Eye Health

Dr. Patricia Beckstead
Founder

Additional Recommended Supplements for Optimal Health…

Foundation of Health:

- **Ultimate One**
- **CoQ10**
- **Omega 3 Fatty Acids**
- **Greens N' Things**
- **Chewable Calcium & D**
  or
- **Liquid Cal-Mag-Zinc**

These supplements may be purchased on Our Store:

FreedomFromMenopause.com

These recommendations are for informational and educational purposes only. They are not intended as a substitute for advice from your medical professional, nor intended to diagnose, treat, cure, or prevent any disease. The information provided herein has not been evaluated by the Food and Drug Administration. WARNING: Before taking any of the products listed here, please consult with your healthcare professional if you are pregnant, nursing or if you have any medical condition or are taking any medicines. Dietary supplements can affect the way medicines work. If you are given a prescription for medicine, always tell your healthcare professional what dietary supplements you are taking.

Summer's here and it's time to take extra care of your eyes during these sunny summer months. Wearing sunglasses is the first step toward preserving healthy eyes, but how about prevention from the inside out? Here is a "look" at key nutrients important for sustaining eye health:

Bilberry

A cousin of the cranberry, bilberry has been shown to help strengthen the tiny capillaries (blood vessels) in the eye, allowing proper blood flow to the eye tissue. Bilberries are high in anthocyanadins which provide antioxidant protection. Additionally, anthocyanadins appear to strengthen collagen, a building block of connective tissue.

Lutein

Lutein and zeaxanthin are two carotenoids very unique to eye tissue. Lutein intake has been associated with reduced risk of developing eye diseases like Age-Related Macular Degeneration (AMD) as it blocks harmful blue light rays from the sun that damage the eye. In addition, it functions as an antioxidant. It is found in dark leafy green vegetables, corn, and egg yolks. Research shows an intake of 6 mg per day was associated with a lower risk of AMD, although it is estimated Americans consume less than 1 gram per day through diet alone.

Antioxidant vitamins (such as vitamins A, C, E) and minerals (zinc, selenium, manganese) Ultimate One Multi

These nutrients provide cell membrane protection from damaging free radicals. When you have an adequate circulating supply of antioxidants, any free radicals produced in the body are prevented from destroying cell membranes. Vitamin C in particular must be replaced every day since the body cannot store it.

Beta carotene Ultimate One Multi

This carotenoid functions as an antioxidant and supplies provitamin A. Low levels of the nutrient and other antioxidants have been linked to the development of cataracts, a largely preventable eye condition caused by excess free radicals.

Research Study Briefs:

• In 2005, a high dietary intake of antioxidants correlated with reduced risk of AMD (*JAMA*, 2005)
• In 2001, high doses of antioxidants and zinc reduced the risk of vision loss from advanced AMD by about 19% in high-risk patients (NIH, 2001)
• In 1999, people with diets higher in lutein and zeaxanthin had less risk of cataracts (Nurses Health Study, Health Professionals Follow-up Study, Beaver Dam Study)

Recommended products:
Ultimate One multivitamin/mineral
Lutein