

# INSTRUCTIONS FOR *SEE AGAIN* EYE FORMULA

## 1. BEGIN BY TAKING *SEE AGAIN* CAPSULES INTERNALLY

**Slow Start:** Take one *See Again* capsule in the morning.

**Average Start:** Take one *See Again* capsules in the morning and one capsule at night.

**The Goal:** To reach two *See Again* capsules in the morning and two at night.

In the morning, check your eyes for the amount of mucus, crust, caking and eye closure to determine your tolerance and reaction level. This is your guide.

## 2. USING *SEE AGAIN* EXTERNALLY AS AN EYEWASH

Do not begin the eyewash until you have determined the number of capsules you are comfortable taking and are ready for greater elimination and maximum results. (You may check with your doctor, especially if you are on medication).

**Preparing the Eyewash:** Break open one capsule. Pour herbs into a clean cup. Throw capsule away. Boil tap water (best is distilled) in a stainless steel or glass pot (never aluminum). Pour about one cup of boiling water over herbs. Stir, cover, let cool. Pour into another cup through one (or 2) coffee paper filters to remove impurities. Stop pouring when you reach sediment at bottom. Pour into new, clean eye dropper *glass* bottle (avoid plastic). **Refrigerate!**

**Mild Mixture:** One capsule with 1-1/2 to 2 cups of water

**Average Mixture:** One capsule with one cup of water

**Stronger Mixture:** One capsule with 1/2 cup of water

## 3. APPLYING THE EYEWASH

Always start with the Mild Mixture (one capsule and 1-1/2 to 2 cups of water). Put two to three drops of eyewash in the corner of both eyes near the nose. Move eyes around and blink a little. It may sting just a little and your eyes might tear. This is a normal reaction. Start with only one eyewash a day. Monitor your reaction each morning. If you're comfortable, do the eyewash twice a day. Many users only do the eyewash once a day, others do it 2, 3 and even 4 times a day. You can step up to the Average Mixture or Stronger Mixture when you feel you can handle it.

## 4. REACTION -- WHAT TO EXPECT AND WHAT HAPPENS

Most get a lot of mucus in the eyes the next morning. It can be dried or caked up, and sometimes the eyelids may be sealed shut. This is also normal. If you're not comfortable with the reaction, cut back. If too much mucus is coming out too quickly, cut back. Cut back means to reduce the amount of capsules taken internally or use a more diluted eyewash or just do everything every other day rather than every day. Over time, your eyes will get used to it as less mucus and pollutants come out and you start to feel the benefits of the healing process.

## 5. RESULTS, BENEFITS AND IMPROVEMENTS

Depending upon the eye problem, some see results in just days or weeks; others, months to even a year. The important thing is that nearly all experience mucus and pollutant elimination - - clearly demonstrating the problem. Doing the eyewash regularly, of course, gets best results. But always go slow in the beginning to see your reaction. Toxins are coming out, and some users may notice their eyes getting slightly worse before they get better. Dr. Christopher: *"The eyes often get worse before they get better. In some cases, a lot worse, but the eyes will always get better. When all the mucus and toxins come out, the sight will improve. I can assure you."*

### A WORD OF CAUTION

When putting anything in the eyes we must offer a word of caution. Many use the eyewash repeatedly without a problem. But, reactions can occur, usually for those with polluted colons -- dry eyes, puffy, sensitive eyelids, pus, eyes turn slightly yellow, vision temporarily worsens, cloudy, bloodshot, sty, floaters, eye pressure. **The eyes should not be the organ to eliminate pollutants. Colon cleansing is a recommended must.** A clean colon and a liver flush automatically helps the eyes. The cleaner they are, the easier the eyewash. Eyesight may worsen for a while as toxins are eliminated. Dr. Christopher said, oddly enough, that it took longer to correct near/farsightedness than blindness, cataracts, glaucoma.