



EYE HEALTH

Did you know that age-related visual impairment is on the increase worldwide? According to the World Health Organisation, this issue is most relevant to women, stating that: "Females are more at risk at every age, in every part of the world."⁽¹⁾

Among the four leading causes of blindness are cataract and age-related macular degeneration, both of which are influenced by diet and lifestyle choices. Cataracts cause foggy vision when the lens of the eye becomes cloudy⁽²⁾ and macular degeneration causes central loss of vision due to deterioration of the centre of the retina (macular)⁽³⁾. Added to this is the daily strain we put on our eyes: driving, continual use of digital screens, over-exposure to UV light and lifestyle indulgences. Not to mention allergies, eye infections, dry eye and styes, all of which can cause irritation and make it difficult to see.

A good diet full of fresh colourful fruit and vegetables is essential to replenish the pigments which compose the retina and protect the eye every day. Natural health supplements can also provide the nutrients which protect the cells of the eye, reduce damage and slow degeneration of the retina.

Now for some technical terms: Phytonutrients are the biochemicals that give plants their vibrant colour. In particular, carotenoids⁽⁴⁾, anthocyanins and flavonoids help to protect the retina from UV damage and strengthen small blood capillaries in and around the eye. Meanwhile, anti-oxidants neutralise the destructive power of free-radicals. Plant sterols such as in Flaxseed Oil (Omega 3 and 6) nourish the eyelids, help to make tears and keep the lenses flexible and healthy.

Often described as the window to our soul, many naturopaths use the eye to indicate possible disease. Whatever your opinion, there is no doubt that looking after your eyes is an excellent investment.

Our eyes are highly sensitive organs which sit outside of our skull, and as such are susceptible to UV light, pollutants, allergens, dust and small particles. And as we are highly dependent on our sight for many daily tasks, eye health is certainly worth looking into.

Deep Blue Health products which can improve eye health are;

Bilberry - a concentrated amount of anthocyanins which act as anti-oxidants and protect the retina.

Flaxseed Oil - contains Omega 3 and Omega 6 essential fatty acids which nourish the skin and hair follicles of the eyelid and lubricate the lens.

Omega 3 - helps to keep blood vessels healthy, improves nerve function and lubricates the eye.

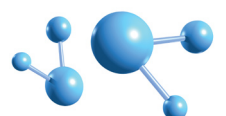
Red Grape Seed - contains flavonoids and anthocyanins which protect from sun exposure and provide antioxidant activity to the eye.

Spirulina - rich in phytonutrients including chlorophyll and carotenoids as well as the essential fatty acid GLA which protect skin and eyes.



References:

1. <http://www.who.int/mediacentre/factsheets/fs282/en/print.html> - Visual impairment and blindness
2. <http://www.allaboutvision.com/conditions/cataracts.htm> - Cataracts
3. <http://www.allaboutvision.com/conditions/amd.htm> - Age-related macular degeneration
4. <http://www.nutraingredients.com/Health-conditions/categories/Eye-health/Dietary-carotenoids-confirmed-to-benefit-eye-health-Study> - Carotenoids



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