



7 TIPS TO KEEP YOUR EYES HEALTHY

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by

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INTRODUCTION

Are your eyes as healthy as they should be? Are you taking precautions to keep your eyes safe and healthy? Many people rarely consider their eyes when they are thinking about their overall health, but this is a mistake. Keeping your eyes in good shape is important for many aspects of your life from work to home to the hobbies that you enjoy.

In this report, we will be covering seven helpful tips that you can use to ensure better eye health and safety. These are easy tips that you should be able to start using right away.



HOW TO IMPROVE YOUR EYE HEALTH AND SAFETY

Healthy eyesight is something that far too many people take for granted. While diminished eyesight often happens as people get older, there are many other dangers to the eyes from UV rays to debris. The tips included in this report will provide you with the guidance you need to better care for your eyes.



EAT A HEALTHY DIET

Eating the right foods is more important for your eyesight than you might realize. Research shows that certain minerals and nutrients that are found in food may help to prevent two common types of eye issues – cataracts and age-related macular degeneration (AMD). Cataracts cause cloudy areas in the lens of the eye, whereas AMD damages the macula, the part of the eye that controls central vision. According to Dr. Ivana Kim from Harvard Medical School, some studies show that eating certain nutrients could help¹.

Dr. Kim says following a heart-healthy diet that includes at least five servings of fruits and vegetables daily and fish twice per week could help. The nutrients and foods suggested in the Harvard article, include:

Lutein, zeaxanthin – broccoli, collard greens, Brussels sprouts, kale, oranges, papaya, romaine lettuce, spinach

Omega-3 fatty acids – tuna, salmon, halibut, walnuts, sardines, flaxseed

Vitamin A – apricots, carrots, mango, raw red peppers, raw cantaloupe, spinach, sweet potatoes

Vitamin C – broccoli, Brussels sprouts, strawberries, oranges, raw red peppers, grapefruit

Vitamin E – almonds, peanut butter, spinach, broccoli, sunflower seeds

Zinc – chickpeas, oysters, yogurt, red meat, pork chops

By adding some of these foods to your diet, or by taking supplements that feature these nutrients, you could be helping to preserve your eyes. It is a good idea to reduce the amount of sugar and starchy carbs that you are eating, as they can lead to a range of health issues. These issues include diabetes, high blood pressure, inflammation, and free radicals that can damage the delicate eye blood vessels disrupting nutrients to the eyes. Inflammation and free radicals can further damage sensitive eye tissue, which can result in vision loss.



KEEP PROPERLY HYDRATED

In addition to eating properly, you also need to be sure you keep properly hydrated. Dehydration can cause many problems to your organs and overall health, including your eyes. Research published in 2019² looked into dehydration and how it could cause the development of dry eye syndrome, cataracts, retinal vascular disease, and refractive changes. They also looked into the potential problems with overhydration.

According to the Mayo Clinic³, the average adult man should have about 3.7 liters of water per day, while the average adult woman should have about 2.7 liters of water. Keep in mind that this includes water from all beverages, as well as food.



QUIT SMOKING

We've known for a long time that smoking can cause a host of health problems including heart disease and stroke. However, it is also possible for smoking to cause serious issues with your eyes. According to information from the New York State Department of Health (NYSDOH)⁴, smoking can increase the risk of age-related macular degeneration, cataracts, glaucoma, diabetic retinopathy, and dry eye syndrome.

They found that smokers are three to four times more likely to develop AMD than those who don't smoke. Heavy smokers are up to three times likelier of developing cataracts as nonsmokers. The NYSDOH state there is a link between smoking and high blood pressure, cataracts, and diabetes, which can increase the risk of glaucoma. Dry eye syndrome is twice as likely to affect smokers than nonsmokers.

If you are smoking, now is the time to quit. Quitting is good for your overall health, not just your eye health. Quitting can be difficult, but it is possible. You may want to talk with your doctor about various smoking cessation methods that you can use if you are unable to quit on your own.



BEWARE OF THE SUN

We all know that it's a good idea to protect our skin from the harmful UV rays of the sun. However, the sun also has the potential to damage your eyes. According to the American Academy of Ophthalmology (AAO), UV light can cause a range of different types of damage, which can be avoided by wearing sunglasses⁵.



The AAO article stated that some of the biggest risks were the development of cataracts and eye cancer. These conditions can take years to develop, and each time you are in the sun for prolonged periods, the risks increase. UV rays can also cause growths on the eyes and snow blindness.

In addition to wearing sunglasses, the article goes on to suggest wearing hats with brims. It is also important to keep in mind that clouds will not block UV light. Even though it might be cloudy out, you will still want to wear your sunglasses and hat for the best possible protection.

4 USE SAFETY EYEWEAR

Additionally, you should guard your eyes by wearing safety eyewear when needed. Research has shown that in the United States alone, nearly 2,000 workers suffer from an eye injury that requires medical attention⁶. Many injuries can occur around the home and while enjoying various types of hobbies.

Consider the various ways that your eyes could become injured. You could get oil or other chemicals in your eyes when you are working on your car. You could have wood chips and splinters pierce your eyes when you are using a woodchipper or a chainsaw. A branch could hit you in the face and eyes when you are riding an ATV through the trails in the woods.

Countless activities might seem safe but might be dangerous to your eyes. Therefore, it makes sense to do everything possible to protect your eyes, including sporting safety goggles whenever engaging in risky activity, even minor ones.



EXERCISE THE BODY AND THE EYES

Exercise is important not just for your body, but also for your eyes. Even though exercise like cardio or weightlifting might not directly affect the eyes, there is a correlation to your eye health.

Those who don't work out, might be carrying excess weight, which can lead to diabetes and result in diabetic retinopathy. Many eye diseases are linked to other health problems, such as high blood pressure and high cholesterol levels, according to the AAO⁷.



One of the studies they examined followed more than 5,600 men and women to see if there was any relation between exercise and glaucoma. They found that those who engaged in moderate exercise were 25% less likely to develop glaucoma than those who were not active. Another study they followed looked at the medical histories of more than 3,800 people to see if there was a relationship between inactivity and the development of age-related macular degeneration. They found that people who were exercising at least three times per week were less likely to develop AMD than those who were sedentary.

Be sure that you are adding some exercise to your life daily, or at least three times per week. This has the potential to help your overall health and wellbeing, including the health of your eyes.



🕒 EXERCISES FOR THE EYES

Exercising your eyes can often help with the comfort of your eyes, as well. Those who have already developed eye conditions and diseases may not be able to improve their vision, according to Healthline, but it can help many with eye irritation, such as digital strain, which can cause blurred vision, headaches, eye strain, and dry eyes⁸.

Some of the eye exercises and ideas the article suggested include:

Changing Focus – Point a finger and hold it a few inches from your eyes and focus on the tip. Slowly move the finger away from your eyes, maintaining focus. Then, look away into the distance for a moment. Refocus on the outstretched finger and then slowly move it back toward your face. Then, look away and focus on an object or point in the distance. Repeat three times.

Figure Eights – For this eye exercise, you can pick a spot on the floor about 10 feet in front of where you are sitting or standing. Use your eyes to trace an imaginary figure eight at that point going in one direction for 30 seconds. Reverse the direction you are tracing for another 30 seconds.

Moving the Eyes – Medical News Today suggests this exercise for your eyes⁹. Close your eyes and slowly move them up and then down behind your lids. Repeat this three times. Change direction and move the eyes right to left. Repeat this three times.

Taking Breaks – Your eyes can become strained from doing repetitive tasks. Whether you are sitting in front of a computer all day or you are watching television, you need a break. Every 20 minutes or so, you should look at an object that's about 20 feet away for 20 seconds.

These are a few beneficial exercises that could help to strengthen your eyes and keep them healthy. Try to include them into your day, even several times per day if you find that your eyes are especially tired or strained.



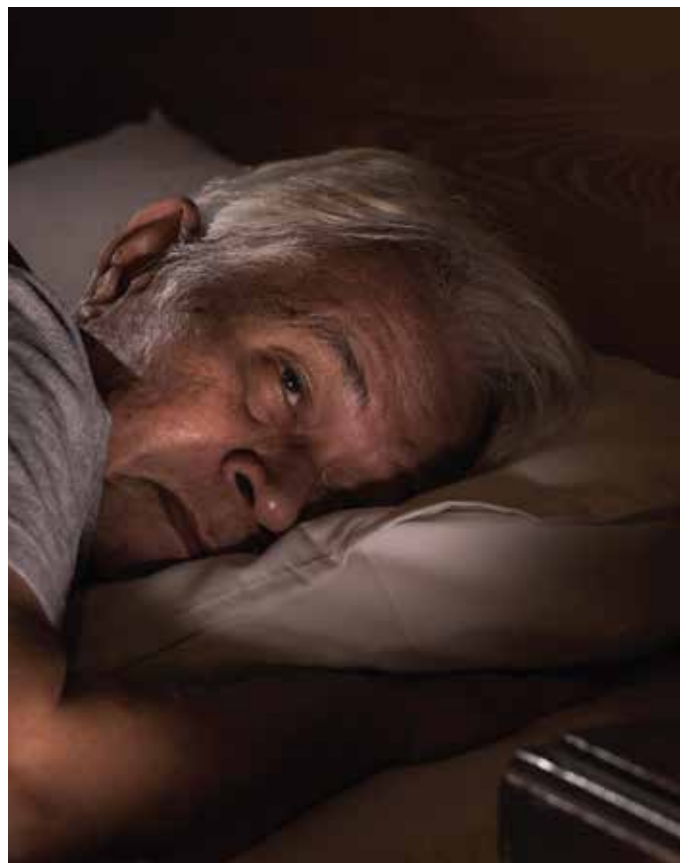
BEWARE OF THE BLUE LIGHT

We live in a high-tech world. That means most of us spend at least a few hours daily in front of some type of screen. You might have to use your computer for work, for example.

Research published in the International Journal of Ophthalmology¹⁰ has shown that high-energy blue light passes through the cornea and lens and can cause age-related macular degeneration, dry eye, cataracts. HE blue light stimulates the brain, which inhibits melatonin secretion. This could enhance adrenocortical hormone production, which can then affect the balance of hormones and sleep.

To help reduce the risk to your eyes, screens should be at least 20" to 24" from your eyes. You should adjust the lighting so there is minimal glare on the screen and keep the top of the screen slightly below the level of your eyes. Additionally, do the exercises that were covered earlier, and be sure to give your eyes a rest.

You can also spend some time away from the screens where your eyes can relax. Before going to bed at night, you will want to stay away from the screens because, as mentioned, they can cause issues with your ability to get to sleep at night.



CONCLUSION

With these seven tips, you can start taking better care of your eyes. As promised, they are all easy tips to adopt and use in your daily life. When you use suggestions, such as eating a better and more nutritious diet and exercising your body and eyes, you will find that more than just your eyes benefit. You can start to feel your overall health getting better, as well.



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WHY CHOOSE PUREHEALTH RESEARCH?

These modern times bombard you with stress and surround you with toxins. And that takes a toll on your body over time. These show up as aging skin, aches and pains, out-of-control inflammation, and disease. Your body needs hundreds of micronutrients to conduct thousands of metabolic reactions every single day. Diet, toxic load, medications, and poor absorption are just a few reasons why your body may not be receiving these building blocks of genuine healing.

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