



## PILL POPPING

### Eye love you

Sadly, we don't seem to think about our eye health in the same way as we do about our heart or skin, but you only get one pair of eyes and they are really



Naomi Beinart is a highly regarded medical nutritionist. For more healthy information visit Naomi's website at [beinart-nutrition.co.uk](http://beinart-nutrition.co.uk)

worth looking after. Diet and lifestyle have a huge impact on visual health – studies show those with low antioxidant intake are more prone to age-related macular degeneration (ARMD). Even the type of work you do can really affect your eyes, for example, if you work in front of a computer all day your eyes can feel tired, dry and strained. There is a lot you can do to protect your eyes such as eating more orange and yellow foods like butternut squash, carrots, peppers and even egg yolk. These foods contain the vital antioxidants lutein and zeaxanthin that support your visual health. A diet high in omega 3 fats, green leafy vegetables, fruit, nuts and seeds can also help prevent the development of glaucoma, ARMD and cataracts. If poor eye sight runs in your family or you have been diagnosed with diabetes, it may be worth taking a specific eye supplement to protect your eyes such as Visionguard by Solgar.

**COOK CARROTS**

**WHOLE INSTEAD OF**

**CHOPPING THEM TO**

**BOOST ANTI-CANCER**

**PROPERTIES BY**

**25 PER CENT**