

EYEBRIGHT

EYEWASH

Compiled by

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IMPORTANT

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When healing has been effected, pathological polychromia pigments (patches or spots of colour), in the iris, can usually be removed by the use of an eyewash made from the eyebright herb as follows:

- Empty 1 x eyebright capsule into a sterile glass/cup
- Add 8 oz (250 ml) of hot distilled water
- Steep for 8 to 10 minutes
- Strain preparations through sterile gauze/cotton
- Let cool
- Wash out the eyes
- Repeat daily

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