

The Eyes Have It

the health of our eyes

BY MORNING: SPIRIT: WOLF-D.R.M.

Our eyes are constantly at work, processing visual information from an infinite number of sources. Their incoming images travel through a vast and complex set of tissues, lenses, cones, nerves, ligaments, and glands, sending messages to myriad places. We have eye lashes to help filter out environmental contaminants, but what is happening to our eyes with all the environmental contaminants and radiation coming from the computer, television, and cell phone screens we stare at much of the day?



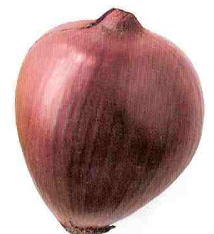
Taking care of our eyes is vital to their long-term health. Adverse conditions such as dry eyes, near and far-sightedness, cataracts, glaucoma, and macular degeneration are caused by nutrient deficiencies, and may be prevented (and cured) with proper diet, exercise, fluid intake, nutritional supplements, restful sleep, and detoxification to rid the onslaught of radiation that surround us.

The Pineal gland is in charge of eye health, so guarding pineal function is important to visual health. Light is perceived via the lens and myriad cones as they are reflected to the macula, and interpreted by the pineal gland in the brain. Keep the pineal gland in peak performance with the intake of mustard, which is both an herb that repairs damage, and a food that boosts function. Consider taking mustard as a daily food and/or an extract, to assure proper nutrition and daily medicine for the health of your undistorted viewpoint.



Food for the Eyes

Many studies have been done on the eyes, and each one reiterates specific nutrients as important and necessary for healthy eye function and sight. *Lutein* and *zeanthin*, both carotenoids, and *omega-3 fatty acids* recur in studies as important nutrients found in certain foods that keep eyes healthy. Some Peak Frequency® Foods that contain these specific elements are Roma tomatoes, yams, papaya, red onion, avocado, raspberries, broccoli, apricots, salmon (wild caught), and alfalfa sprouts.



Herb for the Eyes

Myrrh works with thyroid to repair the eyes and maintain their quality of function. It's strongly anti-viral in nature and can protect eyes from contagion such as conjunctivitis, pink eye, and some fungal infections. Myrrh is an excellent immune booster and can clean up infections in the mouth (i.e. gum disease, tooth ache, oral yeast infection) and has anti-cramping properties for digestive and menstrual cramps, with topical application for vaginal yeast infection.



HELP
FOR
YOUR
EYES

Eye Supportive Nutritional Supplements

Vitamin A - Not only is vitamin A one of nature's strongest anti-oxidants, it is imperative for light and dark seeing, as well as supplying the action for pineal function. Its ability to keep both mucous membranes moist and the eyes supplied with moisture may prevent dry eyes, macular degeneration, and light distortion. Using vitamin A with its co-vitamin D boosts their mutual absorption and your immunity to radiation damage. Try Yam- A + D, 15-20 drops twice daily with food.

B-complex vitamins - Provides the energy for action and metabolism throughout the body. B-vitamins may prevent eye dis-ease, pathogenic infection, and stress. B vitamins, especially B12 and B6 may enhance sleep for healthy eye sparkle, and prevent the nervous tics and twitches that often happen around the eye as an indicator of B-vitamin deficiency. Try B-Complex, 60-80 drops twice daily with food.

Vitamin C - High in anti-oxidants that can damage sensitive eye tissue and nerves, there is a strong connection between low cataract formation and high levels of vitamin C. Try Grass-C, 15-30 drops twice daily with food, or Catie's Vitamin C powder, 12/ scoop twice daily dissolved in water with food.

Eyesight - As one of the premier *Eradicating Formulas* from Peak Frequency® Plant Therapy, Eyesight provides all the nutrition, detoxification, and radiation neutralizers to support healthy eyesight in one delicious and easy to absorb liquid extract. Try 20-30 drops twice daily with food.

Black Currant oil - Containing plentiful *anthocyanthins*, the main agent in black currants, it oil protects damage to the visual field caused by glaucoma. While intra-ocular pressure may not be changed, its ability to limit damage in open-angle glaucoma is effective. Try 1-2 capsules twice daily with food.

Sea buckthorn oil - Shown to be helpful for dry eyes, burning, and redness, sea buckthorn oil provides a storehouse of vitamins, fatty acids, and minerals that support eye health, and work in tandem with other nutrients to restore function to almost all aspects of sight. Take internally or use topically.

Natural Contamination & Radiation Detoxifiers

Thyme tea - able to flush acids, toxins, bacteria and contaminants from the body through both digestion and blood serum, thyme is especially effective for scavenging radiation and when paired with sprouted wheat, may be the most important

Sprouted wheat - sprouting pre-digests gluten and the powerfully de-contaminating properties of the activated wheat pull radiation and toxins out of the body, to be flushed with thyme tea. Try 1 Tbsp daily every morning for 21 days to assist detoxification from the eyes and other organs of the body.

Eye Solution - make it yourself eye cleanser and soother: put 2 oz. distilled water in a glass pouring cup, stir in and dissolve 1/4 tsp. Real Salt, and then let it stand for 10 minutes. Slowly pour salt mixture into a sterile glass bottle with a dropper, leaving un-dissolved particles in cup. Use 1 drop in each eye daily.

Strengthen the Eyes & Correct Vision

Pinhole glasses - consist of eye-glass frames holding impermeable plastic lenses perforated with pinholes that allow direct and coherent light rays to pass through into the eye as the viewer focuses on an object. They are ideal for those with refractive eye disorders, computer users, the elderly, and those suffering eye over-use and fatigue. Unlike bi-focal and tri-focal lenses that are designed to yield good vision at fixed distances, pinhole glasses allow you to see clearly at all distances - short, middle or long range. They may correct myopia, presbyopia, cataracts, night vision and light sensitive difficulties, and computer-vision syndrome; your only limitation is reduced peripheral vision.

