

# Eye Health Protocol

1. Wash the eyes with Dr. Christopher's Herbal Eye Formula. Minimum once per day. The more times you wash the eyes each day the better the results.
2. Take Dr. Christopher's Bilberry Eye Formula: 2 capsules / 3 times a day\*
3. Take Dr. Christopher's Blood Circ Formula: 2 capsules / 3 times a day\*  
\*Note: Separate the Bilberry Eye Formula and the Blood Circ formula by at least ½ hour
4. Grate up onions every day to make the eyes tear
5. Foods to eat EVERY day:
  - a. **1 cup Blueberries**
  - b. **4 Kiwi**
  - c. **2 Oranges with pith** (white part of the orange) is what we are after. Use a peeler to remove the skin, leaving the pith. You can eat this with the rest of the orange or blend it with other fruits/greens to make smoothie
  - d. **1 cup of Kale and/or organic corn** (can use frozen)
  - e. **16 ounces of fresh carrot juice**
  - f. **2 bell peppers** every day - the red bell peppers have the highest amount of Vitamin C (these can be juiced with the carrots).

NOTE: the bell peppers, kale and carrots can be juiced, or the kale, oranges, kiwi and blueberries can be combined to make a smoothie. Be creative!
6. Food not allowed on this protocol:
  - a. Sugar
  - b. White Flour
  - c. Dairy
  - d. Only extremely small amounts of meat - if used at all
7. If there are sinus issues, add Dr. Christopher's Sinus Plus Formula: 2 capsules / 3 times a day

By David Christopher, M.H.