



## Feeding Healthy Eyes

Every aspect of the human body relies on certain nutrients to function properly and maintain good health, and the eyes are no exception. Like the feet, this is one area of the body that you might be neglecting, not realizing just how much work it does for your body, and how life without it would be difficult. How are you reading this article right now? You're using your eyes. How do you see yourself in the mirror? You see with your eyes, as they absorb the light and send the information to the brain to translate it into the gift of sight. Without our eyes, many daily privileges would be lost – so just remember that the next time you're reading in the dark and straining your eyes, or eating junk food that is full of empty calories that don't benefit any part of the body, certainly not the eyes. Eating the right foods and using proper supplementation can help your eyes prosper into the later years of life, preventing the progression of such eye-diseases as Age-Related Macular Degeneration.

### Nutrition for Healthy Eyes

- Vitamin A (Beta-Carotene)  
The most popularized supplement in regards to eye health, vitamin A really is important to healthy eyes. Remember when your mother told you to eat your carrots for better vision? She was actually talking true science, as the beta-carotene found in these veggies support healthy vision. Beta-carotene, part of the carotenoid family, is the natural pre-vitamin form of vitamin A, meaning it is not yet a vitamin, but it is a compound that the body can convert into vitamin A to meet dietary demands and to support healthy eyes. Carotenoids are also powerful antioxidants that protect the sensitive tissue of the eye from free radical damage. Vitamin A is not the only vitamin with this super power – vitamins C & E are also powerful antioxidants, and therefore are beneficial to eyes as well – although on a smaller level. Vitamin A helps maintain healthy vision and protects against night blindness, by assisting the eyes adjustments to light and dark. It is important that you eat vitamin A and beta-carotene rich foods, such as dark green, orange, red and yellow fruits and vegetables, fish, egg yolks and fortified milk.
- Zeaxanthin & Lutein  
These two compounds are also part of the carotenoid family. Both zeaxanthin and lutein offer powerful antioxidant protection for the eyes, as well as support vision by maintaining the health of the retina, lens, and macula of the eye. Zeaxanthin is concentrated in the macula, while lutein is found in high amounts in the retina of the eye. Both of these carotenoids act as photo-receptors, helping to absorb the light that is received by the eye, which supports our vision. Many population trend studies support the use of zeaxanthin and lutein supplements to maintain eye health and also to fight against such diseases as macular degeneration and cataracts. Lutein & zeaxanthin are the carotenoids responsible for the red, orange, and yellow pigments in foods, so you'll find them plentiful in these colored fruits and vegetables.



- Bilberry

Flavonoids are a group of phyto-chemicals that protect the body against disease by fighting free radical damage to cellular membranes. Bilberry is classified further as an anthocyanoside flavonoid, a powerful class of antioxidants. Studies have shown that bilberry is an important herb for natural treatments of macular degeneration and cataracts, and people suffering from diabetic retinopathy (disease of the retina), which can lead to blindness, may also benefit from use of this herb. Bilberry strengthens the ability of the retina to adjust to light and dark, and also the capillary flow of oxygen to the eyes, supporting proper function and eye health.

When it comes to the health of your eyes, and your whole being, learning more about healthy foods and Nutritional supplementation is one of the best things you can do for yourself. Nutrition knowledge helps you to know which vitamins, minerals, herbs and other supplements to choose for optimal health, and a more Beautifully Healthy You!

**GNLD Comes up Tops!**

**One can SEE from the above information that GNLD's Carotenoid Complex (A Complex of all known 600 Carotenoids found in Nature), GNLD's Flavonoid Complex (4000 Flavonoids) and Vitamin A (A+D), C (Vitamin C sustained Release), and E (GNLD's Vitamin E contains all Components of Vitamin E) ... GNLD is the very best you can do...for your Vision!**

