

Patient Help Sheet

Optimal Eye Health

Here are some tips that you can use to help balance and support your health during this time. Please feel free to call me if you have further questions or concerns.

"You cannot travel the path until you have become the path itself"- Buddha

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Optimal Eye Health

Approximately 14 million Americans aged 12 or older have some sort of self-reported vision loss – sometimes this vision loss can be corrected with glasses or contacts, and sometimes it cannot. The National Eye Institute estimates between the years 2010 and 2050, the number of people affected by most common eye diseases will double.

Acupuncture and Chinese Medicine can help to treat, prevent and slow progression of many eye conditions. Clinical research studies have shown acupuncture may be effective at treating lazy eye in children, diabetic retinopathy, glaucoma, ophthalmologica pain, night blindness, inherited diseases of the retina, dry eyes and styes. Clinically, acupuncture and Chinese Medicine have been used for centuries to maintain eye health and prevent visual decline.

In addition to getting acupuncture treatment or herbal formulas from a licensed acupuncturist, there are things you can do at home to help promote optimal eye health long-term.

Acupressure Points

Liver 8 ▶ This point is located on the medial side of the knee in a depression at the end of the crease formed behind the knee when the knee is flexed. Massaging this point helps to strengthen the liver blood energy in the body, which in turns moistens and nourishes the eyes and vision.

Gallbladder 37 ▶ This point is located on the lateral side of the lower leg, about two and a half to three hand widths up from the external malleolus (ankle bone), on the anterior (front) side of the fibula. It has an effect of brightening the eyes, nourishing the systems that support the eyes, and draining excess away from the eyes in cases of infection, swelling or heat.

Urinary Bladder 1 ▶ This point is located just above the inner canthus of the eye (the medial border of the eye, near the bridge of the nose). Gentle acupressure can be applied for all eye conditions and to promote overall eye health.

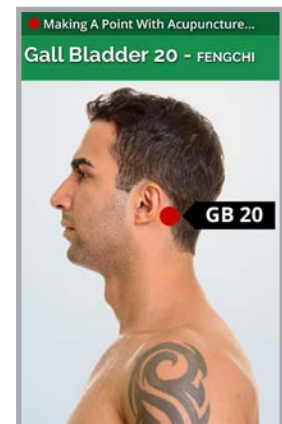
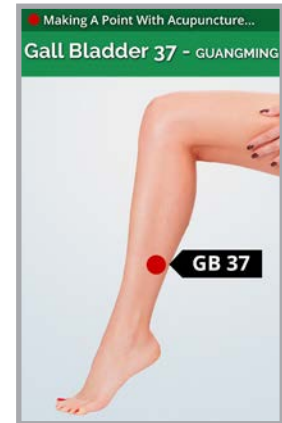
Gall Bladder 20 ▶ This point is located on the back of the head, at the place where the neck meets the skull. Start by finding the mastoid process (the bony notch behind your ear) and walk your fingers towards the back of your head until they fall into a depression where the neck muscles attach to the skull. It is particularly helpful for clearing and brightening the eyes.

Foods and Herbs

Goji Berries ▶ Goji Berries, called Gou Qi Zi in Chinese Medicine, are used in Chinese Herbal Formulas for healing the eyes. They nourish the liver energy system, which controls the eyes, and help to promote visual clarity and acuity.

Chrysanthemum Flower ▶ Called Ju Hua in Chinese, Chrysanthemum Flower can be boiled in water to make an eye-nourishing tea. Ju Hua is especially helpful for eye symptoms arising from allergies, infection or inflammation.

Dark Leafy Greens ▶ Leafy greens like kale, spinach and chard nourish the blood energy of the body, which keeps the eyes lubricated and clear. From a biomedical perspective, we know these foods are high in lutein and zeaxanthin, which are both important nutrients for eye health.



Wild-caught Alaskan salmon ▶ Salmon is high in omega-3 fatty acids, which have been shown to decrease risk of age-related macular degeneration and keep your eyes functioning optimally.

Behaviors

Protect your eyes the way you would protect your skin! Every time you wear sunscreen, think of wearing UV-protective sunglasses, as well.

Self-massage the area around the eyes, putting gentle pressure all along the orbital ridge (the bones around the eyes) – this maintains healthy circulation to the area, which is important in preventing eye disease.

Take breaks. Long periods of time spent looking at a screen are tiring for the eyes, and may weaken them over time. Give yourself breaks during the day where you are focused on things in the natural world, not your computer, phone or TV.

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