



Knowledge is  
your secret  
weapon to good  
health.

## BRAIN HEALTH

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### Eye Conditions

*Our sight is often something we take for granted, until it begins to decline. Good eye health improves quality of life, allowing us to fully engage with our surroundings. With proper care, we can avoid or delay eye diseases setting in. Some common conditions of the eyes are macular degeneration (progressive vision loss due to degeneration of the macula leading to a loss of fine vision), cataracts (clouding of the eye's lens that can lead to vision problems) and glaucoma (an increase in the pressure of fluids within the eye which can eventually damage the retina and optic nerve leading to vision loss). Other common eye issues include floaters and dry eyes.*

#### Contributing Factors

Aging, eye injury, medications, diabetes, obesity, high blood pressure, thyroid issues, free radical damage caused by stress, poor diet, pollution, smoking, heavy metals, or radiation chemicals

#### Lifestyle Recommendations

- Antioxidants are so important to eye health as they protect against free radical damage. Choose antioxidant rich foods (brightly colored fruits and veggies, especially leafy greens and berries).
- Avoid sugars, processed/refined foods, trans fats, food sensitivities, and alcohol. Focus on organic whole foods as much as possible and include adequate amounts of fibre, clean sources of protein, and good fats to help balance blood sugar levels.

#### Product Recommendations

- Important antioxidants for eye health: Vitamin A (Beta Carotene), Lutein, Zeaxanthin, Vitamin C with Bioflavonoids (can also aid in reducing pressure in the eye), Vitamin E, Zinc, Selenium, CoQ10, NAC, Grape Seed Extract, Blueberry Concentrate, Zinc, Copper, Alpha-lipoic Acid (can also help manage blood sugar levels)
- Herbs to aid in reducing irritation/inflammation in the eyes: Eyebright, Turmeric, Bilberry
- Improve circulation to the eye: Bilberry, Ginkgo Biloba
- Nutrients required for proper eye development/maintenance and lubrication (for dry eyes): High DHA Fish Oils (the main fat our eyes are made up of), Flax Oil, Hyaluronic Acid (also helpful for floaters!)
- For cataracts specifically: L-Lysine, Copper & Manganese, Eye Drops with N-Acetyl-Carnosine
- B Vitamins are required for proper intracellular eye metabolism. A good quality B Complex is highly recommended!

**Book a free 15 minute consult with a GNN Product Advisor!**

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