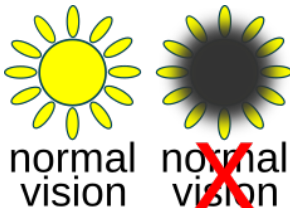


1. Eat Well:

Mediterranean cuisine is among the best researched for its beneficial effects on human health, found to lower the risk of cardiovascular and metabolic-related diseases. Since the eyes depend on vascular health for the delivery of nutrients, if we eat what is good for our cardiovascular system, we are also likely to be eating what is good for our eyes. In general, the diet consists of whole foods arranged in the accompanying pyramid (Modified from <http://www.oldwayspt.org/>).

2. Physical Activity:

In addition to a healthy diet, physical activity benefits our vision. Even regular, casual walking can stimulate blood flow to the eyes.

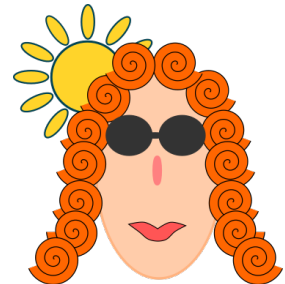


3. Seek Nature's Vitamin D:

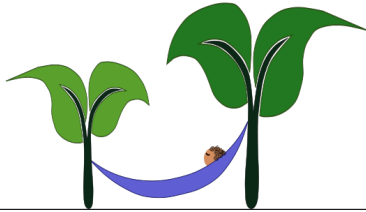
Low levels of Vitamin D have been found to correlate with increased risk of developing age-related macular degeneration. The most natural way to get Vitamin D is from the sun, so spend time outside and extend the life of your eyes.

4. Don the Shades:

Ultraviolet light has its beneficial effects, but too much can damage the skin and harm the delicate cells of the eyes. When out in the sun, limit exposure to the eyes by wearing protective glasses, donning a hat, or carrying a parasol.



Time to **rest** your eyes.



5. Avoid Eye Strain:

One of the main reasons for myopia is failure to rest strained eyes. An easy remedy is to spend time outside and refocus on objects at a distance. Getting enough shut-eye is also helpful.

6. Break the Smoking Habit:

The retina is the part of the eye that contains our photoreceptors, cells that capture photons and initiate the visual process. Blood vessels run through the retina supplying the cells with vital nutrients. A quick way to destroy these important vessels is by smoking.

smoking ≠ healthy eyes



7. Keep Impeccable Oral Health:

A number of systemic diseases correlate with poor oral health. Although to our knowledge diseases of the eye have not been specifically studied for their link to oral conditions, preventative dental care is always wise.