

# Natural Remedies for Eye Health

Prevention and Treatment



# Prevention

- \* An ounce of prevention is worth a pound of cure, for sure
- \* Get sufficient but not excessive amounts of Vitamin A in your diet



Get sufficient but not excessive amounts of  
Vitamin A in your diet



# How much Vitamin A daily?

- \* How much vitamin A should you take?
- \* The recommended dietary allowance (RDA) includes the vitamin A you get from both the food you eat and any supplements you take.
- \* **Category**
- \* **Vitamin A: Recommended Dietary Allowance (RDA) in micrograms (mcg) of Retinol Activity Equivalents (RAE)**
- \* **CHILDREN**
- \* **1-3 years**
- \* **300 mcg/day**  
(or 1,000 International Units/day)



# Vitamin A

* 1-3 years	300 mcg / day	1,000 IU units/day
* 4-8 years	400 mch / day	1331 IU / day
* 9-13 years	600 mcg/day	2,000 IU/day
* 14 years & up	700 mcg/day	2310 IU/day
* Pregnant	750-770 Mcg/day	2500 IU/day
* Breastfeeding	1200-1300 mcg/day	4000-4300 IU day
* 14 years & up	900 mcg/day	3000 IU/day

IU - International



# Do not take more than RDA

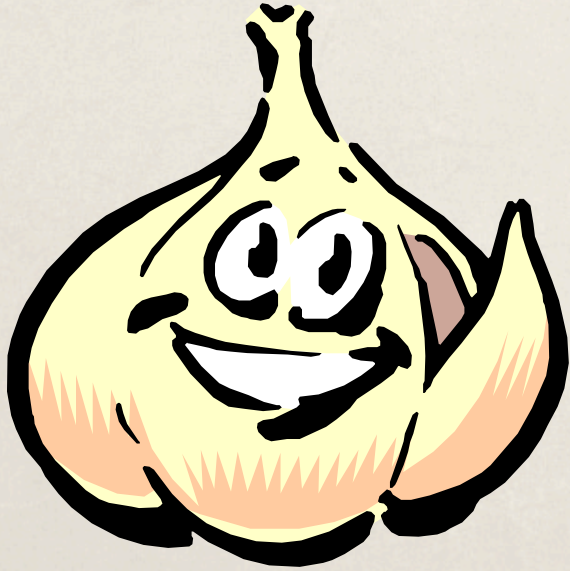
- \* Don't take more than the RDA of vitamin A unless recommended by your doctor.
- \* High doses of Vitamin A has been associated with birth defects, lower bone density, and liver problems. People who have kidney or liver disease shouldn't take vitamin A supplements without talking to a doctor.





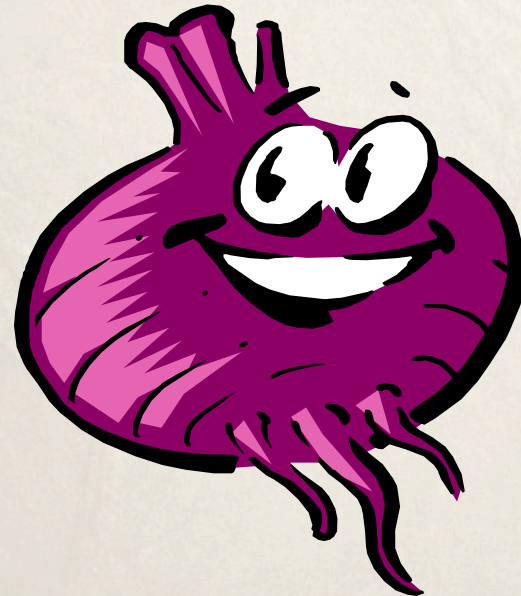
Where do I get the best sources of Vitamin A from?

# Highest Anti-Oxidants



Onions

Garlic





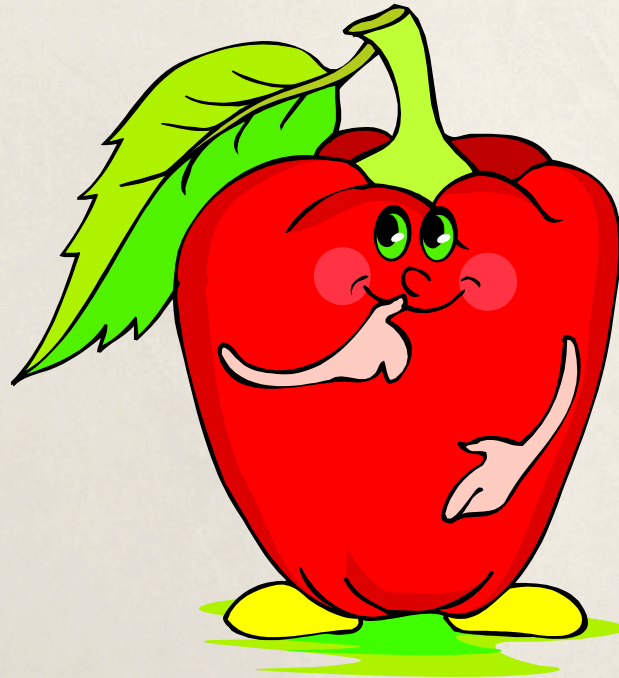
# Broccoli Flowers

## Alfalfa Sprouts \*



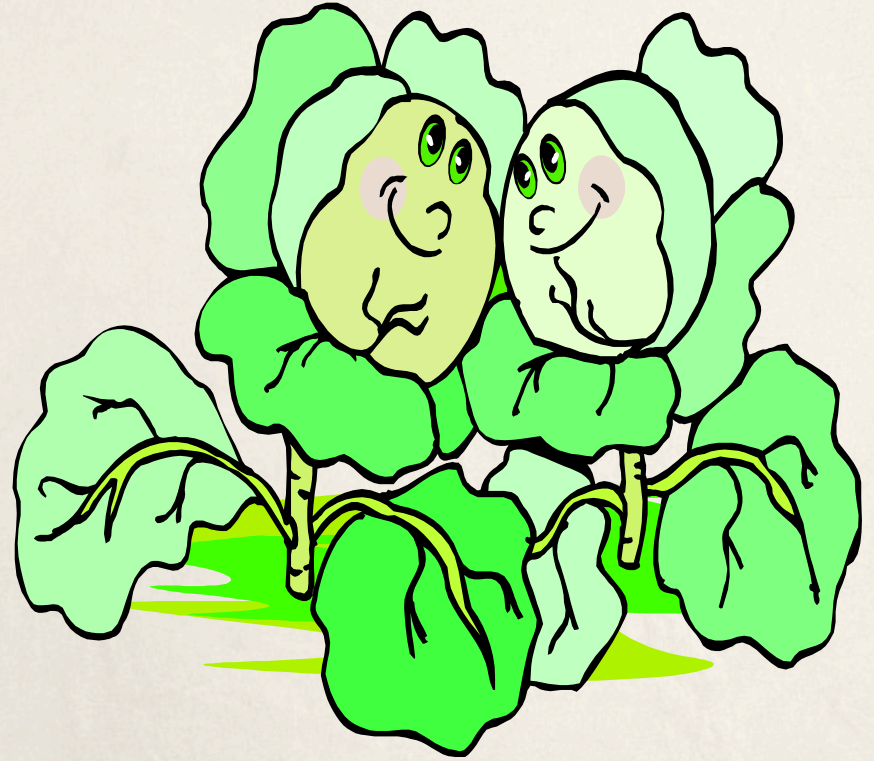
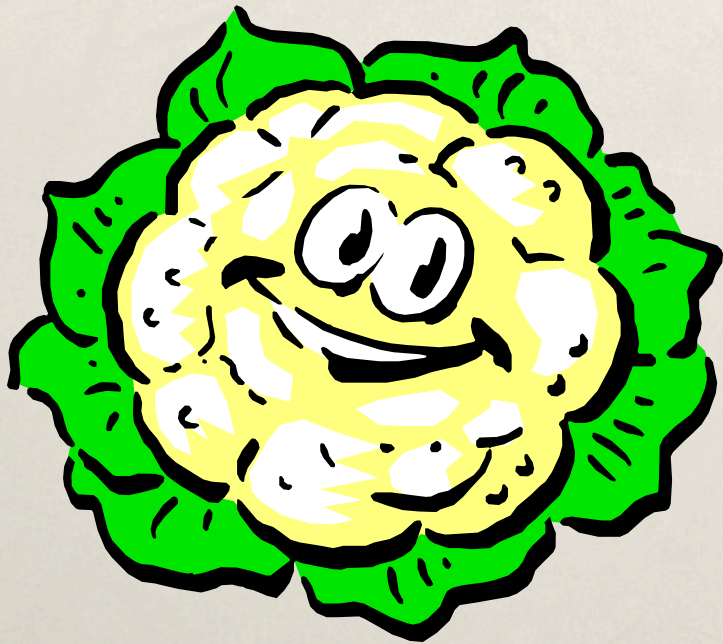
# Red Beets

# Red Peppers \*



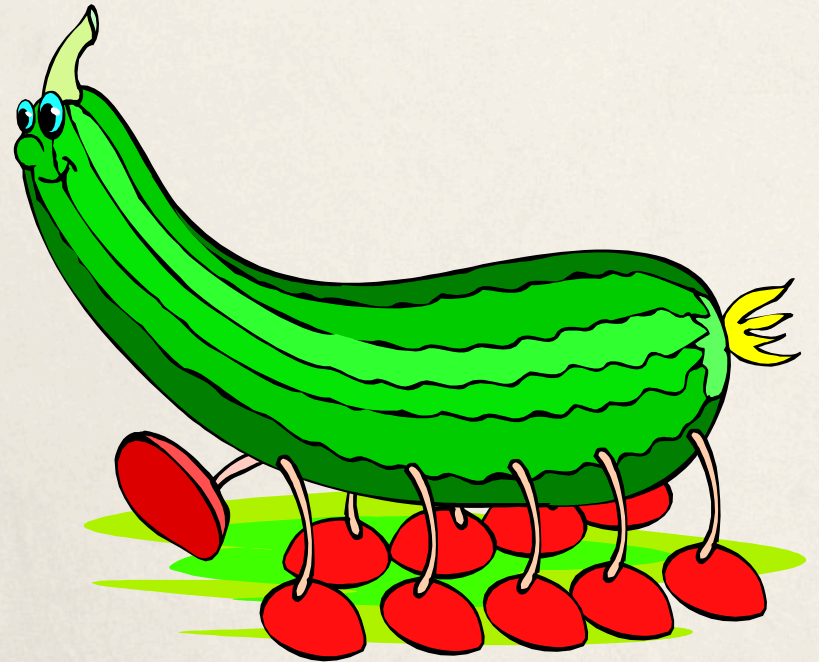
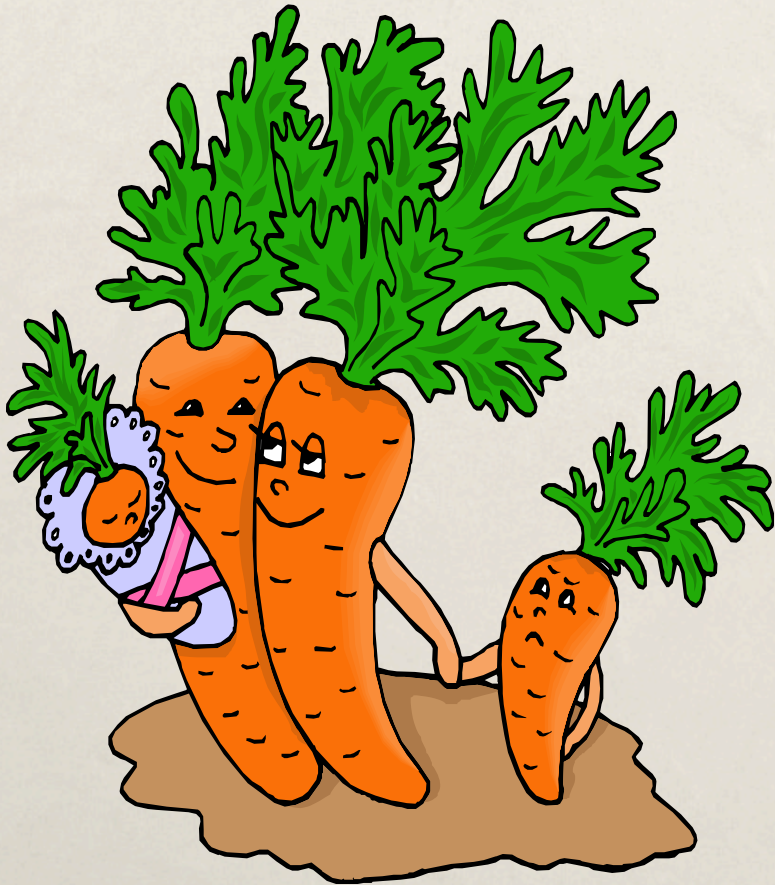


Cauliflower



Cabbage \*

# Carrots

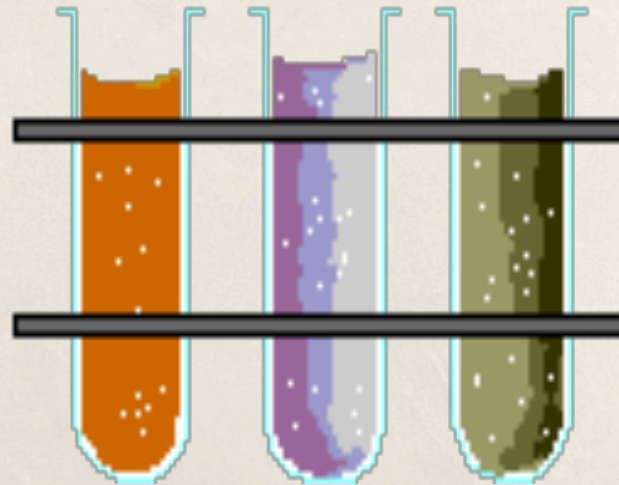


Winter Yellow  
Squash \*



# Worlds Healthiest Herbs

- \* Garlic
- \* Onion
- \* Chives
- \* Leeks
- \* Basil
- \* Tarragon
- \* Turmeric
- \* Dill
- \* Cinnamon

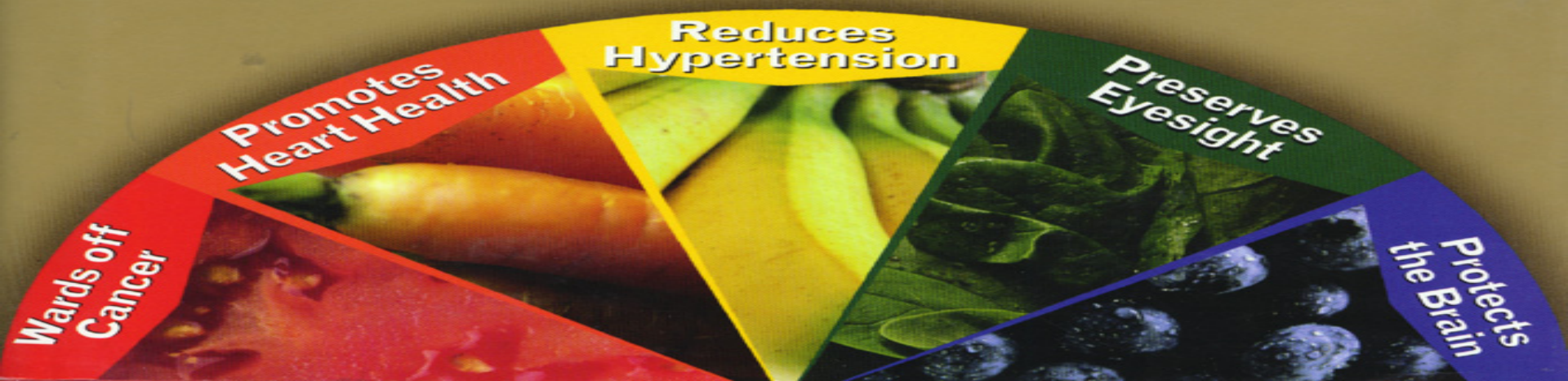


- \* Parsley
- \* Thyme
- \* Ginger
- \* Cilantro
- \* Coriander
- \* Anise
- \* Fennel
- \* Cloves
- \* Nutmeg

**JAMES A. JOSEPH, Ph.D., DANIEL A. NADEAU, M.D.,  
AND ANNE UNDERWOOD**

THE  
**COLOUR  
CODE**

**A Revolutionary  
Eating Plan  
for Optimum Health**





EAT THE 7 COLORS OF HEALTH!

WHAT  
**COLOR**  
IS YOUR  
**DIET?**

- + Protect Your Heart, Vision, and Genes
- + Strengthen Your Immunity
- + Help Fight Cancer
- + Reduce Inflammation
- + Healthy, Permanent Weight Loss

FEATURING  
EAT FOR  
YOUR GENES  
FOOD PLANS!

**DAVID HEBER**, M.D., Ph.D.,  
DIRECTOR, UCLA CENTER FOR HUMAN NUTRITION  
WITH SUSAN BOWERMAN, M.S., R.D.

# Seven Colors of Health

- \* 1. RED- Tomatoes, pasta sauce, tomato soup, tomato-based juices. Pink grapefruit, ketchup, watermelon
- \* 2. RED-PURPLE- Grapes, grape juice. red peppers, prunes, plums, cherries, cranberries, eggplant, red beets, raisins, red apples, blueberries, blackberries strawberries



# Seven Colors of Health

- \* 3. ORANGE- pumpkins, carrots, winter squash, sweet potatoes, mangoes, apricots, cantaloupes (papaya)
- \* 4. ORANGE-YELLOW- Oranges, orange juice, tangerines, yellow grapefruit, peaches, lemons, limes, papayas, pineapples, nectarines

# Seven Colors of Health

- \* 5. YELLOW-GREEN- Green peas, green beans, spinach, green peppers, yellow peppers, collard greens. Cucumber, mustard greens, kiwi, turnip greens, avocados
- \* 6. GREEN- Broccoli, Brussels sprouts, cauliflower, cabbage, Chinese cabbage, kale,
- \* bok choy
- \* 7. WHITE-GREEN- Garlic, onions, celery, leeks, asparagus, pears, artichokes, endive, mushrooms, chives
- \* What Color is Your Diet David Heber M.D. Phd/
- \* Dir. UCLA Center for Human Nutrition 2001



# The Color Code

- \* RED- Wards off cancer
- \* ORANGE-YELLOW- promote heart health
- \* Yellow- Reduces hypertension
- \* GREEN- Preserves eyesight
- \* PURPLE- Protects the brain
- \* Think color, think variety, think whole foods to protect from cancer, heart disease, hypertension, diabetes and osteoporosis p. 213
- \* The Color Code James Joseph Phd.
- \* Lead scientists Laboratory of Neuroscience of the USDA Human Nutrition Research Center on Aging at Tufts U.2002



# Is Seeing the Eye Doctor

Necessary, it gets expensive...?



# A Visit to the Eye Doctor

- \* Think you don't need to see an eye doctor because your vision is fine? Think again.
- \* Eye exams aren't only for people with poor vision. They're an important way of detecting eye problems before you have symptoms. Eye doctors can also catch other health problems -- like diabetes -- early.

# What is Hipple Lindau Disease?

- \* A Rare genetic disease that affects the brain and eyes.
- \* Grains, fruits, nuts and vegetables constitute the diet chosen for us by our creator. These foods prepared in as simple and natural a manner as possible are the most healthful and nourishing.



# Medical “Science” confirms

- \* Statistical studies combined with increased scientific knowledge of the immune system and the action on the body of dietary fiber, carbohydrates, cholesterol, protein, phytochemicals, vitamins, antioxidants, salt, and many other substances in food have proven the superiority of the vegetarian diet. The diet has been shown to be beneficial in the prevention and treatment of many diseases such as rheumatoid arthritis, stroke, heart disease, cancer, diabetes, cataracts, urinary infections, asthma, kidney failure, kidney stones, serious infectious illnesses, and mental health.
- \* Vegetarians have been shown to have greater longevity, superior muscular endurance, less chronic diseases, less utilization of health care facilities including hospitals and less need for medications.



# Cataracts

- \* Cataracts apparently occur more readily when a person is exposed to a greater intensity and duration of ultraviolet light as is found in normal sunshine. The eye lens seems to be damaged with ultraviolet light converts oxygen into reactive compounds called free radicals or “oxyradicals”
- \* Therefore the use of sunglasses that have total UV blocking capabilities is recommended
- \* However, even this sun induced damage can be prevented – at least in part – by a group of compounds called antioxidants. These compounds such as vitamins A, C, and E, are found in abundance in plant foods.





# Vitamin A research...

- \* Evidence of this connection was provided by The Harvard's Nurses' Health Study. Researchers discovered that a diet higher in foods containing Vitamin A compounds decreased the risk of cataracts.
- \* Regular use of Vitamin C supplements also lowered cataract risk in the Harvard research. In other scientific studies subjects who consumed fewer daily servings of fruit and /or vegetables had an increased risk of cataracts.

# Low Fruit and Vegetable intake promotes Cataracts

<b>Food Category with Low Intake</b>	<b>Cortical Cataract risk</b>	<b>Posterior subcapsular Cataract risk</b>	
Low fruit intake Less than 1.5 servings daily	2.9	8.6	
Low Vegetable intake Less than 2.0 servings daily	4.1	7.4	
Low intake of fruits and vegetables combined Less than 3.5 servings daily	5.0	12.9	



# What Exactly is Diabetes?

- \* Diabetes is a condition where an abnormal response to insulin and/or inadequate insulin production causes high blood sugar levels.

# Are you at risk for diabetes-related eye damage?

- \* About 20 percent of newly diagnosed Type II diabetics already have damage to their eyes (retinopathy)



# Results of Blood Sugar control for Type 1 Diabetics

- \* 76% reduction in diabetic retinopathy
- \* 54% reduction in significant kidney disease
- \* 60% reduction in peripheral neuropathy
- \* 35% decrease in cardiovascular risk.

# Diabetes

- \* Within only seven years of diagnosis, as many as 50 percent of children with diabetes have developed diabetic retinopathy, a disease of the eyes that can result in blindness.
- \* Diabetics need to be checked by eye doctors regularly.
- \* Diabetic eye disease is preventable, not only through lifestyle, but also by early treatment.



# Diabetes

- \* Approximately 16,000,000 Americans are diabetic (50% are unaware)
- \* About 625,000 new cases are diagnosed per year
- \* Over 6% of those 45-64 years old and as many as 20% of those over 65 have diabetes.
- \* Total costs may be as high as 90 to 130 billion dollars per year.

Report of the Expert Committee on the Diagnosis and Classification of Diabetes Mellitus, Diabetes care, 1997, 1183-1197.

# AFFLICTIONS OF DIABETES

- \* Life expectancy is shortened by 5 to 10 years or more
- \* It contributes to 160,000 deaths each year
- \* Two to twelve times the risk for heart disease
- \* Two to four times the risk of stroke
- \* Number one causes of blindness in adults with 12,000 to 24,000 new cases annually
- \* A factor in half of all foot and leg amputations
- \* Over 60,000 amputations yearly in diabetics
- \* In any given year, over 50,000 diabetics are either on dialysis, or have had a kidney transplant (due to diabetic nephropathy)
- \* Cause of peripheral neuropathy
- \* Increased risk of breast and uterine cancers

Harris, MI Diabetes In America 2d p.4



# Avoiding Eyestrain

\* How to do it...

# Tips to avoid Eyestrain

- \* Around age 40 - 45, your focusing power starts to go and it can lead to eyestrain. - Samuel Guilllory MD
- \* From the Doctor's Book of Home Remedies.



# Pay Attention to Lighting

- \* “ It does n’t hurt your eyes to read in dim light, but you can strain them if the light doesn’t provide enough contrast.” says Dr. Guillory.
- \* Use a soft Light that gives contrast, but not glare, when you read.
- \* Don’t use any lamp that reflects light directly back into your eyes.



# Try reading glasses

- \* You can get them from your doctor or even from your drugstore.
- \* If you have good distance vision in both eyes and just have trouble seeing up close, go to your local drugstore and buy the reading glasses they have on display there. Says Ophthalmologist David Guyton MD.





# Pick the right power

- \* When choosing reading glasses.
- \* Pick the weakest or least powerful ones that will allow you to read at the distance you want.
- \* If you buy ones that are too powerful you will see fine up close, but things will be blurred beyond that distance.
- \* Dr Guyton



# Interrupt your work

- \* Save and store what's on your VDT screen every once in a while.
- \* If you use the computer for 6 -8 hours take a break every 2-3 hours. Do some other work, get water, go to the washroom, just take your eyes off the screen for 10-15 minutes. Also consider working from a printout of your screen.





# Take a tea break.

- \* Don't drink it, put it on your eyes instead.
- \* Take a towel and soak it in eyebright tea.
- \* Lie down and place the warm towel over your closed eyes and leave it there for 10 to 15 minutes. It will take your eyestrain away.
- \* Be very careful not to pour tea into your eyes.
- \* Let the tea cool down a bit after the pot boils before you soak your hand towel in it.



# Work in the Shade

- \* When it comes to relieving eyes strain, it's best to keep your computer in the dark.
- \* Shade your screen by creating a hood over it.
- \* Go to an art supply store and buy a sheet of heavy black cardboard.
- \* Put it on top of your terminal and fold both sides down over it. This will allow you to slide it back and forth.
- \* Essentially you have put your machine into a black box. So now you can turn the brightness down to a very low level.
- \* Dr. Guillory





# Shut out the light – Shut your eyes



- \* Relieve eyestrain by resting your eyes.
- \* Do it while you are on the phone.
- \* If you don't need to read or write just close your eyes while you are talking.
- \* Depending on how much time you spend on the phone in a day, you could be able to rest your eyes for up to an hour or two daily.
- \* People who practice this technique claim that it assists them with reducing eye strain and enabling their eyes in feeling better.

# Darken your screen

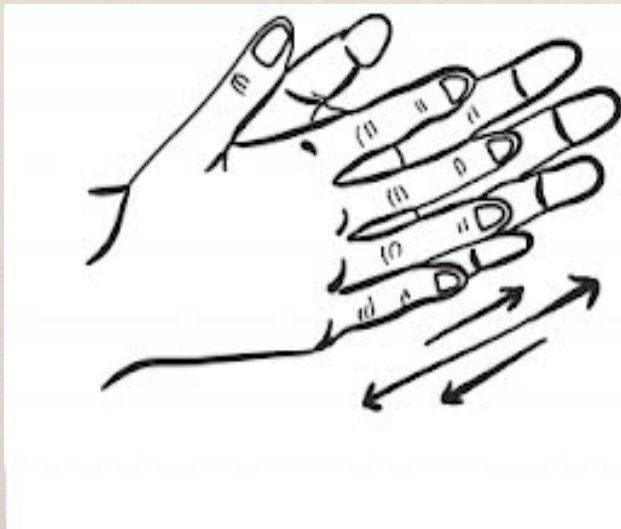
- \* Those aren't just letters and numbers on your screen. They're also tiny light bulbs that send light directly into your eyes. You need to turn the wattage down so to speak.
- \* Don't make the letters too bright. Turn the brightness down to a dim level and then adjust the contrast to make up the difference.
- \* Take a pencil and make a mark on the knob you adjusted. Then make a corresponding mark on the computer. That way you'll just have to realign the marks if someone else changes the settings on your computer.





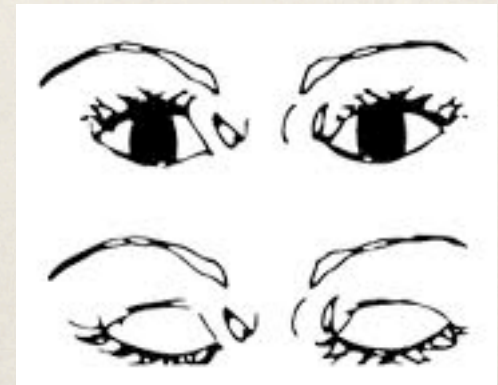
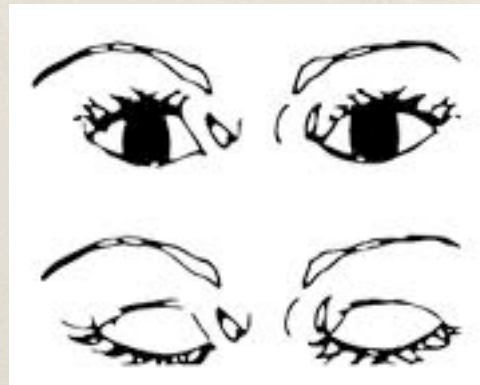
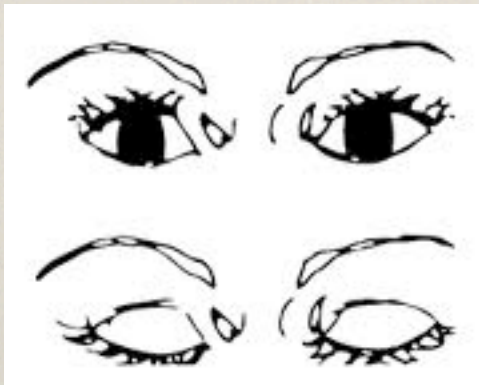
# Eye / Hand Coordination

- \* Take your hands and rub the palms together until they are warm. Then close your eyes and put your palms over your eye orbits. Don't press on your eyes, just cover them. Breathe deeply and slowly and visualize the colour black. Do this for 20 minutes daily.



# Blink

- \* Your eyes have their own personal masseuse – the eye lids.
- \* Make it a point to consciously blink your eyes 300 times every day without squinting.
- \* Each blink cleanses your eyes and gives them a tiny massage.
- \* Meir Schneider





# Increase the circulation of blood to the eye area

- \* Gentle stretching / Flexibility exercises for your whole Body.



# God's prescription for eye strain

- \* The trees of the forest are not in regular order. It **is restful to eye and mind** to range over the scenes of nature, over forest, hill and valley, plain and river, enjoying the endless diversity of form and colour and the beauty with which trees, shrubs, and flowers are grouped in nature's garden, making it a picture of loveliness. Childhood, youth, and age can alike find rest and gratification there.

\* Adventist Home, p. 154



# Problems that require a Doctor

- \* Strain can also be caused by eye misalignment, where one eye starts to turn in or out.
- \* If that is the case the problem needs to be treated by an ophthalmologist who can suggest specific exercises, prescribe special prism glasses, or – if necessary – even perform eye muscle surgery to realign the eyes.
- \* All the experts agree that if you have pain in your eye or sensitivity to light, you need to see an ophthalmologist right away.
- \* David Guyton MD



# Multiple Sclerosis

- \* MS is another potentially disabling neurologic disease. This condition strikes the tissue (called myelin) that insulates nerve cells in the brain, eye nerves and spinal cord. The disease appears to be due to an immune system abnormality that causes inflammation and destruction of the myelin tissue.
- \* One study reported in the British Medical Journal suggested that MS might have a relationship to dairy consumption.
- \* Proof Positive, P 245 Neil Nedley MD



# Eye Diseases & Smokers

- \* Cataracts, age related clouding of the eye lenses, are more prevalent among smokers; treatment usually involves surgery.

# Other Adverse Effects of Smoking

- \* Smokers also increase their risk of an untreatable eye disease that can lead to blindness.
- \* Macular Degeneration – of which there is no currently medical treatment for. Eat your dark leafy greens and your orange vegetables and fruits.

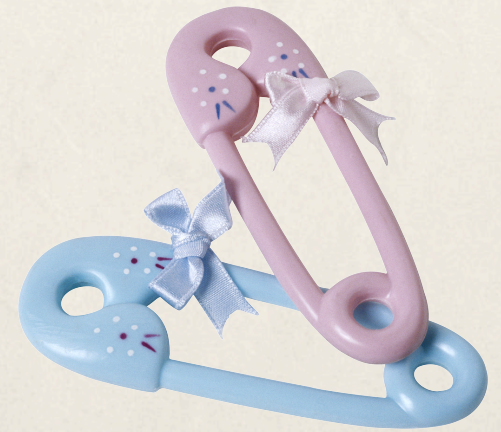


# Other Adverse Effects of Smoking continued

- \* Cigarette smoking can more than double the risk of blindness from Macular degeneration.
- \* Each year, in the U.S., macular degeneration causes 1.7 million cases of vision loss.
- \* Almost all of those affected are 65 or over.

# Abnormalities related to Prenatal Alcohol Exposure

- \* Hyperactivity
- \* Vision Problems
- \* Hearing Problems
- \* Trouble breast feeding
- \* Immune system impairment
- \* Learning Difficulties
- \* Skull & facial abnormalities
- \* Abnormal Balance and Coordination
- \* Mental Retardation
- \* Growth Deficiencies.





# Ophthalmia

## Inflammation of the Eye

- \* Heat and redness, and a sharp pain, as if some extraneous substance had gotten into the eye.
- \* Treatment: First see if there is any foreign substance in the eye and if so, remove it. This may easily be done by turning the eyelid upward or downward, and gently wiping it with a soft handkerchief.
- \* The eye may be cleansed with lukewarm - cold water in the following manner: A glass syringe which has been thoroughly washed, should be filled with pure water and the nozzle of the syringe having been inserted beneath the outer corner of the eyelid. The piston may then be pressed gently and the water will flow over the surface of the eye, washing it completely.

# Ophthalmia treatment cont'd

- \* Apply between cloths or gauze, a poultice made of slipper elm powder, mixed with a little milk. The following may be used as a wash:
  - \* 1 ounce each of Comfrey Root & Raspberry leaves.
- \* Boil the roots in a pint and a half of soft water down to one pint. Pour the whole boiling hot water upon the leaves. Let stand till cold, strain through a fine cloth and bathe the eyes with it frequently.
- \* For stubborn issues – take sarsaparilla and yellow dock. Or combine with the anti-scorbatic powders.
- \* Keep the bowels regular and bathe the feet in hot water every night.



# Weak eyes

- \* Before washing the face in the morning. Dip the face in the cold water with the eyes wide open; and during the day use a wash made of a decoction of Raspberry Leaves and Oak Bark.

# Fresh Air Enhances Mental Clarity

- \* In the construction of buildings ... care should be taken to provide for good ventilation and plenty of sunlight ...
- \* Neglect of proper ventilation is responsible for much ... drowsiness and dullness.





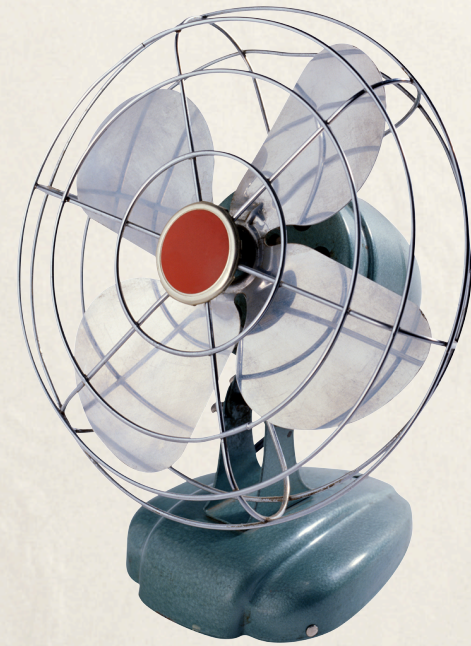
# Fresh Air

- \* Fresh Air is chemically superior to re-circulated indoor air. High quality fresh air is actually electrified and gives rise to a number of benefits including:
  - \* Improved sense of well-being.
  - \* Mild tranquilization and relaxation (decreased anxiety)
  - \* Improved learning in mammals



# Health Risks of City Dwelling

- \* The Physical surroundings in the cities are often a peril to health ... the prevalence of foul air (is among) the many evils to be met.





# Eyebright

- \* Externally, an eyewash or compress may be made with Eyebright.
- \* Put one tablespoonful of the dried herb in half a litre (one pint) of water, boil it for 10 minutes and let it cool.
- \* We can either use it as an eyewash or apply it as a compress, by moistening cotton wool, gauze, or muslin in the warm liquid and placing it over the eyes for about 15 minutes.
- \* Repeat several times a day.



# Eye Irritation

- \* Medical Science Speaks:
- \* Ozone Pollution in urban air causes eye irritation, shortness of breath, cough, worsened lung function, and decreased physical performance



# Exercise is Vital to Health

- \* The more we exercise the better will be the circulation of the blood. More people die for want of exercise than through over fatigue; very many more rust out than wear out.
- \* Those who accustom themselves to proper exercise in the open air will generally have a good and vigorous circulation.



# Lack of Negatively Charged Fresh Air

- \* Eye problems can result from a lack of negatively charged fresh air.
- \* For example
  - \* Hot desert wind storms
  - \* Recirculation air in buildings
  - \* Tobacco smoke
  - \* City smog
  - \* Other Pollutants



# Ozone's adverse effects

- \* Eye problems can result from a lack of negatively charged fresh air.
- \* Findings confirm that pollution depletes the air of negative ions. In addition the common pollutant, ozone, has been demonstrated to cause eye irritation, shortness of breath, coughs, worsened lung function, and decreased physical performance.

# The Eyes, Eyelids & Tear Glands

- \* Conditions that affect the eyelids and tear glands may be treated herbally.
- \* The herb par excellence for the treatment of the eyes is Eyebright. It can be used internally and externally in all eye problems, and will help the eyeball and the surrounding tissue, but it can also be combined with other herbs.





# Styes & Inflammation Treatments

- \* When treating styes, inflammation of the eyelids or other infections such as conjunctivitis, it is best to treat the problem both internally and externally. Internally the herbs should be anti-microbial, detoxifying, and toning for the whole body, to strengthen it to the point where it can “throw off” the infection itself.

# An Herbal Prescription

- \* A good example of herbs for internal cleansing would be a mixture of equal parts of
  - \* Blue Flag
  - \* Cleavers
  - \* Echinacea
  - \* Eyebright
  - \* Poke Root
  
- \* A cup of this should be consumed three times a day





# Eyebright

- \* Externally, an eyewash or compress may be made with Eyebright.
- \* Put one tablespoonful of the dried herb in half a litre (one pint) of water, boil it for 10 minutes and let it cool.
- \* We can either use it as an eyewash or apply it as a compress, by moistening cotton wool, gauze, or muslin in the warm liquid and placing it over the eyes for about 15 minutes.
- \* Repeat several times a day.



# Marigold

- \* Can be used as an external eyewash or poultice





# Golden Seal

- \* Can be used as an external eyewash or poultice



# Weak Eyes

- \* If the eyes are weak, if there is pain in the eyes or inflammation soft flannel cloths made wet by soaking in hot water and salt will bring relief quickly
  
- \* From a letter to Dr. H. Kellogg



# Our duty to use herbs intelligently

- \* God has caused to grow out of the ground herbs for the use of man, and if we understand the nature of those roots and herbs and make right use of them there would not be a necessity of running to the doctor so frequently and people would be in much better health than they are today.
- \* I believe in calling upon the Great Physician when we have used the remedies I have mentioned.

# Use Charcoal for Inflammation

- \* The most severe inflammation of the eyes will be relieved by a poultice of charcoal, put in a bag and dipped in hot or cold water as will best suit the case.



# Who had a weak eye or a slow eye?

\* In the book of Genesis, or the first book of Moses.... Leah

# Another Eye Problem mentionned in the Bible

- \* Paul's Affliction Not removed – Paul had a bodily affliction : his eyesight was bad. He thought that by earnest prayer the difficulty might be removed. But the Lord had his own purpose and He said to Paul. Speak to me no more of this matter. My grace is sufficient. It will enable you to bear the infirmity.



# Ellen White's eye problems

- \* In the winter and spring I suffered much from heart disease. It was difficult for me to breathe while lying down, and I could not sleep unless raised in nearly a sitting posture. My breath often stopped, and I often fainted. I had upon my left eyelid a swelling which appeared to be a cancer. It had been increasing gradually for more than a year, until it had become quite painful, and affected my sight. When reading or writing, I was forced to bandage the afflicted eye. I feared that it was to be destroyed by cancer. I looked back to the days and nights spend in reading proof sheets, which had strained my eyes and thought. "If I lose my eye and my life, they will be sacrificed to the cause of God"

# Ellen White's faith in God's promise

- \* Can you believe the naked promise of God? Can you walk out by faith, let the appearance be what it may? Faith revived. I whispered to my husband. "I believe I shall recover" He answered "I wish I could believe it". I retired that night without relief, yet relying with firm confidence upon the promises of God. I could not sleep, but continued my silent prayer. Just before day I fell asleep.
- \* I awoke at sunrise perfectly free from pain. The pressure upon my heart was gone and I was very happy.