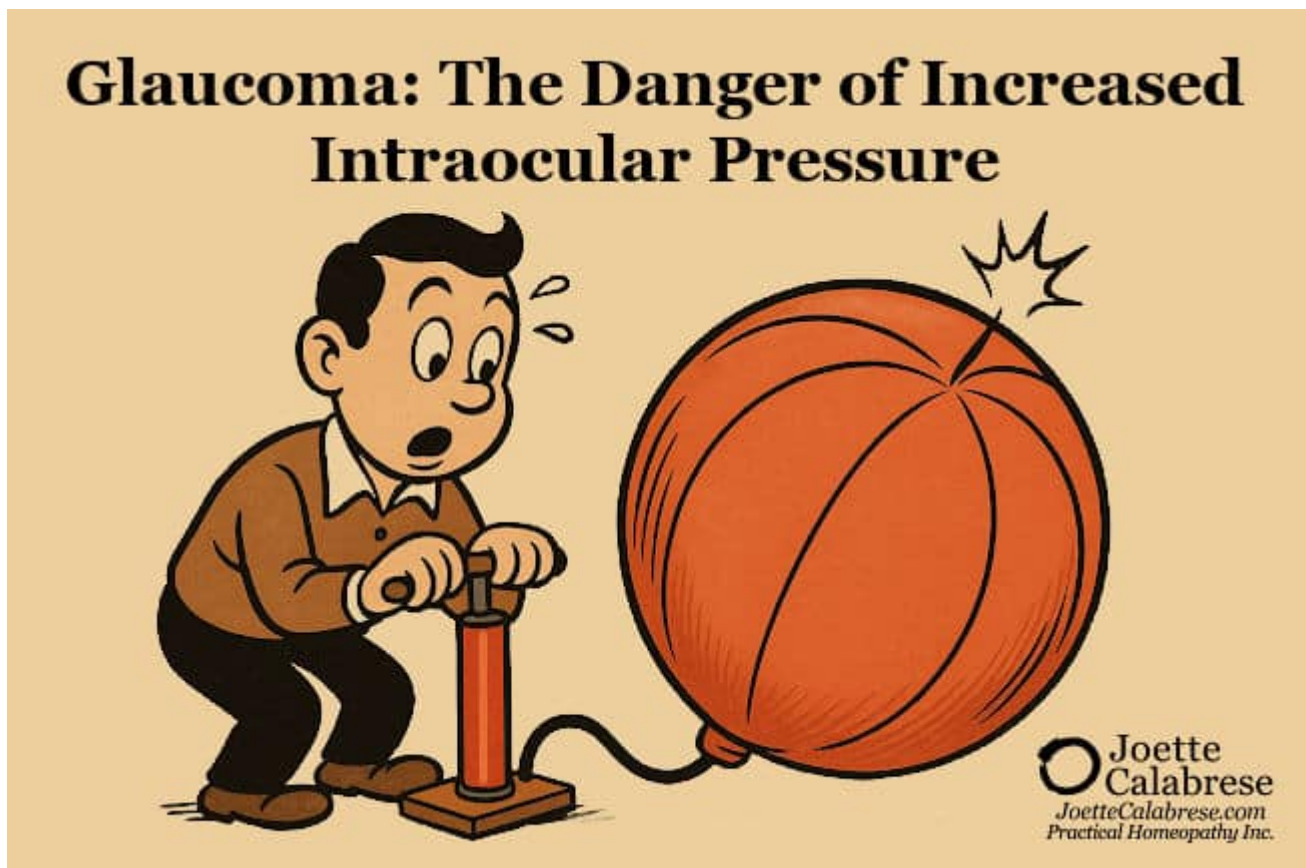


Glaucoma: The Danger of Increased Intraocular Pressure



In Practical Homeopathy®, we consider symptoms to be gifts. They quickly inform us which parts of our body are affected by a condition and vividly demonstrate the effects it is causing.

Yet, then there's glaucoma. As intraocular pressure increases in the eye, it damages the optic nerve.

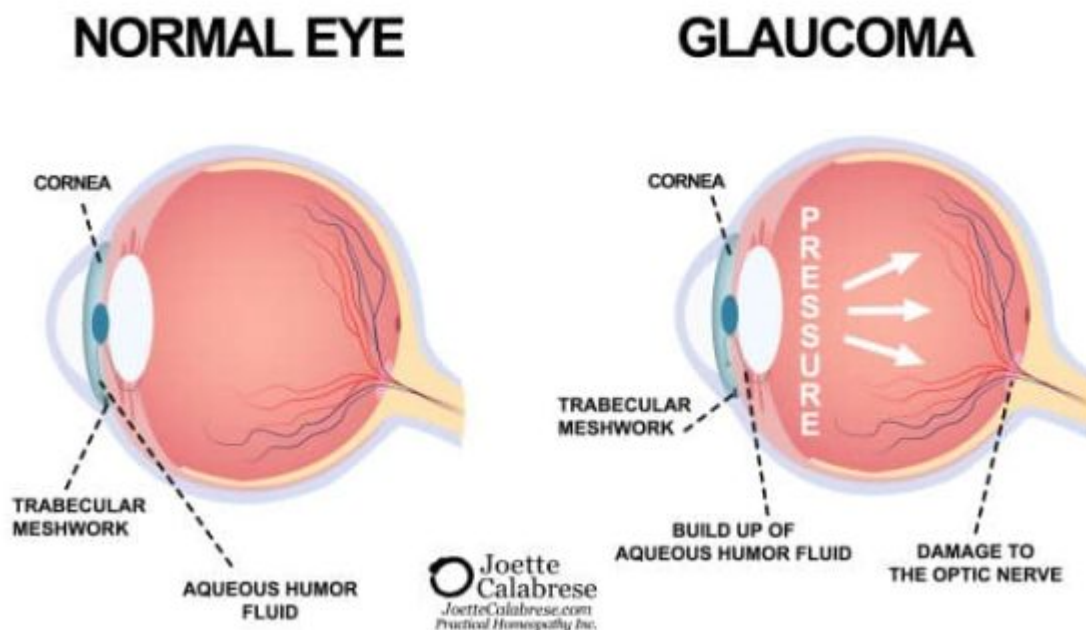
However, one may not notice any symptoms at all. As [the Mayo Clinic](https://www.mayoclinic.org/diseases-conditions/glaucoma/symptoms-causes/syc-20353837), a repository of conventional medical information, says, "Many forms of glaucoma have no warning signs. The effect is so gradual that you may not notice a change in vision until the condition is in its later stages."

Testing Is Key to Diagnosis

The “later stages” of glaucoma are generally vision loss and even blindness. To avoid that eventuality, a simple, non-invasive eye pressure test during a routine eye exam can yield important information.

It would be useful to have an accurate determination of eye pressure. Unlike with my tongue-in-cheek image, we are unable to see when our eyes are a little over-inflated (experiencing higher than normal pressure). And we certainly can't feel internal pressure in our eyes.

However, if the results of an eye pressure test sound the alarm, homeopathy stands ready to right the ship.



Homeopathic *Argentum nitricum* for Glaucoma

The Banerji Protocol of [*Argentum nitricum* 200C](#) and [*Calcareo carbonica* 30C](#) would be a strong homeopathic consideration for glaucoma. Both homeopathic medicines would be utilized twice daily; however, they would not be taken simultaneously.

As I teach my Academy students, it's interesting to note that

Argentum is NOT one of the most highly recommended medicines as listed in Dr. Robin Murphy's [MetaRepertory](#) (Fourth Edition) on page 713. Instead, it's listed as a third-level medicine. But, my friends, my money is on the Banerjis. Every. Single. Time.

Keep in mind that glaucoma is generally not a condition that resolves quickly, as an ear infection might. In this chronic condition, improvement occurs over a more extended period of time.

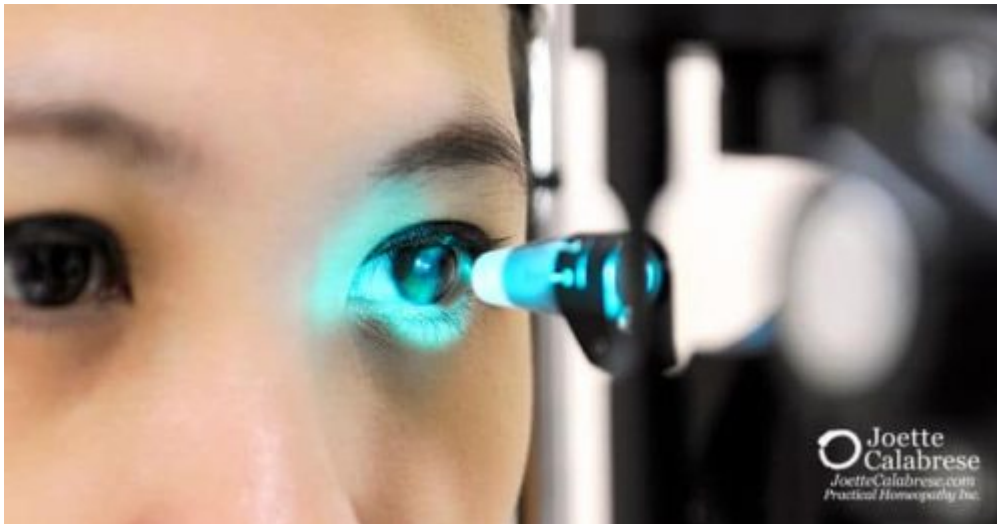
In a case from my clinical practice, it took many, many, many months before improvement ensued. It could even take up to a year, depending on the severity. But take heart. I have been surprised more than once when improvement comes in cases deemed seemingly "hopeless" by conventional medicine.

I encourage you to read [What Else? The Sweeping Ability of Homeopathy](#) for more specifics on the assessment of conditions after beginning a homeopathic regimen.

Testing Is Key to Assessment

Yet, how do we carefully observe for changes in the condition if we couldn't even tell we had it in the first place?

Repetitive testing. We want to track the pressure numbers as we progress through the homeopathic schedule. Those tests are a valuable measure of success in addressing glaucoma. This is certainly one time when we can't just decide that we "feel" better. We need the evidence that tests can reveal.



As the subsequent pressure numbers improve, the schedule can be backed off from the twice-daily schedule and halt when very much better.

It goes without saying that it would probably be the rare ophthalmologist who would say, “Wow, you’re improving!” They probably wouldn’t be able to wrap their minds around it. But who can argue with the numbers?

However, as in any condition, if no improvement has ensued, then we would most likely back away from this remedy and pivot to another (perhaps under the expert care of a well-trained [Practical Homeopath™](http://JoetteCalabrese.com)).

Plus, Get Back to the Basics

In fifth grade, we learned which foods are beneficial for different parts of the body (e.g., milk for bones, etc.). Now, I’m not an expert in glaucoma. However, my layperson’s opinion is to go back to the fifth-grade basics, in addition to our well-chosen homeopathic medicine.

Fish oil is excellent for eye health. However, you know I’m not a fan of manufactured, often synthetic supplements, so let’s get our fish oil from the fish. Then, for good measure, add some wild salmon and other wild fish (such as mackerel and sardines) to the weekly diet.

Want to try an unusual superfood? I suggested cod fish livers – not the oil, but the actual livers – to one of my team members for her eye issues (along with *Argentum nitricum* 200C and *Calcareo carbonica* 30C, of course), and she experienced significant improvement. Plus, she fell in love with their unctuous taste. They're so rich that only a small bite daily is necessary, but she found it hard to resist the occasional extra nibble.

They really are delicious. (My favorite brand is King Oscar, but that brand is becoming increasingly difficult to find. Amazon has several other brand selections.)

Sunshine can also be helpful for eye conditions. I don't mean staring into the sun; naturally, that would not be prudent. However, getting out into the sun allows one's body to manufacture natural vitamin D (so much better than a supplement). There is a growing body of research correlating higher levels of vitamin D with eye health, so why not? Besides, getting into the great outdoors is fun, relaxing and healthy in many ways.

Homeopathy works, and a few added common-sense dietary and activity changes can also be a great adjunct.

Pass on the good news of Practical Homeopathy®!

Warmly,

A handwritten signature in black ink, appearing to be 'J. L. L.', written in a cursive style.

P.S. Consider the security of having a network of like-minded friends to call in the middle of the night when a loved one is suffering, and you're freaking.

My [Gateway to Practical Homeopathy®: A Guided Study Group Curriculum](#) is your entrance to a self-reliant yet well-supported future. With Gateway to Practical Homeopathy®, you will get started on the right foot, learning homeopathy skills you can use right away, as well as connecting with mothers and others who will be there when you need a little help.

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