

ULTRA VISION — FOODS —

DISCOVER THE 15 FOODS THAT STRENGTHEN THE EYES'
VISION CENTER AND HELP PREVENT AND REVERSE THE
MOST COMMON EYE PROBLEMS



PREVENT & REVERSE EYE DISEASE THROUGH FOODS
DETAILS OF EACH VARIETY OF FOOD ON THE LIST
HOW TO **BUY, STORE AND PREPARE THESE VISION POWER-FOODS**

Published in 2013 by www.VisionAlive.net

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior written permission of the author.

Disclaimer

The author, publisher, and distributor of this product assume no responsibility for the use or misuse of this product, or for any injury, damage and/or financial loss sustained to persons or property as a result of using this report.

While every effort has been made to ensure reliability of the information within, the liability, negligence or otherwise, or from any use, misuse or abuse of the operation of any methods, strategies, instructions or ideas contained in the material herein is the sole responsibility of the reader. The reader is encouraged to seek competent, professional medical advice before using any tips and strategies shared in this publication.

No medical benefits are either claimed or implied. There can be both relative and absolute contraindications to the use of our products. Nothing in this offer is a substitute for proper health care. Whereas many health care professionals use our programs as a take home care modality for support purposes, this is not to be confused with health care per se. If you have a serious physical or mental condition, see your health care provider before ordering any of our programs. We are in the business of helping people help themselves.

INTRODUCTION	4
Broccoli	5
Brussel Sprouts	6
Corn	7
Eggs	7
Kale	8
Nectarines, Papaya, Cantaloupe and Apricots	8
Romaine Lettuce and Spinach	9
Flaxseed Oil	10
Fish Oils: Salmon and Sardines	11
Carrots	11
CONCLUSION	13

INTRODUCTION

Healing Your Eyes With Foods

.....

How often do you rub your eyes because they're blurry? Do you worry about vision loss, or maybe even about going blind? Do you struggle with eye conditions like glaucoma, inflammation, dry eyes and myopia? Or maybe you are slowly but surely developing near or long sightedness?

What would you say if we told you that these conditions can be prevented by eating the right foods? Many of the issues that cause poor eyesight can be prevented and in some cases even reversed to a certain extent. All you have to do is eat the right foods.

Your body is designed to heal itself. Cells that experience wear and tear are meant to regenerate, but you have to give your body the right tools to do it with.

Just as you wouldn't try to bang a screw into the wall with a hammer, you can't expect your body to heal itself if what you are feeding it causes more harm than good.

By eating nutrient poor foods that are full of harmful chemicals (convenience foods) you are not only causing damage to your cells, you are also depriving your body of the basic nutrients it needs to fix them.

Most vision problems are caused by something called macular degeneration. Macular degeneration is essentially the oxidisation of the cells inside our eyes, which is caused by Free Radicals and prolonged exposure to UV light. The good news is that there are plenty of foods that can prevent and even regenerate your eye tissues because they contain a handful of very important antioxidants. Some of these antioxidants protect against oxidisation of your retina, some of them protect you against UV light and some even help to regrow your retinal cells.

Let's take a look at what foods you should be including in your diet to improve your eyesight.

Broccoli

Our first vision improving food is broccoli. Broccoli is a cruciferous vegetable from the Brassicaceae family. These are generally dark green leafy vegetables. In the case of broccoli the part of the plant that we eat is called a floret. The floret is the flowering head of the plant. Broccoli is high in fibre. The fibre in steamed broccoli binds together with bile acids in your body, making it easier for your body to excrete them. The result is lowered cholesterol levels.

Immune Booster. Broccoli is packed with antioxidants, the molecules that help boost our immune system and fight free radicals. Free radicals damage the retinal tissue in your eyes, which over time can lead to poor vision and even blindness.

The antioxidants that are found in broccoli fight these free radicals. The main antioxidants in broccoli are vitamin A, vitamin C and sulforaphane. These chemicals are known for their ability to destroy free radicals and boost your body's natural immune system.

Promotes Visual Health: Research conducted at the Johns Hopkins University School of Medicine proved that sulforaphane protects your eyes from UV light and age-related macular degeneration. Macular degeneration is the leading cause of blindness and is believed to be caused by retina cell damage caused by oxidants and UV light.

In their research the John Hopkins team exposed human retina cells to varying doses of sulpoaphane and then exposed them to UV light to encourage macular degeneration. What they found is that the more sulforaphane you have in your system the more protected your eyes are from UV light. In that way eating broccoli, which is sulforaphane rich, will actually help to protect your eyes from light-caused damage.

DR Gao, leading researcher on the John Hopkins team, says that oxidative damage plays a central role in degenerative eye diseases. Eating foods that are rich in antioxidants and sulforaphane is a good long term measure to protect against age-related

blindness. You can read his report in Proceedings of the Natural Academy of Science in the USA.

You should include fresh broccoli in your diet at least three times a week. Eat broccoli raw in salads, or lightly steam it yourself (making sure that it doesn't become overcooked). As mentioned above, lightly steaming broccoli also changes the molecular structure of the fibres in it. These altered fibres help to lower your cholesterol levels. Try to buy your vegetables fresh as often as possible.

Brussel Sprouts

Brussel sprouts are another cruciferous vegetable and are considered to be one of the healthiest things you can eat. They are high in protein, vitamin C and vitamin K. Half a cup of Brussel sprouts will give you 100% of your vitamin C and vitamin K requirements for the day. Vitamin A is essential for the good health of your eyes and your night vision. Because Brussel sprouts have equal quantities of protein and natural sugars and are high in vitamin B, they are an energy boosting food too, and will keep you feeling full.

Immune Booster: Brussel sprouts are packed with antioxidants that destroy free radicals. Free radicals cause oxidation in your retinal eye tissue, which means that the tissue degenerates. When this happens your vision is damaged. You are less able to detect colour and light. The same free radicals are also responsible for causing cancer and all kinds of other health issues. Eating Brussel sprouts will help to keep your antioxidant levels high and free radicals low.

Brussel sprouts contain some of the highest levels of the nutrients Lutein and Zeaxanthin. The American Optometric Association tells us that these two nutrients protect the tissues in our eyes that detect light and colour. They also help to protect the retinal tissue from UV Light that causes Macular degeneration – age related vision problems.

To get the optimum nutrient content from Brussel sprouts you should buy them fresh and prepare them yourself. They are delicious lightly roasted.

Corn

Corn is one of the most common vegetables on the market because it is easy to grow, it's satisfying and it can be made into so many different things. It's really fresh corn that you want to eat though (rather than wraps and processed cereal products made from corn) because fresh corn is full of different fibres, antioxidants and carotenoids. The fibres in corn make it a very satisfying and energy rich food.

UV Protection for your eyes. Carotenoids are the pigments in most red, yellow and orange coloured vegetables. The two most important carotenoids in are Lutein and Zeaxanthin. Half a cup of corn contains almost 2 grams of these carotenoids. That's 14 times more than any other carotenoid vegetable!

Lutein and Zeaxanthin help to protect your eyes from UV light, according to the American Optometric Association. Their studies have shown that people who consume large quantities of these carotenoids are much less likely to develop cataracts than those who hadn't had adequate amounts of Lutein and Zeaxanthin.

Immune Boosters. Aside from the carotenoids corn also contains large amounts of antioxidants. Antioxidants shut down free radicals that cause oxidation and decay in your eye tissue. This oxidation of the retinal and corneal cells is what causes Macular degeneration – age related vision problems. Eating plenty of corn will help you to prevent long term vision decay.

Although corn is available in a huge variety of forms, the most beneficial is fresh corn. Buy it still on the cob if you can. In the case of very fresh sweet corn it can actually be eaten raw from the cob.

Eggs

Eggs are another wonderfully carotenoid rich food. They are high in protein and are used extensively by body builders and weight watchers alike. The protein in egg is not only great for those building lean muscle. It is also good for your eyes.

Eggs contain high concentrations of lutein – an antioxidant that is known to fight degenerative eye disorders. According to research on aging, done by the Human Nutrition Research Centre at Tufts University, eggs have a higher “bioavailability” of l

utein than most other sources. What this means is that the lutein in eggs is easily assimilated by your body.

The American Optometric Association tells us that lutein is one of the nutrients which protect our retinal tissue from UV light that causes Macular degeneration – age related vision problems.

Eggs are delicious eaten by themselves. The healthiest way to eat your eggs is to poach or boil them. Try to buy free range eggs rather than battery farmed eggs as they have a naturally higher nutrient content.

Kale

Kale is a dark green leafy vegetable that has received a lot of attention amongst health circles recently. It is a carotenoid rich food which is also rich in vitamins and antioxidants. The phytonutrients in kale have been cited to promote good cellular health, preventing cancer and promoting the health of your heart.

As a carotenoid rich vegetable, Kale eating Kale lowers your risk of developing cataracts by preventing macula damage. The macula cells are situated inside your retina. They naturally contain lutein and zeaxanthin, the antioxidants which protect your eyes from UV damage and aging. These two antioxidants are found in high quantities in Kale.

Lutien and zeaxanthin also help you to detect colour and contrast better, improving your overall vision now at the same time as maintaining your long term vision.

Eat kale as a raw leaf in salads or add it to your smoothies. You can even bake kale into kale chips, but it is best eaten raw.

Nectarines, Papaya, Cantaloupe and Apricots

Nectarines, Papaya, Cantaloupe and Apricots are all wonderfully refreshing, fleshy fruits. They are deliciously sweet and really good for you too. You may remember eating them for breakfast in summertime as a child but if you didn't it's not too late to start now. They are filling and because they're so sweet kids love them.

All four are high in vitamin C, vitamin A and other antioxidants which help to combat the free radicals in your body. Free radicals are the mutant cells that cause cancer and all kind of other health complications. The two most important antioxidants in these fruits are Lutien and zeaxanthin. As you have read above these two chemicals help to improve your eyesight and prolong your years of good vision.

The Archives of Ophthalmology published a study they did on 100 000 people over 18 years. In this study they found that people who ate these kinds of fruit daily are 36% less likely to develop age related blindness caused by macular degeneration.

The high levels of Lutien and zeaxanthin in their diets act as filters that protect their retina from UV light.

The best thing about cantaloupe, papaya, apricots and nectarines is that you can eat them raw. All you have to do is wash the skin, slice them open and eat them! Dried versions can be found as well, just make sure you don't buy dried fruit that has had sugar or syrups added to it.

Romaine Lettuce and Spinach

We have grouped these two together because they contain such similar vision boosting nutrients. Both are dark green leafy vegetables which are high in vitamins and especially in iron. That's why nutritionists always recommend spinach, romaine lettuce and other dark green leafy vegetable to anyone with an iron deficiency.

Immune Boosters: Some of the nutrients you will find in high concentrations in both romaine lettuce and spinach are vitamin A, vitamin C, vitamin K, potassium, folate, magnesium, iron, phytochemicals and those two gems in the world of vision: lutein and zeaxanthin.

Vitamin A and Vitamin C are also both antioxidants which help to regulate cell differentiation (stopping free radicals) and thereby aiding in healthy eye sight. Add to this the high levels of lutein and zeaxanthin they contain and you will see that both are highly efficient towards promoting healthy eye tissue and preventing macular degeneration.

Both of these leafy vegetables can be enjoyed raw in salads or added to the juicer. Spinach is often added to cooked meals, pies and quiches. A spinach and egg quiche would certainly be a meal high in lutein!

Flaxseed Oil

Flaxseed oil supplements have been on the market for some time. Most people know that they are supposed to be good for your eye sight without actually knowing what it is that flaxseed oil does for you.

Health promoting. Flaxseed oil is high in Omega 3 fatty acids. These fatty acids are used throughout your body for all kinds of cell regeneration and cellular health. They are also good for your digestive tract and can help relieve the symptoms of constipation.

A study was conducted in Boston by Dr Jack Greiner of the Schepens eye research institute to investigate the benefits of certain foods on your vision. He found that eating flaxseed oil helped to alleviate dry eyes.

It is of utmost importance to your vision and the good health of your eyes that they maintain a standard level of moisture at all times. This helps to prevent infections which could leave you blind.

What sometimes happens though is that people develop issues with the oil secretions from their meibomian glands (in the eye).

What the Omega 3 fatty acids in flaxseed oil does is soften these secretions, allowing them to flow more easily and perform their task of protecting your eyes from dust and infection. You can add raw flaxseed to your cereal and salads, or buy a supplement.

Fish Oils: Salmon and Sardines

If your mother told you to eat your fish as a child because it's good for your brain and your eyesight – you can thank her – she was right! Fish oils are high in Omega 3 fatty acids which support the cells in your brain and help to lubricate your cells.

Omega 3 fatty acids are also important to the good health of your eyes. This is because it prevents dryness in your eyes by helping in the production of good tears. Tears are present in your eyes all the time. They help to protect your eyes from dust particles which might scratch the surface of your corneas. They also help to flush out bacteria which would otherwise cause infections. Eye infections are no small matter because they could actually leave you blind.

Include fresh fish in your diet at least twice a week if you can to make sure you are getting enough Omega 3. If you are unable to get hold of fresh fish then canned fish can be a good substitute. Of course there are always supplements on the market too.

Carrots

Last but not least we have carrots. After the second world war carrots became famous for their ability to help you see in the dark. The reason for this was that soldiers from Britain were told to report that it was eating carrots that had given them good night vision. In reality they had just discovered the science that brought them night vision glasses!

Their claims about carrots were not entirely ungrounded though. Carrots are good for your eyesight, and even for your night vision. Carrots contain high levels of carotenoids. As discussed above these are antioxidants that help to protect your eyes from harmful free radicals. These free radicals cause oxidation in your cells and make them age more quickly. This is called macular degeneration.

Carrots are also full of beta-carotene and vitamin A. These two antioxidants support the cells inside your retina which help you to differentiate between colours and contrasts – improving your night vision effectively.

Carrots can be eaten raw as carrot sticks, grated into salads or cooked. Like with most orange vegetables, carrots should not be over cooked as this destroys the valuable nutrients inside them. Carrots are also very tasty added to raw juices.

CONCLUSION

It is crucial to your and your family's good vision that you understand what eating these foods can do for your eyes. Eating a varied diet made up of whole, fresh foods in their natural form can protect your eye sight. The foods we have described above all have something in common: they are rich in antioxidants, vitamins and minerals.

Although we have looked specifically at the benefits these things have on your eye sight they are also vitally important to the good health of your entire body. By simply eating well we can avoid all kinds of medical treatments by preventing all manner of ailments. We can begin to heal our bodies.

The temptation to eat fast foods and processed foods might still be there for you. It's easy and it tastes great. But what is actually doing to your body? Remember that you only think these are delicious because you are accustomed to them. If you start eating natural, raw foods every day your taste buds would not be so overloaded with toxic flavour enhancers and you would soon realise just how delicious natural foods really are.

The fact that simply eating the right foods could protect our eye sight and improve our vision for the rest of our lives is almost miraculous. Incorporate these foods into your everyday diet to start enjoying the benefits of good health.