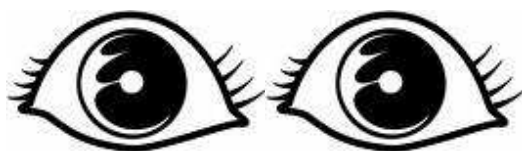




HEAVENLY HERBS and ACUPUNCTURE SHERYL SANCHEZ, LAc.

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How to Prepare an Herbal Eye Rinse



1. Make an Herbal Tea or Infusion

- a. Put *one or two small yellow flowers (Chrysanthemum)* into a tea bag (or tea ball/spoon or similar loose leaf tea infuser or strainer).
- b. Add *boiling hot water to steep tea - steep for ~10-15"*.
- c. *Remove herb from cup and let tea cool to room temperature.*
- d. *Make sure that tea is strained well. If small pieces of herb are seen floating, strain again using a strainer or cheesecloth.*

2. Do Herbal Eye Rinse

- a. Put *strained herbal tea into eye cup.*
- b. *Rinse each eye, opening and closing the eye several times.*
- c. *Clean out the eye cup, and repeat above for other eye (if appropriate).*

Do this 3x/day, or as recommended, for eye infections, styes, and other eye irritations.

Feel free to drink remaining herbal tea! It is great for the eye infection also!!

PLEASE call me if you have any questions!