

# EYE- SIGHT RESTORER

## HERBAL TEA INGREDIENTS:

**EYEBRIGHT** - Eyebright has long been a folk remedy for the eyes. Most natural food stores contain teas, tinctures and homeopathic eyedrops made from this herb. A South African study found that eyebright eyedrops hastened recovery from conjunctivitis (redness and discharge caused by irritation of the outside lining of the eye).

**GINKGO BILOBA** - improves blood flow to the retina (the light-sensitive tissue at the back of the eye). Preliminary research suggests extracts improve vision in people with glaucoma. It is also antioxidant and protects nerve cells, including those in the eye.

**COLEUS** - contains forskolin. Forskolin eyedrops have been shown to reduce the production of fluid within the eye, thereby reducing pressure. Therefore, it may have relevance in the treatment of glaucoma.

**BILBERRY** - contains potent antioxidant flavonoids called anthocyanins. Its American botanical cousins blueberry and cranberry also contain such chemicals. During World War II, Royal Air Force pilots reported that eating bilberry jam improved their night vision.



*"Herbs that work!"*