

ROUTINE EYE CARE RECOMMENDATIONS



FACE AND EYELID HYGIENE

GENERAL FACE WASH

Ocusoft Original foam
Simple wipes
Dove Sensitive bar soap
Clinique bar soap

GENERAL EYELID CLEANSER

Ocusoft Original Foam \$18 (lasts ~6 mts)

- Pump onto fingers, washcloth, or cotton pad
- Wash lids/lashes (& face optional), rinse off

OIL REDUCING HAIR & FACE WASH
Seborrhea, Dandruff, Acne, Rosacea, Blepharitis, Styes
Excess oils, fungus, & bacteria cause chronic skin conditions
Use Anti-fungal, Anti-inflammatory, & Oil reducing cleansers

- ✓ **WASH HAIR**
Dandruff or Tea Tree Shampoo
- ✓ **WASH FACE & EYEBROWS**
Clinique Acne Bar Salicylic Acid
Vanicream Z-bar Zinc pyrithione (Available on Amazon)
- ✓ **EXTRA STRENGTH EYELID HYGIENE** No Rinse cleanser

CONVENIENT NO RINSE EYE CARE

Anti-allergy, antibacterial, oil reducing

- Use a fresh wipe (one side per eye) or pump foam onto clean fingers or moist cotton pad/q-tip
- Clean upper & lower lid margins & lashes – leave on

RECOMMENDED NO RINSE CLEANSERS

Ocusoft Plus foam/wipes
Oasis Lid & Lash Tea Tree wipes
Ocusoft Allergy Tea Tree wipes
Oust Tea Tree foam/wipes
Ocusoft Baby (large, soft) wipes

AVOID THE FOLLOWING NEAR THE EYES:

- ➔ Oily based-clog & damage eyelid glands & leave a residue
- ➔ Alcohol- strips the natural oils
- ➔ Parabens, Benzenes, Phthalates- disrupts hormones
- ➔ Fragrances & Synthetic colors "FD&C or D&C"
- ➔ Sodium lauryl (laureth) sulfate (SLS)- foaming agent
- ➔ Propylene glycol- conditioning agent

These are skin & eye irritants, allergens, & may be carcinogenic
PARABEN FREE, SULFATE FREE, OIL FREE, FREE OF FRAGRANCE/DYES

EYE MAKEUP REMOVER (OIL FREE)
Zoria, Oasis, Ocusoft, Simple Wipes

- Sensitive skin oil-free eye makeup removers
- Avoid liquids that separate like oil
- Use Non-Waterproof Mascara for sensitive eyes

INSTRUCTIONS FOR ROUTINE HYGIENE

- **WASH FACE** daily with preferred cleanser (avoid eye area if not approved for eyes)
- **EYE MAKEUP** remove every night with *oil free cleanser*
- **DAILY EYELID HYGIENE** cleanse lids/lashes daily
 - Ocusoft Original foam, Dove or Clinique bar soap
 - Comparable cleanser (verify it is free of irritants)
 - Optional "No Rinse" cleansers

INSTRUCTIONS FOR EXTRA-STRENGTH HYGIENE

- **WASH FACE** daily with preferred face wash
- **ALLERGY & DRY EYES** wash face & eyelids **NIGHTLY** to remove allergens & irritants
 - Ocusoft Plus, Allergy, or Oasis Lid & Lash
 - Repeat in the morning if needed
- **CONTACT LENS WEARERS** remove contacts nightly
 - Eyelid hygiene reduces risk of infection/irritation
 - Avoid any oily based products near eyes
- **SKIN CONDITIONS** (Acne, Rosacea, Seborrhea, Blepharitis)
 - **WASH FACE** - Zinc, Salicylic Acid, or Tea Tree
 - **EYELID SCRUBS** with extra strength formulas
 - Ocusoft Plus, Allergy, Oust, or Hypochlor
 - REPEAT 2 x a day if needed, No Rinse

RECOMMENDED EYE DROPS

(Mild, occasional dry eyes)



Dry eyes can have varying symptoms and often can be confused with allergies. Anyone can suffer occasional dryness.

Are you experiencing any of these 12 symptoms?

Gritty, itchy, or burning sensation	Watery eyes (dryness causes reflex crying tears)	Heavy reading or electronic device use	Dry, hot environment	Prolonged contact lens wear	LASIK surgery
Sensitivity to light	Trouble reading & electronic device use	Medications antihistamine, blood pressure, diuretic, BCP, acne drugs	Deficiencies in lacrimal glands, clogged oil glands of lids	DISEASES Diabetes Hypertension Autoimmune Sjögren's Rosacea Thyroid	Diet poor in omega-3 & anti-inflammatory foods
Blurry vision or fluctuation of vision	Difficulty driving, poor night vision	Trouble watching TV			
Redness	Tired, fatigued eyes	Feeling like "something in my eye"			
Swollen eyelids					
Contact lens irritation Poor comfort					

TREATMENT FOR MILD DRY EYES

➤ OTC ARTIFICIAL TEARS (preservative free, brand name)

- Blink Tears
- Refresh Optive Advanced
- Systane Ultra
- Theratears

Instill 1-2 drops in each eye morning & evening & as needed during the day



➤ DOCTOR STRENGTH LUBRICANT (long lasting, preservative free, sold at Dr office)

- Retaine MGD (mimics oil layer of tears)
- Oasis PF or Plus (long-lasting, thicker)

Instill 1-2 drops in each eye morning & evening & as needed during the day



➤ CONTACT LENS (CL) WEARERS remove contacts nightly

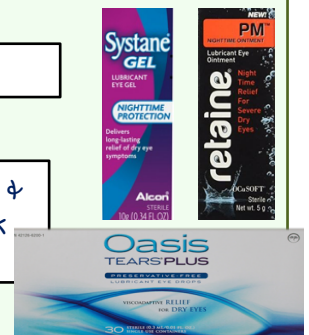
- Blink Tears, Refresh Optive, Oasis PF (can be used on top of CL)

Instill drops with Insertion & Removal & as needed on top of CL during the day

➤ NIGHTTIME DRYNESS (use gels or ointments)

- Oasis Plus
- Systane or Genteal Gel
- Retaine Nighttime ointment

Instill a small dab Inside lower eyelids at bedtime & use a beauty sleep mask or warm compress mask (optional)



➤ IF THIS BASIC TREATMENT PLAN does not control dry eye symptoms...

➤ Schedule a "DRY EYE EVALUATION" to determine a more effective treatment for your needs.

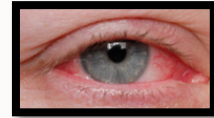
COSMETICS NEAR THE EYES *LESS IS MORE!*

MOISTURIZERS & COSMETICS- Keep moisturizers & oily based cosmetics **1** finger width away from lashes

EYE MAKEUP- Red, irritated eyes are a sign of sensitivity

Try *sensitive/natural* eye makeup, *Decrease* amount of makeup used

Wear eye makeup *less* often or *discontinue* completely if symptoms persist



➤ **MASCARA** Eg: *Clinique Lash Power, Neutrogena Healthy, Zoria Sensitive, Sephora Tarte Amazonian Clay*



- DO- Apply mascara to upper lashes only & avoid the roots
- DON'T- Use fiber mascara, waterproof mascara
- DON'T- Use fake eyelashes, eyelash extensions
 - ➔ RISK OF ALLERGY TO GLUE
 - ➔ RISK OF INFECTION



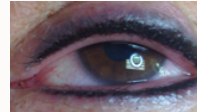
Demodex (Mites) Bacterial Blepharitis (Infected follicles)

- Poor eyelid hygiene, old mascara
- False lashes, Lash extensions
- Aging, Poor health, Autoimmune

- CAUTION- *Latisse & Rodan & Fields* Lash boost can worsen dry eye & lid conditions- ask Dr. Mayes before use
- CAUTION- Eyelash dyes may be beneficial, but risk of reaction to chemicals used

➤ **EYELINER**

- DO- Apply on the outer portion of lid margins (skin)
 - DON'T- Apply on the "water line" or inside of Lash margins
 - CAUTION- Permanent eyeliner may damage oil glands
- Ask Dr. Mayes first & find an experienced practitioner
CAUTION- risk of severe reaction, worsening of dry eyes, infection

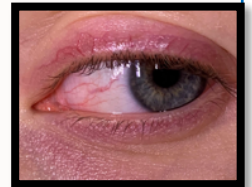


in waterline

on lash line

➤ **EYE SHADOW**

- DO- Use cream or stick shadows to minimize dust in eyes
- DON'T- Use glitter or powder shadows



EYE MAKEUP REMOVERS – Mascara & eye liner traps *oils, allergens, & bacteria* during the day

- DO- Use Oil free cleansers to remove eye makeup thoroughly every night
- DON'T- Use oily based eye makeup removers or liquids that separate like oil
- DON'T- Sleep with eye makeup on
- CAUTION- Micellar water is not officially approved for dry eye conditions

SOFT CONTACT LENS (CL) WEARERS

- ✓ Remove CL *every night* (wash hands before handling)
 - ✓ *Wash eyelids* (and *remove eye makeup*) with oil free cleansers & wear eye makeup *conservatively*
 - ✓ If wearing DAILY disposables- throw away nightly
 - ✓ If wearing MONTHLY disposables- use *brand* name multipurpose solution (MPS)
 - Perform a gentle "rinse & rub" then place in case & fill with fresh MPS
 - Dump solution every morning, never re-use MPS & never rinse case with water
 - **REMINDER:** Tap water is not sterile, avoid exposing CL to water & never swim in CL (unless wearing dailies)
 - *Replace case* as often as your toothbrush (every 3 months & anytime you are sick)
 - Use Clear Care Hydrogen Peroxide disinfectant weekly (or more often) for extra cleaning
 - ✓ Replace CL as instructed & do not wear CL when sick or if an eye infection is suspected
 - ✓ Red, irritated eyes? Remove CL & use lubricating drops only (*no VISINE*)- if not improved in 1-2 days Contact our office
- ** CL related infections often do not cause discharge & matting, the eye may be red, slight burning, light sensitive
** Any red, irritated eye that does not improve in 1-2 days needs to be evaluated



Oil slick on CL



LIFESTYLE TIPS TO REDUCE DRYNESS

USE A HUMIDIFIER

This adds moisture back in the air when a heater is running. Just be sure to clean it & watch for mold!

STAY HYDRATED

So you can produce more tears

PROTECT EYES OUTSIDE

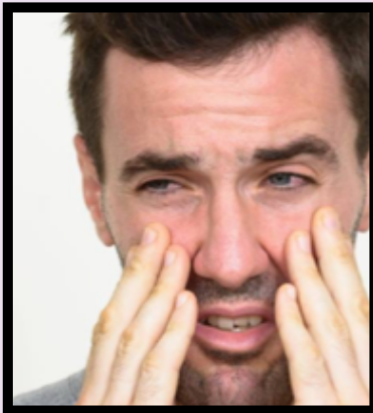
UV, wind/dust, & harsh weather irritate the eyes. Wear **wrap** eye protection, **sunglasses**, & a **hat/visor**

WORK ON CPAP FIT

A poor fitting CPAP blows air at the eyes. Get it **adjusted** &/or sleep with eye mask or **ointment**

REDUCE BLUE LIGHT

Blue light makes lights bright white. LED lights, bright room lights, & electronic devices increase blue light exposure & worsen dry eye symptoms. Wear **blue blocker glasses**, set devices on "**night setting**" & use a **filter** on the computer, choose **warm lights** & room light no brighter than the computer screen illumination. Minimize glare on the screen from lights & windows.



TIPS TO REDUCE DRY EYES



AVOID DIRECT AIR FLOW AT FACE

Ceiling fan, oscillating fan, car vents, air flow at face will quickly dry the eyes out. Turn vents **away from face** & **minimize** air circulation.

GET A GOOD NIGHT SLEEP

Eyes need **6-8 hours** of **uninterrupted** sleep to recover from a long day.

SLEEP WITH EYE PROTECTION

Often the eyelids open slightly during certain stages of the sleep cycle. This causes irritation (especially when a fan is blowing). Use a **sleep mask** or **gel drops**.

REDUCE CONTACT LENS WEAR

Contact lenses exacerbate dry eyes. Some brands are designed to resist drying. The best plan is to **reduce wear time**, **wear glasses** more, use quality **rewetting drops**, & switch contact lens **solutions**.

TAKE "BLINK BREAKS"

When reading or using electronic devices, follow the "**20/20/20 RULE**"- for every **20 minutes** of reading, take a **20 second** break, look at something **20 feet** away, & **blink hard** several times. If needed, instill **lubricating drops**.

CONSIDER MEDICATION SIDE EFFECTS & HEALTH

Diuretics, antihistamines, antidepressants, acne medications cause worsening of dry eyes. Overall health has an impact on your eyes. Eat **healthy** (*fish, colorful vegetables*), take **supplements** (*Omega-3, vitamin A, C, D, E*) if deficient, exercise, manage allergies.

EYELID SCRUBS: Cleanse lids/lashes with *Ocusoft Original Foam in the shower or Ocusoft Plus no rinse wipes or sensitive skin oil free bar soap* 1-2 X a day (morning and/or evening)

MOISTURIZE WITH TEARS: Use Refresh or Blink (in stores/OTC) or Oasis or Retaine (long lasting tears sold at our office) 2-4 x a day for dry irritated eyes

WARM COMPRESSES: Use a moist heat compress mask or warm, wet washcloth to apply warm compress to lids for 10-15 minutes 1-2 x a day to open pores in eyelids & soothe dry eyes

MASSAGE: Gentle eyelid massage (downward on upper lids, upward on lower lids) after warm compress to keep oil glands functioning to prevent tears from evaporating too quickly

OTHER TREATMENTS: Schedule a "*Dry Eye Evaluation*" with Dr. Mayes if symptoms do not improve so we can evaluate cause & severity of dry eye disease and determine best treatment plan.

SUPPLEMENTS: take FISH OIL, OCUVIEW, & D-HIST supplements to support tear film quality



LIFESTYLE TIPS TO REDUCE ALLERGIES

<p>STAY INSIDE DURING ALLERGY SEASON Minimize exposure to allergens</p>		<p>ALLERGY DROPS RECOMMENDED Alaway or Zaditor are OTC antihistamine drops (like Claritin for the eyes) - Instill one drop in each eye twice a day (morning & evening) until allergies resolve, then "as needed"</p>
<p>STAY HYDRATED So you can produce more tears</p>		<p>RINSE EYES WITH PRESERVATIVE FREE ARTIFICIAL TEARS Preservative free tears (in single use vials) are great for rinsing the eyes. Use a full vial to dilute the buildup of allergens in your tears. Keep some vials in the refrigerator- cold tears feel great when allergies are bad.</p>
<p>PROTECT EYES OUTSIDE UV, wind/dust, & harsh weather irritate the eyes. Wear wrap eye protection, sunglasses, & a hat/visor outside</p>		<p>EYELID HYGIENE Clean lids/lashes every evening & morning during allergy season with OCUSOFT PLUS, OCUSOFT ALLERGY, OASIS LID & LASH No Rinse extra strength & anti-inflammatory</p>
<p>TAKE A SHOWER EVERY EVENING Hair & eyelashes trap allergens, this should be washed off as soon as possible to reduce exposure</p>		<p>ALLERGY MEDICATION AND SUPPLEMENTS Oral antihistamines such as <i>Claritin</i>, <i>Allegra</i>, <i>Zyrtec</i> can be taken in addition to allergy eye drops & nasal sprays. Increase preservative free tears when taking antihistamines since this can make dry eyes worse. <i>Benadryl</i> is the most drying antihistamine.</p>
<p>REDUCE CONTACT LENS WEAR TIME Contact lenses exacerbate allergy eyes. Daily disposables are best for allergy sufferers. Reduce wear time & wear glasses when allergies are bad. Monthly contact lenses should be cleaned with Clear Care hydrogen peroxide every night. Allergy drops should be instilled 10 minutes before inserting contact lenses.</p>	<p>AVOID REDNESS RELIEVERS "Get the Red Out" drops such as VISINE or Clear Eyes constrict the blood vessels to reduce redness but this only treats symptoms.</p>	<p>SUPPLEMENTS recommended: Natural Triglyceride <i>Omega-3 Fish oil</i> (1800-2000 mg a day) or eating fish 3-4 x a week reduces allergies. The supplement D-HIST is formulated to reduce allergies without drying the eyes.</p>

EYELID SCRUBS: Cleanse lids/lashes every evening (Ocusoft Plus or Ocusoft Allergy or Oasis Lid & Lash recommended) (No Rinse formula, removes allergens). **Shower every evening to wash off allergens

RINSE EYES WITH TEARS: Use 1 full vial of **Refresh or Blink (PF Vials)** (in stores/OTC) to dilute allergens from your tears morning & evening or more if needed (*optional: refrigerate for extra cool relief*)

COOL COMPRESSES: Use a sinus gel mask or dry eye compress (stored in freezer) to reduce swelling & relieve itchy, irritated eyes

ANTI-HISTAMINE DROPS: **Alaway or Zaditor** (in stores/OTC) or **Bepreve or Pataday** (RX)
→ Instill 1 drop in each eye twice a day (morning & evening) until allergies improve, then *as needed*

ANTI-HISTAMINE PILLS: Claritin, Allegra, Zyrtec (OTC) Take 1 pill daily for allergies

SUPPLEMENTS: take FISH OIL & D-HIST supplements to support immune system & allergies (See details on flyer for these supplements)

PRESCRIPTION TREATMENTS: Schedule an appointment with Dr. Lisa Mayes for an allergy evaluation to determine a more aggressive treatment plan if symptoms worsen or do not improve.



RECOMMENDED SUPPLEMENTS

Available at our office at a reduced price to our patients

Orthomega FISH OIL by Orthomolecular

Natural Triglyceride Omega-3 Fish oil 950 mg

\$10-\$30
per month

SEVERE INFLAMMATION OR DRY EYE: Take 2 pills 1-2 x a day

MAINTENANCE DOSE: Take 1 pill 1-2 x a day

Adjust dose *depending on fish consumption* (best absorbed if taken just before a meal)

1 capsule = 950 mg total omega-3, 2 capsules = 1900 mg, 4 capsules = 3600 mg per day

Omega-3 deficiency is very common if less than 3-4 servings of fish are consumed per week



Vitamin D-3 by Orthomolecular

(50,000 unit extended release)

~\$4
per month

Deficiencies are more common in women, adults, anyone who spends most of the day indoors

MAINTENANCE: Take 1 pill 1 x a week (best taken on Monday mornings)

Consider lab testing to confirm Vitamin D levels are within normal range



Ocuviv by Orthomolecular

Potent eye vitamin with Vitamins C, E, Zinc, Lutein, ALA

\$10-\$30
per month

HIGH RISK DOSE: Take 2 pills 2 x a day

MAINTENANCE DOSE: Take 1 pill 1-2 x a day



D-HIST by Orthomolecular

Natural allergy & immune supplement water soluble vitamins

\$10-\$20
per month

LOADING DOSE: Take 2 pills 2-3 x a day for 3-7 days

to achieve therapeutic effect

MAINTENANCE DOSE: Take 1-2 pills 1-2 x a day

for maintenance & overall health support

No Drowsiness.
No Waiting.



PREVENTATIVE EYE HEALTH:

Morning: 1 Ocuviv, 1 D-Hist

Evening: 1 D-Hist, 1-2 Orthomega Fish oil

SEVERE OCULAR ALLERGIES:

Morning: 1 Ocuviv, 2 D-Hist, 1 Fish oil

Afternoon: 1-2 D-Hist

Evening: 1-2 D-Hist, 1-2 Orthomega Fish oil





D-HIST SUPPLEMENT (ALLERGY & IMMUNE SUPPORT)

Chronic allergies, cardiovascular, neurological, autoimmune diseases

Potent antioxidants combat free radical damage & are protective against age related eye diseases



BROMELAIN plant enzyme in *pineapple*

- Enhances **absorption** of **Quercetin & Vitamin C**
- Reduces allergy symptoms ("*nature's antihistamine*")

N-Acetyl Cysteine (NAC) an amino acid in protein

- Thins the **mucus** ("*Nature's Mucinex*") & reduces congestion from **sinusitis, allergies, bronchitis, asthma, COPD**
- Fights free radicals & **age related damage to the eyes**

STINGING NETTLE LEAF *vitamins, minerals, amino acids, antioxidants*

- Acts as a **decongestant & antihistamine** & reduces symptoms of **asthma, allergies, sinusitis, bronchitis, & COPD**
- Helps fight **Aging damage** to the eyes

VITAMIN C water soluble & is rapidly excreted. Poor diet, medications, aging, stress, illness, or allergies can cause deficiency.

- Boosts the **immune** system & shortens duration & severity of **viruses & illness**
- Reduces **allergic** response & **inflammation**
- **Strengthens the cornea** & improves **tear quality** which stabilizes **vision**

QUERCETIN - *found in pigment of onions, apples, grapes*

- Stabilizes mast cells & reduces **allergies & inflammation**
- Helps you fight off **bacterial & viral infections**
- Protects the **ocular surface** & improves **tear quality**
- Reduce risk of **heart disease**, lowers **blood pressure** (*watch for BP to drop too low*)

LOADING DOSE: Take 2 pills 2-3 x a day for 3-7 days to achieve therapeutic effect

MAINTENANCE DOSE: Take 1-2 pills 1-2 x a day for maintenance & overall health support

D-HIST Allergy supplement sold at our office - \$40 for 120 count bottle OR \$15 for 10 pill dose pack

STARTER KIT: \$45 (bottle + dose pack) 100% satisfaction guaranteed

Take dose pack first & the unopened bottle can be returned for a full refund if desired results are not achieved

ORTHOMEGA FISH OIL

Orthomega® (by Xymogen) Natural Triglyceride, fresh, pure, high quality, concentrated **Greater EPA+DHA absorption rate** than an equivalent dose of other leading fish oils.

Benefits of quality fish oil

- ✓ Supports stable blood sugar, a natural blood thinner, lowers triglycerides
- ✓ Reduces inflammation, decreases joint pain
- ✓ Supports brain & mental function
- ✓ Improves the health of hair, skin, & nails
- ✓ Improves blood flow and circulation to the eyes & protects against vision loss
- ✓ Improves dry eye & ocular allergies by reducing inflammation and stabilizing the tear film

ORTHOMEGA PURITY

Orthomolecular ensures the entire process is efficient, temperature- controlled, using stringent verification processes to reduce any potential health risks that may otherwise result from the oil's exposure to rancid fats, toxins, bacteria, molds, yeasts.

In a recent study, only 24 out of 35 retail fish oil products passed quality testing for freshness & purity

Poor quality fish oil is not well absorbed, may have contaminants, & may be rancid.

Essential Fatty Acids- poor health is attributed to higher intake of Omega-6 (*from bad fats & fried foods*) than Omega-3 (*from fish, Flaxseed, red palm & olive oil*)

FISH OIL SUPPLEMENTATION: *Some studies recommend 4000 mg of Omega-3 daily, but the ideal dose is around 1800-2000 mg a day for optimal health. Those who consume 3-4 servings of fish per week (salmon, trout, tuna) may need less.*

DAILY MAINTENANCE- Take 1 pill a day (950 mg)

HEART, ALLERGY, EYE, & IMMUNE SUPPORT- Take 1-2 pills 1-2 x a day (1900-3600 mg)





OCUVIEW (Eye Vitamin)

Developed by respected EYE DOCTORS - maximizes absorption of antioxidants to maintain healthy tear film, retina, lens, clear vision, night vision, dark/light adaptation, & slow aging degeneration

VITAMIN C

(ascorbic acid) a powerful antioxidant

- Supports the health of the macula, optic nerve, cornea, & blood vessels in the eye
- Promotes corneal health & quality tear film by strengthening connective tissue/collagen
- Nerve cells in the retina need to be 'bathed' in high doses of vitamin C, to function well
- Neuro-protective against nerve damage
- Reduces risk of cardiovascular disease & stroke
- Has potent anti-cancer properties

ZINC

antioxidant - fights free radicals

- Helps the liver to get Vitamin A to the eyes which is crucial for healthy vision & tear film
- Supports the health of the macula
- Zinc deficiency has been linked to poor night vision & progression of cataracts
- Ocuview's proprietary formula combines zinc with ALA to boost the effect & absorption
- This form of zinc has the highest absorption rate & least GI side effects

AREDS II Age Related Eye Disease Study # 2

This study set the gold standard for supplementation by proving Vitamins C, E, Zinc, Lutein & Zeaxanthin can slow progression of Age Related Macular Degeneration (AMD)

LAST (Lutein Antioxidant Supplement Trial)

Lutein & Zeaxanthin supplementation improves visual function in normal eyes & in patients with AMD

LUTEIN & ZEAXANTHIN

carotenoid pigments

- Has been shown to improve vision & dark/light adaptation in adults
- Studies show this slows progression of AMD

VITAMIN E

A potent antioxidant

- Key role in maintaining the health of the eye
- High daily intakes of vitamins C & E are associated with improved eye health
- Helps maintain healthy tear film & reduces inflammation on the ocular surface
- Can reduce risk of early AMD progressing

Alpha-Lipoic Acid (ALA)

The "Universal Antioxidant"

- Unique ability to "recharge" antioxidants (Vitamin C & E, glutathione, CoQ10)
- Studies show ALA increases tear production & reduces ocular surface inflammation
- Combats free radicals to prevent damage to the lens, optic nerve, & retina
- May slow the progression of cataracts
- Other benefits= Migraine prevention, neuro-protection, detoxification for liver, protective against heart disease & diabetes

CAUTION: If you take prescription meds, consult your physician first

Add 1 new supplement per week, report any undesired effects

Take as instructed (it may take 3-4 weeks for therapeutic effect)

PREVENTATIVE EYE & GENERAL HEALTH: Take 1 pill 1-2 x a day

AMD, CATARACT, DRY EYE, or HIGH RISK: Take 2 pills 2 x a day



HEALTHY ANTI-INFLAMMATORY DIET

Reduces allergic response & histamine intolerance symptoms

REDUCES AUTOIMMUNE SYMPTOMS, PAIN & INFLAMMATION

REDUCES RISK OF CARDIOVASCULAR DISEASE & STROKE

BENEFITS OF VITAMIN C

HAS POTENT ANTI-CANCER PROPERTIES

SHORTENS DURATION & SEVERITY OF VIRUSES & ILLNESS

HELPS FORM & MAINTAIN CONNECTIVE TISSUE/COLLAGEN FOUND IN THE CORNER OF THE EYE.

NERVE CELLS IN THE RETINA NEED TO BE 'BATHED' IN HIGH DOSES OF VITAMIN C, TO FUNCTION PROPERLY VITAMIN C IS NEURO-PROTECTIVE (REDUCES NERVE DAMAGE IN AMD & GLAUCOMA)

VITAMIN D3 SOURCES

THE SUN

10 -15 min. UVB/day & at least 40% of skin exposed.

FISH, EGGS, LIVER

Eggs, liver & fatty fish have limited amounts of D3.

D3 SUPPLEMENTS

Get your levels checked. You may need 10,000 (IU)+

3

CLOVE
Clove contains eugenol, which works in part by blocking the COX-2 enzyme that causes inflammation.

GARLIC
Soothes inflammation and pain caused by arthritis by suppressing formation of nitric oxide and prostaglandins.

SAGA
Saga contains anti-inflammatory agents like Carnosic acid and camosol which prevents brain related inflammation.

BLACK PEPPER
Black pepper contains a substance called piperine which is highly effective in treating acute inflammation.

TURMERIC
1/2 tsp. of turmeric in warm milk is an effective remedy for pain caused by inflammation.

GINGER
Inhibits the production of toxic free radicals and pro-inflammatory compounds.

CAYENNE PEPPER
Contains a compound called Capsaicin which is effective in treating inflammation induced pain.

CINNAMON
The active component of cinnamon inhibits the NF-kappa B protein, which is related to inflammation-induced damage.

BENEFITS OF PINEAPPLE Organic Facts

Helps improve oral and eye health

Boosts immunity and improves blood circulation

Helps prevent arthritis, cancer and heart diseases

Protects against constipation and irritable bowel syndrome


Reduces inflammation of joints and muscles

Helps heal wounds and protects against infections

Reduces risk of dementia and Alzheimer's disease

Anthocyanins

Anthocyanins are a powerful antioxidant that give foods their color. Their anti-inflammatory properties fight allergens. EAT: Purple & Red Foods



Beta-Glucan

Beta-Glucan is effective in reducing & protecting us from seasonal allergy symptoms. Especially ragweed allergy sufferers. EAT: Mushrooms




Bromelain

Bromelain is an enzyme, found only in pineapple, that can help stop the swelling & inflammation caused by hay fever. EAT: Pineapple



Calcium

Buffers the acidic stage of an allergic reaction & helps reduce histamine production. EAT: Kale & Chia Seeds




Carotenoids

Anti-inflammatory carotenoids are proven to limit the prevalence of seasonal allergies. EAT: Sweet Pot & Mango




Vitamin C

High levels of vitamin C reduce histamine & help it break down faster, once it's been released. EAT: Broccoli & Berries



Vitamin E

The gamma-tocopherol form of vitamin E can decrease allergy-related inflammation in very high doses. EAT: Almonds & Seeds



Magnesium

Has a calming affect on the bronchial tubes & acts as an antihistamine. If deficient in Mg, levels of histamine are higher. EAT: Nuts & Seeds



Omega 3s

Omega 3 fats can lower risk of developing allergies & help combat inflammation associated with seasonal allergies. EAT: Walnuts & Flax



Probiotics

Offer anti-inflammatory & anti-allergic effects, especially when given during pregnancy. Avoid fermented foods. Take quality probiotics




Quercetin

Like an antihistamine, Quercetin decreases the amount of cells reacting to an allergen. EAT: Garlic & Onions



Resveratrol

Skin of red grapes, Dark berries like lingonberries, blueberries, mulberries, bilberries, cranberries, Itadori tea, Pistachios, Raw cocoa. Avoid: wine (causes histamine release)




AVAILABLE THROUGH OUR OFFICE AT A REDUCED PRICE TO OUR PATIENTS

QUALITY EYE DROPS



LID HYGIENE PRODUCTS



MEDICAL GRADE VITAMINS



Pick up in office or order products delivered to you

www.totalvisioncareok.com