The Eyes Have It: Chronic Dry Eyes

Imagine having red, dry, burning, painful eyes. Every day. All day. For years.

It's unbearable to even think about, isn't it? But such was the life of a client of mine.

Carla's eyes had been painfully dry for years. Unrelentingly dry. Nothing had helped. Including prescribed meds.

She was understandably at the end of her rope. Carla sent me the un-retouched photo above during our initial consultation, hoping homeopathy was the solution.

I immediately knew that *Argentum nitricum* 200 is universal for many, many eye conditions – not all, but many.

It is very specific for *chronic* conditions that present with dryness and burning discomfort. It is not, however, generally used as an allergic SOS. (Don't forget to scroll down to download free remedy cards detailing these medicines.) Carla took it twice daily.

Euphrasia officinalis 30 is also considered universal for eyes that are painful, burning and bloodshot. It was easy to see *Euphrasia* certainly fit when I saw the picture of Carla's eyes and met with her on Zoom. She took it twice daily.

Another remedy, *Ferrum phosphoricum* 3, also addresses bright red, inflamed sclera. As you can see from the whites of her eyes in the photo, Carla's symptoms certainly called for *Ferrum phos* as well (also taken twice daily).

It only took a few months to see results.

After everything she had been through and everything she had tried (both prescription and OTC drugs), homeopathy worked!

But don't take my word for it; here is her un-retouched "after" photo:

After

This case is a perfect example of how the homeopathic approach differs from other healthcare modalities.

Perhaps a naturopath would have endeavored to find the cause of Carla's eyes' inflammation and tried to treat that.

A conventional doctor might have tried to alleviate the

symptoms – prescribed something to get rid of the redness and an analgesic for the pain. But in homeopathy, we do not *treat* symptoms; we *use* the symptoms.

Now, I don't want to make a sweeping statement for *every* condition (in some situations, knowing the cause can be helpful), but, in a case like this – regardless of the cause – we use *symptoms* to determine which remedies most fit the condition and enlist the protocols.

Without investigating the underlying cause of Carla's chronic dry eyes, within a few months, her eyes were greatly improved. Actually, the condition halted.

As a reminder, in the homeopathic method I employ, generally, we use remedies until very much better, and then we stop – waiting to see if the symptoms return.

We might need to restart the remedies again in two months, six months or a year. Or, we may not need the remedies again at all! We *use the symptoms* to make that determination.

When you think about it, it's similar to conventional medicine. Let's say someone took Midol to treat menstrual pain. They would take it until the cramps went away and then they would stop.

They wouldn't keep taking it long after the symptoms were gone, thinking, "Oh, what the heck! Why not?" No.

It's the same in homeopathy – generally (and there are exceptions) you would not continue to take a homeopathic medicine after it has completed its work.

(Now again, this is *generally* the way it is done. For instance, in allergic conditions, we know we'll continue our remedies for a longer period because it's often a deep-rooted issue.)

I encourage you to learn how to use symptoms and know the

name of the condition to determine which homeopathic medicines best fit your or your family's conditions.

My free blogs and podcasts hold a wealth of information. Don't forget to utilize the search bar at the top of all of my web pages to find articles addressing your specific concerns.

And, don't forget my new Facebook Live events held in my Joette Calabrese Facebook Group on Monday nights at 8 PM Eastern. It is a wonderful experience for me to interact with you in real time, and I hope you'll enjoy it as well. If you're not able to attend the event while it is live, not to worry! I post replays of previous events on my Video page.

Warmly,

P.S. If you decide to go further in your education of using Practical Homeopathy® to provide healthcare for your family, answer some brief questions on this flowchart to determine which of my courses would be most beneficial for you.