

# NATURE'S WONDERS FOR BETTER VISION





## KEEP AN EYE ON EYE THREATS

Our eyes work hard daily as we stare at computer and smartphone screens all day, read and drive. As one of the most utilized parts of the body, our eyes encounter different threats that impair vision and cause blindness. Two of the most common eye conditions are myopia and cataracts.

Myopia is a refractive error of the eye that makes distant objects appear blurred. It is often associated with age, genetics, shortage of time spent outdoors and diet. In extreme cases, myopia can lead to blindness. While most cases of myopia are permanent, others are temporary and can be relieved or reversed by eating antioxidant-rich plant foods.

Cataracts are the main cause of impaired vision worldwide. As we age, the protein in the lens of the eye may clump and form a cataract, which causes the lens to lose its transparency, resulting in blurred vision. Cataracts may also refer to a discoloration of the lens, usually to a yellowish or brownish color that causes vision to be tinted.

Risk factors for cataracts include old age, genetics, smoking, obesity, hypertension, diabetes, long-term steroid usage, and overexposure to sunlight. Women are more likely to suffer from cataracts.

Protect the gift of sight by nourishing your eyes with a healthy plant-based diet.



# PLANT FOODS FOR YOUR EYES

Get your daily serving of these colorful plant foods rich in phytochemicals and antioxidants for good eye health.

## CASSIA SEED

Cassia seeds are used as a tonic for the liver, eyes and kidneys in traditional Chinese medicine (TCM). An unhealthy liver cannot rid the body of toxins effectively. This leads to more toxins in the bloodstream, causing free radical damage to the eyes. Cassia seeds help neutralize free radicals and defend the liver by boosting the activities of antioxidant enzymes. They also inhibit formation of substances linked to cataract development.

## CHIA SEED

Chia seeds are rich sources of alpha-linolenic acid (ALA), a plant-based omega-3 fatty acid with powerful anti-inflammatory effects that may help relieve eye conditions linked to oxidative stress and inflammation, such as dry eye syndrome, age-related macular degeneration (AMD) and cataracts.

## BLUEBERRY

Blueberries are packed with anthocyanins—powerful antioxidants that guard the retina from free radical damage.

## CARROT

Carrots are an excellent source of beta-carotene and lutein for better night vision and to help relieve dry eyes and lower the risk of glaucoma.

## CHINESE WOLFBERRY

Like cassia seeds, Chinese wolfberries are used in TCM to help nourish the liver for better eye health. They are high in lutein and zeaxanthin that help safeguard the eyes from harmful blue light and hinder diabetic retinopathy and AMD.

## GRAPE SEED

Grape seeds are abundant in oligomeric proanthocyanidins (OPCs) that may help slow the progression of diabetic retinopathy by strengthening blood vessels and improving blood circulation in the eyes. Grape seed OPCs also have superior antioxidant capabilities that protect against the damaging effects of oxidative stress and cataract formation. Grape seed may also help to relieve eye strain in computer users and improve the function of the retina in nearsighted people.



## BROCCOLI

Broccoli is a potent source of lutein and zeaxanthin, which act as antioxidants in the eye to protect and maintain healthy cells against age-related eye problems. They also defend eyes from harmful blue light that has been linked to cataracts and macular degeneration. Broccoli is rich in sulforaphane, which may help reduce retinal damage.



## BRUSSELS SPROUTS

These mini cabbage look-alikes are abundant in zeaxanthin, which helps to boost overall immunity and defend eyes from cataracts, macular degeneration and retinal damage.

## YELLOW PEPPER

Yellow pepper is high in nutrients like lutein, beta-carotene and violaxanthin that help improve vision and defend against macular degeneration and cataracts.



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