

Daily Dry Eye Checklist for Natural Dry Eye Treatment (First Line Of Treatment)

- EVERYONE SHOULD BE DOING THIS FIRST LINE OF TREATMENT... EVERYONE!!! It may take up to 6-8 weeks for the symptoms of dry eye to be managed. You will notice other ailments disappearing as you implement these habits.
- USE THE CODE **SWITCHNOW** TO GET 20% OFF YOUR 1st HEYEDRATE ORDER, visit [eyelovethesun.com](http://eyelovethesun.com) or [click here to shop](#)

|                                                                                                                                                                                                   | 8:00 am                                                                                                                                                                                                                                     | 12:00 pm                                                        | 4:00 pm                                                                                                                                     | 8:00 pm                                  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------|
| Hydration<br>(HYPERhydration)                                                                                                                                                                     | <a href="#">16-32 ounces of water</a> before eating, upon waking up                                                                                                                                                                         | 16-24 ounces of water before eating lunch                       | 16-24 ounces of water before eating dinner                                                                                                  | 16-24 ounces of water at 8:00 pm         |
| Dr. Travis Zigler’s Morning Cocktail: 32 oz. of water, 1 oz of Unfiltered Organic “From The Mother” <a href="#">Apple Cider Vinegar</a> , ½ t. Celtic Sea Salt, 1 scoop of <a href="#">greens</a> |                                                                                                                                                                                                                                             |                                                                 |                                                                                                                                             |                                          |
| Exercise                                                                                                                                                                                          | After drinking water first thing in the morning, go on at LEAST a 30 minute walk. <a href="#">Better yet, take the water with you</a>                                                                                                       |                                                                 | <b><i>You may have to build up to 30 minutes. Starting with just 5 minutes per day is a start. TAKE ACTION.</i></b>                         |                                          |
| <a href="#">Meditate</a>                                                                                                                                                                          | Close your eyes and take 5 deep breaths                                                                                                                                                                                                     | Close your eyes and take 5 deep breaths                         | Close your eyes and take 5 deep breaths                                                                                                     | Close your eyes and take 5 deep breaths  |
| <a href="#">Warm Compress</a>                                                                                                                                                                     | Microwave 20 seconds, relax 10 minutes                                                                                                                                                                                                      |                                                                 | Microwave 20 seconds, relax 10 minutes                                                                                                      |                                          |
| <a href="#">Lid Massage</a>                                                                                                                                                                       | After Warm Compress                                                                                                                                                                                                                         |                                                                 | After Warm Compress                                                                                                                         |                                          |
| Demodex - <a href="#">Heyedrate Tea Tree Oil Soap</a> .                                                                                                                                           | After Lid Massage, wash face thoroughly with Tea Tree Oil Soap                                                                                                                                                                              |                                                                 | After Lid Massage, wash face thoroughly with Tea Tree Oil Soap                                                                              |                                          |
| Lid Hygiene - <a href="#">Heyedrate Lid &amp; Lash Cleanser</a>                                                                                                                                   | Spray on AFTER washing face, BEFORE moisturizers                                                                                                                                                                                            |                                                                 | Spray on AFTER washing face, BEFORE moisturizers                                                                                            |                                          |
| Educate                                                                                                                                                                                           | Educate yourself on health and wellness for 20 minutes per day or more<br>Visit <a href="#">our blog</a> , <a href="#">watch videos on our YouTube channel</a> , <a href="#">read our book</a> , <a href="#">join our group on Facebook</a> |                                                                 |                                                                                                                                             |                                          |
| Local Environment                                                                                                                                                                                 | <a href="#">Sunglasses when outside. preferably wrap around</a><br><a href="#">Take a break and walk around every 20 minutes of computer. reading. or watching TV</a><br><a href="#">Wear Blue Blockers when working on the computer</a>    |                                                                 | <a href="#">Humidifier in bedroom</a><br>No fan while sleeping & get 8 hours of sleep<br><br>NO TV, smart phones, or tablets in the bedroom |                                          |
| Diet - Read <a href="#">Rethinking Dry Eye Treatment</a>                                                                                                                                          | <a href="#">Green Smoothie Breakfast</a>                                                                                                                                                                                                    | <a href="#">Green Leafy Lettuce Based Lunch (Spinach. Kale)</a> | <a href="#">Dinner based around green and colorful vegetables</a>                                                                           | Fast from 8:00 pm to 8:00 am if possible |
| Omega-3 - <a href="#">Heyedrate Omega-3 for Dry Eye</a>                                                                                                                                           | 3 per day with food                                                                                                                                                                                                                         |                                                                 |                                                                                                                                             |                                          |