

CLEARER VISION TODAY

**Take Off Those Rose Tinted
Glasses.**

Kevin Richardson



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Introduction

Hi there. Kevin here.

Firstly I would like to congratulate you for downloading this report as it is the start of your journey towards better vision for your eyes.

In “Clearer Vision Today – Take off those rose tinted glasses”, I will be sharing with you useful information on achieving better eyesight through a variety of ways. And at the same time talk about some common eye problems. After all, prevention is better than cure.

While the saying “An Eye for an Eye” literally means having to pay back to which a person who has injured the eye of another, it could also simply mean that our eyes are so important that nothing else is able to replace it aside from its own form.

What most people are unaware off is the importance of our own eyes. Our eyes are the windows to our soul and the cameras of our body. They help us to appreciate colors, the beauty of nature and warn us of impending dangers.

Among the five senses, vision plays the most crucial role in survival. We use our vision to gauge the distance between steps on a staircase so that our muscles can respond accordingly and prevent us from stumbling down. We use our vision to calculate the distance of an oncoming vehicle so that we are able to avoid it. In fact, it's our eyes that make us all a safer, healthier and happier person.

Therefore, the ability to see clearly is crucial as we are constantly using it for daily survival. Some might argue that it's not such a major problem if one has poor vision as there are always glasses to correct it: but the question should be, why depend on such aids when you can have natural clear vision simply just by practicing good eye care habits?

Common Eye Problems

With the eye being such an essential organ, it's no surprise that it's also prone to failing should we not practice good eye care habits and let these common eye problems occur on a regular basis.

Stye

A stye (or sty) develops when an oil gland at the edge of the eyelid comes into contact with bacteria and becomes infected. Alternatively, it can also be caused by intensive rubbing of the eyelids. It resembles a pimple on the eyelid and it grows on either the inside or outside of the eyelid.

Styes are generally harmless as they do not cause any vision problems and it can happen to anyone. However, do seek the necessary treatments and consult a doctor if you feel that you might have it.

Here are some of the symptoms and signs of a Sty:

- Pain, redness, tenderness and swelling in the affected area. Followed by the appearance of a small pimple.
- Immediate or affected area is swollen and in extreme cases, the entire eyelid might swell as well.
- Frequent watering/tearing in the affected eye.
- Increased sensitivity under bright lights.

A feeling that something is in your eye (eye doctors call this "Foreign Body Sensation") Generally, styes are not contagious. As everyone has this stye causing bacteria in our body, we are all at an equal risk of developing a stye, even without outdoor contamination.

Still, if you do have a stye, you would not want to risk spreading the bacteria to someone else's eye. This in turn might cause them to develop a stye or other infections. If you do have a stye, do not share pillowcases, washcloths and towels with any one; and keep your eyes and hands clean at all times.

Cure and Prevention for Stye

The minor cases for styes heal on their own within a few days. During this period, you can speed up the healing process by applying hot compresses for 10 to 15 minutes, three to four hours a day.

Doing so will relieve the pain and the stye would develop into a head, much like a pimple. In most cases, the stye will burst, drain and heal without further intervention. Do let the stye rupture by itself and never attempt to "pop" it like a pimple.

For the more extreme cases, whereby the stye forms on the inside of the eyelid, it might not heal on its own, so do seek a doctor's treatment regarding it.

If you have frequent styes, your eye doctor might prescribe an antibiotic ointment to prevent a recurrence. He/she might also recommend pre-moistened eyelid cleaning pads for daily eyelid hygiene to reduce the risk of styes.

Conjunctivitis aka Pink Eye

Conjunctivitis aka “Pink Eye” is an inflammation of the conjunctiva. The conjunctiva is a clear mucus membrane that covers the sclera (the white part of the eye) and lines the inside of the eyelids. The conjunctiva helps lubricate the eye by producing mucus and tears. It also contributes to immune surveillance and helps to prevent bacteria from entering the eye. Pink Eye can be very contagious and may spread quickly if it's not treated. Even though pink eye rarely causes eye damage, it can cause the eye to look extremely red.

The most obvious sign of conjunctivitis would be having a red/pink colored eye, hence the term “pink eye”. Inflammation would cause the small blood vessels in the conjunctiva to darken, resulting in a pink/red tint in the white of the eye. This is a sign of the immune system reacting to a foreign substance.

Symptoms of Pink Eye:

- Redness in one or both eyes
- Itchiness in one or both eyes
- Blurred Vision and light sensitivity
- Gritty Feeling in one or both eyes
- Discharge in one or both eyes that forms a crust at night
- Excessive tearing

Causes

There are several factors that cause a pink eye but the most common trigger factor would be coming in contact with viruses or bacteria.

Other common causes include:

- Allergies

- A chemical splash in the eye
- A foreign object in the eye
- A clogged tear duct (for newborns)

Types of Conjunctivitis

It is crucial for you to identify the type of conjunctivitis that you have so that the doctor would be able to provide you with the appropriate treatment. Here are some of the common types that would make identifying it easier.

Viral Conjunctivitis

Viral Conjunctivitis is caused by the upper respiratory infections and colds. It usually affects one eye but it can also affect both eyes. Viral Conjunctivitis causes excessive eye watering and a light discharge. This type of conjunctivitis tends to be more contagious than the bacterial type.

Bacterial Conjunctivitis

Like the name, the cause of this type of conjunctivitis is bacterial contact. Bacterial conjunctivitis affects both eyes and often produces a thicker yellowish green discharge. It may also be caused by respiratory infection or cold. Bacterial Conjunctivitis is more common among children rather than adults.

Allergic Conjunctivitis

The allergic form of conjunctivitis is caused by an allergy reaction to an allergen like pollen or foreign substance. Both eyes would be affected in this type of conjunctivitis and it causes itching and redness in the eyes. The discharge from the eyes would be white, stringy mucus.

Cure and Prevention for Conjunctivitis

Viral Conjunctivitis

A viral conjunctivitis usually lasts from four to seven days. Viral conjunctivitis can be highly contagious so seek professional treatment from an eye doctor if you have it. Avoid contact with others and wash your hands frequently.

Bacterial Conjunctivitis

A bacterial conjunctivitis would last for about a week. It can be treated with ointment, eye drops or pills e.g. antibiotic. Course of medication would be determined by the eye doctor and take it diligently even when the symptoms go away (applies to antibiotics).

Allergies/ Irritant

For allergies, the conjunctivitis should go away once the allergy is treated and the allergen is removed. Consult a doctor should you have an allergic conjunctivitis.

For irritants, use tap water to rinse the substance away from the eye for five minutes. The eye condition should improve eight hours later. If the conjunctivitis is caused by an acid or alkaline such as bleach, immediately rinse the eyes with loads of water and call your eye doctor.

Factors That Can Damage Your Eyesight Permanently

Our eyes are still susceptible to damage even without having the common eye problems, as mentioned in the last chapter. It is crucial to know what your eye's kryptonite is and protect them from it to ensure that you have a pair of healthy, strong eyes.

Sunlight UV Radiation

The number one factor which damages our eye would be Ultra-Violet (UV) radiation from the sun. UV radiation comes in two forms, natural and artificial. Either one is able to damage the eye, affect the tissues and the internal structure such as the cornea and lens.

Short term but excessive exposure to UV rays from daily activities, including reflections of objects and other reflective surfaces are able to burn the frontal surface of the eye, resulting in an effect that is somewhat similar to sunburn on the skin.

Long term exposure to UV rays could lead to cataracts, skin cancer around the eyelids and other eye disorders. These cumulative effects will occur when the eye is exposed to UV rays for an extended period without adequate eye protection.

The effects are:

- **Cataract:**
Clouding of the eye's lens that can result in blurring of vision
- **Snow Blindness (Photokeratitis):**
This is a temporary but painful burn to the cornea. This is caused by sun tanning without sunglasses; reflection off reflective objects like snow, water or concrete and exposure to artificial light sources such as tanning beds.
- **Pterygium:**
This is an abnormal but benign growth in the corner of the eye. It may grow over the cornea, blocking one's vision partially and may require surgery for it to be removed.

- Skin Cancer around the Eyelids:
This is caused by Basal cell carcinoma, which is the most common type of skin cancer to affect the eyelids.

Safety under the Sun Tips

Now that we know how harmful UV rays are to our eyes, here are some tips on protecting your eyes from them.

- Look for labels that clearly state the UV protection degree, especially when you are choosing a pair of sunglasses. It should ideally block 99 -100% of all UVA and UVB rays.
- Do regular checks on your sunglasses to fine tune its fitting; inspect its frame or any other damages.
- Choose sunglasses are a match for your face frame and lifestyle. It should be big enough to cover your eyes from most angles.
- For added protection, it is recommended to wear a sun hat or any wide brimmed hat to go along with your sunglasses. Wide brimmed hats/sun hats will greatly reduce the amount of UV rays reaching your eyes. Look good and feel good at the same time!
- If you are wearing contact lens, opt for the ones that have UV protection. Similarly for glasses, go for lenses that have UV protection as well. Consult your eye care professional for more information on this.
- Avoid being outdoors without proper eye protection, especially during noontime, as the UV rays are the strongest at this hour. However, if you absolutely must, do bring along your sunglasses, an umbrella or basically, anything that will shield your eyes from the UV rays.

Keep these tips in mind the next time you head outdoors for a day under the sun or when shopping for a pair of sunglasses. As an extra tip, always keep a pair of sunglasses in your handbag because you never know when you'll need them.

Computer Screens Are Bad!

While staring at a computer screen over a period of a long time does not necessarily contribute to eye damage, it can however cause eye strain, which is equally bad as well.

The cause of the eye strain is mainly attributable to the monitor glare or poor lighting that will cause us to squint our eyes, which results in the straining of our eye muscle. Squinting of our eyes over time will result in visual discomfort, headaches and noticeable eye discomfort.

Avoid The Squint!

Here are some tips to prevent your eyes from squinting the next time you spend long hours on the computer.

- Take frequent breaks (every 15 – 30 minutes) to look at something green and real far away to relax your focus muscle.
- Adjust the lighting in the activity that you plan to do. E.g. bright for reading and slightly dimmer when you are using a computer. Bottom line is to have no glare while you are working.
- Have an ergonomically designed work station that is easy on the eyes to ensure visual comfort while using your computer for work or study.

It is important to practice these tips as we spend most of our time working on the computer. Our eyes are equally important as our work/study and they deserve proper care to ensure optimal performance when we are using them.

Debunking the Myths about what causes Bad Eyesight

You've probably heard about a million and one things that will cause bad eye sight but do you really know which is true or false? We will debunk some of the common myths for you to have a clearer picture of what is truly bad or good for your eyes.

“Contact lenses can prevent near-sightedness from getting worse”

People have misconceptions that prolonged wearing of contact lenses will cure their near sightedness such that eventually, they won't need glasses or contacts any more. However there is no scientific evidence which clearly shows that prolonged wearing of contact lenses can produce a perceptible improvement in vision or cure nearsightedness.

“Wearing spectacles will cause you to become dependent on them”

Spectacles are used to correct blurry vision. Prolonged wearing does not lead you to be entirely dependent on them but rather, your eyes will have to adjust to have clearer vision.

“Watching too much TV is bad for my eyes”

Many eye care specialists believe that prolonged watching of television does not necessarily cause deficiencies in vision. It does however cause eye fatigue and strain, and in some cases headache. You might need to watch a lifetime of TV before it can significantly damage your vision though.

“Excessive reading is not among the causes for poor vision”

Studies have shown that excessive reading is one of the top causes for Myopia, especially so when it is carried out in a dim room. So the next time you want to read a book by your dim night light, think twice before doing so!

“The food I consume has nothing to do with my eyes”

All types of food consumed will have a direct impact on all organs in the body. Certain types of food and preparation methods may have negative effect on the eyes which could lead to poor vision.

“I don’t really need to wear sunglasses”

UV rays have been proven to one of the top causes for visual impairment and blindness. Hence, wearing sunglasses is imperative, especially for those that are easily prone to eye problems or already have them.

Now that you have a clearer idea of what's good and what's not for your eyes, let's move on to how to enhance our eye's health and performance.

Enhancing Your Eye's Health & Performance

As the old saying goes, "You are what you eat!" Well, in this case, it'll be "Your eyes are what you eat!" You are definitely what you eat and it applies to our eyes as well. A healthy and balanced diet plays a key role in ensuring our eyes stay strong and lively.

Key Nutrients That Ensure Our Eyes Stay Healthy

Vitamin A

Vitamin A helps by attaching the rod cells in the eyes to form rhodopsin. The role of rhodopsin in the eyes is to pick up small amounts of light in a dimly lit environment or at night. Hence, if one does not consume enough Vitamin A, the eyes could become inefficient at adapting to dark areas or night time conditions. This can be dangerous as it can cause accidents either walking or driving on the road at night.

Good sources of Vitamin A:

- Carrots
- Kale
- Spinach
- Beef
- Chicken Liver
- Cold water fishes like sardines and salmons
- Eggs
- Berry fruits like Acai Berry, Blue Berry and Wolfberries

Beef liver, Carrots and Kale are rich in Vitamin A. Include at least one serving of one of these foods into your daily diet if you want to improve your ocular nutrition. Each one of these foods contains over 250% of the required daily vitamin A intake.

Other good sources of Vitamin A include cantaloupes, oatmeal and raw peaches.

Zinc

Zinc is a very crucial mineral when it comes to retinal function and overall ocular health. Without it, Vitamin A will not be transported from the liver over to the eyes. If there is a lack of Zinc intake in your diet, you will lose the Vitamin A in your system, causing it to be worthless in terms of ocular nutrition.

Zinc can be found in the following food sources:

- Seafood, especially wild eastern oysters
- Toasted wheat germ,
- Veal Liver
- Roast Beef
- Pumpkin Seeds
- Peanuts
- Watermelon
- Kidney Beans
- Dark Chocolates

You are recommended to consume at least 30mg of Zinc daily in your diet to prevent development of age related macular degeneration, cataracts as well as improve your night vision.

Lutein

Lutein is the key in ocular nutrition. It is commonly used for treating and preventing of both age related macular degeneration and cataracts. It prevents macular degeneration by protecting the macula against oxidative damage.

When your eye is exposed to less damage, it lowers the likelihood that they will degenerate. Lutein acts as a light filter, preventing the eye from absorbing in too much light, preventing the formation of cataracts. The overall eye function is enhanced as

well because Lutein helps in decreasing light sensitivity. When your eyes are exposed to an extremely bright light, Lutein will help the eyes to recover quickly.

Good sources of Lutein:

- Green Leafy vegetables like Kale, Spinach and Broccoli
- Eggs
- Zucchini
- Garden Peas
- Brussels sprouts
- Corn

Even though there is no recommended daily intake for Lutein, studies have shown that for perceivable health benefits, Lutein should be consumed at the quantity of 10mg/day.

Do not just focus on a single nutrient but instead, have a variety of them implemented into your daily diet. Choose healthy fat and high fiber carbohydrates and reduce your intake of red meat, sugars and refined flour to preserve your vision for tomorrow!

Key Eye Exercises

There has been plenty of speculation if eye exercises do indeed help in curing short sightedness. Although there has been no concrete evidence to prove that point, eye exercises do help in improving eye muscles when they are tired out. Eye exercise is crucial for many of us as we spend the bulk of our time staring at glaring computer screens to surf the net, do our home work etc. It's imperative that we use these simple exercises to make our eyes stronger and less vulnerable to any problems. After all, we only get a pair in one lifetime right?

Strengthening Eye Muscles

Here are simple eye exercises which help to strengthen the eye muscles.

- Face straight ahead and look up as far as possible. Move your hairs in a circular motion, looking right as far as possible, and then circle the eyes down and to the left. Close the eyes and relax for a few seconds. Repeat the exercise in the opposition direction, looking up first and then circling to the left. Repeat this exercise 10 to 15 times.
- Imagine that you are looking at a square. Look up to the right corner of the imaginary square, then down to the left corner, up to the upper left corner and down to the lower right corner. Repeat it in the opposite direction. Repeat this exercise 10 to 15 times.
- Roll your eyes in complete circles, up, right, down and left. Repeat it in the other direction. Continue to do so until your eyes begin to feel slightly tired.
- Shut your eyes and squeeze them together as tightly as possible. Open your eyes. Repeat this exercise 10 to 15 times.

- Cross your eyes and stare at the tip of your nose. Hold the position as long as you can and then close and relax your eyes. Begin with two or three repetitions and work up to at least 10 repetitions.
- Focus your eyes on the spot between your eyebrows for a few seconds. Close your eyes and relax for a few seconds. Repeat this exercise 10 more times.

Improving Visual Focus

- Go outside and focus at something that is green and at a lengthy distance. Looking at objects that are a relatively long distance away after a long use of the computer helps to work on the eye focusing muscles. Hold this position for 5 seconds.
- Choose something that's about 25 feet away and try to focus your vision on it as clearly as possible. Hold this position for 5 seconds.
- Look at something mid range. Try to focus as clearly as possible. Hold this position for 5 seconds.
- Do this exercises several times a day.

Palming

- Take a few deep breathes before you begin
- Make yourself comfortable by leaning forward on a desk or with your elbows resting on your knees. Close your eyes.
- Place your two hands over your eyes with the cup of your palm covering your eyes, your fingers on your forehead and the heel of your hand will rest on your

cheekbone. Make sure you can blink freely and you are not putting too much pressure on your eyes.

Chinese Eye Exercises

Alternatively, you can try out the Traditional Chinese Medicine (TCM) eye exercises if you are interested in TCM. The difference between the Western and Chinese eye exercises would be each targets different areas of the face. The Western practitioners target the eye muscles while the TCM practitioners target the acupuncture points around the face, which is believed to help in treating different problems that occurs in the head area i.e. headaches, migraine etc.

4 simple steps for Chinese Eye Exercises

- Massaging of the “Yuyao”
“Yuyao” is the inner aspect of the eyebrows. Once you have identified them, press your thumbs against the 2 points in a circular motion, counting to 8 beats per cycle. Do the exercise 8 times.
Treatment for: inflammation of the cornea.
- Massaging of “Zanzhu”
“Zanzhu” points are located on both sides of the nasal bridge. Place your thumb or index finger on the points. Press it downwards and massage upwards, counting to 8 beats per cycle. Do the exercise 8 times.
Treatment for: headache and blurred vision.
- Massaging of “Shibai”
“Shibai” points are on your cheeks. To locate them, draw a vertical line from the pupils of your eyes and a horizontal line from the sides of your nose. The cross point of these 2 lines is where your Shibai point is.

- Once identified, press your index fingers on the Shibai points, supporting your thumbs on the jaw angles, with the middle, ring and little fingers on both sides of your chin. Massage the points in a circular movement, counting to 8 beats per cycle. Do the exercise for 8 times.

Treatment for: facial paralysis.

- Pressing on “Taiyang” points
“Taiyang”, also known as the temple points, are located at the most hollow areas of your temples. Press on the “Taiyang” points with your thumbs and flex the remaining fingers into a fist.

Using the knuckles of your index fingers, slide over from the middle to the side aspect of the upper eye sockets for the first 4 beats. Continue to do the same over the lower eye sockets for the second 4 beats of one cycle. Repeat the exercise 8 times.

Treatment for: headache and eye diseases

Once you have completed all 4 steps, look at a distance for a short while to induce a total relaxation of your eye muscles.

Do not expect any instant cure from either Oriental or Western eye exercises. You are encouraged to carry out eye exercises regularly on a daily basis to improve your eye muscles. As for which exercise works best, it's up to you to decide which method suits you or your lifestyle better. Go ahead, have fun exploring the different eye exercises and enjoy the benefits that come along with them.

Conclusion

I hope you found the entire report useful in a practical sense. The importance of practicing good eye habits is so strong that I cannot emphasize any further. People always treasure things more when they lose it. However, it will be too late for regrets when we lose our vision due to poor eye care habits. Treasure your eyes and vision, so that you would not have to deal with regrets later or fear losing them. Do go for your regular eye checks and make an effort to implement the above measures for a clearer vision today. After all, we only have a single pair of eyes in this lifetime and it's our responsibility to ensure that they are well taken care of.

If you're wearing glasses right now, I have good news for you. I have just released a very simple and highly effective program showing you how you can achieve 20/20 perfect vision easily. Yes! That's even if you are wearing glasses right now.

Here's the solution:

<http://www.NaturalClearVision.com/go>

Yours
Sincerely,

Kevin Richardson