



Perfect Eyes

Nutritional support for general eye health including the macula

Like any other part of our body, our eyes need nutritional support to stay healthy. In our modern world, our eyes can become irritated from air pollutants and smoke. They can also be damaged by free radicals, which are responsible for macular degeneration. Diabetes, which is in epidemic proportions in this nation, is the leading cause of blindness, too.

Perfect Eyes is a nutritional formula that can strengthen the eyes and protect them against free radical damage. It is a useful formula for protecting the eyes and improving eyesight in the aging or those suffering from diabetes. It can also slow or possibly help reverse macular degeneration. While it isn't likely to help you throw away your glasses, it can protect your eyes during infections or help slow further deterioration of eyesight.

Eyebright has a reputation in folklore for use in eye problems that comes from the Doctrine of Signatures. The flowers look like an eye and so they were assumed by practitioners in the 1600s to be useful for eye problems. There is some basis for this. Eyebright makes an excellent eyewash and, taken internally, it appears to tone tissues in the eyes, ears, nose and throat. It helps upper respiratory and eye infections and reduces allergic reactions.

Bilberry has its own reputation for improving eye health, particularly night vision and near-ultraviolet. This was noted in the second World War when it was observed that pilots who ate bilberry jam (bilberry and blueberries are related botanically) had better night vision. It contains flavonoids that strengthen eye tissue and is very valuable for protecting eye tissue from deterioration by free radicals or diabetes.

Curcuma root is another name for turmeric, a spice from India, shown to be a powerful antioxidant. It reduces allergic reactions, reduces inflammation, improves blood flow and aids liver function. In Chinese medicine, there is a strong connection between the liver

and the eyes. Perfect Eyes contains mixed curcuminoids powder extract.

Carotenoids are protective antioxidants which are related to vitamin A. Recent studies have shown that carotenoids such as lutein concentrate in the eye and are needed in sufficiently high levels to protect eye tissues such as the macula. (Beta carotene is one of the substances in carrots—hence the folk idea that carrots are good for your eyes.) Perfect Eyes contains “caramix,” a carotenoid mix including alpha carotene, beta carotene, lutein, lycopene, zeaxanthin and cryptoxanthin.

Bioflavonoids are related to vitamin C and contribute to the creation of strong connective tissues including blood vessels and the eyes.

Zinc (as zinc gluconate) and selenium are trace minerals which help the immune system. They both act as antioxidants. Zinc is needed for healthy tissue growth and repair. Selenium is well-known as vital for the body's production of the protective antioxidant glutathione in the liver.

N-Acetyl-Cysteine is also used in the body to produce glutathione. Glutathione is used in the liver to remove toxic substances from the body. Here again we see the connection between the liver and the eyes.

Taurine is an important amino acid for nervous system function. It helps to maintain healthy eye function in combination with zinc. A deficiency of either of these nutrients can impair vision.

Perfect Eyes isn't just for older people or those already developing eye problems. It can be used by people who want to protect their eyes from the damaging effects of pollution or from the gradual deterioration of aging.

The recommended use is 2 capsules daily with food.

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