

Eileen Nauman

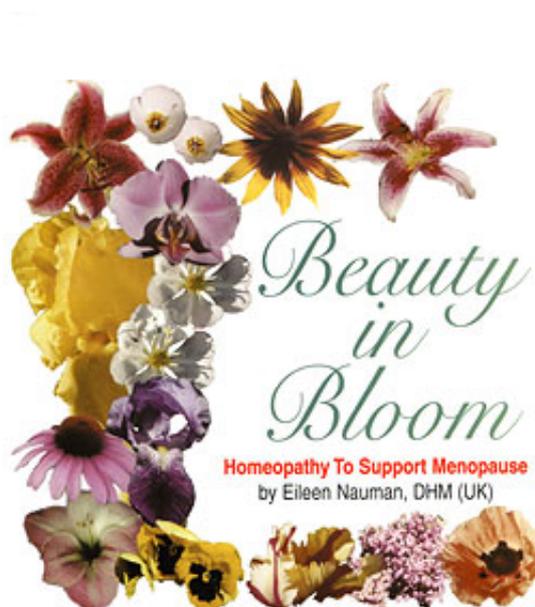
Beauty in Bloom: Homeopathy to Support Menopause

Leseprobe

[Beauty in Bloom: Homeopathy to Support Menopause](#)

von [Eileen Nauman](#)

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CHAPTER 11

OUR EYES: SHARPENING OUR VISION

DOES MENOPAUSE HAVE AN EFFECT ON MY EYES?

No, not directly. However, aging does! Our eyes may be a little more sensitive to light. If you must wear sunglasses every time you go out into daylight, then there's a good chance you have photophobia

Another problem is night blindness. As we get older, the oncoming brightness of headlights at night blinds us temporarily and our eyes do not adjust as quickly or easily as they used to.

I HAVE SOME NIGHT BLINDNESS ALREADY AND I'M 52. WHAT'S THE CAUSE? OLD AGE? MENOPAUSE?

Yes to aging and no to menopause. This ailment was thought to be a symptom of a lack of vitamin A, and it is—up to a point. In a study done on rats, however, inadequate consumption of protein was found to be the other culprit. So, if you're taking vitamin A and you still have night blindness, then look at your diet more closely. Are you getting enough protein?

MY EYES ARE ALWAYS DRY! I'M 56 AND HAVE JUST FINISHED MENOPAUSE. WHAT CAN I DO ABOUT THIS?

Vitamin A is the culprit here, not menopause. A loss of the fluid that bathes your eyes can cause a thickening across the entire eye and can lead to a condition called xerophthalmia, and the cornea dries out. You should try getting more vitamin A—10,000 IUs once a week for 4 weeks. If this corrects your condition, that is fine. Sometimes, acute homeopathic remedies will cure the condition, and they are listed below. However, if the remedy of choice does not help within several days, then seek homeopathic constitutional treatment.

MY EYES ARE ALWAYS ITCHY, BURNING, AND CRYING. I'M 43 AND MENOPAUSE IS HERE. HELP!

Then you are experiencing a B-2 deficiency symptom, not a menopausal symptom. Try 100 mg every third day for 2 weeks and see if this clears up the condition. If it does, great. But if it does not, then you need to look at your diet and add more B-2 foods to it. Some acute homeopathic remedies are listed below, but if they don't correct the condition within 2 weeks, seek out constitutional help, instead.

CAN HOMEOPATHY HELP THESE EYE CONDITIONS?

Yes, to an extent. First, though, check your diet. Frequently, I will use diet considerations along with a certain vitamin or mineral supplement for a client. I never allow the person to go more than 30 days on a supplement because you can imbalance a lot of other vitamin and mineral

functions in the body if you do—or, you urinate them out—which is a waste of your money. Fat-soluble vitamins such as A, E, F, and K are stored in the liver, for example, and unless you've experienced liver damage, such as hepatitis, you can store adequate amounts so that you don't need to take them every day for the rest of your life.

Vitamin and mineral supplements do not cure a condition—they only stop the system or organ from declining more rapidly. But to "fix" such a condition permanently, constitutional homeopathic treatment must be undertaken.

I will list some acute homeopathic remedies, but go see your homeopath for treatment of this condition—and talk to her about your diet, and a possible supplement for a short period of time.

MY UPPER EYELIDS ARE STARTING TO DROOP! THIS HAS TO BE MENOPAUSE! WHAT'S GOING ON?

Nope, you can't blame menopause for this symptom. As we age, the upper eyelid begins to go "south" and sag. This is known as ptosis. Sometimes it can be an indicator of something far more serious, and it should be checked by your physician. The nerve that holds the eyelid in a certain position may have been damaged in an injury or accident. Or, it could be a sign of diabetes, myasthenia gravis, or an aneurysm.

Sometimes, women want to correct this condition with cosmetic surgery. At times, homeopathic constitutional treatment may correct the condition. I list one remedy, which can be used acutely, below. Please seek the services of a homeopath for deeper, more comprehensive homeopathic help with this condition.

LATELY, I'VE NOTICED BLACK THINGS FLOATING IN FRONT OF MY EYES. ALARMED, I WENT TO MY OPHTHALMOLOGIST, AND HE SAID THEY WERE FLOATERS. CAN YOU TELL ME ABOUT THEM? DO I HAVE TO LIVE WITH THEM FOR THE REST OF MY LIFE, OR JUST DURING MENOPAUSE?

You were correct in going to your ophthalmologist to get this condition checked out. It could have been a detached retina in your eye or bleeding occurring in your eye—and both conditions require medical help with homeopathic backup. If your eye doctor said it was floaters, it means that your eyes are aging along with degeneration of the vitreous humor within the eyeball. This is not the fault of menopause.

If the above serious conditions have been dismissed by your ophthalmologist, another consideration is that your liver is sluggish and there are excessive toxins in your body. Seek the services of a naturopathic doctor if this is the case.

CAN FLOATERS BE HELPED WITH HOMEOPATHIC TREATMENT?

Yes, in the short term. Several remedies can be tried on an acute basis, with the understanding that you have seen your eye doctor **FIRST**. If one of these remedies fits your condition, then seek homeopathic treatment.

HOMEOPATHIC REMEDIES FOR EYE FLOATERS

1. Arnica Montana (Arnica)
2. Hamamelis
3. Phosphorus

HOMEOPATHIC REMEDIES FOR DRY, BURNING, OR ITCHING EYES

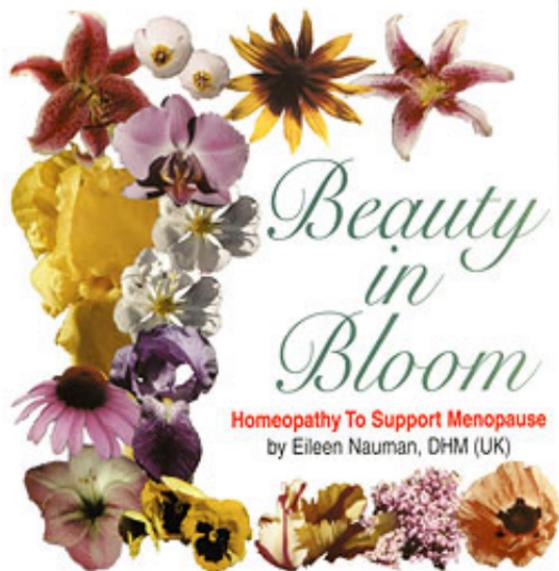
1. Aconitum Napellus (Aconite)
2. Belladonna
3. Euphrasia
4. Natrum Muriaticum (Nat. Mur.)
5. Rhus Toxicodendron (Rhus Tox.)
6. Ruta Gravalens (Ruta Grav.)

HOMEOPATHIC REMEDIES FOR EYE STRAIN

1. Gelsemium
2. Natrum Muriaticum (Nat. Mur.)
3. Ruta Gravalens (Ruta Grav.)

FLOWER AND GEM ESSENCES FOR EYES

1. Yellow Iris for pterygiums. This incredible essence is helping 100 percent on these fleshy tumors that will eventually cover the person's eyeball and render them blind for the rest of their life. It is also good, in general, taken for a few days every month, for eyestrain or as needed when the eyes are feeling weary.



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