

Herbs for the



EYES



BILBERRY

- Extracts can benefit old people with deteriorating night vision.
- Prevents Diabetes, Osteoarthritis, & Kidney disease.



MI MENG HUA-BUDDLEIA

- Its raw or dried flower buds are commonly used in eye care.
- From the TCM point of view, it moistens the liver to improve vision.
- Alleviates light sensitivity & dim eyesight
- Extra eye secretions



CHRYSANTHEMUM (JU HUA)

- Is rich in beta-carotene and B vitamins and
- Has proven beneficial for watery eyes, spotty vision and blurred vision.



GINKGO BILOBA

- improves blood flow to the retina
- the light-sensitive tissue at the back of the eye



SAFFRON

- Is known for its beneficial properties of improving the eyesight of those suffering from cataracts.
- A kitchen herb that may delay degeneration of eyesight among the elderly.



EYEBRIGHT

- Has been used in the past to treat allergic problems of the eye,
- and as an astringent.

Nutrients for the



EYES



BETA-CAROTENE

- Beta-carotene, a pigment in plants, helps with the production of vitamin A
- Can lower the risk of macular degeneration, stroke and other diseases of older age.



LUTEIN

- Found in eggs and leafy green vegetables
- Lowers the risk of cataracts
- Macular degeneration



OMEGA-3 FATTY ACIDS

- Found in salmon, herring, tuna, and several cold-water fish
- linked to healthy visual development and retinal function.
- help regulate intraocular pressure.



SELENIUM

- a mineral with anti-oxidizing properties that shield cells from damage.
- Found in walnuts, enriched breads and rice



VITAMIN E

- Has proven to slow cataract growth
- Found in nuts and leafy green vegetables



ZEAXANTHIN

- Appears in high concentration in the macula of the eye.
- It is believed to help block damaging blue light from reaching the inner structures of the retina.



ZINC

- At appropriate levels strengthens retinal cells
- Helps prevent blindness from macular degeneration.