

QUICK REFERENCE SHEET

EB

(Formerly Eyebright)

Eyebright, Goldenseal Leaf, Mullein, Oregon Grape,
Raspberry Leaf



1.00 Eyebright
1.00 Oregon Grape
0.50 Goldenseal Leaf
0.50 Mullein
0.50 Raspberry Leaf

Total Herbs 3.5 oz

Not for use as a tincture! This is meant to be made as a weak tea and used as an eyewash.

EB is useful, as an eyewash tea, for pink eye, infected tear ducts, and eye infections. Make the tea using approximately 1 tablespoon of the herbs per cup of water. Strain very well. Use 2-8 drops in the eye, or use an eye cup, at least twice a day. Use more frequently if the infection is very bad. Treat both eyes to prevent spreading to the other eye. It will burn the eye a bit—usually according to how much infection there is! My own children learned very early in their lives that the earlier you started the treatment, the quicker the problem would go away and the less it would burn.

EB must be made as a tea because an alcohol tincture would burn the eyes. I usually make enough of the tea to last a couple of days. Keep the extra in the refrigerator in a covered container. Heat to lukewarm before putting it in the eyes. Make only enough for two days. By the third day, even refrigerated, the tea begins to form a scum on top. You do not want to put this scummy tea into the eyes!

Eyebright tincture stimulates the liver to clean the blood, relieving those conditions that affect vision and the eyes. Eyebright will strengthen all parts of the eye, nourish the nerves that supply the eye, and bring clarity of vision. There are those who believe that this clarity of vision includes clarity of thought and purpose as well. Eyebright should be taken liberally. Eyebright has also proven useful for inflammations of the nose and throat, the middle ear, and the sinus and nasal passages. Because it is so astringent, it should be used carefully when the congestion in the head is dry and stuffy rather than wet with copious mucus. **Do not use this tincture in the eye!**