



Understanding Vision and Eye Care

The gift of sight, while key to the human experience, can be a fragile one. Sometimes it takes a little effort and awareness to preserve our eyesight. While not all eye problems can be prevented, a lot can be done to slow the progression of many **eye disorders** and **prevent visual impairment**.

There are a number of ways in which to care for our eyes. The importance of good nutrition cannot be emphasized enough. A healthy diet, along with protection from the sun, and necessary precautions to guard against **eye diseases** are the a few simple steps towards maintaining optimal eye health.

Maintaining Proper Eye Care

There are several **keys to maintaining proper eye health** that will help to preserve the quality of your eyesight and guard against the development of **eye diseases**. Among these are keeping to a proper diet, providing protection against harmful sunlight and avoiding cigarette smoke.

Good Nutrition and a Balanced Diet

A healthy balanced diet rich in all the essential nutrients and vitamins is necessary not only for general health and well-being, but for eye health too. Vitamins A, C and E in particular play an important role in eye health which is why you may remember your mother always telling you to eat your carrots!

A great source of vitamin A and E, carrots have a long history of **improving eye health and enhancing night vision**. Other great sources of these anti-oxidant vitamins are oranges, kiwis, grapefruit, dried apricots, tomatoes, peppers, green leafy vegetables including lettuce and spinach, green peas, green beans, nuts, seeds, dairy products, eggs, cheese, fish, poultry, and milk.

Eating a diet low in saturated fats but rich in omega 3 fats may also prevent and slow down the progression of eye-related problems. Minerals and nutrients are also essential in neutralizing the effects of harmful free-radicals thus reducing the risk of age-related eye problems.

There is a relationship between **obesity and poor eye sight**, so it is essential to lose weight if it has become an issue in your life. Obesity not only increases the chances of diabetes, and thus diabetes-related eye problems, it has also been implicated in an increased risk of cataracts, glaucoma, and macular degeneration.

Protect Against the Dangers of Sunlight



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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

The eyes are particularly vulnerable to continuous exposure to intense sunlight. Studies have shown that the **harmful UVA and UVB rays** contained in sunlight may be a contributing factor in a number of **eye disorders**, particularly in the development of cataracts. Sunglasses and UV filters are the best way to protect your eyes from the possible damage caused by these sun rays.

UV filters are often present in prescription glasses and contact lenses, so be sure to confirm with your optometrist that your prescription includes UV filters. Sunglasses that block sun exposure from all angles are also important, so make sure that you wear a good quality brand that adheres to UV protection standards.

Quit Smoking

It is now known that smoking harms the delicate tissues of the eyes. Research has revealed the negative relationship between smoking and **eye diseases** and has shown that those who smoke are considerably more likely to develop cataracts and age-related macular degeneration.

Smoking has also been proven to worsen diabetes-related **eye disorders**. To stop smoking naturally can therefore drastically **reduce eye damage and prevent eye problems**, making it one of the most preventable ways of reducing eye damage.

Have your Eyes Checked Regularly

One of the most **essential steps to keep the eyes healthy** is to have them tested on a regular basis. In fact while few people know this, you should have your eyes tested at least every two years to ensure that any eye problems are picked up as early as possible.

Many eye problems progress fairly slowly without the individual even realizing that something is wrong. By having your eyes tested many eye conditions can be diagnosed early, and their progression slowed down or stopped before severe permanent damage has occurred.

Natural Remedies for Eye Care

Eye health should not be taken for granted. Whether **treating an eye condition**, or simply preventing one, nature provides us with the necessary tools to promote healthy vision and prolong eye health. **Herbal and homeopathic remedies** sourced from a reputable company can help with **over-all eye health**, promote recovery and prevent eye conditions.

One commonly used herb for eye health is *Vaccinium myrtillus* (bilberry) which has a known ability to strengthen eye capillaries, **prevent eye-related disease and infection**, and restore the eyes to a problem-free state.

Other herbs, including *Aspalathus linearis* (Rooibos) and *Sutherlandia frutescens*, are well-established anti-oxidants and assist in maintaining a healthy supply of blood, oxygen and essential nutrients to the eye, while neutralizing the damaging effects of free radicals in the body.



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

One of the most popular **home remedies for eye care** is eating carrots. Carrots have beta carotene which is a precursor of an essential vitamin for overall eye health, vitamin A. At a few dollars a pound, eating carrots as a part of your balanced diet is also one of the most affordable **home remedies for eye care**.

Other **home remedies for eye care** include washes made with natural ingredients such as fennel seeds, honey and cold water.

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a

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growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market - giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

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3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

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