



What is Blepharitis?

Blepharitis is a chronic condition that refers to inflammation of the eyelids, and typically **affects the margins of the eyelids**. This is often a recurring condition associated with bacterial infections or skin disorders such as dandruff or acne rosacea. Blepharitis is not serious and symptoms may be alleviated easily. However, symptoms can cause much discomfort and it is therefore imperative that eye hygiene becomes a daily routine.

Symptoms and Signs

The symptoms and [signs of blepharitis](#) include:

- Sore, irritated eyes
- Burning sensation in the eye
- Red, swollen or inflamed eyes
- Itchy eyelids
- Sensitivity to light
- Crusted debris in the eyelashes or in the corner of the eyes or lids upon waking
- Flaky skin around the eyes
- Dryness of the eyes
- Blurred vision
- Excessive tearing
- Loss of eyelashes
- Abnormal growth of eyelashes

What causes Blepharitis?

Blepharitis can affect the outside portion of the eyelid where the eyelashes are attached – this is known as anterior [blepharitis](#). If [blepharitis](#) affects the inner portion of the eyelid that comes into contact with the eye, it is known as posterior [blepharitis](#).

Conditions that may cause [blepharitis](#) include:

- Seborrheic dermatitis (dandruff of the scalp and eyebrows)
- Bacterial infection
- Malfunctioning of the oil glands in the eyelid
- Eczema
- Acne rosacea
- Allergies

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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

- Lice infestation on the eyelashes

How is Blepharitis Diagnosed?

The [diagnosis of blepharitis](#) is determined after a thorough examination of the eyes and eyelids. A special magnifying instrument may be used during the examination and a **sample of skin deposits may be collected to check for any bacteria.** Help and treatment for people with [Blepharitis](#) tends to recur but regular treatment can relieve symptoms.

Firstly, eye hygiene is very important. Using a flannel or facecloth soaked in warm water for 5-10 minutes, gently press on the eyelids to soften the skin. Remove any crusts with warm flannel that may be attached to the eyelids. Massage the eyelids by gently rolling your first finger on the eyelids to **push out mucus-like fluid from the tiny eyelid glands.**

Clean the eyelids using a cotton wool bud dipped in a solution of baby shampoo or sodium bicarbonate with warm water. This routine should be repeated at least four times a day to relieve symptoms, and then once a day to prevent recurrences.

If an eyelid becomes infected, medications such as antibiotic eye ointment or drops may be prescribed. Artificial tear eye drops can help if dry eyes develop. If **blepharitis is associated with skin conditions** such as dandruff or acne rosacea, these conditions need to be treated first to relieve the [symptoms of blepharitis](#).

Help for Blepharitis

More and more people are opting for a more natural approach to skin health as they become aware of the synthetic ingredients and chemicals used in skincare and cosmetics. Nature has a few selected herbal and homeopathic ingredients to **support skin health and functioning** and promote healthy cell renewal.

Two wonderful herbs such as Galium aperine (Cleavers) and Trifolium pratense (red clover) have a wide range of therapeutic benefits and also **purifies and detoxifies the body's system.** Homeopathic ingredients such as Natrium muriaticum and Kalium muriaticum help to promote a well-hydrated skin and act as a blood and lymph cleanser as well as waste eliminator.

Tips to prevent blepharitis

- There are certain preventative measures that can be taken to reduce the [symptoms of blepharitis](#) and these include:
 - Keep the eyelids, scalp and face clean
 - Avoid rubbing your eyes when a flare-up occurs
 - Eat foods such as fish, spinach, leeks and blueberries that encourage overall eye health
 - Use artificial eye drops to reduce dryness and minimize the feeling of gritty eyes
 - Use eye make-up specifically formulated for sensitive eyes
 - Remove eye make-up thoroughly with gentle water-based eyelid cleansers after you have worn it to enable the eyelids to breathe



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

- Wear protective eyewear to protect eyes from UV rays when outside
- Avoid exposure to smoke and chemical fumes
- Get as much sleep as possible to prevent soreness, puffiness and fatigue
- Drink plenty of clear fluids to reduce eye dryness and allow for toxins to be flushed through
- Stop smoking – smoking irritates the eyes causing them to become sore and dehydrated

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a

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growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

Skin Dr.: Support skin strength, health and functioning from the inside

Skin Dr. is a combination of selected herbs and biochemic tissue salts known for their **ability to cleanse and purify the entire system**, supporting healthy lymphatic functioning, as well as the health and integrity of all cells and layers of the skin.



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Taken internally, Skin Dr. tablets help to maintain balance and hydration of the skin, as well as the supply of oxygen at cellular level. In addition, **routine removal of old skin cells and the natural regenerative processes of the skin are also supported.**

The formula remains true to the whole spectrum method of manufacturing, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Skin Dr.](#)

ClearSkin-E Cream: Natural remedy supports healthy sleep patterns and sustained peaceful, restful nights

ClearSkin-E Cream has been especially formulated using natural ingredients especially chosen to **soothe the skin and support skin health.** Regular use of ClearSkin-E Cream will help to **maintain healthy, trouble-free skin** all over – the natural way. This gentle, yet effective formulation is safe to use for all ages, including babies.

It is recommended that ClearSkin-E Cream be used together with our Skin Dr to **promote skin health** from the inside as well as the outside. Using these two remedies together gives you the best chance of success and **helps to ensure long-term results**

[Learn more about ClearSkin-E Cream](#)

ClearSkin-A Gel: Natural skin wash with herbal ingredients for skin health and nourishment

ClearSkin Skin Wash - a 100% natural, safe and proven herbal wash for clean and healthy skin that **cleanses skin thoroughly without drying or flaking.**

ClearSkin Skin Wash supports the skin's texture – also leaving an **invisible therapeutic layer on the skin to provide a natural barrier against pollution and other environmental toxins** for healthy and smooth skin.

[Learn more about ClearSkin-A Gel](#)

RosaRex: Homeopathic remedy temporarily reduces facial redness, flushing and bumpy texture

RosaRex is a safe, non-addictive natural remedy containing *100% homeopathic ingredients* especially selected to temporarily **reduce facial flushing and redness**, without side effects.

RosaRex should be used at the onset of symptoms to **reduce the appearance of tiny red bumps** on the face and nose in the short-term. RosaRex helps **balance out skin tone** naturally and as a result, can make all the difference, without compromising health.

herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

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