

# Natural Eye and Ear Health



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## Dealing Naturally With Swimmer's Ear

Swimmer's Ear aka [Otitis Externa](#)

Fun in the sun and splashing in the water. This is part of the summer ritual for just about all kids! But what can happen with all that water - especially if it gets in the ears and never really gets a chance to dry out?

Bacteria and fungus love moist, warm conditions and if the ears don't really get a chance to dry out your child may develop [Otitis Externa](#) - inflammation of the

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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

outer portion of the ear and canal. This problem can be mild to extremely painful.

With small or any children that complain of ear pain, please seek medical attention before using any aromatherapy or [Essential Oil](#) treatments. If the child has a perforated eardrum or an [Otitis Media](#) (middle [Ear Infection](#)) you will not want to use any [Essential Oils](#) without consulting with your medical practitioner.

If indeed the child has swimmer's ear you will need to keep them out of the water for a few days to give the inflammation or mild infection a chance to heal.

Blend together 3 drops of Roman [Chamomile](#), 1 drop of [Lavender](#) and 1 drop of [Tea Tree](#) in 1 tablespoon Sweet [Almond](#) oil. Then put several drops of this on a cotton ball and wipe the outer portion of the ear and you can also wipe into the ear canal. Do not poke cotton swabs (Q-tips) into the ear canal.

You can do this a couple times a day. Some children will tolerate a small piece of cotton held in place in the ear. If so, you can try this at bedtime with a small amount of the above blend on the cotton ball.

## Ear Candling

Ear Candles are used to cleanse and harmonise the different energy fields of the individual (the aura) in preparation for the state of trance and to drive out negative energies.

Ear Candles are a clearing therapy and are used very successfully for many problems associated with the ears and the head area. The lymph system and metabolism can be influenced by this intensive, pleasant and completely painless method of operation.

The process involves the use of a hollow Candle with the narrow end held gently onto the edge of the ear. The flame creates a relative vacuum in the ear which draws out poisons, old wax, residues of past infection and fungus. It will also pull out fluid, right through the membrane of the inner ear. The ceruminous glands of the ear are constantly secreting wax and [Candida](#) grows prolifically in the ear because it is a dark, moist area - a perfect place for mould to grow.

This ancient remedy was used by the Egyptians, Chinese, Greeks and the Hopi Indians of North America and is now widely used in many countries throughout the modern world. Each Candle is still carefully made by hand from the traditional recipe, using linen in its natural form and honey extracts. Locally administered heat stimulates the peripheral blood [Circulation](#), thus intensifying the immunological defence system, in addition to strengthening the cleansing [Circulation](#) of the lymph glands. Stimulation also occurs to the energy points and reflex zones.

The excessive build-up of earwax, impacted plugs and [Candida](#) fungus can cause hearing problems, infections and discomfort in the ears. Hearing impairment often creates distress and frustration, which in some children can even have an effect



### [Elderberry Syrup](#)

Created for Planetary Herbals by licensed acupuncturist and clinical herbal



### [Mushroom Glyco Nutrients](#)

NOW® Mushroom GlycoNutrients is a nutritional supplement designed to support



### [Zenergize Immunity, Citrus](#)

Getting sick (or at least pretending to) was sort of fun back in the old da



### [VRL-X](#)

Overall health can often occur naturally if the body receives the proper nu

on their learning ability and speech.

The Hopi Indians of North America have long understood the problems associated with this build-up in the ears and developed a soft wax tube that they inserted in each ear in turn. A heat vacuum is created, drawing material from the ear up into the [Candle](#), where it is then evaporated in the flame.

Candling provides the ears with deep cleansing, removing wax and debris build-up that is normally difficult to reach. It is non-invasive and gentle and is recommended for both children and adults.

Ear candling may obtain beneficial results in the following cases:

- Fungal problems.
- Excessive wax build up.
- Sinus irritation.
- Toxic residue from medications.
- Glue ear or swim ear.
- Nose bleeding problems.
- Foggy head.
- Before taking a flight.
- Earaches

In case of [Ear Infection](#) or suspected [Ear Infection](#) it is recommended that medical advice be sought. Once infection is clear than ear candling can be performed and with regular application may help in the prevention of further infections. In the prevention of [Ear Infections](#) treatments once a week for a month and then once a month thereafter maybe helpful. Treatments can be gradually reduced as ear problems decrease.

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What To Expect During An Ear Candling Session . . .



[Germ Defense Lozenges](#)

Germ Defense Lozenges are dietary supplements used to boost your immune sys



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[Anxiety Depression Info](#)

[ADHD Info](#)

[Mom's Blog](#)

During an Ear Candling session you lie on your side with your body in a straight alignment. A special conical Candle is inserted into a protective plate . . . The Candle is lit and slowly begins to burn. The small tapered end of the Candle is gently placed into your ear canal. The ear Candle — by its shape, design and length — draws ear wax and fungus deposits from deep inside your ear canal.

As the ear candling session progresses, extracted ear wax and fungus will be burned off, but a majority will be collected in the bottom part of the Candle. After the Candle has burned down and been extinguished, the therapist will cut open the remnant and show you the former contents of your ear canal. Most people cannot believe what has been collected there! Expect to be amazed!

I've never had an ear candling before . . . isn't it painful? No, there is no pain whatsoever. You will only feel the Candle being carefully inserted in your ear. You may also hear some crackling and popping, as the ear wax is being pulled from within your ear. All you have to do is just relax and enjoy your ear candling session time . . .

If you have excessive hearing loss, you may feel some heat during the ear candling session since your feeling (tactile) senses are keener than a person with relatively better hearing. If you are one of these people . . . and you experience some discomfort — you may request that the therapist stop the procedure briefly — after a short intermission, you can continue with your session.

What Happens After An Ear Candling Session . . .

For a short time after your ear candling session . . . you may feel a lightness in your head and noises may seem to be much louder to you. This can be relieved by putting a little ear oil on some cotton and inserting this in each of your ears. You will most likely notice improved hearing, because the wax blockage is no longer present in your ears . . .

For a day or two after your ear candling session you may feel a warmth, or some itching in your ears. This is very easy to resolve. . .

You can relieve the itching by simply putting a drop or two of Hydrogen Peroxide in your ears and then gently wipe them out with a cotton swab. Or if you prefer, use the same procedure, but with [Echinacea](#) liquid instead of the Hydrogen Peroxide.

You may also notice your sinuses are draining, or that sinus drainage increases after your ear candling session. This is beneficial and will relieve the pressure in your sinus areas. If you have had occurrences of sinus [Headaches](#), you should experience a decrease in their frequency. Also you may experience a heightened sense of taste, smell and sight.

Conditions that may benefit from Ear Candling:

- ' [Headaches](#)
- ' [Ringing in the Ears](#)

[Natural Men's Health](#)

[Men's Health Zone](#)

[Women's Health Nurse](#)

[Avatrim - Natural Weight Loss w/Green Tea](#)

[Melatrol Insomnia Relief](#)

[Breast Actives](#)

[Cellulite Solution](#)

[Cushy Lips Lip Plumper](#)

[Enlast Male Enhancement](#)

[Deer Antler Plus](#)

[Bowtrol Colon Cleanse](#)

[Eazol Natural Pain Relief](#)

[Herbal Health Buy](#)

[HGH Energizer](#)

[Hypercet for Blood Pressure](#)

[Menozac - Natural Menopause Relief](#)

[NicoCure Stop Smoking Aid](#)

[Prostacet for Prostate Health](#)

[ReloraMax - Stress, Anxiety and Weight Loss](#)

[Thyromine for Thyroid Health](#)

[Venapro Hemorrhoids](#)

' [Migraines](#) ' [Ear Infections](#)

' Plugged Ears

' Chronic Sinusitis ' TMJ Dysfunction

' Hearing Challenges

' Imbalance ' Excessive Wax

' Inner Ear Pressure

' Ear Aches & Pain

You can have future ear candling sessions whenever you feel the time is right . . . just use your own judgment . . .

As a suggestion, consider this . . . Most dentists recommend an oral exam and cleaning every 6 months to maintain good oral hygiene. Aren't your ears just as important as your teeth? An ear candling session every 6 months would certainly be practical and beneficial.

Ear candling is simply an Old Home Remedy . . . It is NOT a cure for any disease, illness or ailment! We believe Ear Candling can have many positive health benefits for you. But, you must be the ultimate judge in determining if this time-honored practice, will be beneficial to you.

## Herbs for Earaches

Internally

- [Echinacea](#) - as infusion, tincture
- ribwort - as infusion, tincture
- [Goldenseal](#) - capsules, tincture

Externally

- [Mullein](#) - Use cold infused oil as eardrops.
- [Goldenseal](#) - Add 10 ml tincture to 100 ml water and use solution as eardrops.\*

*Caution: never use eardrops if there is a chance that the eardrum is punctured. It's a good idea to use an antibiotic herb such as [Echinacea](#) along with eardrops.*

## Ear-Heal - Herbal Help for Ear Infections

Information on [Ear Infections](#)

[Ear Infections](#) are a very common complaint and can affect adults as well as children.

[Otitis Media](#) (infection of the middle ear) affects the area behind the ear drum. A build-up of fluid and pus behind the ear drum leads to raised pressure in the ear,

[Treatment](#)

[ZetaClear Nal Fungus Relief](#)

[VirilityEx](#)

[Hair No More Removal Cream](#)

[Hoodia Diet Review](#)

[Acnezine Acne Treatment](#)

[Joint Advance](#)

[Revitol Anti-Aging Skincare](#)

[Mountain Rose Herbs](#)

[Optimum Diabetics](#)

[Natural Gain Plus](#)

[Provillus Hair Loss Treatment](#)

[BioSonics - Healing With Sound](#)

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Natural Remedies

[Native Remedies](#)

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pain and loss of hearing.

Infection in the outer ear canal, called [Otitis Externa](#), can cause inflammation, pain, discharge from the ear and itchiness. Chronic [Otitis Externa](#) can also predispose people to recurring infections of the middle ear.

There are a number of possible causes of [Ear Infection](#), including bacteria, viruses and fungi. Colds and [Allergies](#) may also have a role to play when they cause inflammation of the Eustachian tube, blocking normal drainage of the ear and leading to middle [Ear Infection](#).

In many cases, [Ear Infections](#) recur after conventional treatment and may become chronic and difficult to get rid of. Recurring [Ear Infections](#) may also lead to permanent hearing loss if not treated properly.

Symptoms of an Ear Infection:

Common signs and symptoms of an [Ear Infection](#) are:

- Pain, throbbing or aching in one or both of the ears
- Itching of the ears
- Fever
- Reduced hearing
- Dizziness or loss of balance
- Nausea and vomiting
- Discharge or bleeding from the ears
- Difficulty falling asleep (especially in younger children)

What is the conventional treatment for [Ear Infections](#)?

Conventional treatment for [Ear Infections](#) generally involves oral antibiotics and sometimes medicated drops.

Though often effective in clearing the initial infection, antibiotics may compromise the [Immune System](#), leaving you vulnerable to recurrence and chronic infection. Antibiotics are also not effective against fungal infections of the ear.

How can [Natural Remedies](#) help?

[Natural Remedies](#) can effectively reduce the pain, inflammation, throbbing and discomfort of [Ear Infections](#) and treat the underlying causes without the side-effects and lowered [Immune Functioning](#) so common with antibiotic use.

[Natural Remedies](#) can also be very effective in the prevention of recurring [Ear Infections](#), thereby guarding against hearing impairment caused by chronic [Ear Infection](#).

What are [Ear-Heal](#) Drops?

[PetAlive Herbal Remedies](#)

[Xtend-Life - Natural Health Products](#)



All Natural Native Remedies

For Children

[Be Dry For Bedwetting](#)

[iBaba For Colic](#)

[K-OK Kiddie Calmer](#)

[Tantrum Tamer For Children](#)

[MindSoothe Jr For Depression](#)

[Serenite Jr For Insomnia Asperger's Disease Remedies](#)

[Treatments for Autism](#)

Skin & Personal Care

[Clear Skin Acne Gel Eczema Cream](#)

[Ear-Heal](#) Drops are a safe and effective, internal treatment for [Ear Infections](#), specially formulated for adults and children over 10 years old (babies and children under 10 use [Eddy Ear Sprinkles](#)).

[Ear-Heal](#) Drops are an effective natural alternative to antibiotic treatment of [Ear Infections](#) and are an excellent companion to our Ear-OK ear drops, which are used internally directly in the ear.

Use Ear-Heal:

- As a natural alternative to antibiotic treatment of [Ear Infections](#)
- To treat bacterial, viral and fungal infections of the ear
- As a companion to Ear-Ok ear drops for a complete solution
- To reduce inflammation, pain and throbbing in the ears
- To prevent recurrence of chronic [Ear Infections](#)
- To boost [Immune System](#) functioning

What are the Ingredients?

[Ear-Heal](#) Drops contain the following herbal and homeopathic ingredients:

Pulsatilla (Pasque Flower) is an important nerve relaxant, soothing tonic and analgesic herb.

[Echinacea](#) purpurea is the best known and researched herb for stimulating the [Immune System](#). Over 500 scientific studies have documented the effectiveness of this herb. Research has shown that [Echinacea](#) increases the activity of the [Immune System](#) cells, reduces inflammation and inhibits growth of bacteria, viruses and fungi. These properties make [Echinacea](#) the ideal herb for treating infection and reducing inflammation in the ear.

Hepar. sulph (6C) is an excellent homeopathic remedy for sharp pains and is particularly useful for [Ear Infections](#) producing a foul-smelling, greenish discharge.

Belladonna (30C) treats [Ear Infections](#) of sudden onset that are accompanied by high fever and swollen glands.

Pulsatilla (12C) is used homeopathically to treat infection following exposure to cold or dampness. Particularly effective when there is moderate fever, the ear is red and inflamed and producing a yellow/green discharge.

Levisticum radix (30C) is another homeopathic remedy useful in treatment of longstanding ear conditions and chronic earache. Levisticum is also very effective in drying excess mucus collected in the ear.

*Contains less than 1% pure pharmaceutical grade ethanol when diluted as directed.*

*Like all [Native Remedies](#) products, [Ear-Heal](#) contains no gluten or artificial*

[Skin Dr. For Psoriasis](#)  
[Halitonic for Bad Breath](#)  
[ReGrow Plus Hair](#)  
[Thinning Treatment](#)  
[ReGrow Massage Oil](#)

Bladder/Kidney  
Health

[UTI Clear For Bladder](#)  
[Infections](#)  
[UT Tonic](#)

[Kidney Dr. For Kidney](#)  
[Stones](#)

[N-Con Tonic for](#)  
[Incontinence](#)

Muscles/Joints

[Joint Ease](#)  
[RealHeal Plus For](#)  
[Muscle Pain](#)  
[RealHeal Massage Oil](#)

For Women

[Femalite For PMS](#)  
[MellowPause For](#)  
[Menopause](#)  
[Thanda Passion Booster](#)  
[For Women](#)  
[Candidate For Yeast](#)  
[Infections](#)

For Men

[Prostate Dr For](#)  
[Enlarged Prostate](#)  
[Ikawe Sexual](#)  
[Performance For Men](#)

Thyroid Health

[Thyroid Assist For](#)  
[Hypothyroidism](#)  
[ThyroSoothe For](#)  
[Hyperthyroidism](#)

Diabetes

flavors, preservatives or colorants.

How has [Ear-Heal](#) Drops helped others?

“My left ear was giving me a lot of trouble after swimming season. I actually developed a painful infection [A.D.H.D.](#) to go see an ENT specialist who gave me all sorts of things to treat it, antibiotics, alcohol drops and ear [Candles](#) to clear the gunk out. I followed his advice to the letter but it was only when I started using your Ear-Ok Drops and [Ear-Heal](#) that my ear started to improve. I am a new convert to natural healing!” - Jada G

“Your [Ear Infection](#) remedy has been absolutely wonderful! My daughter had chronic [Ear Infections](#) and I had spent an absolute fortune in return visits to her doctor. We tried your [Ear-Heal](#) and not only did the infection clear within a week, she has now been completely well for nearly a month with no sign of the [Ear Infection](#) returning.” - Mandy

How do I use [Ear-Heal](#) Drops?

[Ear-Heal](#) Drops come in a convenient tincture form.

Directions:

Adults: Drink 15 drops diluted in 1/4 cup of water or juice two to three times daily.

Children over 10 yrs: Use one drop per age year of the child diluted in a little water or juice.

*Caution: Safety during [Pregnancy](#) and nursing has not yet been established.*

*Note: Use concurrently with Ear-Ok ear drops for maximum effectiveness. [Ear-Heal](#) Drops are intended for internal use to build up the [Immune System](#) and treat the [Ear Infection](#) from the inside, while Ear-Ok Drops are applied directly into the ear for fast relief.*

How long until I see results?

Improvement in discomfort, itchiness and pain should begin within the first few days of use and will continue to improve over 1 - 3 weeks of regular use.

How long will a bottle last?

One 50 ml bottle of [Ear-Heal](#) will last for approximately 30 days at adult dosage.

A 90 day supply is offered at a discount

## Earache Oil

[Insulate Plus Herbal Treatment for Diabetes](#)

[Diabetonic](#)

Eye Health

[Vizu-All Natural Treatment For Eye Problems](#)

Fertility

[Fertility XX and Fertility XY](#)

Digestion

[Gastronic Dr. and Digest Assist Digestion Tonic CanTravel for Motion Sickness Natural Moves For Constipation](#)

Heart/Circulation

[Cholesto-Rite for High Cholesterol High-Rite Natural High Blood Pressure Remedy](#)

ADHD

[Bright Spark For ADHD Focus For ADHD Focus For Adult ADD](#)

Weight Loss

[Detox Drops Weight Loss Programs EcoSlim Slimming Drops](#)

Anxiety/Tension & Fatigue

[Pure Calm For Anxiety](#)

Fill a small jar with [Mullein](#) flowers and cover with [Olive Oil](#).

Allow to stand in the sun for 1 week, shaking daily. Strain and place in sterile jar.

Apply 3 - 4 drops to affected ear as needed and cover with a warm cloth.

You can also add several sliced [Cloves](#) of [Garlic](#) to the [Mullein](#) and [Olive Oil](#) to make this remedy even more effective.

## Mullein Garlic Ear Oil

- 1/4 cup [Mullein](#) Flowers
- 3 [Cloves](#) [Garlic](#)
- [Olive Oil](#)

Preparation:

Chop the [Garlic](#) into small pieces. Place the [Garlic](#) and [Mullein](#) flowers in a small glass jar with a lid. Cover the [Mullein](#) flowers with [Olive Oil](#) and allow to set in the sun for several days, or heat over very low heat for 4 hours. If you are using fresh [Mullein](#) flowers, cover your jar with cheesecloth rather than a lid to allow moisture to escape. Strain the oil through cheesecloth and store your oil in a small dropper bottle in the refrigerator.

To use warm the oil to body temperature by placing the bottle of oil in a glass of hot water for a few minutes. Insert 2-3 drops in the affected ear 2-3 times per day.

If there is fluid oozing from the ear or any chance that the ear drum is perforated do not use the ear oil and consult your doctor.

## Tinnitus - Herbal, Homeopathic Remedies

What is [Tinnitus](#)?

The symptoms of [Tinnitus](#) include [Ringing Noises in the Ears](#) or hearing sounds that seem to be coming from inside your head. The sounds of [Tinnitus](#) may be varied and sufferers report the noise as ringing, buzzing, whistling, beating or roaring. The noise may be continuous, may come and go, be heard in one ear or in both. [Tinnitus](#) is sometimes associated with hearing loss. For some, [Tinnitus](#) may be nothing but an annoying little sound they hear every now and then, but for the unlucky ones, [Tinnitus](#) can reduce the ability to concentrate or hear outside noises and may become completely debilitating - preventing the sufferer from leading a normal life.

What causes [Tinnitus](#)?

[Tinnitus](#) is usually caused by damage to the microscopic hairs that line the auditory cells in the ear. These hairs usually move in response to [Sound Waves](#)

[MiGone For Migraines](#)

[Nerve Tonic For Panic](#)

[Attacks](#)

[Fatigue Fighter](#)

[AdrenoBoost For](#)

[Adrenal Health](#)

Depression

[MindSoothe For](#)

[Depression](#)

[Mood Tonic](#)

Immune System &  
Liver

[Immunity Plus Immune](#)  
[System Booster](#)

[Liver Dr For Liver Health](#)

Insomnia

[Serenite For Insomnia](#)

[Serenite LT](#)

Memory &  
Concentration

[MemoRise For Memory](#)

[Study Plus For](#)

[Concentration](#)

[Brain Tonic](#)

Colds/Flu/Allergies

[Throat & Tonsil Dr.](#)

[AllergiClear](#)

[SOS HistaDrops](#)

Stop Smoking

[Crave-RX To Reduce](#)

[Cravings](#)

[RX Hale For Nicotine](#)

[Withdrawal](#)

[NicoTonic To Calm](#)

[Nerves](#)

Respiratory Health

detected, producing a brainwave that is experienced as sound. When damaged, these hairs become bent or broken and move randomly in a constant state of irritation, producing 'sound' impulses in the brain.

[BioVent for Asthma](#)  
[BronchoSoothe for Asthma & Bronchitis](#)

Degenerative damage in people of advancing age is a common cause of [Tinnitus](#) and usually paired with hearing loss. In younger sufferers exposure to loud noise is probably the leading culprit.

Other causes of [Tinnitus](#) may be as benign as a small plug of wax in the ear that is easily removed. [Tinnitus](#) may also occur as a result of head and neck injury, stiffening of the bones in the middle-ear or as a side-effect of prescription drugs.



Sometimes [Tinnitus](#) may be caused by an actual sound produced in your body that becomes audible due to disease or proximity to the ear (Objective [Tinnitus](#)). [Circulation](#) problems such as [High Blood Pressure](#) and atherosclerosis can cause the sound of blood flow in vessels close to the ear to become more forceful, or turbulent - allowing your ear to detect the sound. Malformation or narrowing of blood vessels in the head and neck can have the same effect. More rarely, [Tinnitus](#) is a symptom of a tumor in the head or neck.



What is the usual treatment for [Tinnitus](#)?

Conventional treatment of [Tinnitus](#) is based on the underlying cause if one is found. For example, if impacted wax is the culprit, it is easily removed or, if a medication is causing the [Tinnitus](#), you would need to discontinue the medication or ask your health care provider to prescribe an alternative drug.

In cases where [Tinnitus](#) is caused by ear damage due to noise exposure or advancing age, very little is available in terms of medical treatment. Treatments that are available are generally used on a trial and error basis as different drugs may help different people.

What is [TinnaRex](#)?

[TinnaRex](#) is a 100% safe and effective [Natural Remedy](#) for relieving [Tinnitus](#) and addressing the various causes of this condition. Presented in convenient tincture form, regular use of [TinnaRex](#) helps to bring natural relief to people suffering from [Tinnitus](#) without the complications often associated with prescription drugs.

Native Remedies

Use [Native Remedies TinnaRex](#) To:

- Reduce [Ringing in the Ears](#) and other noises of [Tinnitus](#)
- Treat circulatory disorders often implicated in [Tinnitus](#)
- Counteract the negative effects of aspirin use
- Reduce fatigue and stress contributing to the symptoms of [Tinnitus](#)

What are the ingredients of [TinnaRex](#)?

[TinnaRex](#) contains the following herbal and homeopathic ingredients:

[Ginkgo Biloba](#) is an extremely effective herb used in Traditional Chinese Medicine and derived from one of the oldest trees on earth. Its medicinal properties have only been discovered by the West during the last 20 years, where clinical studies have indicated its effectiveness in restoring the functioning of the circulatory system and treating conditions caused by degenerative changes of ageing. [Ginkgo](#) is excellent for a number of cerebral and circulatory disorders. It is probably the most widely-used herb for [Tinnitus](#) and many sufferers swear by this natural ingredient.

Rosmarinus officinale ([Rosemary](#)) dilates and strengthens blood vessels and is an excellent [Circulation](#) tonic. [Rosemary](#) is particularly useful for [Tinnitus](#) that is caused or worsened by [High Blood Pressure](#) and other [Circulatory Conditions](#). [Rosemary](#) also acts as an invigorating herb, relieving [Depression](#) and imparting a zest for life, preventing fatigue and stress which both affect [Tinnitus](#).

Avena sativa is made from the wild oat plant and is a well known restorative and [Nerve Tonic](#). Avena sativa is effective in reducing high [Cholesterol](#) levels which can contribute to circulatory problems which cause [Tinnitus](#). This herb is also used to treat [Depression](#), low [Libido](#) and lack of energy. Recent studies have suggested that it is also effective in reducing the craving for nicotine in people who are trying to [Quit Smoking](#).

[Verbena](#) officinalis is also known as [Vervain](#) or Wild [Hyssop](#) and is native to the Mediterranean region. [Verbena](#) is well-known for its ability to relieve [Tension](#) and stress and relieve mild [Depression](#). This herb is also useful in reducing pain and inflammation.

Salicylic Ac. (30C) is a homeopathic remedy indicated for [Tinnitus](#) with loud roaring or ringing sounds, which may be accompanied by deafness or vertigo. This remedy is particularly useful in people whose symptoms began with a bout of flu, Meniere's disease or long-term use of aspirin. Because it is presented in homeopathic potency, Salicylic Ac. carries none of the negative side effects of pharmaceutical aspirin, yet offers excellent benefits.

How has [TinnaRex](#) helped others?

“For the last 5 years I have had [Tinnitus](#) and was almost constantly bothered by a low roaring noise in my ears. My doctor could find no physical cause for it and advised me to learn to live with it - which I accepted very reluctantly! A friend of mine who is a loyal [Native Remedies](#) customer found your [TinnaRex](#) remedy for me and suggested I give it a go - I certainly had nothing to lose and she has had only good experiences with your company and products. I used the remedy for several weeks and began to notice the sound becoming quieter and less obvious. Some days I would stop what I was doing and try to concentrate on whether I could hear the noise or not - an unbelievable improvement for me! I now seldom hear the roaring sound and when I do an extra dose of [TinnaRex](#) generally quietens it down within minutes. I must thank you for such a great product - it has really brought me peace and quiet I thought I would never have.” - Muriel

Special Message



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Passion



Optimal  
Wellness

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- Scientifically Formulated
- ALL NATURAL  
no side effects

**XTEND-LIFE**  
Natural Products

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“[TinnaRex](#) has been super for the ringing in my ears that nothing else had helped. I tried changing my diet, wearing a special hearing aid and a few medications that had no effect at all. Your product has stopped the ringing completely. I am so relieved to find something that works and, although I was willing to try anything, all the better that it is a safe and [Natural Remedy!](#)” - Richard

How do I use [TinnaRex](#)?

[TinnaRex](#) comes in a convenient tincture form and is available in 50 ml bottles.

Directions:

Chronic: 10 - 15 drops in 1/4 cup water or juice three times daily.

Acute: 5 drops in 1/4 cup water every 30 minutes as needed. Do not exceed 10 acute doses in 12 hours.

*Caution: Please consult your medical practitioner should symptoms persist. Safety during [Pregnancy](#) and nursing not yet established. Do not use concurrently with Warfarin or other blood thinning medication.*

How long until I see results?

Relief is generally felt within minutes of taking [TinnaRex](#), although stubborn cases may take a little more time to respond. Over a few weeks of using this [Natural Remedy](#) regularly, the sounds of [Tinnitus](#) will be significantly reduced and heard much less frequently.

How long will a bottle last?

One 50 ml bottle will last approximately 30 days at chronic dosage.



## Onions for Earaches

This one's a bit strange, but works very well.

Make an onion poultice and apply externally over the infected ear. Cut an onion up, stick it in a hot oven until it starts to turn brown (make sure you set it in a glass pan to catch any juices, remove from oven, wrap in a piece of cotton or muslin, and apply.

You can also use the juice from the onion in your ear in the same way that you would [Garlic](#) oil. Works like a charm! The heat feels really good, too.

## Helping Dry Eyes

You'll need to shed a few tears to remedy a case of dry eyes. And the easiest way to stimulate your tearing action is to apply moist heat to your eyelids.

Dip a small towel or washcloth in warm water, wring it out, lie down, close your eyes, and put the cloth over your lids for 15 minutes. Do this two or three times a day or as needed

## **Vizu-All Plus for Eye Health**

What is [Vizu-All Plus](#) and how does it work?

[Vizu-All Plus](#) contains [Herbs](#) especially selected for their effectiveness in the natural prevention and treatment of [Diabetic](#) retinopathy, glaucoma, cataracts and macular degeneration.

It does this by improving the supply of blood, oxygen and nutrients to the tiny capillaries of the eye and by counteracting and protecting against the damage caused to the eye by free radicals in the system.

Because it also strengthens the walls of the blood vessels in the eye, [Vizu-All Plus](#) also helps to reduce hemorrhages in the eyes - a condition often associated with [Diabetes](#).

[Vizu-All Plus](#) has been especially formulated to:

- Promote healthy eye functioning
- Counteract cell damage caused by free radicals
- Strengthen blood capillaries in the eye
- Help the retina adapt to both dark and light
- Prevent macular degeneration and cataracts
- Prevent and treat glaucoma

What does [Vizu-All Plus](#) contain?

The following medicinal [Herbs](#) were carefully selected for inclusion in Vizu-All Plus:

Vaccinium myrtillus (bilberry) is the principal ingredient in [Vizu-All Plus](#) and has an impressive history in the natural treatment of eye disorders. It is routinely recommended in Europe as an addition to conventional medical treatment, particularly for eye disorders. Medically active components of bilberry include flavonoid compounds known as anthocyanosides, which work to counteract cell damage caused by free radicals. By strengthening the tiny blood vessels of the eye, bilberry helps to facilitate delivery of essential oxygen and nutrients to the eye and has been shown to be effective in the prevention and treatment of degenerative diseases of the retina. It also reduces the incidence of hemorrhage in the eye, often associated with [Diabetes](#). Further studies have demonstrated the effectiveness of bilberry in treating and preventing cataracts and glaucoma - two very common eye disorders in older people. Because of this, it is recommended

that all people over the age of 50 take [Vizu-All Plus](#) daily to prevent eye disorders and promote optimal visual health.

*Aspalathus linearis* (Rooibos) is found only on the slopes of the Cedarberg mountains in the Western Cape of South Africa and has been used medicinally for thousands of years by the indigenous people of that area. It is used as an effective all round tonic and restorative, to reduce digestive complaints, improve liver functioning and balance blood sugar levels. Like bilberry, Rooibos also has powerful anti-oxidant properties, mainly due to its superoxide dismutase (SOD) mimetic properties. SOD is an enzyme in the body which is especially designed to neutralize unstable oxygen molecules (free radicals) as soon as they occur and can therefore help to prevent a broad spectrum of diseases. Due to its high mineral content, Rooibos is also instrumental in the maintenance of healthy metabolism, bones, skin and teeth. Rooibos can help to control blood sugar levels, lower blood pressure and enhance [Immune Functioning](#). It is an extremely nutritious herb, containing [Vitamin C](#), Alphahydroxy Acid, potassium, copper, magnesium, calcium, iron, zinc, manganese and fluoride.

*Sutherlandia frutescens*, (also called Kanker Bossie or [Cancer](#) Bush) was originally used by the indigenous Khoi and San peoples of Southern Africa and is indigenous to this region. Although it is well known in the traditional treatment of internal cancers, *Sutherlandia* is also effective in a wide range of ailments, including [Diabetes](#). Research has shown that *Sutherlandia* contains the active ingredients canavanine, pinitol, and the amino acid GABA. Pinitol is a well-known anti-[Diabetic](#) agent (Narayanan et al, 1987). Recent research has confirmed the adaptogenic properties of *Sutherlandia* as well as its anti-oxidant effects (Swaffer et al. 1995, Crooks and Rosenthal, 1994, Ostlund and Sherman, 1996)

Can I use [Vizu-All Plus](#) along with my prescription medications?

Yes, you can. No adverse interactions have been noted between the ingredients in [Vizu-All Plus](#) and other prescription medications.

However, as with any medicine, it is always advisable to consult your doctor before making any changes or additions to your medical program, especially if you are already using prescription medicines.

How do I use [Vizu-All Plus](#)?

[Vizu-All Plus](#) is a concentrated tincture which comes in convenient drop form. It is used internally and NOT as an eye drop formula.

Dosage: The therapeutic dose is approximately 15 drops in a little water or juice, three times a day.

As a preventative and to maintain healthy vision, use 10 drops in a little water or juice, three times a day.

It is recommended that all people over the age of 50 use [Vizu-All Plus](#) to maintain visual health and prevent eye disorders.

*Caution: Although no adverse effects have been noted, safety during [Pregnancy](#) and [Breastfeeding](#) has not been established.*

How long till I see results?

Improvement should be noted within 3 - 6 weeks, although some people respond even sooner.

Continued use will result in long term strengthening of capillary walls, reduction or elimination of hemorrhage and ongoing protection against damage to the eye caused by free radicals and illnesses like [Diabetes](#).

How long does a bottle last?

One bottle of [Vizu-All Plus](#) lasts approximately one month. A 90-day supply is offered at a discount (see our Buy 2 Get one FREE special below)

How has [Vizu-All Plus](#) helped others?

“I want to let you know that I have had problems for ages with my eyes and [Circulation](#) because of [Diabetes](#). My homeopath recommended Vizu-all and after 10 weeks there is an enormous difference! I don't have blurred vision any more and all the tiredness is gone. Thank you [Native Remedies!](#)” - Fran

“Because of [Diabetes](#), I often used to have a hemorrhage in my eyes, which made it difficult to see until it cleared up, not to mention the way it looked!. My doctor told me that there was not much I could do about it. After taking [Vizu-All Plus](#) for about two months it hasn't happened again once. I am so pleased about this and just wanted to let you know.” - Lizzy

“I have noticed many improvements since using your [Vizu-All Plus](#) remedy. My vision is much clearer and I can definitely feel less pressure in my eyes. I have had far fewer [Headaches](#) and the constant tingling in my hands and feet is almost gone now. Thank you very much for an excellent remedy.” - Terence

## **Natural Relief For Sties (Stye, Sty)**

The warm compress that most doctors recommend to heal sties can be made more effective if you soak the compress in a solution containing the herb [Eyebright](#) (*Euphrasia officinalis*).

Step 1 teaspoon dried [Eyebright](#) in 1 cup boiling hot water for 10 minutes and strain WELL. Soak a washcloth in the solution (as warm as you can stand it), gently wring it, and apply it to the stye for 15 minutes two or three times a day.

Because a Stye is an infection, I add one teaspoon of dried or powdered [Goldenseal](#) (you can use capsules for this, just take apart and pour in) and 1 teaspoon of dried [Calendula](#) flowers.

This blend is also very effective for Conjunctivitis (infection of the lining of the eye, or “pink eye”).



[Nutra-Mune](#)

Nourish your defense system with Nutrapathics Nutra-Mune!



[Kidshield Immune Spray](#)

KidShield by Symbiotics has a delicious Tutti Frutti flavor children love.



[Family Defense Immune Spray](#)

Enhances immune activity. This immune balancing action is important for your family!



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Symbiotics Multi-Nutrient Immune Formula provides extra support when your body is under stress.