

Eye Problems And The Treatment

(Part 1)

Website: [Healthy Christian Living - Living by the Blueprint](#)

“We have come to a time when EVERY MEMBER of the church should take hold of medical missionary work...” (7T 62.1)

LEARN HOW TO COMBAT DISEASE:

“Gather up all the knowledge possible that will help to combat disease...” {MM 320.2-.3}

“It is the duty of every person to become intelligent in regard to disease and its causes...” {HL 19.5}

“...Have a practical knowledge of the causes of disease, and...understand how to give simple treatments, that...may relieve the suffering ones...” {ChS 134.2}

“It is essential both to understand the principles involved in the treatment of the sick and to have a practical training...” (MH 127.2)

“As religious aggression subverts the liberties of our nation, those who would stand for freedom of conscience will be placed in unfavorable positions. For their own sake, they should, while they have opportunity, become intelligent in regard to disease, its causes, prevention, and cure...”
(CH 506.1)

WHAT IS THE DEFINITION OF DISEASE?

“...Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health.” (MH 127.1)

BIBLE:

3 John 2 – “Beloved, I wish above all things that thou mayest prosper and BE IN HEALTH, even as thy soul prospereth.”

Jeremiah 30:17 – “For I will restore health unto thee, and I will heal thee of thy wounds, saith the LORD...”

Psalms 103:3 – “Who forgiveth all thine iniquities; who healeth all thy diseases;”

Genesis 18:14 – “Is anything too hard for the Lord...?”

- God wants to heal us of **all our diseases, including Eye Issues.**

WE WILL BE TEACHING FROM 3 SOURCES:

- The Bible
- The SOP
- **Good Scientific Material** – Giving you the most advanced teaching, the most aggressive style of learning in terms of health, healing and restoration.

Matt 6:22 – “The light of the body is the eye...”

“There was a case in Michigan...I had previously conversed with him in regard to his manner of living, and was called to visit him in his sickness. “I do not like the looks of your eyes.” I said. He was eating large quantities of sugar...” (CTBH 158.2)

THERE ARE CERTAIN THINGS THAT CAN BE DISCERNED IN A PERSON’S EYES THAT TELL YOU SOMETHING IS WRONG WITH THEIR HEALTH:

- **The white of the eye turned yellow** = Jaundice/sign of possible Liver conditions
- **The lower lid being white and not pink/red** = Anemia
- **Blood shot eyes in very many cases** = Alcoholism (Te 31.4)
- **Dilated pupils** = Medication reaction, Narcotic or Cocaine Abuse, Methamphetamine Use, Horner’s Syndrome, Stroke, Brain Tumor OR Adie’s Pupil (see webmd.com)
- **Constricted pupils** = Narcotic Abuse, Medication Side Effect or Horner’s Syndrome (see webmd.com)
- **Gray spots/Dark Spots on the eyes** =
See: <https://www.reference.com/health/mean-grey-spots-whites-eyes-30cb0da2b254de03>

And: <https://www.reference.com/health/causes-dark-spots-eye-7e2992273b252fba?go=contentSimilarQuestions>

Also: <https://www.reference.com/health/causes-dark-spots-eye-7e2992273b252fba?go=contentSimilarQuestions>

- **Glassy Appearance** = **Opium and other drugs** (2SM 449.4)
- **Bulgy Eyes** = Hypothyroidism
- **Eyes Sunken in** = Dehydration for many people
- **Puffy Eyes** = Could be Fluid Retention, Stress, Allergies, Hormone Changes, Lack of Sleep, Excessive Alcohol
- **Puffiness/Dark Circles under the eyes** = **Possible Adrenal Fatigue**
<https://www.wellandgood.com/good-advice/8-signs-you-have-adrenal-fatigue-and-what-to-do-about-it/>
See: <http://www.newsmax.com/Health/Headline/eye-window-health-signal/2016/09/20/id/749227/>
Also: <http://www.dailymail.co.uk/health/article-156166/Can-eyes-saying-you.html>

Note: We DO NOT BELIEVE in the Practice of Iridology

See the book titled: ‘Spiritualistic Deceptions in Health and Healing’ to learn why not.

Eye tests that reveal certain Health Conditions:

- <http://www.dailymail.co.uk/health/article-30179/What-eye-reveal-health.html>

THINGS THAT HARM THE EYES:

- Aspartame – Causes blindness – 14,000 diabetics go blind every year and it may have a lot to do with the consumption of aspartame
- Being bent over in sewing {AH 262.2/MH 381.4}
- Consuming sugar (CTBH 158.2)
- Contact lenses
- Dehydration
- Diabetes
- Drinking Alcohol
- Food of Poor Quality {CD 240.1} and (Ed 204.3)

- Not wearing Eye-Protective Gear at Certain Times
- Omega 6 Oils
- Partially Hydrogenated Oils
- Reading in the Dark
- Secret Vice (2T 402)
- Watching Impure things (Psalms 101:3)

THINGS THAT HELP THE EYES:

- Clay Packs
- Fresh Air
- Good Circulation
- Hydration (Plenty of Water)
- Proper Diet/Nutrition – Read this <https://draxe.com/eye-vitamins/> See: **Deuteronomy 34:7**
- Proper Rest
- Sunshine (Ecclesiastes 7:11; 11:7)
- Walking

FOODS THAT ARE GREAT FOR THE EYES:

- All Foods High In Beta Carotene
- Apricots
- Bilberries
- Black Currants
- Blackberries
- Blueberries
- Carrots
- Dark Leafy Greens – Especially Spinach, Kale, and other similar greens
- Foods High in Lutein
- Foods High in Lycopene
- Foods High in Vitamin C
- Foods High in Vitamin E
- Foods High in Zinc
- Non-GMO Corn
- Orange Bell Pepper

FOODS HIGH IN BETA-CAROTENE (Vitamin A)

- Broccoli, Cooked
- Butternut Squash (cooked)
- Cantaloupe
- Carrots
- Dark Green Leafy Vegetables (cooked)
- Dried Apricots
- Loquats
- Mangos
- Peas, Cooked
- Romaine Lettuce
- Sweet Potato or Yams, Baked
- Sweet Red Peppers

- Tomatoes

<https://www.healthaliciousness.com/articles/natural-food-sources-of-beta-carotene.php>

See Also: <https://www.healthaliciousness.com/articles/high-alpha-carotene-foods.php>

And: Encyclopedia of Foods and their Healing Power, Volume 1, pg. 389

FOODS HIGH IN VITAMIN C:

- Acerola Cherries
- Bell Peppers, Yellow, Orange, and Sweet Red
- Black Currants
- Broccoli
- Brussel Sprouts
- Cassava
- Dark Leafy Green Vegetables
- Guava
- Kiwi
- Lemon
- Lettuce
- Litchi
- Melon
- Oranges (citrus fruit)
- Peas
- Potatoes
- Strawberries
- Tangerine
- Tomatoes

See Also: <https://www.healthaliciousness.com/articles/vitamin-C.php>

And: Encyclopedia of Foods and their Healing Power, Volume 1, pg. 396

FOODS HIGH IN VITAMIN E:

- Almonds
- Avocados
- Broccoli
- Collards
- Grapes
- Guava
- Hazelnuts
- Kiwi
- Mango
- Olive Oil
- Pumpkin seeds
- Spinach
- Squash and Pumpkin
- Sunflower seeds
- Swiss Chard
- Turnip Greens

See Also: <https://www.healthaliciousness.com/articles/vitamin-E.php>

And: Encyclopedia of Foods and their Healing Power, Volume 1, pg. 397

FOODS HIGH IN ZINC:

- Alfalfa Sprouts
- Blackstrap Molasses
- Brazil Nuts
- Cashews
- Chickpeas (garbanzo beans)
- Mung beans (Asian sprouts)
- Oats
- Oranges
- Pine Nuts
- Pumpkin Seeds
- Raisins
- Sesame Seeds
- Soybeans (non-GMO)
- Spinach
- Sunflower Seeds
- Wheat Germ
- Whole Grain Rice

See: Encyclopedia of Foods and their Healing Power, Volume 1, pg. 403

FOODS HIGH IN LYCOPENE:

- Asparagus
- Carrots
- Grapefruit (pink)
- Guavas
- Mangos
- Papaya
- Red (Purple) Cabbage
- Sweet Red Peppers (cooked)
- Tomatoes
- Watermelon

See: <https://www.healthaliciousness.com/articles/high-lycopene-foods.php>

FOODS HIGH IN OMEGA 3's

- Beech Nuts
- Chia Seeds
- Flaxseed Oil/Flaxseeds
- Hickory Nuts
- Pecans
- Pine Nuts
- Soybeans (roasted, non-GMO)
- Spinach (cooked, boiled)
- Walnuts

See Also: <https://www.healthaliciousness.com/articles/high-omega-3-foods.php>

FOODS HIGH IN LUTEIN:

- Broccoli
- Brussels Sprouts
- Collard Greens
- Dandelion Greens
- Garden peas
- Romaine Lettuce
- Spinach
- Turnip Greens
- Zucchini

HERBS THAT ARE GREAT FOR THE EYES:

- Bilberry
- Eyebright
- Fennel
- Green Algae
- Plantain
- Turmeric
- Witch Hazel Herb – Due to the large amount of Astaxanthin found in it
What is Astaxanthin?
<https://en.wikipedia.org/wiki/Astaxanthin>

ARTICLES ABOUT THE EYES:

- **Mercury Hurts The Eyes:**
<http://www.newsmax.com/Health/Dr-Blaylock/mercury-eyes-thimerosal-vaccine/2016/12/12/id/763527/>
- **Supplements Needed for the Eyes**
Remember! Get these from your food, not in a pill.
<http://www.newsmax.com/Health/Dr-Oz/macular-degeneration-lutein-carotenoids/2016/11/23/id/760423/>
- **How Trendy Sunglasses Can Leave You Blind: The Shocking Truth Behind High Street Shades And What They're Doing To Your Eyes:**
<http://www.dailymail.co.uk/femail/article-3090150/How-trendy-sunglasses-leave-blind-shocking-truth-High-Street-shades-doing-eyes.html>
- **Supplements for Eye Health:**
<http://www.newsmax.com/FastFeatures/supplements-for-eye-health/2011/03/09/id/370661/>
- **Grapes Are Great For The Eyes And Can Reduce The Risk Of Blindness**
<http://www.dailymail.co.uk/health/article-3488714/Carrots-No-s-grapes-great-eyes-reduce-risk-blindness-later-life.html>

Brothers and Sisters, the prophet tells us to eat fruit in abundance. (See CD 445.4)

EYE CONDITIONS AND THEIR TREATMENT (Tx):

- Sore/Painful /Inflamed/Weak Eyes(s)
- Black and Blue Eyes
- Red Eyes

- Itchy Eyes

TREATMENT (Tx:)

- Fast for a day or two
- Fill out the Basic Assessment Form First -- Then fill out the Detailed Assessment form 1 to 2 weeks later
- Follow all the Laws of Health
 - 1. Get enough Sunshine every day**
Don't wear glasses when getting your sun unless absolutely necessary
 - 2. Drink plenty of water each day**
½ your weight in ounces, plus 16 oz. upon arising with the juice of 1 lemon
 - 3. Get Plenty of Fresh Air**
Keep windows open, especially in the room you sleep in
In the winter, keep the windows cracked about a hair's breadth
 - 4. Go walking every day for at least 30 minutes**
The optimal time is 1 hour, aiming for 3-4 miles minimum in one day
 - 5. Abstain from all harmful substances like tobacco, alcohol, additives, preservatives, aspartame, caffeine, etc.**
 - 6. Read the Document titled 'Basic Principles for the Healing Program'**
 - 7. Read the other important health documents (section 1) as well**
- Do Eye Exercises
- Do the following Natural Remedies depending on the eye problem

NATURAL REMEDIES FOR:

1: PAINFUL/WEAK/INFLAMED EYES:

- a. **Hot Salt Water Fomentations/Hot Water:**
"If the eyes are weak, if there is pain in the eyes, or inflammation, soft flannel cloths wet in hot water and salt, will bring relief quickly." {2SM 297.6}

"...To the eyes hot salt water fomentations, but seldom ever cold. I have had inflammation to the eyes, but hot applications were used, and with good success." {20MR 280.3}
- b. **Charcoal Poultices:**
"...The most severe inflammation of the eyes will be relieved by a poultice of charcoal, put in a bag, and dipped in hot or cold water...this works like a charm." {2SM 294.2}
 Go to the following website to see how to make a charcoal poultice:
<https://www.youtube.com/watch?v=mwfaaHTsuYo&t=5s>

2: BLACK AND BLUE EYES

- Ice pack for first 48 hours + charcoal poultice overnight till gone
 - Warm compress thereafter several times a day + charcoal poultice overnight till gone
 - Eat foods high in vitamin c
 - Do Calendula (Marigold) tea compresses to the area
 - Banana peels over the eye
 - Dry rubbing castor oil into the area
- <http://www.top10homeremedies.com/how-to/how-to-get-rid-of-a-black-eye-fast.html>

3: RED EYES

- Could possibly be due to an allergy

If so, take the following herbs by Nature's Way

1. **Nettle** (according to directions on the bottle)

2. **Astragalus** (according to directions on the bottle)

- Could be due to alcohol consumption
- Could be due to lack of sleep
- Could be due to an eye injury
- Could be due to smoking Marijuana or Drugs
- Could be due to an irritation like sand or something else got into the eye
- **Do an Eyewash with warm water**
- **Try a charcoal poultice**
- **Sometimes, 1 drop of lemon juice actually helps the redness go away**

Note: DO NOT USE VISINE

4: **ITCHY EYES**

- **Could possibly be due to an allergy**

If so, take the following herbs by Nature's Way

1. **Nettle** (according to directions on the bottle)

2. **Astragalus** (according to directions on the bottle)

- **Rinse eyes with a cool compress**
- **Do an eye wash**

Note: For More Information, Read the 'Natural Remedies Encyclopedia' under the "Eyes" section.

Note: If it says to take supplements, be sure to **get them from your food and not a pill.**

Note: Be sure to ask for the document **What To Eat For Two And Three Meals.**

OTHER GREAT HERBS FOR THE EYES:

- **Sapodilla Fruit is great for the eyes;** it's loaded with Vitamin E and antioxidants
- **Sapodilla leaves** make into a tea as well
- **The black sapodilla seeds...**the white inside the seeds is great for insect bites and wounds
- **Papaya leaves make tea out of it...**it's loaded with antioxidants and amino acids
- **Papaya leaves** can cure dengue fever
- **You can juice the papaya leaves as well**
- **It detoxifies the blood**
- **Oat straw is good for nerves** (eye nerves as well)