

# Nutrition for good eye health



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Eating a balanced diet is the best way to get the nutrition we need to maintain good eye health. Supplements can also be beneficial.

### **Dry eyes**

Omega-3 is an essential nutrient found to improve the symptoms of dry eyes. The best source is oily fish. Flaxseed, soya and walnuts are also high in omega-3. If you require a supplement, choose one that contains at least 2000mg of DHA/EPA.

### **Cataract**

Recent research suggests that dietary Vitamin C may help reduce the risk of developing cataracts by a third. Vitamin C can be found in peppers, tomatoes, dark leafy greens, berries and citrus fruits.

### **Macular degeneration (AMD)**

Studies have found that Vitamin C and E, zinc and the micronutrients lutein and zeaxanthin are beneficial in limiting the progression of macular degeneration. We recommend a clinically proven formula, Macushield Gold, which provides the AREDS 2 formula.

### **Glaucoma and other eye problems**

Maintaining a healthy weight can reduce your chance of diabetic eye disease and vision loss linked to strokes and blockages of the blood vessels in the eye.

The risk of developing glaucoma is increased in people with heart disease and diabetes. Some natural products such as ginkgo biloba extract and turmeric can have antioxidant and blood thinning effects. They are thought to have an effect in increasing the blood flow in the eye and protecting the optic nerve which becomes damaged in glaucoma.

We stock a range of supplements and would be happy to recommend which would be beneficial for you and the suitable dosage.

## **Cameron Optometry**

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