



EW

Stock #861-3 (100 capsules)

EW is considered an astringent formula for inflamed mucous membranes, especially the eyes. EW is frequently used as an eyewash and consists of herbs which stimulate circulation to the eyes to promote healing, shrink inflamed tissues, absorb toxins, alleviate pain and fight infection.

EW is particularly designed for eye infections and inflammation, but is also beneficial for diarrhea, edema, gastrointestinal inflammation, inflammatory skin conditions, respiratory tract infections, sinus congestion, and applied topically, for sores and tooth abscess.

Bayberry relieves excess mucous and sinus congestion, cleanses the lymphatic system and enhances glandular function, fights bacterial infection, stimulates circulation to promote healing, dilates peripheral blood vessels, induces perspiration to lower fever, and acts as an analgesic (pain-reliever), astringent, and anti-inflammatory. Bayberry contains the constituent myricitrin, which has been shown to provide antibacterial activity. Research

published in the *Journal of Pharmaceutical Science* confirms bayberry's antibiotic and antipyretic (fever-reducing) properties. Bayberry's astringent and anti-inflammatory effects are beneficial for treating gum disease (as a gargle), excessive menstruation, sore throat, vaginal discharge, and inflammatory gastrointestinal disorders such as irritable bowel syndrome and mucous colitis. Bayberry is a rich source of vitamin C and calcium, and has often been used for asthma, bronchitis, colds, coughs, diarrhea, dysentery, fever, flu, hemorrhages, infection, intestinal flu, jaundice, laryngitis, sinus congestion, sinusitis, tuberculosis and wounds. Bayberry is not recommended during pregnancy.

Eyebright helps relieve sore, inflamed eyes, along with any stinging irritation or discharge from the eyes, such as is associated with conjunctivitis (pinkeye) or eye injury. Eyebright also helps alleviate earache, runny nose, and sneezing which often accompany eye irritation or infection. Researchers have provided scientific evidence which shows eyebright reduces light sensitivity and eases acute and chronic eye inflammation. Eyebright provides antibiotic, anti-microbial and astringent effects, tightening the mucus membranes of the eye. Eyebright's ability to relieve excess mucus is helpful for allergy- and infection-related conditions of the eyes, middle ear, nasal, and sinus passages. Eyebright is thus beneficial for treating allergic rhinitis, colds, congestion, hayfever, sinusitis and upper respiratory tract infections.

Studies show **golden seal** acts as an astringent, producing a vasoconstricting—tightening of the blood vessels—effect. Golden seal's astringent ability enables it to help tone mucus membranes, which in turn, aids stomach and intestinal disorders, prostate and vaginal complaints, and stops internal bleeding and prevents hemorrhaging. Golden seal helps tighten the tiny capillaries which can cause "red eyes" when the eyes are irritated, and is known to greatly soothe eye inflammation and treat eye infections, particularly catarrhal and follicular conjunctivitis. Golden seal acts as a mild decongestant and laxative, relieves excess mucus, and reduces fever and inflammation associated with glandular swelling. Golden seal increases the secretion of digestive enzymes and fluids, especially bile, which helps regulate liver and spleen functions. Berberine, an isoquinoline alkaloid found in golden seal, has been studied at length in both clinical and experimental environments for its antibacterial and amebicidal properties.

Red raspberry contains flavonoids, polypeptides and tannins, which are especially beneficial for their astringent action. Raspberry tannins are believed to be responsible for the herb's ability to combat diarrhea, morning sickness, nausea, and vomiting. Studies show raspberry provides antifungal and antiviral activity against various pathogens. Raspberry also reduces hemorrhaging and uterine swelling, promotes tissue repair, and relieves abdominal pain and cramping. Raspberry leaf tea can be taken internally or used as an eyewash for conjunctivitis; as a mouthwash and gargle for mouth sores, sore throat, and tonsillitis; and as a douche for excessive vaginal discharge.