

THE “EYES” HAVE IT

Supporting Healthy Vision

A LEADERSHIP ROAD MAP FOR EMBRACING CHANGE

VISION BLOCKERS



How to Shatter Barriers to
Achieve Your Destiny

Eric J. Scroggins, Ph.D.

Featured Read: Vision Blockers

Patient and friend of AIM Eric Scroggins, Manager of the Redmond Banner Bank Branch, just released his new book for anyone interested in leadership, personal growth and achievement. On a personal note, Eric has been a wonderful resource for us as a growing business, and working with Banner Bank has been a pleasure. Congrats on the new book, Eric!

Seeing the Big Picture

Dr. Alison Kerns

The underlying key concept to take home from this month's vision topic is: it is important to take care of your eyes. Without proper vision it becomes difficult to read, drive, and be an active member of your community. Prevention and protection are the key elements to maintaining proper eye and vision health throughout your life. As we age, vision impairment becomes more common and women, minority groups, and individuals with chronic diseases such as diabetes are at a higher risk for developing them. However, many eye problems and diseases can be treated IF caught early!

The CDC's Vision Health Initiative partnered with the National Eye Institute to motivate people to make vision a health priority. They noted 9 ways to protect your vision in order to keep your eyes as healthy as possible throughout your lifetime.

1. Get regular comprehensive dilated eye exams, as recommended by your health care provider.
2. Know your family's eye health history. It's important to know if anyone has been diagnosed with an eye disease or condition, since many are hereditary.
3. Eat right to protect your sight—in particular, eat plenty of dark leafy greens such as spinach, kale, or collard greens, and fish that is high in omega-3 fatty acids such as salmon, albacore tuna, trout and halibut.
4. Maintain a healthy weight.
5. Wear protective eyewear when playing sports or doing activities around the home such as painting, yard work and home repairs.
6. Quit smoking or never start.
7. Wear sunglasses that block 99% - 100% of ultraviolet A (UVA) and ultraviolet B (UVB) radiation.
8. Clean your hands prior to taking out contacts and be sure to cleanse your contact lenses properly to avoid the risk of infection.
9. Practice workplace eye safety.

The American Optometric Association has specified examination frequency recommendations for adult patients. Patients that are 18-60 years old and are asymptomatic or risk free should receive an exam every two years whereas those that are at risk should receive one every one or two years as recommended by their physician. Patients 61 years or older that are asymptomatic or risk free should receive an exam every year whereas at risk patients should receive one every year or as recommended by their physician. Patients at risk are those with diabetes, hypertension, a family history of ocular disease (e.g. glaucoma, macular degeneration), those working in high demanding visually or eye hazardous occupations, taking prescription or nonprescription drugs with ocular side effects, wearing contact lenses, who have had eye surgery, or with other health concerns or conditions.



Vitamins that Support Healthy Vision

Dr. Mohammad Shegeft

One of the best vitamins for the eye is **Beta-Carotene**, a precursor of vitamin A. These vitamins promote healthy vision and help the eye to adjust to low levels of light at night.

Zinc will also help release vitamin A from the liver so that it can be used in eye tissue.

Dark green vegetables such as kale and spinach contain **lutein and zeaxanthin** which have important antioxidant function and prevent cell damage. Lutein acts as a natural sunglasses and helps in protecting the retina from damaging

Other vitamins that are good for healthy living, especially for the eyes, are **Omega-3, vitamin E and C** to help with age related macular degeneration, dry eye syndrome, and protect the eyes from free-radical oxidation. Vitamin E also decreases the progression of cataract.

Alpine Integrated Medicine features a dispensary of the highest quality natural supplements, including those mentioned above. Why not make an investment in your eyes?

Acupressure and Acupuncture are fantastic for the health of the eyes!

Nichole Santoro, LAc

It is said that eyes are the windows to the soul. They are also a reflection of your overall health and can tell you a lot about the health of various organ systems if you know what to look for. Illnesses such as diabetes and cardiovascular disease often manifest in declining vision, and likewise eye conditions such as glaucoma, optic neuritis or macular degeneration are associated with deeper health problems.

Oriental medicine pays close attention to the relationship between sensory organs and internal organs. It is this understanding of tissue and organ relationships that Oriental medicine uses to treat eye problems, as well as to find the deeper imbalances at play. This means that when you are treated for an eye condition with acupuncture, any underlying imbalances that are contributing to your symptoms will also be addressed. Eye conditions respond well to acupuncture and it has been used successfully to treat a wide range of eye problems for centuries.

Read more on the topic of vision throughout May on our blog at www.alpineintegratedmedicine.com and at www.facebook.com/alpineintegratedmedicine

Yoga and Vision

Shannon Funk, RYT

Did you know that yoga can contribute to improving your vision? It actually can slow the progression of vision problems, strengthen your vision and ease eye tension. Generally speaking as we age the muscles of our eyes lose tone, elasticity and become more and more rigid leading to the inability to focus at different distances and our eyesight can just ultimately become weaker. This is outside of the fact that in the modern day many of us use computers for work, not to mention we come home and turn on our computers to do just about everything from shopping to paying our bills to communicating with our families. We further contribute to eye strain by constantly using our smart phones to text, play games and find a good place to eat; we are very demanding of our eyes, in fact there was a swami that once said sight was the most abused of the five senses, and that was even before you could watch Netflix on your iPhone!

So what to do? Sure you can reduce media in your life, have a rule that you put all media away at 7PM, no cell phone, iPad, computer or TV....but other common causes of eye strain often take their place, like reading or art projects. A good way to approach your eye tension and to increase your vision is to mindfully incorporate your eyes into your yoga practice. *Find out more on our blog at alpineintegratedmedicine.com!*

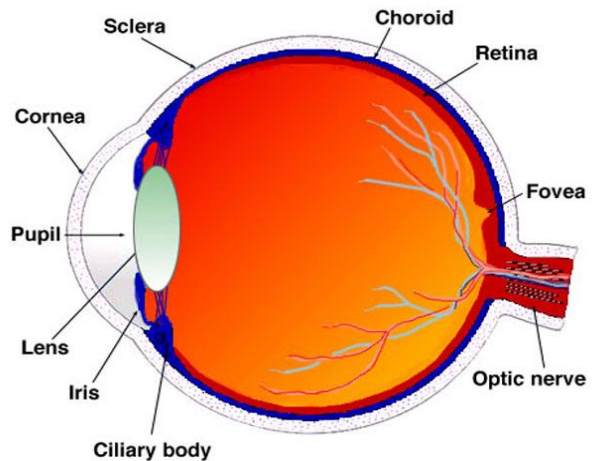


Fig. 6. Vertical sagittal section of the adult human eye.