

Dry Eye Relief: When Unexpected Change Comes, We Can Pivot



“There is nothing permanent except change,” said the ancient Greek philosopher, Heraclitus.

We women know that better than anyone. Our perfect lipstick color always seems to be the one that’s discontinued. Losing a favorite cosmetic is annoying.

However, having our favorite homeopathic remedies removed from the shelves is more than annoying – it’s downright frustrating! Especially remedies for dry eyes.

In recent years, homeopathic eye drops have been targeted by the powers that be. (Don’t get me started on that, as it’s an

entire blog post unto itself.) So, what do we do now that homeopathic eye drops are no longer available from our respected manufacturing pharmacies?

First things first, when dealing with chronic dry eye ...

I previously shared the story of Carla, one of my clients, who suffered from chronic dry eyes. Her information, contained in my eye-related issues series, “The Eyes Have It,” is [essential reading for individuals with chronic dry eyes](#).

However, today, let me reiterate one of the remedies I taught in that previous article.

For chronic dry, burning eyes, I generally rely on [Euphrasia officinalis 30](#) (utilized twice daily, until very much better).

There are also other remedies that may be appropriate, such as those utilized in [Carla's case](#). Just remember: We always want to hone our homeopathic schedule to be as tidy as possible. So, I often start with whichever medicine most closely fits the condition as it presents. We can start with one and observe. If that medicine isn't providing any improvement at all, then we can move on to the next.

However, although we endeavor to be specific and intentional with our medicine, that does not mean we can never use more than one remedy in the same schedule, as Carla did in her case.

The pivot

In addition to remedies in pillule form, many dry eye sufferers depended on various homeopathic eye drops, such as Boiron's Optique. However, as mentioned, homeopathic eye drops are sadly no longer available for purchase in the United States, except from aggregators selling leftover product.

In lieu of being able to obtain those drops, we pivot.

I recommend what I always do with combination remedies: read the ingredients included in the combination product and learn about their keynotes by reading up on them in your [*materia medica*](#).

For instance, in *Optique*, the active ingredients were:

- *Calcareo fluo* 10X HPUS (0.25%): Used for relieving eyestrain and fatigue with flickering light.
- *Calendula officinalis* 4X HPUS (0.25%): May help relieve eye dryness associated with smoke or airborne irritants.
- *Cineraria maritima* 6C HPUS (1.50%): Aims to soothe sensitivity to light and glare.
- *Euphrasia officinalis* 4X HPUS (1.00%): Intended to relieve burning, irritated eyes.
- *Kali muriaticum* 10X HPUS (0.25%): May alleviate the gritty sensation (feeling of sand in the eye).
- *Magnesia carbonica* 10X HPUS (0.25%): Used for relieving sharp, flashing eye pain associated with eye fatigue.
- *Silicea* 10X HPUS (0.25%): May help relieve tired eyes.

Granted, Boiron prepared these ingredients in a soothing liquid formulation that could assist in relieving dry eye topically, as any necessary dry homeopathic remedies worked more deeply to uproot the underlying condition.

However, my friends, the pillules of these ingredients can often be equally as effective when employed orally.



So, read through that list and think, “Which of those keynote most fit with my experience? Which medicine(s) would be the tightest match for my dry eyes?”

But you’re not done yet. You need to do more digging for yourself.

Look up the best candidates in your *materia medica*, reading their full descriptions to find additional keynotes that may be applicable to your case. A *materia medica* provides a wealth of information carefully curated from renowned clinical practitioners. Let their experience guide you in streamlining the choice you make.

Other thoughts on dry eye

Now, some ophthalmologists will tell you that drinking more water can help. To be honest, in my clinical experience, I have not found that to be so.

However, taking note of what you eat – including food additives that can cause inflammation, such as artificial dyes and preservatives – may be a contributing factor to an inflammatory condition, resulting in dry eyes.

Have the eyes been more sensitive after a few rounds of antibiotics to treat, say, a UTI? Perhaps the use of antibiotics has adversely affected the gut biome, causing a

reaction to gluten that has never been experienced before.

Careful, observational notes may help pin down an additional offender.

In the meantime, the well-chosen homeopathic medicine for dry eyes will be working to put things right. Additionally, a homeopathic medicine may be chosen to address the underlying problem, whether it is related to food, allergies, or some other intolerance.

More to come on dry eyes

Next week in my Memo to Mighty Members, I'll provide more information on this subject to my Mighties (as I always do). I'll share a water-based method for addressing dry eyes, as recommended by distinguished homeopath Joepathy. (NOTE: His method does NOT involve introducing anything directly into the open eye.)

Additionally, in answer to a member's question, we'll discuss a specific homeopathic medicine that is historically known for tackling clogged tear ducts (a cause for some instances of dry eye).

If you're not yet one of my [Mighty Members](#), what on earth are you waiting for? I want you to possess the ability to learn in a place where homeopathic knowledge can be shared safely, without worry of censorship or cancellation from the very same powers that be who removed homeopathic eye drops from our stores.

Plus, in my exclusive Mighties enclave, you'll belong to a group of like-minded individuals. Whether they have used homeopathy for decades or are new to this paradigm, you'll find your new support structure and lifelong friends.

Pass on the good news of Practical Homeopathy®!

Warmly,

A handwritten signature in black ink, appearing to be 'G. L. L.' or similar, with a large loop on the left side.

P.S. And remember – all my Mighties qualify for a 10% discount on course purchases. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.