

To: undisclosed-recipients:[@]
From: [REDACTED]
Sent: Fri 6/18/2010 3:55:23 PM
Subject: Fw: Fwd: BLACK EYE

Jonathon E Lyons

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From: [REDACTED]
Date: Fri, 18 Jun 2010 11:03:40 EDT
To: [REDACTED]
Subject: Fwd: BLACK EYE

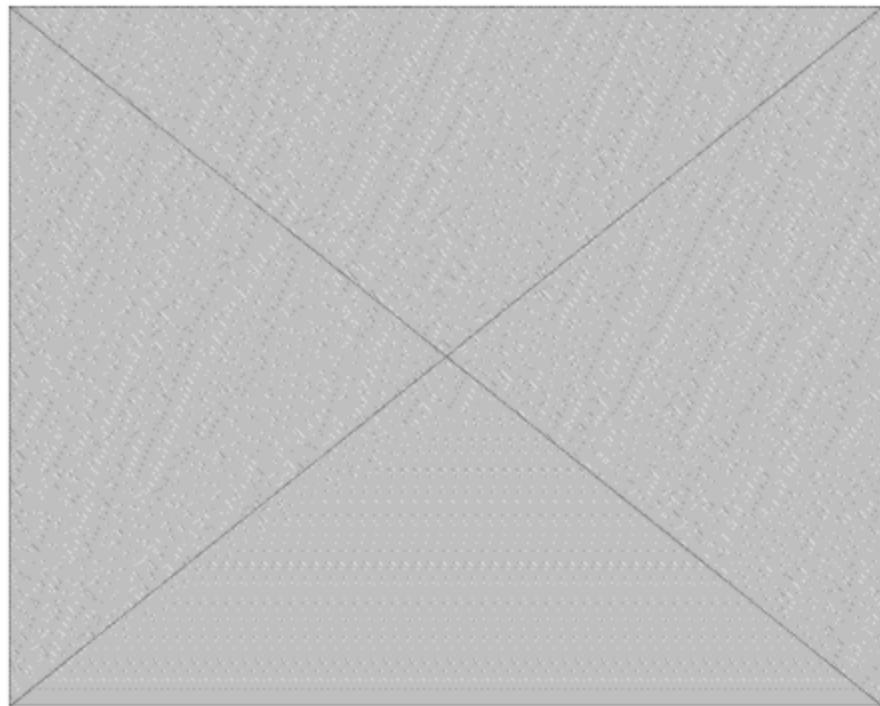
From: [REDACTED]
Sent: 18/06/2010 02:45:13 Dateline Standard Time
Subj: BLACK EYE

Subject: BLACK EYE

TREATING A BLACK EYE

A black eye (periorbital hematoma) or 'shiner' (colloquial) is bruising around the eye commonly due to an injury to the face rather than an eye injury. The name is given due to the color of bruising. The so-called black eye is caused by bleeding beneath the skin around the eye.

Sometimes a black eye indicates a more extensive injury, even a skull fracture, particularly if the area around both eyes is bruised (raccoon eyes) or if there has been a head injury.

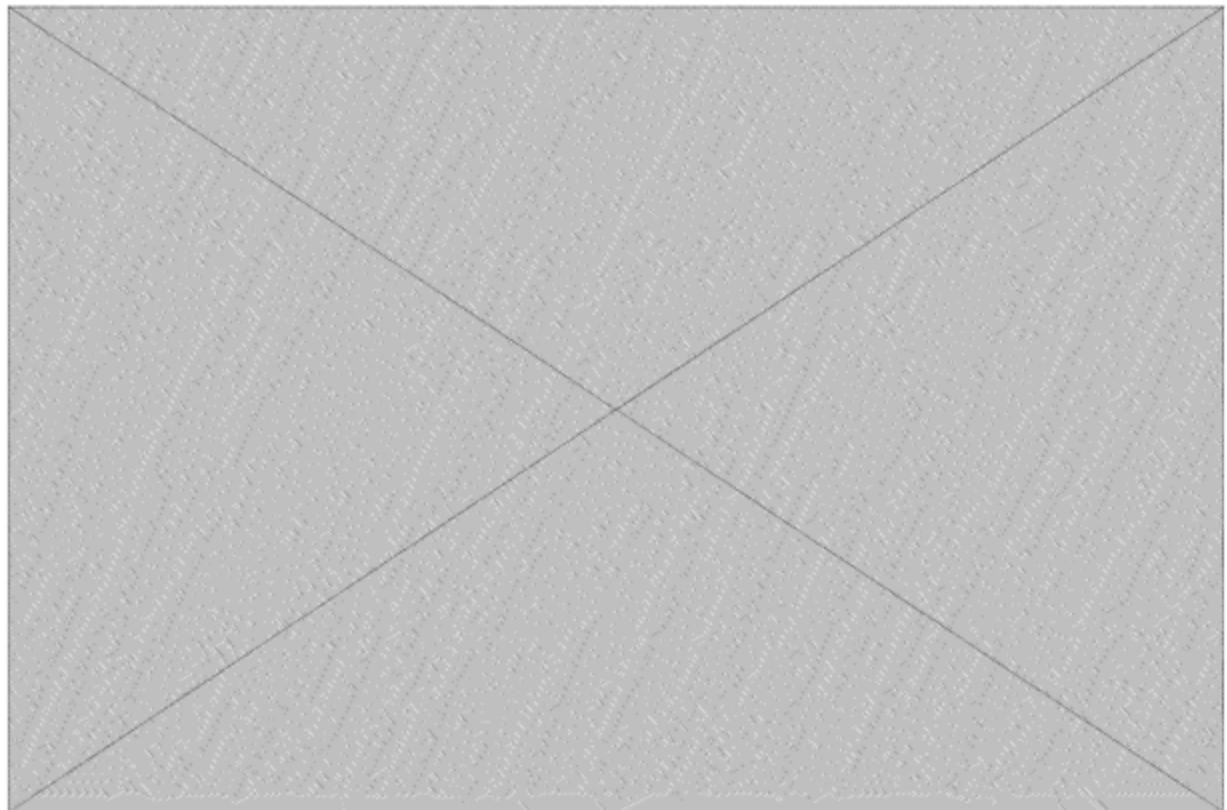


For years, the conventional wisdom has been that the best treatment for a black eye is to cover it with a piece of raw meat.

Scientific studies have proven that while the raw meat helps reduce the swelling and aids in the healing process, applying cold meat actually delays the recovery of the broken blood vessels that cause the bruising around the orbital socket, while frozen meat may cause superficial thermal burns to the skin.

These same studies demonstrated that application of warm and tender meat is much more effective in helping the eyes recover from the damage because the bruising isn't compounded by thermal shock.

Therefore, the next time you get a black eye, try this method:



Administer treatment until pain and swelling are gone.

Caution: This method may cause swelling in other areas



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