



EYEVUEW





Peregrine Higgins

EYE VIEW

© 2004, pocket healing cards,

© healing enotes, 20015, Maud Guilfoyle

Of the five senses, sight gives us enormous pleasure while guiding our way in the world. It is easy to take our eyes for granted as problems with our vision take a long time to develop.

Problems such as cataracts, or macular degeneration are symptoms of long term disease processes in the body. If caught early enough it is possible to arrest, even reverse many of these conditions. Eyes act as a mirror of total health and can indicate imbalances in other parts of the body. For example, in Chinese medicine it is believed that difficulties with the eyes reflect problems with the liver and kidneys, so cleansing and support for these organs is recommended. Poor circulation and plugged up

capillaries can hasten macular degeneration. Using knowledge thousands of years old, Eastern medicine has been successful preventing and reversing some serious conditions.

TIPS FOR BETTER EYESIGHT:

1. Eat a good whole foods diet with plenty of organic fresh fruit, green juices and organic lightly cooked vegetables. Both are richer in antioxidants than non-organic foods. A health protocol for cardiovascular fitness can also be beneficial for the eyes.

BENEFICIAL FOODS:

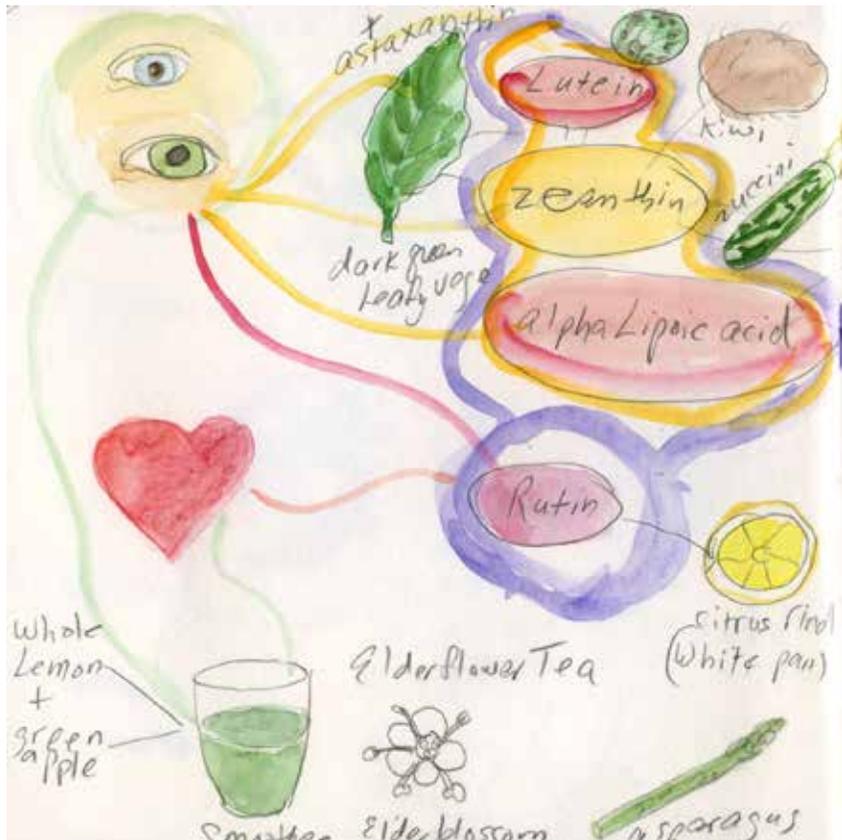
Foods that are rich in the following nutrients are especially beneficial for eyesight:

Astaxanthin: salmon, krill, algae, red trout, shrimp, crab and lobster.

Alpha Lipoic Acid: ALA occurs naturally in Brussels sprouts, peas, tomatoes, broccoli, spinach and organic meats such as the heart, liver and kidneys.

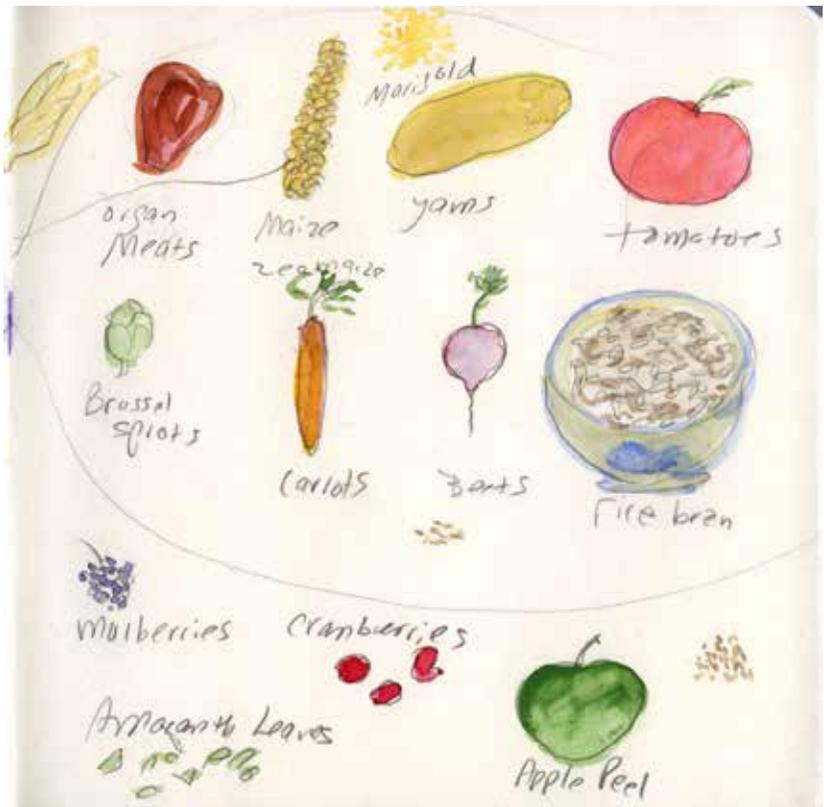
Zeaxanthin and lutein: Dark green leafy vegetables such as kale, spinach, turnip greens, collards, dandelion greens and mustard greens are rich in zeaxanthin and lutein.

Rutin: fruits and fruit rinds (especially citrus fruits), berries such as mulberry and cranberries, buckwheat, asparagus. Rutin strengthens capillaries. Consuming foods with rutin may help people who bleed or bruise easily.



Include the following in your diet as much as possible: amaranth leaves, green apples with peel, asparagus, beets, Brussels sprouts, buckwheat, carrots, citrus peel (white part inside rind), cranberries, kale, collards, Swiss chard, elderflower blossoms and tea, kiwi fruit, maize, marigold, mulberries, organic organ meats, rice bran, smoothies made with green apple, whole lemon, yams, and zucchini.

2. Keep hydrated. Drink half your weight in ounces of water each day, i.e. if you weigh 130 pounds drink 64 ounces or 8 glasses.



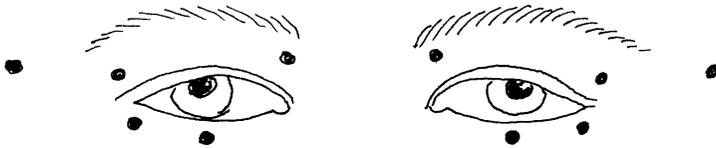
3. Have healthy fats; olive, flax, and evening primrose oil.

4. Wean yourself off sugar, refined carbohydrates and artificial sweeteners as they contribute to interocular pressure and debris in the lens. Avoid aspartame found in Equal and Nutrasweet as it is implicated in causing a variety of health problems including

cataracts, migraines, insomnia and memory loss. Use the safe herbal sweetener, organic stevia.

5. Do deep breathing exercises 2-3 times a day. If you are new to this try starting with 'box' breathing: slowly inhale to count of 8, hold for a count of 8, exhale to a count of 8, and hold for a count of 8. Repeat five times. While doing this, close your eyes and focus on your breath letting all mind chatter pass by.

ACUPRESSURE POINTS:



from *The Complete System of Self-Healing / Internal Exercises*
by Dr. Stephen T. Chang

Do acupressure (gentle circular pressure with fingertips) on the eye points below, on your breaks.

6. Use body work, such as chiropractic adjustments, acupuncture, acupressure (see diagram above), reflexology and bio-feedback to stimulate circulation to the eyes.

7. Get aerobic exercise daily, like a brisk 20-40 minute walk.

8. Wear sunglasses and avoid exposure to strong midday sun.

9. Stress has a big impact on vision; it increases triglycerides and insulin resistance. Identify the sources of stress in your life and eliminate them over time by setting goals and reaching them.

10. When working on a project that involves fine detail, drawings or computer graphics, take eye breaks every twenty minutes or so. Stretch, walk for a few minutes and focus on points at various points in the distance. The homeopathic remedy Ruta Graveolens is helpful for eyestrain when you have been focusing on the computer or anything else for hours. Do acupressure around the eyes at the points indicated in diagram above.

BENEFICIAL NUTRIENTS & SUPPLEMENTS:

Alpha Lipoic Acid, Astaxanthin, alpha lipoic acid, bilberry, cod liver oil, chromium, garlic, DHA, flax seed oil, L carnitine, taurine, ginkgo biloba, ginger, grapefruit seed extract, MSM, quercetin, glutathione, L glycine, Co-Q10, gotu kola, hawthorn berry, lutein, lycopene, rutin, triphala (three fruits), Vitamins A, Beta-carotene, B complex, D, E, zeaxanthin, and zinc.

*Consult your health care practitioner for dosage and combinations or harmful problems with your prescription medicines. What benefits the eyes also benefits the heart, brain and liver. Take

care of these to ensure optimal well being and the ability to create art all your days.

RESOURCES:

MAGAZINES:

The Herb Quarterly Magazine

Well Being Journal

Townsend Letter, the Examiner of Alternative Medicine

BOOKS:

Alternative Health and Medicine ... Martin Goldberg

Complete Encyclopedia of Natural Healing ... Gary Null

Encyclopedia of Natural Medicine ... Michael T. Murray and Joseph Pizzorno

The Eye Care Revolution:: Prevent And Reverse Common Vision Problems, Revised And Updated ... Abel and Oz

The Nutraceutical Revolution ... Richard Firshein

Vision for Life: Ten Steps to Natural Eyesight Improvement

...Meir Schneider

The Vita-Nutrient Solution ... Robert C. Atkins, MD

Yoga for Your Eyes ... Meir Schneider

