

Health By Choice-- Not By Chance

Eye Wellness Counseling Sheet

An Amazing Organ..

The Eyes need a small amount of oxygen and a few other substances (Vitamins A, C, E, and Carotenoids) found in foods such as fruits, vegetables, nuts, and grains to carry out its complex functions.

“Plant-based foods provide the nutrients that the eyes need in order to function properly.”

- p. 22 vol. 2 Encyclopedia of Foods and their Healing Power

.. That Needs Very Little

How to Help Heal the Eyes

Diet

- Cut out all flesh foods (including fish, chicken, meat, pork, and all crustaceans) as well as its byproduct (eggs, cheese, milk, etc.) If one so desires to use milk, non harmful milks can be made from a variety of nuts (i.e. almonds, cashews, etc.)
Recipes can be found in the following cookbooks: Tasty Vegan Delight, Seven Secrets, The Optimal Diet, and Foods and their Healing Powers vol. 3.
- Fried foods should be eliminated from the diet, and all free oils should be avoided while cooking. Highly processed foods should be avoided also.
- Avocado, coconut, and nuts can be used in moderation.
- Eating fresh fruit is preferable to drinking fruit juice. Eating the fresh fruit provides the body with the essential fiber needed for regularity; juice is robbed of that essential fiber.
- **Begin to use dried, unsulfured apricots daily.** Orange colored fruits and vegetables are high in carotene with is important for eye health.
- ALL white breads, flour, sugar, and so forth should be eliminated from the diet. The body needs the fiber from the whole grain items.
- All meals should be eaten on a regular schedule, 7 days a week, with no more than a 30 minutes time difference in schedule. Meals should be eaten 5-6 hours apart.
- At least 8 glasses (64 oz) of water should be drunk each day, 16 oz of which should be taken before breakfast. Water should be taken 15- 30 minutes before meals or 2 hours after meals.

Supplement(s)

- **Bilberry Complex w/ Ginko and Luetin** can be used and obtained from **Wildwood Lifestyle Center and Hospital** by calling (706) 820-1493 ext. 236, The Herb Store.

ATTENTION:

Before making any changes PLEASE contact your health care professional.

Breakfast should be taken between _____ am to _____ am.

Lunch should be taken between _____ am/ pm to _____ pm.

Figure 1:1: Daily Meal Schedule (lunch can be used for breakfast and vice versa)

Sample Meal 1	Sample Meal 2
<p>I. Fruit: 3-5 servings</p> <p>II. Whole Grain Cereal sweetened w/ Fruit 1-2 cup servings</p> <ul style="list-style-type: none">• 2 Tablespoon of flax seed freshly grounded can be sprinkled over cereal at breakfast.• ¼ cup of pumpkin seed can be eaten with the breakfast cereal. <p>III. 1-2 slices of whole grain bread with natural almond or peanut butter.</p> <ul style="list-style-type: none">• Other natural healthy spreads/butter are acceptable as well. (i.e. Tahini, cashew)	<p>I. Salad and/ or Vegetables ½ of the plate</p> <p>II. Grains ¼ of the plate</p> <ul style="list-style-type: none">• Grains consist of starches (i.e. brown rice, baked potatoes, whole wheat pasta, etc.) <p>III. Nut or Bean Loaf ¼ of the plate</p> <p><i>Recipes for nut, grain or bean loaves can be found in the following cookbooks: Tasty Vegan Delight, Seven Secrets, The Optimal Diet, and Foods with their Healing Power vol. 3.</i></p>
<p>Dinner</p> <p>PASS ON DINNER.</p> <p>If third meal is required, a few fruits or a slice or two of toasted whole grain bread with 100% fruit spread can be eaten. No nut butters should be</p>	

Lifestyle

- Exercise is very essential to good health. One should walk 21 miles per week, which is approximately 3 miles per day seven days per week.
- One should get between 15- 20 minutes of sunshine daily before 9:00am or after 3:00pm.
- One should go to bed before 10:00pm. The body heals itself between the hours of 10:00pm and 12:00am. The body also produces melatonin between the hours of 10:00 pm and 2:00 am, which gives the body restful sleep at night. Thus, for every hour of sleep before midnight, the body doubles the amount of rest received.
- For further information, please contact us at www.nhtlh.org or call us at (678) 520- 1547 and ask for James. Please send all donations to James Luke 289 Jonesboro Rd. Suite 124, McDonough, GA 30253. Thanks for your support!