

## **Glaucoma**

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Increased intra ocular pressure that can result in optic nerve damage and loss of sight.

**Bilberry- Internal Purposes:** Rich in lutein, tannins, bioflavonoids that are beneficial in preserving eyesight and preventing eye damage. The lutein content in Red Raspberry and blueberries is believed to be beneficial to good eye health

**Fennel Tea, Chamomile, and Eyebright- External Purposes:** Fennel Tea compresses will soothe eyes and help to reduce inflammation. Take a towel and soak it in brewed Fennel tea, lie down and place the soaked towel over your closed eyes for 10 to 15 minutes. Chamomile and Eyebright Tea can be useful in this way also and can be switched with Fennel. All herbal preparations used for treatments of the eye should be diluted with water.

### **Cautions**

: Do not use Chamomile for extended periods of time and if allergic to ragweed, do not use at all.

**Ginkgo Biloba Extract, and Zinc Sulfate- Internal Purposes:** Ginkgo Biloba increases the delivery of oxygen and nutrients to the eye and expels toxins. Mixed with Zinc Sulfate this combination has been said to slow down progressive vision loss.