



4 Quick Remedies for Puffy Eyes & 5 Dark Eye Circle Therapies

By Morning: Spirit: Wolf-D.R.M.

Puffy eyes results from swelling of the tissues around the eyes - above, below, or all around, also known as periorbital edema. Many people think that aging, weight, and genetics all play a role, and

while that may be true in a few cases, what's really triggering the fluid build-up can be a number of things, including illness (such as mononucleosis), kidney disorders, vitamin deficiency, sleep deprivation or over-sleeping, high sodium/processed salt diet, allergies, and weight gain. Figuring out the underlying cause is extremely helpful when it comes to really targeting the problem, instead of just masking it. The below home remedies for puffy eyes will cover several of the most common causes.

1. Eat Less Processed Foods with Sodium/Processed Salt

Ingesting too much poor quality sodium is a common cause of water retention, even if you don't have a preexisting condition that would make you prone to it (such as kidney disease.) Because of the imbalance of table salt (found in almost all pre-packaged foods, pastries, pasta, sauces and dressings), water gets drawn out of your cells and puffs up the cellular fluids around the cells of soft tissue. The resulting bloating can affect your eyes, filling out the tissues around the eye cavity - puffy eyes. Less processed salt = less puffiness.

Instead of table salt, and most sea salt too, use Real Salt® brand, which is mined from an ancient sea bed in Redmond Utah. It's simply ground into granules and packaged without high eat, refining, or harsh chemical coatings. Never cook with Real Salt, add it after cooking is finished to avoid the destruction of essential enzymes, electrolytes, and minerals.

You will need...

Real Salt®, and an interest in shopping for better quality edible ingredients, and cooking your own food.



2. Chamomile Tea Bags



Chamomile is effective for reducing puffiness caused by allergies. While it can help with inflammation in general, it's really the diuretic, anti-inflammatory, and anti-histamine properties that soothe itchy and irritated skin, and can make the difference with any swelling. Chamomile is a flower that works well in the brain, sinuses and eyes to restore normal function as it kills bacteria and fills the area with vitamin C, improving tired or strained eyes and reducing puffiness.

Resting the tea bags directly over your eyes can help reduce discomfort and the appearance of

irritation/swelling, and you have two options when it comes to what you use. Try bulk ordering unbleached muslin tea bags and fill them with herbs so you know exactly what you're putting on your skin. However, you can use store bought as well if you're looking for something more convenient, just be sure the bag is NOT chlorine bleached (oxygen bleached is okay) and there isn't a bunch of other herbs added!

You will need...

- 2 Chamomile tea bags
- Approximately ½ cup of fresh water
- A place to lie down

Directions

Boil the water, remove from heat, and then soak the tea bags for about 5 minutes. After removing the bags let them cool off, squeeze out any excess liquid, or if you'd prefer them to be cold - put them in the refrigerator. Lie down and place them over your eyes for 15-20 minutes once or twice a day (the same bag can be used twice).



3. Flexible Cold-Compress

A cold compress can temporarily diminish the appearance of the puffiness. The cold constricts blood vessels, which slows down the flow of fluid into the tissues and reduces the puffiness. You can just put some ice into a bag, or make a cloth compress that can be used for both heat and cold, but for eyes, it's much more comfortable having a soft-gel pack that conforms to skin. While corn syrup is really harmful as a food, it makes for a dandy DIY cold gel pack.

You will need...

- A small plastic zip-lock bag
- Corn syrup



Directions

Simply fill up the bag with corn syrup, and then put it in the freezer for use when necessary. Because of the high sugar content, the syrup will not freeze solid, but it gets really cold. Let it sit out for 5-10 minutes to soften up before putting it against skin.

*If you don't have time for resting a compress on your eyes, splash your face with cold water in the morning.

4. Drink Horsetail or Stinging Nettles Tea



If you tend to wake up with fluid-filled bags under your eyes that diminish as the day goes on, this may indicate that fluid exchange is happening at too slow a rate while you sleep, and that kidneys may be under-functioning, or you have allergies. It may also mean that you are not drinking enough water during the day.

Try drinking more day time water, and adding 2-4 cups of either Horsetail tea or Stinging Nettles tea to your daily water intake. Horsetail is silica based and is very diuretic, moving inflamed fluids out of the area effectively, but it does push

the kidneys a bit – so if you think kidneys may be having a problem, then use the Stinging Nettles tea instead. Nettles have more anti-histamine properties and work well for puffiness due to allergies.

You will need...

Horsetail or Stinging Nettles tea (bulk is best for freshness)

2-4 cups water

Stainless steel pot with tight fitting lid

Tea cup

Directions

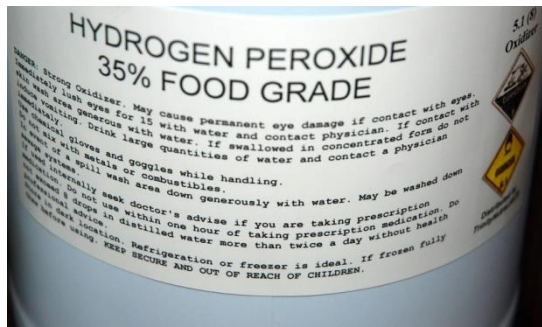
You can use the bulk dried herb by simply placing it directly into the boiled water, and strain it after its done steeping, or you can put the herb into a tea ball or tea bag, and then into the water.

For Horsetail tea: In a non-aluminum pan, bring 1 cup water to a boil for every 1 tsp. dried herb used, add herb and cover with air tight lid, reducing heat to simmer for 15-30 minutes. Turn off heat and let steep (rest) for 15 minutes. The longer herb steeps the stronger tea will be. Strain tea through net or cloth into a cup and drink straight or with lemon, or sweetened with raw honey or grade-B maple syrup.

For Stinging Nettles tea: In a non-aluminum pan, bring 1 cup water to a boil for every 1 tsp. dried herb used, and then remove from heat. Quickly add dried herb to boiled water and cover with air tight lid, letting it steep (rest) for 10-15 minutes. The longer herb steeps the stronger it will be. Strain tea through a tea strainer, net or cloth into a cup and drink straight or with lemon, or sweetened with raw honey or grade-B maple syrup.



5 Dark Under-Eye Circle Therapies



1. When it comes to home remedies for dark circles under the eyes, the best one may also be the most simple. Food grade hydrogen peroxide (and only food grade, not the drug store variety) acts as a do-it-yourself under eye brightener. Hydrogen peroxide applied to under-eye tissue fills the cellular fluid with oxygen, nature's elemental whitener.

2. The skin underneath our eyes is incredibly thin, and shows blood vessels easily, causing the appearance of dark circles. People who eat mostly cooked and pre-packaged food tend to have dark circles under the eyes due to lack of fresh food enzymes and missing nutrients.

3. Small capillaries can also break (scurvy) due to a vitamin C deficiency, in which case take 10,000-20,000 mg of food based vitamin C such as Grass-C or Catie's Whole Plant Vitamin C Plus to support capillary strength and better circulation.

4. Loss of collagen and thinning of skin that deepens the hollows under our eyes can enhance the appearance of darkness under the eyes. Replenishing collagen may be all you need to brighten up those eyes and attain a more youthful look.

5. Lack of sleep and overuse of cellular technologies can produce dark under-eye circles. The easy fix is to get more sleep, and put your cell phone at least 30 feet away from you while sleeping.

You will need...

1. **For Food Grade Hydrogen Peroxide:** small bowl, water, 35% Food Grade Hydrogen Peroxide, cotton pad
2. **For Fresh Food Therapy:** Organic, fresh, raw, uncooked and unprocessed food – fruits, vegetables, and grains
3. **For Vitamin C Therapy:** Grass-C (Silica based vitamin C liquid extract), or Catie's Whole plant Vitamin C Plus powder
4. **For Collagen Therapy:** Royal Jelly or Agar-Agar sea weed

Directions

1. In a bowl, dilute 10 drops Food Grade Hydrogen Peroxide in 1 tablespoon water, and then dip in cotton pad until moist. Apply to under-eye tissue, dabbing gently back and forth for 1 minute – repeat twice daily.
2. Eat 8-10 varieties of fresh fruits and vegetables daily that are organic, fresh, raw, uncooked and unprocessed.
3. Take 20-30 drops of Grass-C twice daily with food, or take 1 scoop Catie's Whole plant Vitamin C Plus powder dissolved in water twice daily.
4. Apply small amounts of Royal Jelly directly to skin under eyes at night before bed, and take ¼ teaspoon internally twice daily. For Agar-Agar sea weed, dissolve 1 teaspoon into ¼ cup hot water and drink twice daily with Real Salt added to taste.

