

Look after your eyes, they are not replaceable. This can help them.

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99% in Dairying in South Africa in 1948. ONZM Queen's Honour in 2013, for services to farming. NZ Dairy Board winner of the 1959 for most improved dairy farm in the Waikato. International Agricultural Consultant & Journalist. Represented New Zealand at Agricultural Journalist Congresses in USA in 1992 & in Austria in 1994. Author and MD of the charitable GrazingInfo.com and eBook since 1970, now with 500 members, free to help broke farmers, and to promote the 260 chapters of practical organic information on farming, vegetable growing, and in 70 chapters on Human Health. Donations are welcome to help with costs please.

My eyes have had a tough time because sunglasses were hardly used five decades ago and I worked from age 17 to 40 in the sun developing my parents' and then our two farms in peat dust and agricultural contracting improving land by liming, fertilising, chisel ploughing and sowing crops and new pastures. Dr Mercola says that our eye sight remains stronger if glasses and sun glasses are not used.

Over the years, as you'll see, I have cared for my eyes with success, and tried many eye drops. Some have been soothing, but didn't last. Rexacrom eye drops are the best I've ever used in that they are soothing, and the good effects last, so frequent use was not needed. They have helped others, too. If your eyes feel dry, squeeze them gently then open them wide and blink them three or four times. Doing both makes the natural lubricant that moistens and soothes the eyes. Rubbing the eyes is not good for them.

Hamilton water is bad (See Water Analyses), so I avoid it entering my eyes. I use Optrex Eye Wash to wash dust and grit out of them. It should be discarded three months after opening, so buy the small bottles.

For dry (we have air conditioners) itchy or sore eyes, we have tried many. Our chemist recommended Systane Ultra Lubricating Eye Drops. It seems to fix infections and removes the cause of itching. I have a two litre bowl of water in my office. It evaporates into the air to help keep the air moist.

I wore glasses from 40 years of age (1971), but after cataract operations in 2003 I have not had to. I was warned to not get my cataracts fixed too soon, because the operation can't be repeated.

Now at the computer for 10 hours on most days, my eyes can get sore in the late evening. I have the computer screen set not too bright. The computer reminds me every quarter hour to do different things. It helps to look left, right, up and down as far as you can, in other words 'stretch' them. Look out a window into the distance and then hold your hands over your eyes with them closed. Palming eyes in this way, I then put my elbows on the desk and lean forward so that my hands take the weight off my head, even if just for a half a minute. This is very soothing. I use the time to think of which of dozens of things I should do next. I then leg lift for a while, and wave my arms around.

On the hour, I get up, make a cuppa, walk around to do odd jobs and in the garden.

## **Rexacrom,**

A supplement formula for better vision with natural herbs.

For optimal ocular nutrition and night vision.

- Improves colour perception.

- Improves clarity and sharpness of objects.

- Improves day and night vision.

- Improves distance vision and helps you see sharper.

Improves the pleasure of looking at artwork, plants, and nature. This herbal eye formula enhances appreciation of the beauty around us.

Provides ocular nutrients, vitamins, and herbal extracts that are of benefit to the retina, lens and various tissues of the eye.

How to improve eyesight with natural dietary supplements

Eyesight Rx vision support supplies antioxidants to the tissues in the eye, including lutein, other carotenoids, and dozens of beneficial compounds that support and improve eye health. We suggest you take it along with 2 to 4 krill oil pills as long as your health care provider approves.

Eyesight Rx is unique since it provides a noticeable improvement the very first day or at least within

2 to 3 days.

Dr. Sahelian says, "This natural vision formula improves color perception and makes seeing more enjoyable. Colours are brighter and clearer, night vision is improved, and I can focus better, both distant and close objects. The effects accumulate, so less frequent use is recommended over time."

Krill oils are helpful for eyesight since they provide the important fatty acids EPA and DHA to the retina. One to two krill oil capsules a day can help Eyesight Rx work even better since the herbal formula does not contain these long-chained omega-3 fatty acids crucial to the health of the retina.

Other popular products formulated by Dr. Ray Sahelian, M.D. include Mind Power Rx for better mental function, Joint Power Rx for healthy joints, Prostate Power Rx for a healthy prostate gland.

Eyesight Rx contains carotenoids and flavonoids along with eyebright, bilberry, and other important herbs and nutrients crucial for optimal vision.

Important note: If you find your vision improved the first few days you took a full tablet but then your eyesight became a little fuzzy again when you continued taking a full tablet it may mean your dosage is too high or you have not taken any days off. Taking a day off once your vision improves will help this eye formula work better.

### **Rexacrom side effects**

The most common side effect is shallow sleep if more than two tablets are used on consecutive days. Afternoon or evening use may cause shallow sleep. Do not use this natural vision formula the same day as Passion Rx, Mind Power Rx, SAM-e, ginseng, tyrosine, energy pills, or other supplements that cause alertness since you may notice shallow sleep if too many alertness or energy enhancing supplements are used on the same day.

### **What's Involved in a Cornea Transplant**

Uveitis, an inflammation of the middle layer of the eye (uvea), uveitis typically is characterised by red eyes, light sensitivity and visual disturbances such as floaters and blurry vision.

Uveitis has many known causes; the most common are eye infections, eye injury or trauma, or a systemic autoimmune disorder. But in many cases, the underlying cause of uveitis is unknown.

If not treated early enough, uveitis can result in a detached retina, cataracts and high ocular pressure, all of which can lead to permanent loss of vision.

There are four types of uveitis:

- Iritis is the most common form of uveitis.
- Cyclitis is an inflammation of the middle portion of the eye and may affect the muscle that focuses the lens.
- Retinitis affects the back of the eye.
- Choroiditis is an inflammation of the layer beneath the retina.

### **Dr Mercola wrote -**

1. Quit smoking and avoid all smoke. It ramps up free radical production throughout the body, and puts you at risk for less-than-optimal health in many ways. If you want healthy vision for your whole life, you cannot afford to risk less-than-optimal eye health with cigarettes, even from the smoke of others.

2. Care for your cardiovascular system. High blood pressure can cause damage to the minuscule blood vessels on your retina, obstructing free blood flow.

3. Normalise your blood sugar. Excessive sugar in your blood can pull fluid from the lens of your eye, affecting your ability to focus. It can damage the blood vessels in your retina, also obstructing blood flow.

4. Eat plenty of fresh dark green leafy vegetables, especially kale. Your mother was right - eat your vegetables. Studies have shown that a diet rich in dark leafy greens helps support eye health. Those with the highest consumption of carotenoid-rich vegetables, especially ones rich in lutein and zeaxanthin, had increased vision health.

5. Consume omega-3 rich krill oil, not fish oils which are high in mercury. Read Omega-3. A study published in the August 2001 issue of Archives of Ophthalmology found that consuming omega-3 fatty acids was protective of your healthy vision.

Zeaxanthin is a powerful, natural antioxidant that protects the eye by absorbing damaging blue light and reducing glare. Blue light can cause harmful oxidative stress in the eye. Zeaxanthin protects cells and membranes by reducing harmful free radicals. It is not "made" in the human body and must come

from food or dietary supplements. Receiving adequate amounts of zeaxanthin through food can be particularly difficult, as it requires many servings a day of certain fruits and vegetables. Zeaxanthin cannot be produced by the human body and must come from dietary intake.

Your eyes work by allowing light to enter through the pupil and project onto a light-sensitive wall of cells at the back of the eye known as the retina which consists of millions of photoreceptor cells known as rods and cones. The macula is located in the centre of the retina and is responsible for discerning colour and fine detail. This area is predominantly made up of cones. The cones in the fovea are smaller and more densely packed, and they are not obscured by a layer of nerve cells or blood vessels. This accounts for the sharp vision associated with them. This is where zeaxanthin is deposited by the body in the highest concentrations. Increasing its intake helps maintain visual performance over the long term.

Zeaxanthin is a nutrient found in nature as a colourant, or pigment. It is also found in vegetables such as kale, plus various fruits and sweet corn. It is found naturally in the body, predominantly in the eyes and brain. It is a powerful, natural antioxidant that protects eyes by absorbing damaging blue light and reducing glare. Blue light can cause harmful oxidative stress in eyes. Zeaxanthin protects cells and membranes by reducing harmful free radicals.

The role played by the powerful antioxidant Zeaxanthin in the eye is to sharpen central vision (the clearness with which objects stand out from their surroundings), reduce the effects of glare (blue light) and maintain healthy vision.

### **Brain**

Your brain helps control your eyesight, and you could notice difficulty seeing correctly when you are tired. See the Brain chapter.

**Conjunctivitis.** Also called "pink eye," conjunctivitis is one of the most common (and contagious) eye infections, particularly among school children.

### **This is by Aimee Surtenich      Common Causes of Red Eye**

It occurs when the conjunctiva - the thin, normally transparent membrane that covers the sclera and lines the eyelids - becomes infected.

When the conjunctiva is infected, the blood vessels within it become irritated and swell, giving the eye a red or pink appearance. In fact, a reddish-pink eye is a telltale symptom of conjunctivitis.

There are different types of conjunctivitis — and therefore different ways to treat pink eye — so be sure to always visit your eye doctor for correct diagnosis.

SEE ALSO: Various Kinds of Conjunctivitis and How to Tell Which One You Have >

**Dry eyes.** Dry eye syndrome occurs when your tear glands produce either an insufficient quantity or quality of tears to properly lubricate and nourish your eyes. Chronic dry eye can cause the surface of the eye to become inflamed and irritated, making your eyes look red.

While dry eye syndrome may not be curable, it can be managed. Treatment for dry eyes includes lubricating "artificial tears" eye drops and punctal plugs. Ask your eye care practitioner for the treatment options best for you.

Red eyes and allergies often go hand-in-hand.

**Allergy.** Red eyes often are referred to as "allergy eyes," given that eye redness is a common indicator of an allergic reaction.

When your immune system reacts to a foreign substance, such as pollen, pet dander, dust or certain chemicals found in makeup or contact lens solutions, your body releases histamine as part of the inflammatory response that occurs to "fight off" the culprit allergens.

As a result, the histamine released causes blood vessels in your eyes to enlarge, making your eyes become red and watery.

Avoiding known allergens to which you are sensitive or taking medication advised by your doctor such as antihistamine eye drops can help keep dreaded hay fever and eye allergies at bay, especially during allergy seasons.

### **Contact lenses**

One of the main culprits of red eye is over-wearing or not properly caring for your contact lenses, which can cause a build-up of irritating surface deposits and microbes on your eye.

Red eyes while wearing contacts could be a sign of a serious eye infection, such as keratitis or fungal eye infections. If your eyes become red while wearing contact lenses, remove your contacts immediately and visit your eye doctor.

Contact lenses also can worsen dry eye syndrome, as they typically reduce the amount of oxygen

reaching your cornea and can restrict normal tear flow production, particularly with poorly fitting contacts.

You can minimise your risk of contact lens-induced red eye by keeping your lenses clean and disinfected, and replacing them according to your eye doctor's directions. Your doctor also may advise you to try daily disposable lenses or a different type of contact lens material, such as gas permeable (GP) lenses.

Your eyes have to work overtime when working at a computer for extended periods.

Computer vision syndrome. Red, burning and tired eyes go hand-in-hand with staring at a computer screen for too long, which can cause computer vision syndrome. One reason is that you blink less when working at a computer, which dries out the surface of your eye, so remember to blink.

Tips to reduce computer eye strain include taking frequent breaks while working at a computer, modifying your workstation and wearing specially designed computer glasses. Lubricating eye drops also will help to keep your eyes moist and healthy — and red-free.

Eye injury. Trauma or injury of the eye, including cosmetic eyelid surgery, can result in red, bloodshot eyes, sometimes accompanied by a subconjunctival hemorrhage.

As an inflammatory response to injury, blood vessels in your eye dilate to allow more blood flow to the site of the injury for quicker healing. This dilation (and sometimes breakage) of blood vessels on the eye is what causes the redness.

Eye injuries can range from minor eye scratches (corneal abrasions) to deep puncture wounds and chemical burns. Whatever the source, always treat an eye injury as a medical emergency and see an eye doctor immediately.

### Tips For Preventing Red Eyes

- Don't rub your eyes — irritants on your hands and fingers can cause even more redness and irritation. Plus, you could scratch your cornea doing so.
- Practice good hygiene when wearing contact lenses. Contacts and contact lens cases can act as a breeding ground for harmful bacteria, so it's important to follow your eye doctor's instructions about cleaning and replacing your contacts.
- Speak to your doctor about allergy medications to help keep allergies at bay.
- Take a break from looking at the computer screen and follow the 20-20-20 rule: look away from your computer every 20 minutes and gaze at a distant object 20 feet away for at least 20 seconds.
- Schedule an eye exam to rule out a more sinister cause of red eyes such as eye disease or a sight-threatening infection.
- Don't over-use "whitening" eye drops — they can make your eyes redder over time!

### Styes

They can also cause a red bump underneath the lid with only generalised redness and swelling visible on the outside. Styes usually produce no lasting damage. They contain water and pus, and the bacteria will spread if the stye is forcefully ruptured. Styes are characterised by an acute onset and usually short in duration (7 to 10 days without treatment) compared to chalazia (shown) that are chronic and usually do not resolve without intervention. Styes are usually caused by the *Staphylococcus aureus* bacterium.

- People with chronic conditions such as diabetes, seborrhoea (excessive discharge) and blepharitis are more likely to develop styes, along with people with chronic debilitating diseases.
- People with high levels of blood lipids are at increased risk, as their oil glands are more likely to become blocked, causing styes on the eyelid.
- People with high levels of stress have been shown to develop styes more frequently than other groups.



The recommended home treatment for a stye is just to apply a warm compress to the eye for 10 minutes, 4 times a day. This will increase circulation to the area and speed up the rupture and drainage of the stye.

There are many creams, ointments and even medicated pads available over-the-counter which will help to clear up the eye infection causing the stye. Look for treatments which contain the ingredient

polymyxin B sulphate, which is an effective antibiotic. When taking antibiotics take a Probiotic each evening.

Although it may be tempting to squeeze the sty or pop it with a needle in an attempt to drain it, you should refrain from doing so. Popping the sty may make the infection worse and even cause it to spread. Applying a regular hot compress will help the sty to rupture and drain when it's ready.

Avoid using eye makeups.

It is important that your eyes get adequate rest while you are treating a sty. Get plenty of sleep at night and avoid doing too much reading or other visually-detailed work, which can put further strain on the eyes. When you are using your eyes for work, close them frequently to give them short breaks.

See a doctor if the sty does not go.

### **Glaucoma Pressure in the eye causing loss of sight.**

In most cases, glaucoma is gradual and asymptomatic when it first develops. But a sudden onset of painful, bright-red eyes accompanied by halos around lights, vision loss and nausea may signal acute angle-closure glaucoma.

Whitening eye drops. Eye drops marketed for red eyes contain vasoconstrictors, which are chemicals that shrink the blood vessels on the surface of your eye to reduce redness.

Ironically, whitening eye drops can cause more harm than good over the long term. Many people who regularly use eye drops formulated to "get the red out" build up a resistance to their whitening effects and need to use more and more drops to achieve the same results. Also, chronic use of eye whitening drops can actually cause the redness to worsen after the drops wear off.

Cold and flu. Bloodshot and puffy eyes, along with a runny nose, are common symptoms of a cold or flu. Red eyes in this instance typically are caused by a sinus infection or blocked sinuses, especially when accompanied with sneezing and coughing.

Pregnancy. Hormonal changes during pregnancy can affect your eyes in many ways. Your eyes may become red and bloodshot, as well as dry, itchy and sensitive to light.

Pregnancy also can alter the shape of your cornea and you may develop an intolerance to contact lenses or even experience blurry vision. These problems, including eye redness, usually are temporary and resolve completely within weeks or months after childbirth.

Smoking. The dangers of cigarette smoking to your heart and lungs and other diseases associated with smoking are well-known, but did you know smoking harms your eyes, too?

In addition to significantly increasing the risk of age-related macular degeneration (AMD), cataracts and uveitis, tobacco smoke is a toxic eye irritant that also can cause dry, red and itchy eyes.

Smoking marijuana also causes red, bloodshot eyes. THC, the main psychoactive ingredient in marijuana, causes significant dilation of blood vessels on the eye, producing eye redness that can last several hours or even longer.

Excessive alcohol consumption also can cause eye redness. Alcohol reduces oxygen to your red blood cells, causing blood vessels to clump together and resulting in a ruddy complexion and red, bloodshot eyes.

Environment and workplace hazards. Extremely dry air, dust, smoke and excessive sun exposure are known eye irritants that can cause red eyes, among other symptoms.

Corneal scratches caused by windblown particles such as sand and wood filings or flying bits of metal and glass can cause a serious eye injury.

Always wear protective eyewear such as safety glasses when you're at risk of foreign objects striking your eye, whether it be at work, playing sports or performing chores around the house such as mowing the lawn.

Lack of sleep. The appearance of your eyes is a dead giveaway when you're tired. Puffy eyes and dark circles are telltale signs you haven't had enough sleep. And remember, rubbing sleepy eyes will only aggravate eye redness!

Swimming. Chlorine and other pool sanitisers — as well as bacteria found naturally in any type of water, including oceans, lakes and rivers — can wreak havoc on swimmers' eyes. If you are prone to red eyes, use swim goggles before taking a dip to avoid irritated, bloodshot eyes after swimming.

Also, never swim with contact lenses on. Doing so puts you at significant risk of contracting a sight-threatening eye infection.