

COASTAL NATUROPATHIC CENTER

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***EYE WASH INSTRUCTIONS for CONJUNCTIVITIS***

1. Boil only 2-3 TBS of water
2. Put ½-1 tsp. Calendula Succus into the little bit of boiling water
3. Boil for a moment then let cool to room temperature
4. Using a clean face cloth, absorb the liquid into a corner of the cloth and squeeze to drip liquid into eye from inside to outside corner
5. Gently wipe eye area with clean cloth