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Natural Treatment For Eye Problems

The Eye is the Window...
To the Body

Seeing is Believing:
Supernatural Vision Health

For Your Eyes Only -
Improving Vision with Food

How to See Better
At Any Age

GRANDMA'S CURE CORNER
6 TIPS FOR EYE STRAIN RELIEF

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Natural Treatments for Eye Problems

Pat had no health problems until she started having trouble reading at night. She went to her eye doctor who told her she had “retinopathy,” a condition associated with diabetes. Tests showed that she did indeed have diabetes type 2 and was told she needed laser surgery on her retinas. But before they could do it, they would have to remove her cataracts. She had each cataract removed separately, then the laser surgery. Yet, her eyesight still didn’t improve.



We worked with her for many months getting her weight down, keeping her sugar under control and giving her lots of anti-oxidant foods and supplements. The only fruit she ate was berries. She had to give up all her favorite foods because she had a sweet-tooth, loved breads and cereals. She ate lots (6 cups per day) of vegetables of all colors – she said she thought she would turn into a rabbit! However, she gradually increased her vision to near-normal and was able to read again at night.

It’s not uncommon for people to find the complications of diabetes before they even know they have it. This is because a person can go for many years without the typical symptoms of high blood sugar: thirsty all the time, having to urinate frequently, getting up at night several times with a full bladder and so forth. Eye problems are very common with diabetics. Since diabetes is associated with both cataracts and retinopathy, or damage to the retina of the eye, it illustrates well both prevention and natural treatment of these eye disorders.

Cataracts

When I was in medical school, we were taught to wait until something got really bad before treating it. For example, if a test was done that showed a 50% blockage of an artery in the heart, we were to tell the patient to wait until it got to 80% and then treat it.

The same was true of cataracts in the eyes. If the clouding of the lens was minimal, we were supposed to wait until it limited their vision before we were to have the patient treated. One eye doctor I

worked with told me, “The worse the cataract, the better. That way, they don’t mind the problems of the implanted lens.”

Orthodox medicine doesn’t keep up with science – it takes thirty to fifty years for medical schools to begin teaching the current knowledge so most doctors have a whole career without ever changing their practice. For example, it took fifty years and thousands of sailors’ deaths before the British navy required lime juice on every ship to prevent scurvy.

Well, we no longer have to wait for near-blindness to have a surgery – nor do we have to live with artificial lenses. There are several studies that show a pair of amino acids can stop - and even reverse - cataracts.

Carnosine is a natural dipeptide (protein) that is found abundantly in muscles and brain. It has three effects on the eyes:

1. It is a powerful anti-oxidant, or free-radical scavenger.
2. It chelates (binds to) metals.
3. It prevents glycation, or the binding of sugar to the proteins.



This third action is especially important for those with diabetes. High levels of sugar in the body cause the formation of proteins bound to sugars that contribute to cataract formation.

For all three of these reasons, putting eye drops in the eyes with N-Acetyl-Carnosine can stop a cataract from getting worse - or even reverse it entirely. The brand of eye drops I recommend is called “CAN-C” and is available online.

For the prevention of cataracts, it is important to have a lot of water-soluble antioxidants in your system and to keep your blood sugar down. Your diet is essential for natural eye health. The idea is to have fewer calories with more nutrients. Keeping your sugar low requires avoiding any processed sugars and starches in your diet, such as:

- White flour
- All processed sugars
- White rice
- Pasta
- Cereal
- Corn (limited)
- Potatoes (limited)

Be careful about getting your vitamins because much of what we have been told isn't true. For example, we are told by the juice companies that orange juice is a good source of vitamin C. But in reality, the whole fruit is much better because it also contains the bioflavonoids that work synergistically to decrease inflammation. You will always come out better by eating whole foods and avoiding those that are processed.

You may hear much in the near future about glutathione – an antioxidant made by your liver. It is essential for detoxification in the liver, lungs and brain. Glutathione comes from proteins – but they need to be properly digested. To increase glutathione, don't take a supplement because they are poorly absorbed; it's better to provide the building blocks: selenium and cysteine.

The following can be taken both to minimize your risk of getting cataracts and to assist in treating them if you have them.

1. Vitamin C with bioflavonoids - 500 mg per day
2. N-Acetyl-Cysteine – 500mg per day
3. Selenium 1mg per WEEK (that's 5 – 200mcg tablets once per week)

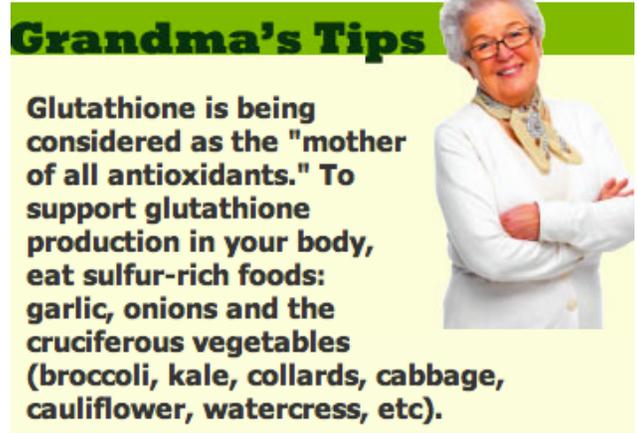
AMD and Diabetic Retinopathy

Age-related Macular Degeneration (AMD) is an insidious loss of vision in the most important part of the eye – the macula. This is the part of the retina that you read with and where your lens focuses. Your ability to distinguish points comes from this central area. Without the macula you can see objects in your peripheral vision, but not distinguish them well. Thus, though you can “see” light very easily, it becomes harder and harder to read, recognize faces, thread a needle and so forth.

Why?

Knowing why gives you power! If you understand the mechanism of an illness, then it allows you to prevent and treat it before it becomes a permanent problem. The area of the retina called the “macula” is extremely sensitive to energy, needing a constant supply. When energy production is limited, it sends a signal to send more blood, causing “wet” macular degeneration because of the proliferation of blood vessels. This is exactly the same as “diabetic retinopathy!”

The “dry” form happens when there are too many oxygen free-radicals that are causing damage to the retina. Damage is done in the “wet” form because of a lack of energy, but the “dry” form the damage



Grandma's Tips

Glutathione is being considered as the "mother of all antioxidants." To support glutathione production in your body, eat sulfur-rich foods: garlic, onions and the cruciferous vegetables (broccoli, kale, collards, cabbage, cauliflower, watercress, etc).

The graphic features a photograph of an elderly woman with short grey hair, wearing glasses, a white jacket, and a patterned scarf. She has her arms crossed and is smiling. The background is a light yellow-green gradient.

is done by oxidation, or inflammation caused by too much energy and not enough anti-oxidants. The “dry” form is by far the most common.

Standard treatment

Ophthalmologists treat “wet” AMD as well as “diabetic retinopathy” with a laser. Since there are a lot of blood vessels in these, they burn them with a powerful laser to instantly cauterize them. This is supposed to stop them from leaking into the retina and causing more damage. It works sometimes to stop the progress, but doesn’t get better. About 70% get worse. If you think about it, it makes sense. The retina needs more energy and we are burning the blood vessels that bring more energy.



For “dry” AMD, doctors used to say there was nothing they could do. However, now many eye doctors are supplying vitamins in their offices to prevent and treat this condition.

Natural Treatment

Natural treatment of both forms of AMD is essential, even if a person does laser or other treatments. A low-calorie, high-nutrient diet is the foundation, as usual. Consider what Pat, above, ate (vegetables!). Also, take the following supplements, which have been proven to stop - or even reverse - AMD and diabetic retinopathy:

1. Vitamin E in the form of “mixed tocopherols” – 400 I.U. per day
2. Zinc (take with copper) - 40 mg
3. B-complex – take 1 “B-100”
4. Lutein - 20 mg
5. Zeaxanthin - 5 mg
6. Bilberry - 30 mg
7. Alpha Lipoic Acid - 100 mg

These are now available together in many different formulations so you don’t have to get them separately. I give the quantities as a guide so you can approximate the amount you may need.

Also, I send my patients with these problems to a good acupuncturist. Acupuncture improves the circulation, bringing the needed supplies to the retina, which allows it to heal. With this combination of treatments, people get measurable results as measured on the eye chart or by their ability to read.

The Blind Can See

Even if you are “legally blind” and are unable to read this without serious magnification there is hope for you to recover - and reverse - at least part of your vision from cataracts or other eye problems.

Even though Pat had several surgeries without improvement, she was still able to naturally recover some vision and live a normal life.

P.S. Pat no longer has diabetes, either!

[What has your doctor told you about your eyes? Have you defeated the odds and proved them wrong? Share your eye-healing story or journal below with others. There are many like Pat who need to hear about your victory!](#)



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The Eye is the Window to the... Body?

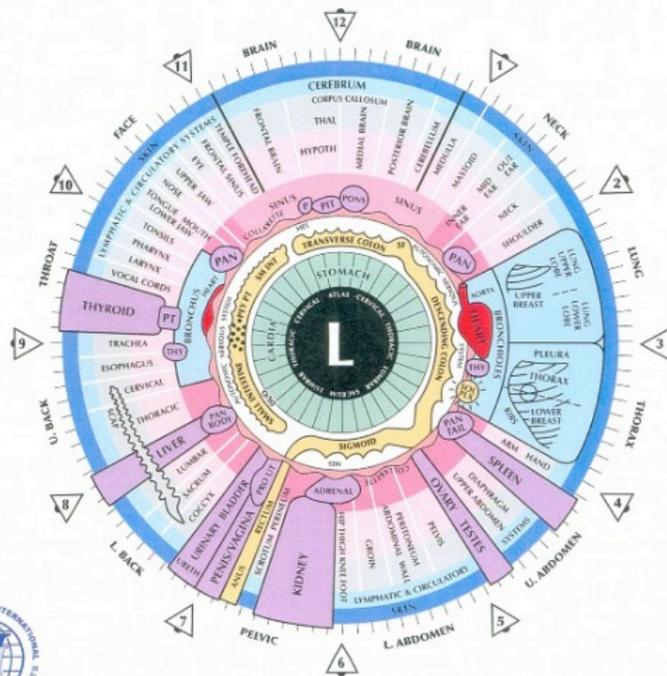
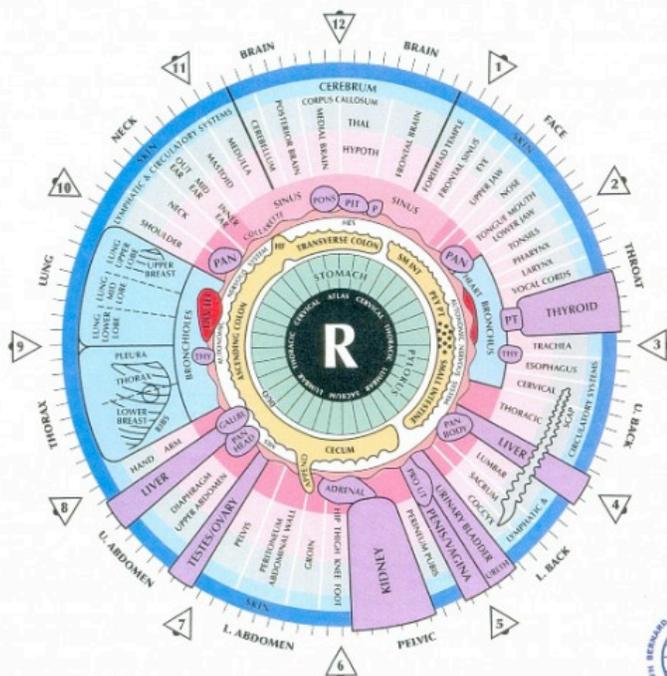
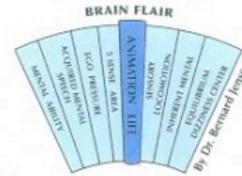
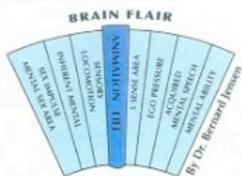
They say the eye is the window to the soul. But, what if I told you the eye is the window to your body? Your eye, specifically your iris, is a map of your body. Reading this map (the iris), can reveal disease and health weakness in different parts of your body.

Reading of the Eyes

The reading of the eyes dates back to the Chaldeans, 1000 B.C. Even several thousand years ago, the Chinese and Japanese knew how to recognize diseased organs in the body by looking at the eyes. Its popularity began in Europe (primarily in Germany) in the 1800s. Diagnosing eye health became well known in America in the 1930s, thanks to famed Chiropractor Dr. Bernard Jensen.

This “reading of the eyes” is called iridology. Here is one of the more “simplified” versions of an iridology chart.

IRIDOLOGY CHART



- IRIS ZONES**
- STOMACH - NUTRITIVE ZONE
 - INTESTINES - NUTRITIVE ZONE
 - BLOOD & LYMPH - HUMORAL ZONE
 - MUSCULATURE
 - BONY STRUCTURE
 - SUPERFICIAL LYMPH & BLOOD
 - SKIN & ORIFICES
- CLIMATE ZONE**
- INNER ZONE**



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ABBREVIATIONS

APPEND	Appendix	PEY PT	Peyers Patches
DUO	Duodenum	PIT	Pituitary
GALLBL	Gallbladder	PRO	Prostate
HF	Hepatic Flexure	SF	Splenic Flexure
HYPOTH	Hypothalamus	SCAP	Scapula
MES	Mesentery	SOL PLX	Solar Plexus
P	Pineal	THAL	Thalamus
PT	Parathyroid	THY	Thymus
PAN	Pancreas	URETH	Urethra

The iridology chart is arranged very similar to the structure of our body. The head is at the top of the chart and the legs at the bottom. The right iris is connected to the right side of the body and the left eye to the left side of the body.

Obviously, it takes training and practice to be able to read the eyes. Those who are trained are called Iridologists. Many Iridologists are also Naturopathic Doctors, Chiropractors, Herbalists, or Acupuncturists. This alternative practice is, in my opinion, a highly accurate way of finding imbalances in the body. It is fun to look at your own eyes, but please seek a professional Iridologist to get a proper reading.

What Your Eye Color May Say About You

One of the most interesting things about iridology is that even your eye color says something about you. This is called constitutional typing. Understanding your constitutional type can give you an understanding of the inborn health weaknesses someone may struggle with through their life.

There are three basic colors that represent the three primary constitutions. Beyond these three primary constitutions there are many subtypes. Those are categorized by additional colors and designs of the iris. I will stick to describing just the three primary constitutions, as it gets quite complicated beyond this.

Lymphatic Constitution (Blue Iris)

This eye color is blue or blue gray. The iris can also appear hazel, violet, grey or green. You can easily see the iris fibers.

Weaknesses include:

- Overactive immune system
- Allergies
- Acidity that leads to arthritis
- Excess mucous production. This can appear in the ears, sinus, throat, lungs, intestinal lining, vagina and bladder.
- Anxiety
- Ulcers
- Children may have skin problems like eczema

Treatment includes: Avoiding mucous producing foods like wheat, dairy, and sugar can help with these health weaknesses.

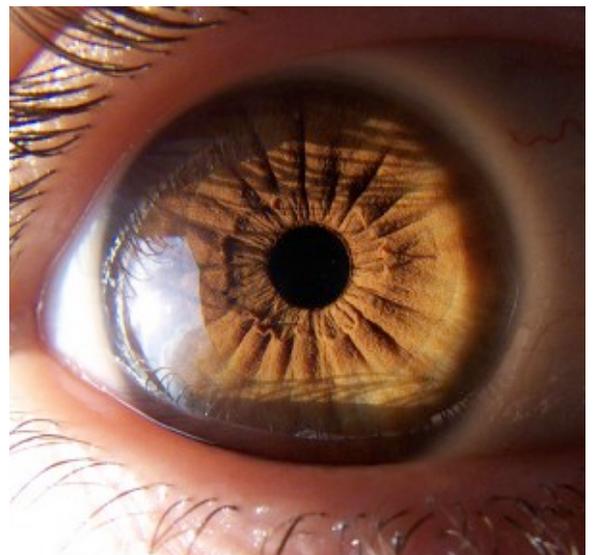
Biliary Constitution (Light Brown Iris)

This eye color is a light brown color that typically has a lighter layer underneath. Many times this under layer is a shade of yellow. Those with biliary constitutions tend to have a weakness in the liver and gallbladder.

Other weaknesses include:

- Constipation
- Diarrhea
- Gas
- Blood sugar problems

Treatment includes: Staying away from unhealthy fats and oils is very wise. Taking herbs that support the liver, like dandelion and milk thistle, can also help keep the liver clean and strong.



Hematogenic Constitution (Dark Brown Iris)

This is the true brown eye. It has so much pigment that it's hard to see the iris fibers. Many people with the hematogenic constitution have a tendency for disorders involving the blood ("Hema" means blood or hemoglobin).

Weakness may include:

- Poor blood circulation
- Varicose Veins
- Hemorrhoids
- Acne
- Psoriasis
- Gallstones

Treatment includes: Staying away from unhealthy fats and oils can greatly help. Taking enzymes for digestion is recommended, as well.

Beyond Eye Color

These three constitutional types just scratch the surface of the complexities of iridology. Your symptoms may very well not fit under your eye color. Again, this is why it is important to visit an Iridologist. They understand the many subtypes and iris irregularities that point to different health weaknesses.

[I found that my weaknesses go right along with my eye color. Do yours? Comment below this article with your constitution type \(eye color\) and whether your health issues coincide. I'd love to hear from you!](#)

To find an Iridologist in your area, go to <http://www.iridologyassn.org/iipa2/iipa-certified-iridologists.aspx>. These Iridologists belong to the International Iridology Practitioners Association, a reputable organization.

Importance of Eye Health

It is quite fascinating that the eye can reveal the state of our body's health. But, we also must focus on the health of the eye itself. Millions of Americans suffer from sort of eye problem. From dry eyes to cataracts, to simply needing glasses; if your eyes are 100% healthy you, then are truly one of a kind. For those of you who suffer from one or many eye problems, there is hope. There are many natural remedies that not only prevent eye problems, but also bring relief.

Key Eye Nutrients

78% of adult Americans wear some sort of corrective vision. This is quite puzzling to me. Did people always suffer such poor vision? Or, has industrialization contributed to that rate? I personally believe

that our modern diet is a lot of the problem. Colorful fruits and veggies are the highest in the nutrients that feed our eyes. But, our common modern diet is pretty void of color. Everyone knows that carrots are great for the eyes, but there are many more amazing foods that feed the eyes. These foods are high in the antioxidant carotenoids, lutein and zeaxanthin. The best of those (aside from carrots) include:

- Green leafy vegetables
- Egg yolks
- Corn
- Potatoes
- Broccoli
- Peas
- Orange bell peppers

Egg Yolks for Eye Health



Many studies have been performed on the power of lutein and zeaxanthin and their effect on our eyes. Several of these studies establish a connection between the consumption of these two carotenoids and the incidences of cataracts and age-related macular degeneration (AMD). A few of those studies include:

- The Eye Disease Case Control Study found that those with the highest levels of lutein and zeaxanthin had a significantly lower risk of AMD.
- The Nurses Health Study found that high amounts of both lutein and zeaxanthin (6 mg per day) lowered the need for cataract surgery.
- The Health Professionals Follow Up Study also found that high levels of lutein and zeaxanthin (6.9 mg per day) lowered the need for cataract surgery.

Studies have also noted improved vision from these carotenoids. The key is getting enough of the antioxidants to truly “see” the difference. Your body does not make these nutrients so they must be consumed in your diet or by supplement. In order to notice improvement, I recommend at least taking the following daily:

- 8 mg of zeaxanthin
- 9 mg of lutein

Check your multivitamin. Many high quality ones contain a little lutein, as well.

What makes these nutrients so special?

- Zeaxanthin works by protecting the cones of the eyes. Your cones detect color and fine details and are responsible for your central vision.
- Lutein works like internal sunglasses. It filters blue light before it can damage the macula.



Both are pretty incredible nutrients and an extremely important part of maintaining, protecting and improving eye health.

Nature's Most Powerful Eye Antioxidant

It doesn't stop there! The newest and arguably the most powerful antioxidant/carotenoids for the eyes is astaxanthin. Astaxanthin comes from an algae called *Haematococcus pluvialis*. This algae produces the super antioxidant astaxanthin to protect itself from UV radiation. This UV radiation protection carries over to us when we consume astaxanthin.

Dr. Tso of the Wilmer Eye Institute at Johns Hopkins University discovered that astaxanthin crosses into the tissues of the eye and acts stronger than any other carotenoid. He believes that astaxanthin is effective at treating a plethora of eye diseases including:

- Diabetic neuropathy
- Glaucoma
- Inflammatory eye diseases
- Cystoid macular edema
- Age-related macular degeneration
- Central retinal arterial and venous occlusion



Grandma's Tips

Astaxanthin is a cousin to beta-carotene, but far more potent as a natural anti-inflammatory! In fact, it makes flamingo's pink! For a natural source of astaxanthin, eat Wild Alaskan Salmon to prevent cataracts.

The graphic features a woman with short grey hair and glasses, wearing a white jacket and a colorful scarf, standing with her arms crossed against a light yellow background.

If you could choose just one supplement to take for eye health, choose astaxanthin. It's just as powerful for the rest of the body as it is for your eyes. I have taken it daily for the last 6 years. Another fun fact is that it can prevent sunburns. I'm fair complected and I've noticed that I don't burn like I used to. I don't wear sunscreen either! This is, again, because it protects against UV rays. It's also one of the most fantastic anti-aging supplements. If you want to stay looking, feeling and seeing youthfully, add astaxanthin to your daily regime. A great place to start is taking 4-10 mg astaxanthin a day.

Natural Relief for Dry Eyes

One of the most common eye complaints I get in my practice is dry eyes. Many things can cause dry eyes:

- Allergies
- Autoimmune disorders
- Lasik surgery

I always recommend 6 mg astaxanthin for dry eyes, as well as omega-3 fish oil. Make sure your fish oil has at least 800 mg of EPA and 500 of DHA. Omega-3 fatty



acids are very effective at moisturizing the eyes from the inside out. As I always say, make sure your fish oil says on the label that it's been tested to be free of PCB's and heavy metals.

I have also found that the Dry Eyes Relief drops from Similasan work extremely well. They are 100% natural and contain homeopathic medicine that addresses the root of your dry eyes. During allergy season, I keep these drops on hand and have had great results.

The Future of Healthcare Through Your Eyes

Technology is moving quickly. So fast in fact, that you will soon be able to send pictures of your eyes to your doctor through a phone app for diagnosis. A mirror is also being developed that can help diagnose you by reading the eyes. Even scientists realize the importance of iridology and using the iris of your eyes as a diagnosis tool. The future is incredible and truly fascinating.

Keep your eyes moist and protect them from damage with the right antioxidants, lutein, zeaxanthin and astaxanthin. You deserve to "see" the future.



Amanda Box is a Doctor of Naturopathy and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 10 years and currently has a Naturopathic consulting practice in Sioux Falls, SD. Her passion is helping others achieve wellness of the whole person - mind, body, and spirit. If you don't have a good local naturopathic doctor to turn to for your personal needs, Dr. Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at <http://amandabox.blogspot.com/> for contact info.



For Your Eyes Only: Is It Really Possible to Improve Your Vision with Food?

Warning: blatant pop-culture references dead ahead...

When you think of improving vision with a certain food, which one darts into your mind faster than Bugs Bunny missing that left turn at “Alber-koiky?”

What’s up Doc?

Why it’s carrots, of course!

And what we aim to find out here today is if ole Bugs was on to something (other than annoying catch phrases) by eating carrots. If so, what other foods can and should be used to improve overall vision and help reduce the impact of dreaded eye diseases like glaucoma, cataracts, and macular degeneration.



But first, since $\frac{3}{4}$ of our country just doesn’t see so good – we’ll start with some interesting stats on corrective lenses.

Hey four eyes...over HERE!

The Vision Council of America says:

- About 75% of adults here in the U.S. use some sort of corrective lenses.
- 42% are men and 58% are women.
- Surprisingly, only 30% of these folks are near-sighted (*myopia* – needing glasses to see distance).
- Where 60% are far-sighted (*hyperopia* – needing glasses for up-close viewing).

Yes, you’re seeing that right. That adds up to only 90%...we’re not sure what happened to the other 10 – maybe they couldn’t see the question.

So if you were part of the group being teased for having “four eyes” in school, then...REJOICE! We were and still are part of the majority! Take THAT jock-guys and cheerleading prom-queens!

Still, for those of us who wear corrective lenses and would LOVE to put them on the nightstand – and LEAVE them there – the question remains: Do certain foods have the power to reverse myopia and hyperopia?

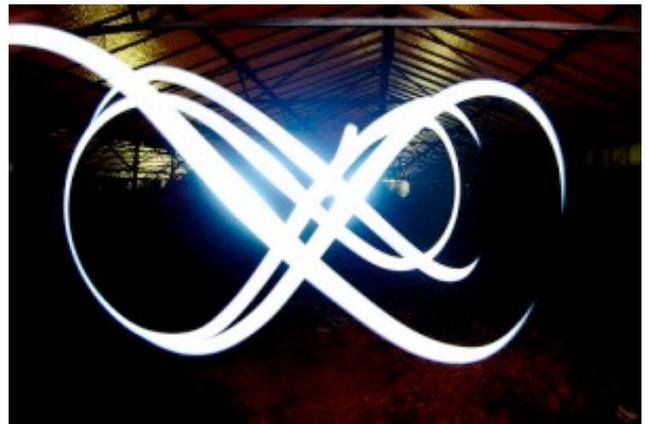
Fact is there is NO medical evidence that any one food or combination of foods can work to give you the ability to ditch the glasses.

However...if you want to hold on to the dream...have the patience to wait it out...and the stomach for it, many folks have reported that going vegan has improved their vision over time.

Also, there are simple eye exercises you can try that have offered some benefits to practitioners.

Eye yoga?

1. *Crazy 8s* – Picture a large number “8” in front of you. Now, flip it on its side and slowly trace it with your eyes. Go in one direction for a few minutes then the other. Do this for as long as you can stand it each day and remember – 8 is enough!
2. *The Fonz* – Extend your arm about a foot in front of you with your thumb in the Fonz’s “AYYYYY” position (remember the T-shirts?!). Next, focus on something much farther away and alternate between focusing on that and your thumb. Try this exercise of 2 minutes, rest and then repeat. This can strengthen your eye muscles over time and you can do it as much as you like – as long as it’s comfortable and you don’t get headaches . Your **vision** might be “correctamundo” in no time!
3. *Zoom, Zoom* – Extend your arm full length out in front of you. Put your index finger out into the “we’re #1” position, then turn it so your finger’s profile is facing you. Focus on the tip of your finger and slowly bring it closer and closer to your eyes stopping at about an inch. Keep focusing and slowly re-extend your arm and repeat. You can perform this zoom, zoomin’ gem several times a day.



Finally, simply blink 5 times at one second per blink. Do this exercise for a couple minutes throughout the day.

If the above eye yoga moves work for you – great! If not, the foods we’ll cover here today are praised for their vision strengthening power and may also help protect your eyes from more serious conditions. So, stick with me here...

Because if you're like most folks – you want to keep your eyes as healthy and peepin' without creepin' for as long as possible – corrective lenses or not.

So this month, your Home Cures That Work is all about vision health and special delicious foods that can help you maintain that sparkle in your eye for years to come. Get ready to raise your eye-Q.

Wearing glasses with stronger prescriptions is only a small part of what can dim your bright eyes

If only it were as simple as worrying about stronger prescriptions and bifocals...

There are eye problems that can and do cause some serious health issues – even blindness. Often these conditions require surgery, which may or may not work on a permanent basis – if at all.

Here are some of those...and the natural foods that may prevent or reverse them:

Macular Degeneration (AMD)

AMD is a disease that affects the center of your field of vision in adults aged 50+. As it advances to its ultimate end – blindness – it can be very frustrating as you lose the ability to recognize faces and do something as simple as read – even large print. The macula is the center of the retina where the disease causes the most trouble. There are 2 forms – dry and wet. Dry is the most common where cells in the macula begin to break down and sensitivity to light is experienced before vision starts degrading. The wet form is more advanced and marked by new vessels in the macula leaking fluids. Where no one can be sure if patients with dry AMD will develop the wet, ALL patients with wet once had the dry form. The wet form can be treated with injections into the eyeball, or laser surgery but there are no guarantees for success. The dry form cannot be treated at all.

- *Treatment:* Exercise and the antioxidants of green leafy vegetables may help prevent it or slow its progression.

Keratoconus

This happens when the cornea assumes a conical shape protruding out of the center of the eye. It probably won't cause you to go blind, but it can carry seriously debilitating vision problems. What causes it isn't as clear as the symptoms, but the condition has been related to a body's inability to properly metabolize what it takes in. Certain studies have shown a diet reduced in sugars helps.

- *Keratoconus Treatment:* Eating a plant-based diet with the freshest organic produce you can find can work to flatten the corneas. A grocery list of fresh fruits and veggies is coming up...

Glaucoma

This is a build up of pressure in the fluid of the optic nerve. When this pressure gets too high, it damages the nerve cells called rods and cones. This can cause tunnel vision, headaches, and peripheral vision reduction or loss.

- *Glaucoma Treatment:* Foods rich in vitamins A, C, and E can help enhance the overall health of your eyes so these should be carefully considered when establishing a new dietary, eye-healthy regimen.
- Zinc, lutein, and zeaxanthin are also excellent for eye health.



Cataracts

Cataracts can cause the pupil to turn milky-white. In most cases, the most common effect is ultra sensitivity to light since in a normal, healthy eye the pupil closes to block excess light. In patients with cataracts the pupil may not close enough or at all.

- *Cataracts Treatment:* The American Optometric Association says that eating foods high in vitamin C may serve to prevent or reverse the progression of cataracts.

“Was blind but now I see...”

The biggest thing to natural eye health is – please forgive the pun – being able to “see” and not turn a blind eye to the benefits of delicious, nutritious foods that have been studied for their ability to help provide relief from advancing vision problems.

What has not been proven is the complete correction of certain vision problems. So, the following information should not be considered as a diagnosis or treatment of serious disorders of the eyes... That said, as you age your vision can worsen by virtue of hormonal changes and pituitary gland production that can cause your eyes to change shape.

Through proper nutrition, you have the ability to address these hormonal changes and affect them to your favor.

Here is a grocery list for your eyes only. It contains foods with vitamins and nutrients that have been shown to be very beneficial in the health of your eyes and to combat hormonal changes that come with aging.

Even if you don't feel your old enough to consider the effects of eye problems, I invite you to entertain the thought that working to prevent future issues is better than dealing with them as they begin to occur. I'm sure you'd agree...

With that in mind – let's go shopping!

I only have eyes...for truth

Part one of our meal preparation begins with the fun of finding inexpensive yet powerful foods to bring healthy back.

So, here's what we'll need to get for excellent and natural eye health and why:

- *Carrots* – Carrots are packed with beta carotene, a nutrient that helps with the absorption of vitamin A, which resists damage to cells and tissues caused by oxidative stress. Though they're not as exceptional in promoting eye health as thought in the past, they are still a healthy delicious snack – and that can't hurt.
- *Spinach, Kale* – 2 antioxidants considered essential to high def **vision** are lutein and zeaxanthin and yep – these dark leafy guys got it – lots of it. So make sure they are often at the top of your shopping list. The American Optometric Association says they even act like “internal sunglasses” which can help “filter” [the sun's] harmful blue rays.”
- *Apricots* – Are another nutritious food source of beta carotene...sweet delicious apricots add lycopene and together they work in concert to promote good eye health.
- *Sweet Potatoes* – High in vitamin C and A, sweet potatoes are a valuable source of antioxidant goodness for all cells and tissues – especially the eyes.
- *Eggs* – With omega-3 fatty acids and a good supply of eye-popping lutein, eggs may not have as much of the **nutrient** as the green leafies, but the secret is that your body absorbs lutein better through eggs.
- *Wheat Germ* – Vitamin E might serve to slow macular degeneration and may decrease the risk of cataracts. Wheat germ is our A-List source of this valuable nutrient.

Now you got it – what do you do with it?

Part 2 of our meal preparation phase is to understand what to do with this grocery list and how to use them with other vision-boosting ingredients.

So, on to the recipes...

Rainbow Spinach Omelet

What you'll need:

- ½ cup chopped onion
- ½ cup chopped mushrooms
- ¼ cup chopped green pepper
- ¼ cup chopped red pepper
- A good handful of raw, organic spinach
- 1 egg
- 3 egg whites

What to do:

1. Leaving all veggies raw yields the best results, but if you must – gently sauté the onion and peppers in water (sizzle) until the onions are translucent – add mushrooms and continue until the mushrooms are the desired consistency.
2. Steam the spinach.
3. Put veggies off to the side.
4. Generously coat a skillet or – for best results – a non-stick, BPA-free pan with canola oil cooking spray.
5. Beat the egg and egg whites in a bowl and pour in the pan.
6. Just as the bottom of the omelet begins to bubble, pour in all veggies.
7. Check bottom under veggies and gently fold omelet over and serve.
8. If you're using a non-stick, BPA-free pan, just gently shimmy the mixture over a serving plate until roughly half is on the plate and fold the rest over.



Fancy Carrot Salad

What you'll need:

- 1 ½ cups finely chopped carrots
- ¼ cup golden raisins
- 2 tblsp wheat germ
- ¼ cup chopped, no-salt roasted walnuts
- ¼ cup sliced apricot
- ¼ cup canola oil
- 2 tblsp organic, apple cider vinegar (ACV)
- Pinch of cinnamon
- ½ tsp organic honey



What to do:

1. Whisk oil, ACV, honey and cinnamon together until blended and set aside.
2. Mix carrots, raisins, wheat germ, walnuts, and apricot in a bowl.
3. Give the dressing another quick whisk and add to taste.
4. Serve.

Salmon with Kale and Couscous

**Courtesy Ladies' Home Journal*

What you'll need:

Couscous:

- 1 tablespoon olive oil
- 2 teaspoons finely chopped garlic
- 2 cups trimmed and coarsely chopped kale
- 1 cup water
- 1/2 teaspoon salt
- 3/4 cup couscous
- 1 tablespoon white wine
- 1 teaspoon butter or margarine

Salmon:

- 1 1/4 pounds center-cut salmon fillets
- 1 teaspoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- Lemon wedges, optional
- Par-boiled sweet potatoes – diced



What to do:

1. *Make couscous:* Heat oil in a 2-quart saucepan over medium heat; add garlic and cook 30 seconds. Add kale and stir; cover and cook 5 minutes, until kale is almost tender. Add water and salt to kale; bring to a boil. Stir in couscous; remove from heat and let stand 5 minutes. Stir in wine and butter.
2. *Cut salmon crosswise into 4 equal strips:* Heat oil in a large skillet over medium-high heat. Sprinkle fish with salt and pepper; place in skillet skin side down. Cover and cook 6 to 8 minutes, just until cooked though.
3. Divide couscous among 4 serving plates. Top each with a salmon fillet. Serve with lemon wedges and sweet potatoes.

Th-Th-That's all folks!

“The moral of this story is don't try to steal no eighteen carrots from no rabbit!” – Bugs Bunny
Some things to keep in mind as we close our vision-quest for natural eye health...

Are you “all in” on keeping yourself as healthy as possible by making simple dietary and lifestyle changes? Are you mindful of the benefits you will receive by making those changes? And do you truly believe that eating healthier foods with some moderate exercise will preserve and protect you for the rest of your life?

Good! That's all you need to embrace! The rest will take care of itself...

Because all the nutritious foods discussed here today are rich in antioxidants and excellent vision-boosting properties – some have proven to work and others are only beginning to provide the benefits being studied.

And when it comes to your eyesight, you should be sure and check with your doctor if any condition worsens and you should also be sure and have your eyes examined every year.

Eating all the good foods we tell you about here in Home Cures That Work still has the power to help you with multiple conditions. So any way you slice it – you cannot go wrong.

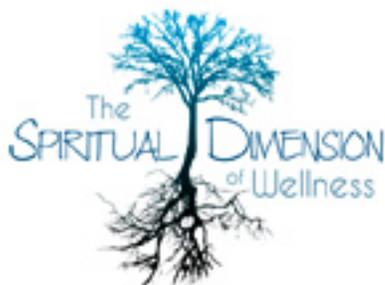
Just like that wascally wabbit – you'll always come out the victor...and have the last line in the show!

Sources:

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Hankinson et al. 1992 British Medical Journal 305:335-9

<http://www.ajcn.org/content/70/4/517.full>



Seeing Is Believing: Supernatural Vision Health

Sometimes we don't appreciate what we have until we no longer possess it. Our vision accounts for up to 80% of our sensory input, so needless to say we should preserve healthy vision - at all cost!

Your eyes are like priceless cameras that process thousands of images everyday, which are then stored on your master hard drive (your brain) to be recalled whenever you desire.

Years ago, I took a church youth group on a mission trip to the Bahamas. During our trip, I took the youth to a remote uninhabited island that could only be reached on foot at low tide. We knew we only had a brief window of time to get to the island and back before the tide came in again. In our haste to get to the island, every one of us forgot our cameras!

From our unspoiled vantage point on this lush island, we could see some of the most beautiful scenery you could imagine. Suddenly I told the youth, “Take pictures!” Confused the children said, “But, we forgot our cameras!” I replied, “Use your eyes and you will capture this day forever.”



I can still recall every frame of that breath taking experience years later. Let me prove it to you.

Have you ever seen the Grand Canyon, Mount Rushmore or the Empire State Building? Walk to a quiet place, close your eyes and focus. See it? Of course you do. Taking into account the great importance of our vision, we must remember there are factors that can impair your ability to see.

- Age
- Genetics
- Poor nutrition
- Injury

Knowing this, there is obviously only one area you have control of: nutrition! So before we tackle the supernatural side of vision health, let's talk about what we can do to enhance our vision health naturally.

Nutrition for Vision: Popeye, Spinach and You

We often think of Popeye the sailor as a muscle bound cartoon hero who derived his strength from spinach, maybe there is more to the story.

You see, spinach contains the antioxidant lutein, which has been proven to reduce the risk of developing age related macular degeneration (AMD). Spinach also contains:

- Beta carotene (vitamin A)



- Vitamins C, E and B
- Minerals
- Omega-3

People with a diet that includes spinach also have lower incidences of cataracts. Carrots, rich in carotene (vitamin A) are an obvious and nutritious choice for natural eye health. After all, have you ever seen a blind bunny?

Glutathione: A Vital Lens Antioxidants

Here is something you may not know, glutathione is a powerhouse antioxidant that works as a free radical scavenger in the human lens. You can find glutathione in:

- Onions
- Garlic (yum!)
- Avocados
- Cruciferous vegetables, such as:
 - Broccoli
 - Kale
 - Brussels sprouts
 - Turnips
 - Cabbage
 - Asparagus
 - And even watermelon

Now you are probably saying, “Michael, get real! I am not a vegetarian! I don’t even like some of these!” Well, here is a tip: JUICING!

Liquid Vision

Believe it or not, I was never into cooked vegetables. I didn’t like them - at all. One day, someone convinced me to try carrot, apple and celery juice. I was hooked! You can combine several of these beauties into an enzyme-rich delicious cocktail that will change your outlook on veggies and radically improve your vision. Eye promise! :)

And finally if you eat eggs and remove the yolk, then the “yolk” might be on you. Egg yolks are chocked full of that wonderful antioxidant lutein. But, wait! There’s more! Yolks contain a sibling carotenoid named zeaxanthin, which is also easy on the eyes!



There are many more practical things you can do to preserve your vision health. I am sure as you peruse this month's publication, my fellow contributors will amaze you with many eye-opening facts and fixes. But before I move on, here is one more tip to focus on.

Lens Protection

Buy a quality pair of sunglasses with polarized 100% UV lenses! In Florida (my home), this is standard equipment. After wearing them for one day, you will thank me and your eyes will thank me. Now, let's take a look at this month's topic, vision, from another angle.

Clear Vision

Here is the Dictionary.Com definition of the word vision:

1. The act or power of sensing with the eyes; sight.
2. The act or power of anticipating that which, will or may come to be: prophetic vision.
3. An experience in which a personage, thing or event appears vividly or credibly to the mind, although not actually present, often under the influence of a divine agency.
4. Something seen or otherwise perceived during such an experience: The vision revealed its message.
5. A vivid, imaginative conception or anticipation.

So as you can see, there are more examples of vision occurring without our eyes than with them!

A few years ago I watched a movie that changed my life. It was called *Blindsight*, a story about 6 blind children from a Himalayan orphanage that climbed Mount Everest led by a blind mountain climber, Eric Weihenmayr.

The one line in the documentary that really moved me was in an interview with one of the orphan girls who said,



“People think because my eyes are blind that I can’t see. But, my heart sees!”

Is it possible for our heart to see what our eyes have become blind to?

Let's see what the Bible says on this subject:

“I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which He has called you, the riches of His glorious inheritance in the saints, and His incomparably great power for us who believe.” Ephesians 1:18-19

We have heard that seeing is believing, but actually it is possible to believe without seeing!

"Jesus said unto him, 'Thomas, because you have seen me, you believed. Blessed are they that have not seen, and yet have believed.'" John 20:29

So, as natural blindness prevents the eyes from seeing, supernatural blindness prevents the heart from discerning spiritual truth.

In Matthew 13:14-15, the prophet Isaiah is quoted by Jesus,

“In their case the prophecy of Isaiah is being fulfilled, which says, ‘You will keep on hearing, but will not understand; You will keep on seeing, but will not perceive; For the heart of this people has become dull, With their ears they scarcely hear, And they have closed their eyes, Otherwise they would see with their eyes, Hear with their ears, And understand with their heart and return, And I would heal them.’”

You see, God in His genius created us with two sets of eyes: one on the outside and another on the inside. One pair of eyes makes us conscious of natural things that effect the body. The other set of eyes makes us conscious of the supernatural things that effect our spirit.

The purpose of this article is to make you aware of the importance of protecting your vision. My purpose as a contributor whose focus is predominantly spiritual is to bring hidden and often ignored aspects of the topic to light. Not only do I consider this an honor, I consider it a great responsibility.



Grandma's Tips

Have you ever seen these eyes that sparkle and out of them come refreshing peace? Sometimes people see Christ in my eyes. You can have a sparkle in your eye, too, by being a friend of God.

The graphic features a woman with short grey hair, glasses, and a white jacket, standing with her arms crossed. The text is overlaid on a yellow background with a green header.

Here are a few questions that might help you open your eyes to spiritual vision. As you go through your day, ask Jesus to help you see things from His perspective. You need His help; you will remain blind without it. Ask for it. Don't let anything distract you from believing Him.

- *Him to help you see sin the way He sees it – and to believe what He shows you.*
- *Him to help you see others the way He sees them – and to believe what He shows you.*
- *Him to help you see yourself the way He sees you – and to believe what He shows you.*
- *Him to help you see your circumstances the way He sees them – and to believe what He shows you.*

20/20 Supernatural Vision

Home Cures That Work offers our readers timeless wisdom and remedies that are tried and true. With that said, from my perspective, to lose your vision is a serious and potentially life threatening scenario. So, forgive me for the sober nature of this statement:

If a man loses his natural sight, there is hope. If a man loses his inner vision, he is lost.

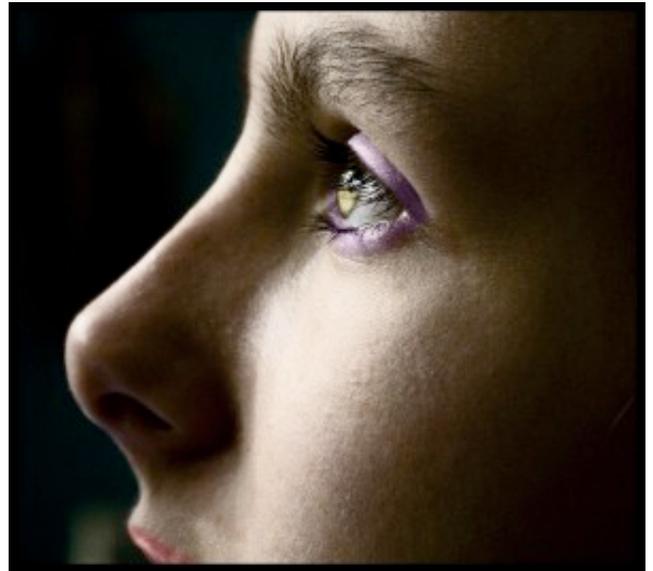
“And if your eye distracts you from God, pull it out and throw it away. You are better off one-eyed and alive than exercising your twenty-twenty vision from inside the fire of hell.” Matthew 18:9 (MSG)

Dear reader, it is my prayer that you will be judicious in the care of your whole life and enjoy 20/20 vision naturally and supernaturally. There is much more to life than meets the eye and it is yours for the taking.

Paul Baloche wrote a song years ago called, [Open The Eyes Of My Heart](#). Let the words of the chorus become a prayer on your lips,

“Open the eyes of my heart Lord, open the eyes of my heart, I want to SEE you, I want to see you.”

Seeing is believing - and even greater if we believe without seeing.



A 20/20 Spiritual Vision Test

What is your eyesight like these days? I don't mean my physical eyes; I mean the eyes of your heart. Do you have 20/20 vision, or are you near blind?

- [If you had to choose between natural sight and supernatural sight what would be your choice and why?](#)
- [Have you ever known something was real without ever seeing it first?](#)
- [What does the term, “Blind leading the blind” mean to you?](#)
- [Isn't Faith believing something without first seeing it?](#)



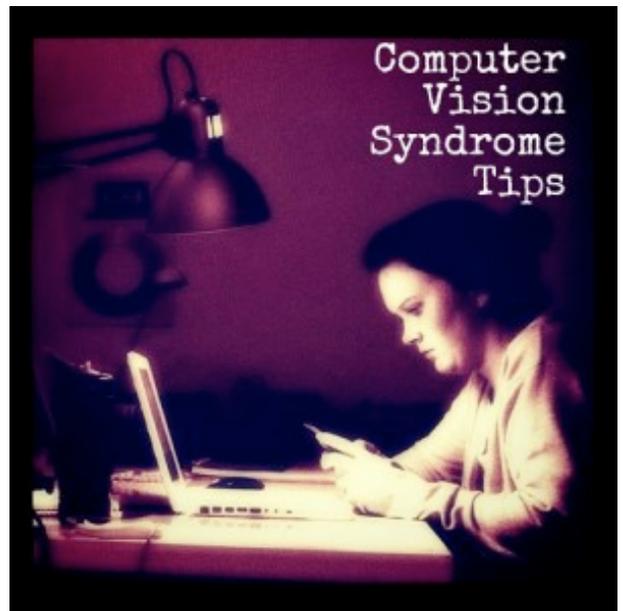
Michael Tyrrell, www.michaelyrrell.com is the founder of the Network Center Inc., a not-for-profit, 501(c)(3) organization founded in 2001 which works as an advisory agency to local churches, faith-based ministries, Para-church ministries, schools, home fellowships and music ministries in connection with their outreach ministries or missions based activities. Michael has been committed to training their key leaders and members to deliver the message of their Christian faith in order to reach the lost, the disenfranchised, the sick and the hurting through the organic roots of the Christian faith and other areas as needs arise. Michael has been in full time ministry for the last 27 years and is a writer music producer and well known musician. <http://michaelyrrell.wordpress.com>



Grandma's Cure Corner: 6 Tips for Computer Eye Strain Relief

Mom (or Grandma!) may have been right. “Don’t sit too close to the T.V. or you’ll go blind!” Did your parents tell you of the ill effects of watching too much television?! Were you told your eyes will go square from sitting too close?!

This warning may have come from the early days of television when television sets emitted radiation. Radiation is no longer a risk, but we sit in front of video games, tablets and computer screens and damaging your eyesight is still a reality. Your eyes may not go square, but sitting too close to your computer can create eye strain and adverse effects on your vision.



Computer Usage Risks Eye Health

It is hard to believe that many of us didn’t even know how to turn on a computer a decade or so ago. Today, even this Grandma is surfing the thing called Internet (for recipes, mostly!) and my grandchildren are learning their ABCs on small hand held computer screens.

If you are reading this, then I think it is safe to assume you use a computer on a regular basis. I know Joe and those that work at Barton Publishing sit in front of a computer all day - just to work. If you use a computer for part of your job, then use the computer or tablet for personal usage, then chances are you are spending at least 8 hours a day in front of a computer screen.

What is the result? Eye strain. Our eyes just aren’t designed to stare at a flat screen for hours and hours. As a result, your eyes have to work overtime to keep things in focus. Like any other muscle in our body when they are fatigued, the strained eye muscles produce blurry vision, headaches and fatigue - maybe even your forehead feels “fried.”

The muscles inside your eyes are very much like a lens on a camera. They change the shape and size of your eye when you are focusing on an object (they don't actually become square - thank goodness!). But when you look at things up close, like a computer screen, for long periods of time, the muscles become stressed.

Computer Vision Syndrome Diagnosis

Maybe your job requires hours of work at a computer. Maybe you like to spend your free time surfin' the Net. Whatever the reason, your body is probably feeling the effects of spending too much time logged on—tired eyes, headaches, neck pain, etc. This is now identified as Computer Vision Syndrome!

Luckily, help is on the way. Computer vision syndrome (CVS) is temporary condition resulting from focusing the eyes on a computer display for extended, uninterrupted periods of time. Some symptoms of CVS include:

- Headaches
- Blurred vision
- Neck pain
- Redness in the eyes
- Fatigue
- Eye strain
- Dry eyes
- Irritated eyes
- Double vision
- Difficulty refocusing the eyes



Thankfully, CVS will not permanently damage the eyes or cause a loss of vision. Though it is one of the most common medical ailments that can affect learning and working. In fact, it is now the number one computer-related complaint in the United States - ahead of carpal-tunnel syndrome.

The way I see it, we are going to be using more and more computers of various shapes and sizes far more as time goes by. I don't want anything to keep me from seeing pictures of my grandchildren on Facebook, watching my daughter sing on Youtube or reading Joe's articles online. It won't be mind that keeps me from growing. It won't be my health that keeps me from learning. And it won't be my eyes that keep me from reading.

Here are some tips and techniques that I gathered for you to minimize the impact of CVS and relax, refresh and reduce eye strain.

5 Tips to Curb your Screen Habits

1. Blink!

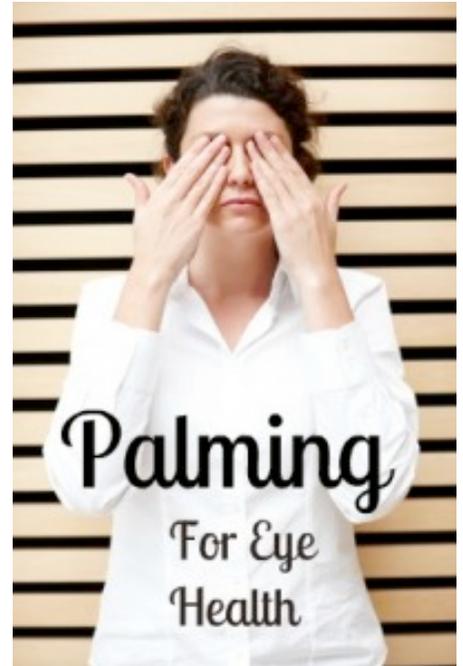
The average human being blinks 20 times a minute – but only 7 times a minute when using a computer. The longer the eye remains open between blinks, the more likely the cornea is to dehydrate, burn or ache. Blink often to keep the eyes moist. It washes your eyes in naturally therapeutic tears.

2. Look Away

For every 20 minutes that you spend watching television, reading, or working on the computer, stare at an object 20 feet away from you for 20 seconds. Better yet, take a 10-minute bathroom break at least every two hours, even if you don't have to go. Walk there, back or anywhere, letting your eyes idle. Hey, chit-chat with a co-worker while you are at it and ask them how they are doing!

3. Eye Exercises

- Bring an object (such as a pen) as close to your eyes as possible while still being able to focus on the object clearly, then focus on an object 10 feet away from you. Repeat this exercise for 3 to 5 minutes several times per day.
- Roll your eyes upward towards your eyebrows, and then roll your eyes in a large circle. Repeat every few hours when using your computer or watching television to combat Computer Vision Syndrome.



4. Try Palming

“Palm” your eyes by covering them with the palms of your hands, blocking out the light completely for 1 to 3 minutes several times a day.

Palming is one of the most relaxing things you can do for your eyes. Jeff, one of Home Cures That Work and Barton Publishing’s valuable contributors, can testify that he knows exactly what it feels like to have strained eyes and what to do to remedy CVS:

"When my eyes get strained and tired while staring at the computer screen all day, I enjoy Palming. I take my glasses off - very important first step there - and I cup the palms of my hands over my eyes.

When you try it, make sure the 'pinky' sides of your hands are on either side of your nose and rest the fingers of your right hand on those of your left.

Then open your eyes to make sure you've blocked all or most of the light. Then close your eyes and relax. You might want to rest your elbows on a pillow so you don't strain your arms. Don't squeeze just cover your eyes and enjoy the break.

Sometimes I see ghost images of the last things I was looking at - that's pretty cool! When the ghost images disappear, and everything's just dark - that's when I figure I've done it long enough.

Shouldn't take more than a couple minutes. And I do it whenever I feel strained...it's perfectly safe. They even say it helps improve eyesight - but have yet to experience that angle!"

5. Monitor and Screen Changes

- If you found that you are feeling dizzy after being on the computer all day, but subsides after you stop using the computer, only to come back the next day as soon as you get back on the computer, then turn down the brightness on your screen.
- In addition, position your monitor so you are looking down, not up. Tilt your screen slightly downward, so its center is about 4 to 8 inches below eye level. Then, you need to sit at least 65cm away from your computer screen because sitting close requires the muscles in your eyes to work harder.

6. Try Natural Home Remedies

- This might sound funny, but put potato slices on your closed eyes for about 20 minutes. If your eyes are burning, itchy and irritated, this old homemade remedy just might help you. Raw potato has drying and disinfectant properties, as well as being a rich source of vitamin C. Store potato slices in water in the refrigerator for 30 minutes to help soothe your eyes.
- Rose water is a relaxer and can be used as eye drops for soothing effect in tired and fatigued eyes. Wash and flush your eyes in cool tap water. Dry by dabbing with a clean towel, do not rub. Let rest for a few minutes and wash and flush with cotton balls soaked in rose water. Do this at bedtime and before sleeping apply the soaked cotton balls to eyelids and leave overnight. In the morning, rinse again. The benefits are clean fresh sparkling healthy eyes. You'll feel more awake and alive. Make sure you remove all eye make up before washing with rose water.

In a world full of personal computers, hand-held video games, smartphones and e-readers, and hours of television, eye-related problems such as Computer Vision Syndrome are increasing in many Americans. Before your eyes are badly strained, have blurry vision and needlessly suffer headaches, follow these tips before it reaches a critical stage.

My last piece of advise to you would be to shut down. Your retinas need rest like the rest of the body. Here's another quip that my Mom use to tell me and I'll share with you to help overcome eye strain: Hit the hay!

[Have you relieved your computer eye strain? Have you tried anti-glare glasses? What are your natural eye remedies after sitting in front of a computer all day?](#)



Grandma Barton is mother to Joe Barton (founder of Barton Publishing), grandmother to 6 grandkids and 28 step-grandkids, and over 3000 Home Cures That Work members. She is a two-time breast cancer survivor with the help of Dr. Saunders and natural remedies. Grandma loves finding cures within the home to treat all sorts of ailments. With tips she's learned on the farm and along the way, Grandma Barton brings a time-tested and trusted voice when it comes to home remedies. She really is an inspiration to us all.



How To See Better...At Any Age

Keeping Your Eyes Healthy

When it comes to taking care of your eyes, here are the basic 4 rules to halt and reverse vision loss, at any age:

1. Get them checked regularly.
2. Incorporate healthy eye-food into your daily diet.
3. Give your eyes rest.
4. Exercise regularly:
 - Men can lower their risk of cataracts by running and engaging in other cardio-respiratory fitness activities, according to a 7 year study.
 - Chinese massage incorporates several poses that increase blood circulation to your eyes and



strengthen the eye muscles. Also, several techniques reduce stress levels through the body and increase breathing power, so your entire body, including your eyes feels refreshed.

Every geek, gamer, and programmer needs to know about the following eye exercises. These eye exercises take 5 minutes and will improve your vision by strengthening your eye muscles. Take a look and watch Paul McCartney demonstrate some eye exercises he learned in India. Your eyes will definitely feel more relaxed:

<http://www.youtube.com/watch?v=ooXqvNwYMoc>

Got Weak Eyes?

When you begin to age your body begins to protest. Everything seems to be slowly becoming more difficult just a little at a time. One thing that happens to just about everyone is the inability to see like you used to. Even those with 20/20 vision begin to experience a need to don eyeglasses when reading close work or when driving, for example. Working on the computer becomes more of a challenge and that fine print on vitamin labels is almost impossible to read.

Some of the common age-related eye disorders set in for the following reasons:

- Because of a diet lacking nutrients that improve vision or prevent vision from deteriorating
- Due to loss of tissue tightness around the eye socket, leading to droopy or puffy eyelids
- Weakening of the retinal muscles leading to lower closer-range vision and so on

Incidentally, smoking reduces blood circulation to the eyes. And in the study cited above, being overweight can increase your chances of developing cataracts.

Conditions such as cataracts, glaucoma, diabetic retinopathy and dry eyes are so very common these days, what with the way we stare at the computer, walk around without sunglasses on sunny days and stay awake for longer than our eyes can stand.

Cataracts are clumps of protein molecules that cloud up your lens making it difficult to see clearly, whereas a build up of pressure on the optic nerve causes glaucoma. This happens when the watery liquid flowing between the lens and the cornea is blocked.

Healthier Eyes At Any Age

There are plenty of ways in which we can work to stay vision fit and combat eyesight deterioration. If your dentist tells you to brush your teeth to keep them healthy, then you need to keep your eyes healthy with the following vision correction methods:

- While at work make sure that the source of light is behind you, and not shining directly at you. Overhead lights are fine as long as they do not throw off the glare at you from the computer screen you are looking at. If you can manage: position the light source over your left shoulder, if you are right-handed, and over your right shoulder if you are left-handed.

- A straight back will keep work at eye level or slightly lower so that you are looking down. Reclining will take us away from reading at “eye level” and we land up looking upwards.
- To relax stressed eyes, close your eyes as much as you can. (If you're doing it correctly it should feel like you're scrunching your face together.) Hold the pose for a few seconds and quickly open your eyes. Blink and repeat five times.
- Blink. Blink. Blink. Fifteen-twenty times a minute.
- To strengthen eye muscles, close your eyes and roll your eyeballs around for one minute.
- Every now and again, rub your palms together and place them over your eyes. Count to 20. Do this regularly. If you can, sit on the floor with your knees raised to your chest. While your palms are over your eyes, rest your elbows on your knees and breathe deeply.
- Don't let cigarette smoke, or any kind of smoke get into your eyes. It can cause the formation of free radicals in the eye, which can cause macular (retina muscle) degeneration.
- Most of the time we are only reading or interacting with things indoor, but our eyes aren't made just for this! Going outdoors helps the eye stay true to its nature. And when outdoors, try to focus on things at a distance to exercise the eye muscles.
- Prevent your chances of getting eye infections by washing your hands often, especially if you are in a public space. Do not share face towels or eye cosmetics. And do not rub your eyes too vigorously.
- Avoid reading while ill, because this puts extra strain on the eyes.



Super Eye Foods

The eyes are the light of the body. So it is important to eat healthy foods that contain the right nutrients to allow different part of the body to function very well, especially the eyes. There are some things you can do to maintain the eyesight as we age and to sharpen the focus. Most of these solutions include what is contained in your daily diet. Antioxidants and anti-inflammatory foods and nutrients can maintain eyesight and improve vision.

- Bilberry extracts. This herb has been shown to slow the development of cataracts. It increases the blood supply to the eyes.
- Red, orange, yellow fruits and green vegetables are particularly good for the eyes. They are loaded with antioxidants such as beta carotene, vitamins A, C, E.
- Omega-3 oils found aplenty in cold water fish such as salmon, tuna, cod and sardines are healthy for the eyes.
- A tea made from eyebright, Echinacea, clover, burdock and licorice boosts your immune system... helping you resist eye infections.

Chinese Eye Massage Techniques and Exercises

As a bonus, here are some Chinese eye exercises to help you relax and see, beneficial by relieving, firming and healing the eye. Eye massage can increase blood circulation inside the eye, and thus many eye problems can be relieved by self-healing. Your eye muscles, like any other parts of your body, want to be exercised for optimal health. Some of the valuable Chinese eye massages are in the below video:

http://www.youtube.com/watch?v=JpToCa__HDK

If eyes are the window to your soul, strengthen the eye muscles and help improve vision, eye health, body...and soul. You'll see better....for longer.

CELEBRITY Vision of Judi Dench with **HEALTH** Macular Degeneration **WATCH**

Actress Judi Dench, famed for her many roles of playing dignified, strong willed women in positions of authority who are sometimes opposed or criticized by those under her, is now under a new form of criticism: age-related macular degeneration (AMD).

Reading scripts for her upcoming roles (as James Bond's boss, included!) has now become difficult, because with AMD the area of the retina (the back of the eye) responsible for sharp, central vision, called the macula, is gradually destroyed. This central vision is needed for seeing objects clearly, recognizing faces and for common daily tasks such as reading and driving.

Symptoms include blurred vision, difficulty seeing at a distance or doing detailed work. Blind spots develop in the middle of the field of vision, colors becoming hard to distinguish and distortion causing edges or lines to appear wavy. AMD can eventually lead to blindness.



There are two forms of AMD, wet and dry. Although dry is by far the most common form, unfortunately drugs are only available for wet AMD.

Dame Judi Dench says she has dry AMD in one eye and wet AMD in the other, but has released statements saying that she is not going blind.

This is most likely because she is receiving treatments such as injections into her eye to help reduce the degeneration process and, in some cases, restore some vision loss.

Some doctors might send you home to go blind, but there have been cases of reversing AMD and other common eye diseases. High intake of dark green vegetables (spinach, broccoli, kale, ect.) and orange colored veggies (carrots, eggs, etc.) have the right vitamins that are vital to eye repair and maintenance.

You can opt to go for high doses of the same supplements found in those foods to naturally treat age-related macular degeneration.

Lutien and Zeaxanthin

- Lutein and zeaxanthin are naturally occurring plant pigments in dark leafy greens, including kale, spinach, romaine lettuce and green leaf lettuce. They are also in a variety of other vegetables, including broccoli, squash, bell peppers, carrots and tomatoes. Eggs are another good source of these important phytonutrients.
- There is no RDA for lutein and zeaxanthin. But some researchers suggest you need at least 6-10 mg of lutein daily for good eye health.

Selenium

- There are some good dietary sources of selenium: egg yolks, seafood, poultry, beef and whole grains contain the highest amounts. Brazil nuts are the most concentrated food source of selenium, featuring about 70-110 micrograms per nut.
- To guarantee that you're getting sufficient amounts in your diet use a 200 mcg supplement daily.

Vitamin C

- Top sources include oranges, red and green bell peppers, grapefruit, strawberries, broccoli and kale.
- Take up to 4000mg - you'll know you are taking too much if you get diarrhea.

Beta-Carotene

- For a beta-carotene boost, choose apricots, carrots, sweet potatoes, collard greens, beet greens, turnip greens, kale, spinach, papaya, red bell pepper, cantaloupe, winter squash and romaine lettuce.
- The National Institutes of Health recommend adult males include 3,000 IU and adult females include 2,310 IU of beta-carotene in their diet.

Zinc

- To be sure you're getting enough zinc, enjoy wheat germ, garbanzo beans, black-eyed peas, sunflower seeds, almonds, tofu, brown rice, milk, ground beef and chicken.
- The recommended dosage for eye health is 80mg/day.



Vitamin E

- Sunflower seeds and almonds are excellent sources of vitamin E. Other vitamin E-rich foods include hazelnuts, peanut butter, spinach, avocados, olive oil and whole grains.
- The daily RDA for vitamin E is 15 mg (22.5 IU) for teens and adults for healthy vision.

Dame Judi Dench is so brave to come forward with this AMD story. Perhaps it will encourage others to get a dilated eye exam, which can reveal even the early stages of age-related macular degeneration.

Dame Judi said her mother also had macular degeneration:

"I've got what my ma had, macular degeneration, which you get when you get old," she said.

[Has your mother been mentioning that she is having a hard time seeing the television screen?](#)

7 Dieting Mistakes For Losing Weight

It's a common problem. You've been on a diet for weeks and aren't losing weight like you thought you would.

It may be because you're consuming more calories than you think.

Keep reading to discover seven sneaky habits that may be sabotaging your weight loss efforts.

Mistake #1: Forgetting Liquid Calories

It's easy to forget that the things you drink have calories - some more than you'd think. In fact, some beverages have more calories than an entire plate of food.

It is estimated that around 20 percent of your daily calories come from what you drink. So as you drink your juice with breakfast, rehydrate with a sports drink at the gym, or drink a glass of wine at dinner, think about the calories you're adding.

For calories' sake, it's best to avoid all sweetened sodas, sweetened or flavored coffee drinks, sweetened tea, and smoothies. Replace these high-calorie drinks with water, skim milk, and unsweetened herbal tea. Because while they taste great, liquids generally don't satisfy hunger, so they are just empty calories.

Mistake #2 Meal Skipping

Many dieters think they'll cut their calorie intake by skipping a meal, usually breakfast.

But this is a mistake.



Research has shown that those who skip breakfast actually weigh more than those who eat three meals a day. Skipping a meal usually causes you to eat more calories during the day because you will end up eating even more food later in the day because you're so hungry.

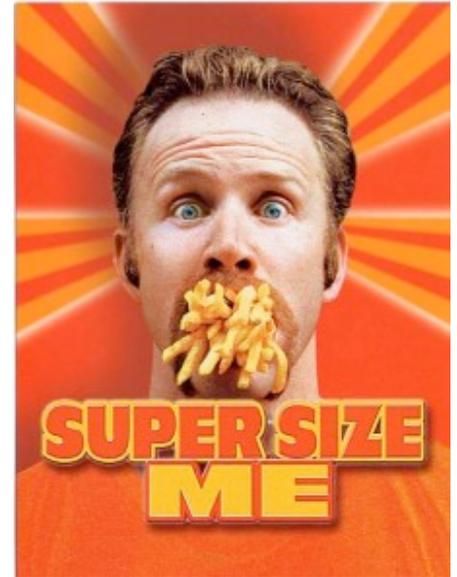
So aim to eat three (or more) meals a day. A healthy breakfast that will keep you feeling full all morning contains protein and fiber. An example would be whole-wheat toast and an egg.

Mistake #3: Oversized Portions

Just because restaurants load your plate with a mountain of food doesn't mean you should eat that much at home for a normal meal.

Remember that your stomach, like your heart, is the size of your fist. Don't think you could fit much food into your fist? You're right. And contrary to what mama taught you as a child, you don't have to eat all the food in front of you.

To eat a little less, use smaller plates and eat slower so you know when you're full. Also, remember that portion control also applies to healthy foods, as they, too, contain calories.



Mistake #4: Too Many Extras

A salad is a healthy, low calorie option. At least until you add dressing, bacon, cheese, and croutons.

These add extra calories fast.

One tablespoon of dressing contains 75 to 100 calories. With that in mind, it's no wonder grilled-chicken salads at a fast-food restaurant can have more calories than a hamburger.

Mistake #5: Blaming Your Genes

Many people give up on dieting or think there's no hope when it comes to meeting their goal weight because of their genes.

Just like you may share your father's hair color or your mother's eye color, there is a small chance you also share your parent's body type. However, this is no excuse for doing nothing about trying to lose weight.

Stick to your diet and exercise plan and you should definitely see results.

Mistake #6: Eating Without Thinking

It happens to everyone. You're tired after a long day and you just want to veg in front of the television or read a good book. Unfortunately, mindlessly eating is often involved. You may think that since it's not on a plate it doesn't matter, but every bite you take counts.

When it comes to a successful diet, make rules for appropriate times to eat. And don't always feel the need to eat when relaxing. Try sipping on water or tea, chewing gum, or simply don't put anything in your mouth.

Mistake #7: Eliminating All Treats

Dieters often become overzealous in their plan and completely rid the house of all the food they enjoy, whether chips, sweets, snacks, or any high calorie food.

This commitment may last a few days until you can't tolerate it any longer and you overindulge on what you deprived yourself of.

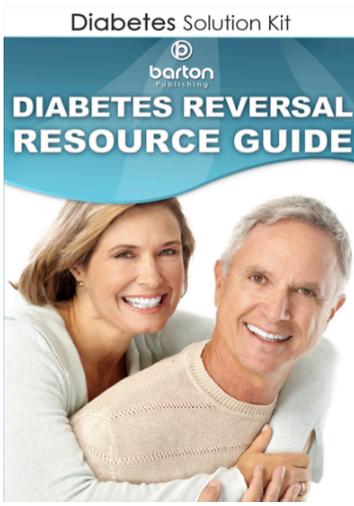
A better plan is to allow yourself a healthy treat every once in a while.



Remember that everyone makes mistakes, but be smart and don't let these common pitfalls keep you from meeting your weight loss goal!



Nordine Zouareg is a former Mr. Universe, an International Fitness Coach, Speaker and Author of the book *Mind Over Body: The Key to Lasting Weight Loss is All in Your Head!* He offers world-class advice on health and fitness, inner balance and stress management, and achieving one's full potential the inner keys to extraordinary performance. An inspiring message of hope and achievement, based on his own extraordinary story. For more information, visit: www.NordineZ.com



Free Remedy Report: The Diabetes Solution Kit

I have something extremely important to share with you.

But it scares a lot of folks - so I wanted to warn you first.

Here goes...

Back in 2007, diabetes was the number 7 leading cause of death in America...and it's been climbing ever since.

In fact, one of the headlines today on MSN was "Study: Pre-diabetes levels spike in US."

And if you aren't worried about pre-diabetes - you should be.

Because even if you don't end up with full-blown diabetes, your risk of cardiovascular disease greatly increases with rising blood sugar levels.

[Click here to download all you need to know about this in The Diabetes Solution Kit - it's completely FREE and it will help you live longer.](#) <=====download right now before you forget!

And listen to me - if you could stand to lose a few pounds and don't take your health seriously by eating like you did when you were in your 20s - you could be looking at walking around with this horrible disease for the rest of your life. I know you don't want that...and I don't want it for you.

Nobody thinks it's going to happen to them...today, about 26 million people thought that too - but they got a hard-knock lesson.

Even if you don't have any symptoms you **STILL** need to take this FREE report. Because by 2050 1 in 3 adults will have diabetes.

Believe it or don't - that fact probably won't change unless action is taken.

So in order to protect yourself, you must be well armed with the knowledge to recognize the diabetes symptoms and discover how to prevent it or "kick it" without drugs and chemicals.

[**You have nothing to lose - just click here to download your copy of the Diabetes Solution Kit FREE remedy report. It's our gift to you.**](#)