

# Dry Eyes – Blepharitis

## What Is Dry Eyes (Blepharitis)?

Dry Eyes or Blepharitis, otherwise known as Dry Eye Syndrome, is caused by inflamed eyelids. This condition is usually more irritating than serious. Symptoms can include red and sore eyelids, discharge from the eyes, or finding that the eyelids stick together, especially in the morning. Tiny flakes can develop on the eyelids, and crusts can also grow on the bottom eyelashes.

## What Causes Dry Eyes (Blepharitis)?

Around 15% of the population will experience dry eyes to one extent or another. There are thought to be numerous causes of dry eyes, which can include wearing contact lenses, smoking, exposure to excessive heat, blood pressure medications, birth control pills, antidepressants, antibiotics, antihistamines, diuretics, and appetite suppressants, amongst others.

Computer users can find themselves blinking less frequently, which can increase dry eyes and promote fatigue and eyestrain. LASIK Surgery can also cause dry eyes as the superficial nerve fibers within the cornea become severed during surgery; this has an impact on and affects aqueous tear production. The blink rate can then slow to a point that the tear film breaks up before the next blink can happen.

Diabetes, Rheumatoid Arthritis, Thyroid Disease, Asthma, Glaucoma, and Lupus can all affect the eyes, causing dry eye syndrome; hormonal changes and age can also have an impact



**“Every morning I dreaded waking up and having to deal with my sore eyelids and dry eyes. I often looked like I had been punched in the face – my eyes were so swollen and sore. Now I want to thank you as I can see beautifully without the itchy feeling that often accompanied my condition, otherwise known as blepharitis.”**

**- Ellie, Leeds**



**“Mr. Redfern, I took your Serrapeptase five years ago, and it saved my life - stress from Graves’ Disease and Glaucoma, hardening of the arteries, and more. In two months, I could run across city streets for a bus and not be winded. My back was loose, my blood pressure down. I injured my left shoulder from serious lifting, which would have killed me earlier.”**

**- Tony Picard**



*Follow the Health Plan as recommended for the best results:*

## BLEPHARITIS (DRY EYES) HEALTH PLAN

The plan below is designed to provide relief for dry eyes (blepharitis). When combined with a naturally healthy diet and if followed correctly, results will become apparent in a matter of weeks.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern  
Supplements to support healthy eyes - in order of priority:*

- **MaxiFocus™ 24 Nutrient Sublingual Spray** - Take 4 sprays under the tongue, 3 times a day for the first three bottles, then reduce to 2 sprays, 3 times a day. Contains high levels of key carotenoids Lutein and Zeaxanthin, together with 22 vitamin and minerals identified in a major study as being essential for eye health.
- **Saline Drops** - Visit your local pharmacy and buy saline drops to help with dry eyes. Take a drop of saline in each eye before the MSM+ Silver™ Drops.
- **HealthPoint™** - Microcurrent Stimulation - Stimulates the appropriate microcurrent points. Stimulates ATP and cellular regeneration and has been shown in studies to improve the overall improvement of eye health. Treatments per day for the first 2-4 weeks, and once per day thereafter. **(See [www.dovehealth.com](http://www.dovehealth.com) for more information.)**
- **Hemp Seed Oil** - Essential fatty acids in liquid form which help with protecting the retina's photoreceptor cells. The recommended dose is to take 2 teaspoons a day.
- **VisionTone** - A combination of Western and Chinese herbs to strengthen the eyes. Recommended dose is half a dropper full, two times a day on an empty stomach. Do not take as eye drops. Take under the tongue.
- **Thera Tears** - For severe conditions, very effective for post-LASIK surgery patients suffering with dry eyes. Recommended dose is 1-3 drops per day as needed.
- **MSM+ Silver™ Drops** - Recommended for all eye conditions. Equalises pressure and repairs damaged membranes. Take 2 drops, 3 times per day.