

Mucus in the Eyes

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Pinkeye, allergies, and colds may cause a buildup of mucus in the eyes.

Goldenseal- External Purposes: Make Goldenseal tea and let cool. Dampen a soft cloth with the cooled tea and gently wipe each eye. Also may use the Goldenseal Extract that is alcohol-free to wipe each eye. **Cautions:** Do not use goldenseal for more than seven days, and don't take it if you are pregnant. Check with your doctor if you have been diagnosed with cardiovascular disease, diabetes, or glaucoma.