

Dry Eye Pain Relief by Eating a Special Oily Food

Carl Littmann

25 Washington Lane #313, Wyncote PA 19095 clittmann@verizon.net

late August 2022

Abstract:

This simple article is based mainly on simple empirical experience. It describes a simple way that seems to stop dry eye related pain, a condition very troubling to many people who are usually of late middle-age and beyond. In short, the solution may be as easy as obtaining from a quality Chinese restaurant an order of Shrimp Fried Rice, adding some soy sauce. Then taking about 1/3 cup of that snack, and mixing into it an extra 5 teaspoons of Canola Oil, heating it and eating it. And also very importantly, then drinking about 2/3rd cup of water. (Then, if the room is cool or clammy, going to a very warm room for 5 minutes.) All that should help in less than 5 minutes. And if the problem reoccurs later in the day, then, with some of the 'left-over', repeat. But if no help obtained, just discontinue. And of course, discuss health problems with your professional healthcare provider. Optionally, see more thoughts and details below:

Introduction:

The above-described remedy is based on at least one case involving hundreds of pain episodes over many years. And it was noted that when dry eye pain arose, that every time the remedy was tried, it helped greatly and fast. And every time the remedy was not tried, the pain continued.

Strangely, in the subject case, trying significant variation in the remedy – decreased or destroyed the remedy's effectiveness. But I have reason to believe that some Italian super chefs, by mixing olive oil and vinegar and lettuce, and maybe a few other things together – to make a great salad – have also achieved a very helpful remedy. But sadly, I just don't know those super-chefs' secrets, including procedural details.

More Discussion:

If we use common sense reasoning, we will perhaps not be surprised that the above-discussed remedy works. And similarly, if we also review some fairly recent experiences and suggestions by others, and note their drift or implications – again, the above remedy seems sensible.

For example, let us first discuss an analogy between humans' dry eye problem and an old railroad mechanical problem. It is interesting that as late as the 1950's, 'hot boxes' would sometimes arise on the rail cars of trains, a condition where excessive friction causes the axle bearings to overheat, the region to glow slightly reddish, and cause damage to that region. And if that problem continued, it might lead to the wreck of the car or train. So, when detected soon enough, the train would be promptly stopped, time allowed for cooling, and then remedied by servicing. Often, the routine service and remedy was simply to repack the axle box by the axle -- with Oil-soaked rags or cotton (packing) so that the associated on-going lubrication would reduce the friction [1].

So, here our attempted analogy would be the actions of the human tear gland and the rail car's axle box. And also, the food oil, water, and shrimp fried rice analogy with the oil-soaked rags in the rail car's axle box. I.e., All the above involve a protective oil layer and friction reduction!

Another hint, pointing to the proposed remedy, is to note, specifically, the content of at least a few articles, and likely many others, with similar 'drift' – that have fairly recently appeared. At least 2 articles recommend, among other oils, specifically Canola food-oil, presumably mixed in with other foods, to help protect eyes from dry eye problems [2],[3]. Other oils and foods are suggested, also, and all are deemed to have an appreciable content of 'Omega 3 Fatty Acid' or good Omega 6 fatty acids. I.e., although 'fats', they are generally deemed safe and helpful – in the right proportions and amounts -- unlike certain other less safe, more popular fats.

Fortunately, many articles, too many to list here, are stressing the importance of drinking large amounts of water [4]. That is especially important for older people, and I think the 2/3rd cup, I mentioned earlier, should be repeated many times during the day. Very adequate amounts of water, as well as sleep, are necessary for the bodily systems of most people to perform at the height of their capabilities.

Optional Speculative Thoughts:

I think that, 'evolutionally' or historically speaking, the commonness of dry-eye pain may be partly due to the mass migrations and spread of many groups of human beings –away from regions with good sources of natural food oils (perhaps like 'olive oil') and the foods they are mixed with. That is – their migration to new geographic locations where good food-oil sources are more difficult to find and obtain. And perhaps, when some grains, etc., are highly processed – the grains' derivatives lack much or all of the original's oil content.

The fact that so much of an aisle, in so many super-markets, are filled with so many advertised eye-drop aids, etc., to combat eye irritation and pain – seems to strongly indicate the commonness of dry-eye problems. And since the basic contents of so many of the eye aids seem pretty similar, one can't help wondering that, if any were extremely effective, why would there have to be so many? (I'm not the first person to speculate regarding any of the speculations mentioned above.)

I think that a lot of helpful foods and supplements for health – act quickly after they are swallowed or dissolved on the tongue. This is, they certainly do not have to get to and through the small or large intestines before at least some of their benefits noticeably help. And that the real percent of adults troubled by dry eyes, both in their late middle age and beyond, is likely much more than 20%, and more likely about 50% [5]. The amount of discomfort or great pain differs from case to case, but I think the percent of adults who are at least somewhat troubled by dry eyes is far higher than is estimated in most available articles on the subject. At least one MD. recommends, typically, 3 grams of EPA & DHA' supplements per day, for dry eye problems. But he encourages such patients to take even more if willing and able [6] And that large amount, importantly, seems consistent with a major theme of my article, above!

I think there are quite a number of other likely remedies that are at least somewhat helpful. Even coffee, surprisingly, has been recommended [7]. Besides some of the technical reasons given to support that, I believe coffee's stimulation aids tear production – perhaps like my above stated belief that going to a very warm or even slightly hot room for 5 minutes, after eating the oily food and water – aids tear-flow. It likely has a pro-flow viscosity effect, for many people.

Concluding Thoughts:

It seems quite possible that in the future, many different people will further explore the subject of food oils and food combinations as a remedy for dry-eye pain, and a sort of crowdsourcing effect obtained. And that there will helpfully evolve and be publicized -- other good solutions to dry-eye pain -- along the general theme presented above. Including more and different details, and general guides as to who should likely first try which different remedy or variation on it. And which different food oils are best mixed with which different foods, and the detailed procedure employed. Some other combinations may have other side-benefits superior to mixing lots of extra Canola oil with shrimp fried rice. (Canola oil has its critics, vs. olive oil, etc.)

I think a lot of miscellaneous problems can be at least somewhat helpfully addressed, by much of the public remaining sensitive to conditions and happenings around them, that may relate to a rather sudden improvement or worsening in their condition. And noting if that is repetitive, and not often ignoring a possible relationship nor just always attributing it to 'luck'.

References

- [1] Wikipedia, the free online encyclopedia, topic “**Hot box**” , as noted 8-1-2022
- [2] Dumain, Teresa., [Home Remedies for Dry Eyes: What Works?](#), but found by clicking, [Home Remedies for Dry Eyes That Work – WebMD](#), Medically Reviewed by Whitney Seltman, (O.D.), on May 5, 2021. ((Among other things listed in the article, for readers to consider, was specifically, ‘*Canola oil*’, and that appeared under a subheading, ‘Eat (Naturally) Oily Fish’))
- [3] Lazarus, Russell, (Optometrist), [Which Foods Help Dry Eyes?](#), March 17, 2021, found under [www.optometrists.org](#), [Home](#) > [Primary Eye Care](#) > [Guide to Eye Conditions](#) > [Guide to Dry Eye](#) > [Natural Remedies for Dry Eyes](#) > Which Foods Help Dry Eyes?
- [4] See Ref. [3], but somewhat further in that article.
- [5] See Ref. [3], but near beginning of that article.
- [6] Caceres, Vanessa, [Omega-3 and dry eye](#), Oct., 2012, but found by clicking, <https://www.eyeworld.org/2012/omega-3-and-dry-eye/>
- [7] Lazarus, Russell, (Optometrist), [Coffee for Dry Eyes?](#), June 9, 2021, found under [www.optometrists.org](#), [Home](#) > [Primary Eye Care](#) > [Guide to Eye Conditions](#) > [Guide to Dry Eye](#) > [Natural Remedies for Dry Eyes](#) > Coffee for Dry Eyes?
- [8] My ‘revised’ article, above, provides more information than my earlier one it replaces.