

# WHAT'S NEW

MULVANE VISION CARE

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## TOP 10 MOST POWERFUL FOODS FOR PRESERVING SIGHT

Clinic Director of Pathology at the Southern California college of Optometry, David Sendrowski, O.D. offers a list of the ten most powerful foods for the preservation of sight.

1. **Kale**- The richest source of anti-oxidants. One cup of kale equals 176 Centrum Silver vitamins with lutein. One cup of kale is equal to 15 cups of broccoli. Black kale has a milder taste and may be more easily digested.
2. **Berries**-All types. Excellent source of anti-oxidants, vitamin C, and fiber.
3. **Cruciferous vegetables**- Broccoli, cabbage, and cauliflower. These vegetables increase lipid acid and are important for liver detoxification, which helps detoxify oxidants from the eye.
4. **Orange Fruits**-Citrus fruits and apricots, (and carrots). These are an excellent source of vitamin C, which helps reduce cataracts.
5. **Garlic**- Also onions, shallots, and chives. Odor-causing portions of the garlic are an excellent antioxidant for eyes and liver.
6. **Teas**- Black, green, oolong, These have 25 times more anti-oxidants than vitamin E, but are not recommended for children, due to caffeine levels.
7. **Algae-eating fatty fish**-Salmon, sardines, and anchovies. Wild salmon has much more protective omega-3 fatty acids than farm-raised salmon.
8. **Whole-grain carbohydrates**-Breads (not whole wheat) and pastas. These carbohydrates increase fiber, zinc and vitamin B intake.
9. **Nuts**-Good source of vitamin E for the eyes and liver.
10. **Beans**-Help to decrease fat intake and increase fatty acids and fiber intake.

**Nearsightedness (Myopia) is not caused by genetics alone.**

Many patients believe that they are nearsighted because a parent or parents were nearsighted. Much of nearsightedness is caused by environment. The environment that the visual system is exposed too most of the time. The visual system was designed to hunt, fish, farm and locate danger. The visual system is no longer doing this. When you think about what came first man or reading, man came first and he invented reading. Reading is done at a near working distance. Many times nearsightedness is an adaptation to this near working distance. Dr. Arnold Sherman, optometrist states that small degrees of nearsightedness increases efficiency and performance during nearpoint tasks and is a solution to the increasing demands of high tech societies. In other words the eye often makes itself nearsighted to help itself out. This makes it easier to perform work at near like reading, homework, and computer use. Dr. Sherman's approach is to treat the problem (near point stress) not the symptom (reduced visual acuity).

- No distance lens "correction"
- Nearpoint lens prescription for prolonged reading (more than 30 minutes) in a single vision form
- Visual hygiene procedures
- Vision therapy
- Proper nutrition and outdoor aerobic exercise.

Dr. Sherman states that he has been using this treatment regimen for two decades and has stopped myopic increase and need for a distance prescription of lenses in 50% of his patients.

In short there are many causes of nearsightedness environment and genetics are just two. Environment has a definite role.

## **FRAMES WITHOUT RIMS**

Yes we now have frames without a rim! See how you look in a completely rimless frame. Ask Nancy or Renee to try one on. If you have ever been bothered by the rims of your glasses this may be for you.