limits.

Of course, if you really want to have SUPER vision, you should go on a total health program and not just rely on the eyewash. Very briefly, you should drink one gallon of distilled water a day, you should go on some kind of regular cleansing program, and you should avoid ALL junk food. At least 50% of your food should be raw.

If you are able to improve your vision beyond normal limits or if you know someone who has, please let us know. We want to hear from you.

## How to Get the Best Results with the Herbal Eyewash

The way to get the best results with the herbal eyewash is to put your *entire* body on a good health program. It doesn't make sense to treat *only* your eyes and to completely ignore the health of the rest of your body. If your circulation is poor, and if your intestine is unclean and if you eat junk food much of the time, then you can hardly expect to have perfect vision.

One of the most important things you can do to improve your general health is to go on V. E. Irons' intestinal program. This is a natural program which removes decaying fecal matter from the large intestine. Mr. Irons has told us many times that a clogged-up intestine can cause just about every disease known to man and that *includes* eye problems.

Dr. Christopher has also stressed the importance of keeping your colon clean. He says that toxins from the colon can travel to the eye and cause impaired vision and a number of other problems. Two of Dr. Christopher's most powerful herbal formulas for keeping the colon clean are his Lower Bowel Formula and his Red Clover Combination. Both of these products have a mild laxative effect, so be careful. The Red Clover Combination is a very powerful blood purifier and we recommend it highly. The stench that comes out of your intestine after you take this tea is sometimes almost unbearable. With those kind of toxins in the body, how could anyone expect to have good vision?

Both of these formulas are available from Dr. Christopher's herb shop. Please see page 99 for ordering information.

### Remember, clean and sparkling eyes are only an extension of a clean and sparkling body.

As far as diet goes, one very important point that you should follow is that you should avoid ALL junk food. We are sure that many of our readers know this already, but it never hurts to mention it again. A few of the foods which you should avoid include: refined sugar, donuts, fast chain hamburgers, soda pop, pastry goods, white bread, potato chips, greasy fried chicken, and commercial ice cream. Eating junk food every once in a while will probably not do anyone any great harm, but it adds up.

You should eat only whole natural foods. Try to eat at least 20% of your food raw, including as many raw fruits and vegetables as possible. Also, try not to eat too many dairy products such as ice cream, cheese, and yogurt. We feel that milk products can cause a

great deal of mucus in the body and this mucus can cause the eyes to operate inefficiently. It will clog-up your entire system. If you want to have perfect vision, take our word for it, stay away from milk products.

You should treat your body like a temple. Only feed it the best foods. Remember, clean and sparkling eyes are only an extension of a clean and sparkling body. The cleaner and healthier your body is, the *quicker* you will be able to eliminate your eye problems with the herbal eyewash.

## How to Make and Use the Eyewash

1. To make the eyewash, put one teaspoon of the formula in a cup of boiling distilled water. You should never use tap water. When the tea has cooled and when the herbs have settled to the bottom, pour off the liquid into a clean cup.

2. If you prefer, you can filter the liquid before you pour it off. You can use cotton or wool, or a fine strainer.

3. It is best to use the eyewash when it is luke-warm, although some people do prefer using it when it is cool. Make sure that it is not hot. Try to make the eyewash fresh every day, and do not let it stand without being refrigerated.

4. Pour the eyewash liquid into a glass eyecup. Most drug stores sell glass eyecups, but if your drug store does not sell them, you can buy the eyecup directly from the herb shop.

5. The best advice we can give you is to use the eyewash as often as you can stand it. Use it directly on the eye. Some people use it for just a few seconds on each eye; some people use it for five minutes on each eye. You will have to experiment. Each person seems to have his own unique way of using the eyewash.

6. Many people blink their eyes when the eyewash is in the eyes. Others blink their eyes for a few moments and then keep their lids open.

7. There is no "official" method of using the eyewash. Dr. Christopher has given his recommendations, but these are only guidelines.

8. If the eyewash stings a little and you really can't stand it, try diluting it. If it still bothers you, stop it for a while and then try it again.

9. Dr. Christopher has told us many times that the fear of the eyewash causes more problems than the eyewash itself.

10. Dr. Christopher also recommends that you take the eyewash internally as a tea. Use one teaspoon of the formula per cup of boiling water. Take it three times a day. Use honey to flavor.

11. Good luck!!!

## **How to Purchase Dr. Christopher's Herbal Eyewash**

You can purchase Dr. Christopher's herbal eyewash in many health food stores around the country. When you do buy it, make sure that it contains the following herbs: red raspberry, bayberry, cayenne pepper, goldenseal, and eyebright. Also make sure it contains Dr. Christopher's name on the label.

You can order the herbal eyewash by mail from the following address: The Herb Shop, P. O. Box 777, Springville, Utah 84663.