

Hot Compress for Eye Problems

1/2 cup dry rice.

1 cotton sock

Put rice in sock - tie in knot (so that the part with rice feels like a loose bean bag).

Put sock in Microwave oven for 1 minute on high.

(Be very careful - when taking out of microwave - it will be very hot.)

Wrap in a dry washcloth hold on eye 5-10 minutes - 3 times a day. (Morning, noon, night.)

This was remedy given to me from an eye Doctor (Ophthalmologists / Surgeon). Mostly for use after surgery for a condition called Shallazie (pronounced sha-la-z).

New term for conditions such as: old fashion sty, ingrown eyelash, etc.

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