

Natural Healing Express Weekly

Column Volume 82 Natural Eye Health

This week we'll discuss those baby blues, or those perhaps chocolate browns, referring to the Windows to the Soul – Our Eyes. As a certified Iridologist, I find the eyes not only very interesting, but also full of great tell-tale signs of a person's Bio-Individuality. This means by looking at a person's iris, we can learn a tremendous amount about their health history and also determine their pre-dispositions. These are road signs along the way if you will, which regard to what one needs to be aware of as their health journey continues.

Regarding Eye Health, let's first discuss some of the common disharmonies which occur. Cataracts are probably the most common. This occurs when opacities in the lens scatter incoming light resulting in decreased visual acuity and glare.

Glaucoma occurs when an unusually high pressure occurs within the eye and may eventually lead to blindness. Macular degeneration is the deterioration in the area of the retina which results in the loss of vision in the center of the visual field. Diabetic retinopathy and hypersensitive retinopathy are also a widespread concern.

These conditions primarily occur later in life and are often genetic. However, wear and tear and injury can be factors in eyesight longevity, so let's take a look at the good habits we can utilize at any point during our lives to take better care of our vision.

Avoiding Tobacco Smoke is key factor in eye health. Smoke damages the eyes by generating free radicals. Protecting the heart and arteries helps to reduce blood pressure which increases the risk of cataracts, hypertensive retinopathy and macular degeneration. Keeping triglycerides (blood fats) in a normal range is extremely helpful. Sunglasses help to avert ultraviolet light damage and maintaining normal levels of blood sugar help to reduce the occurrence of diabetic retinopathy. Maintaining normal body weight is key to overall great health and great for maintaining proper pressure to the eyes.

So what's good to eat if you are looking to take care of your peepers? Answer: Anything with a high level of carotenoids. Lutein and Zeaxanthin are two very important carotenoids. These are naturally occurring in ale, spinach, beet and turnip greens, collards, mustard, Swiss chard, romaine lettuce, winter squash, okra broccoli, Brussels sprouts, green peas, pumpkin and carrots.

Another key to great eye health is consumption of flavonoids, particularly anthocyanins. Where might we find those? Answer: In bilberries, blackberries, blueberries, pomegranate, cherries, elderberries, cranberries and eggplant.

If you simply want to take a great supplement to help we have a wonderful formula called Super Vision which contains several of the above mentioned herbs and berries available at Natural Healing Express. If you are interested in trying this formula, please call us in advance at 815 990 8732 to save you a bottle since we sell out quite frequently.

Another way to help your eye sight is to add Green Tea to the diet, one to two cups a day. Green Tea helps to lower the chances of diabetes and heart disease. It also defends against damage to the lens.

Here's to your great eyesight for many years to come.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: [skscham@aol.com](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

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