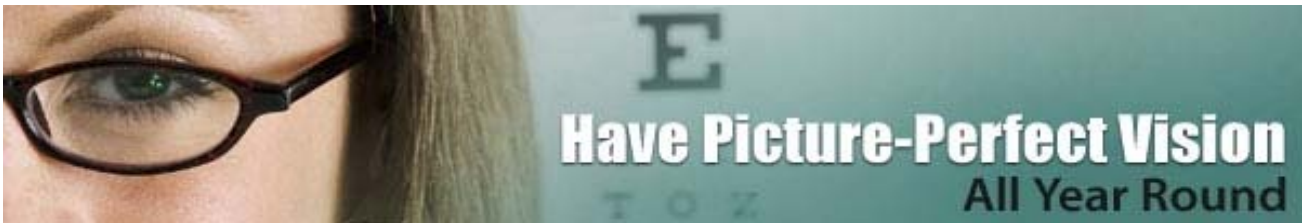


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'Tis the Season

Have Picture-Perfect Vision All Year Round

The eye is like a living camera, it needs film to produce an image and a clean lens to refract or focus the light. If either of these components - the retina and/or cornea - are not functioning correctly, the result is a poor picture. For picture perfect vision all year round, here is some great advice to keep you focused. [Read More >](#)



All About Nutrition

Eating for the Eyes: Good Nutrition That's Good for Eye Health

Prevention is so much better than any cure, and this adage is perfectly applicable for eye health too. Eye care is better than eye cure, so taking good care of your eyes makes sense for one of our most important senses. There are many nutritional supplements available and sound nutrition advice available to maintain, even improve, the health of your eyes; we've outlined them here. [Read More >](#)

Open Your Eyes to the Antioxidants of Acai!

Our eyes are our windows to the world. Unfortunately, visual impairment due to age-related macular degeneration and cataracts are becoming all too common. They appear to be related to light-induced oxidative processes within the eye. Acai berry is a powerful antioxidant that stops this degeneration short. [Read More >](#)



What's Cooking?

[Click here for today's recipe](#)

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Herbs as Medicine

An Eyeful About Bilberry

They taste like their close cousin blueberries, as they're both from the same species of the *Vaccinium* genus along with huckleberries, which are all found throughout the United States and Europe in woodlands, forests, and moorlands. It's known to help with disorders of the urinary system, including urinary infections and kidney stones, and it's used to treat diarrhea and dysentery. New information notes that Bilberry is good for the eyes too.

[Read more](#)

Healthy Tip

Eye-robics

Aerobics is not just for bodies, it's good for faces, too. By contracting and relaxing muscles on our faces, we can boost circulation, improve muscle tone, and release excess tension. Here's a simple eye exercise to try: Raise your upper lids and eyebrows to open your eyes as wide as possible at a rate of once a second. Repeat 10 to 20 times.

Open Your Eyes To Antioxidants

ACAI BERRY

The most powerful antioxidant in the world

- ✓ Powerful free radical scavenger
- ✓ Slows eye degeneration
- ✓ Supports cardiovascular health
- ✓ Reduces joint inflammation



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The most beneficial carotenoid for eye health



- ✓ Inhibit cataract formation
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