

What To Do If You Rub Your Eyes With Chilli?



Cooking a delicious meal for family and friends can be fun and relaxing – until a few chillies bring you to tears.

Chopping a few chillies to add a little oomph to your food can bring you to the burn, especially if you forget that you have touched them and casually rub your eyes. Those who have done this and tried to relieve the sting with water will have learned from their experience and know not to! Dr Graham Duncombe, a health expert at Body, Skin and Health Renewal groups suggests two methods you can use to get rid of the pain.

1. **Rinsing your eyes with milk** is the most effective way to neutralise the sting of chilli, Use a shot glass or an eye bath to keep the milk in contact with your eye for a little while.
2. **Use olive oil or sunflower oil** to rinse out your eyes.

Remember: When chopping chilli, try to wear gloves or rub your hands with a bit of oil after chopping to prevent a painful poke in the eye.

Read full article here: <http://www.essaysof africa.com/what-to-do-if-you-rub-your-eyes-with-chilli/>