



5 Foods that Protect Your Eyes

1. FISH (omega-3 fatty acids)

In one study, people who ate 2 servings of fish a week had a 39% lower risk of developing macular degeneration (vision loss) and a 20% less chance of having dry eye syndrome. It's also thought that omega-3's help eye fluid drain and regulate your eye pressure.

2. FLAXSEED OIL

If you are one of the 10 million people who suffer with dry eye syndrome, your doctor may suggest taking 1 tablespoon of flaxseed oil every day (ask your doctor before using to make sure it doesn't conflict with any medications). Take the oil with cottage cheese to help your body absorb it.

3. CARROTS (vitamin A)

Just one carrot a day gives you twice the daily recommended amount of vitamin A - essential to preventing night blindness. In developing countries, vitamin A deficiency is the leading cause of blindness. You can also get your A's in sweet potatoes, red peppers and cantaloupes.

4. RED PEPPERS & ORANGES (vitamin C)

Vitamin C has been linked to a reduced risk of glaucoma, cataracts and loss of sight as you age (macular degeneration). Vitamin C helps prevent a build-up of protein which can lead to cloudy vision. It's important to eat vitamin C every day since your body can't create it and can't store it for very long. You'd probably be surprised to learn that red peppers have 190mg of vitamin C, broccoli 93mg and oranges 53!

5. ALMONDS & PEANUTS (vitamin E)

Vitamin E is also thought to help reduce the risk of cataracts and has been linked to a 25% lower chance of macular degeneration. You want to get at least 15mg a day and can find vitamin E in sunflower seeds, almonds and peanuts.

5 Tips to Help Ease Computer Eye Strain

With so many of us using computers for hours, not only at work, but at home as well, computer eye strain is becoming one of the major work-related health complaints. Some studies show that anywhere from 50-90 percent of us complain of eye strain or other visual symptoms.

Try these tips to help keep your vision in focus!

1. GET AN EYE EXAM AT LEAST ONCE A YEAR.

Make sure to tell your doctor if you're experiencing any eye strain and how much you use the computer. Essential not only to correct your vision, but to protect your vision health as well.

2. LIGHT IT RIGHT.

Eye strain often comes from light that is too bright coming in a window or from interior lighting. When you use a computer, the optimal light is about half the level found in most office settings. Place your screen so that windows are to the side of it, rather than in front or back. Ask to have some of the fluorescent tubes or light bulbs removed or use a lower intensity (you'll save energy too!)

3. TAKE A VISION BREAK.

Eye strain also comes from "focusing fatigue" where your eyes get tired of constantly focusing on the screen. Look away from your screen at least every 20 minutes. But don't pick up something to read - instead, focus on a distant object. Looking at something further away relaxes the focusing muscles inside the eye.

4. CHECK YOUR SET-UP

Make sure you don't have to look back and forth between your screen and a printed copy - get a copy stand and put it right beside your monitor. Also make sure your monitor is at a comfortable height and about 20-24 inches from your eyes.

5. BLINK

When working at a computer, you blink about five times less than normal! This can lead to dry and irritated eyes. Every 20 minutes, blink 10 times very slowly (like you're falling asleep) to help keep your eyes moist.