

# EYE HEALTH

There are a number of conditions that affect eye health, from minor annoyances such as blepharitis and styes to more serious and debilitating conditions such as cataracts and macular degeneration. Whilst there are specific treatments to address each of these conditions, there are nutrients that will support, protect and even improve eye health. They include:

**Beta-carotene** in vitamin A has been scientifically proven to:

- Reduce the risk of cataracts and macular degeneration.
- Support the surface of the eye (the cornea)
- Protect the mucous membrane (preventing dryness)
- Provide a barrier for bacteria and viruses
- Any 'orange' coloured fruits and veg will contain this important vitamin (carrots being an obvious example!).

**Red- carotene** : found in 'red' coloured foods such as tomatoes, beetroot etc contains antioxidants that help support vision and keep free radicals at bay.

**Lutein**: found in dark green leafy vegetables such as spinach and kale, is one of the best known eye-protecting antioxidants, particularly good for retina health. Sweet corn, peas, and broccoli also contain large amounts of lutein.

**Zeaxanthin**: found in dark leafy vegetables, paprika and saffron. It supports central macula function.

**Omega-3 Essential Fatty Acids**: found in oily fish such as salmon, tuna and mackerel, can reduce underlying inflammation and help prevent dry eyes.

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