



Eye Health

Health Information
August 2024



This month I wanted to focus on eye health. My information came from WebMD and CDC.

Don't take your eyes for granted!

Did you know there are some steps that can help keep your eyes healthy?

1. **Eat healthy**- omega-3 fatty acids, lutein zinc, vitamins C and E can help ward off age-related vision problems.
 - a. Green leafy vegetables (spinach, kale, and collards)
 - b. Salmon, tuna, and other oily fish
 - c. Eggs, nuts, beans, and nonmeat protein sources
 - d. Oranges and other citrus fruits and juices
 - e. Oysters and pork
2. **Quit Smoking**
3. **Wear Sunglasses**-Too much UV exposure boosts your chances of cataracts and macular degeneration.
4. **Use Safety Eyewear**
5. **Look away from the computer screen**
 - a. Staring too long at the screen can cause:
 - i. Eyestrain
 - ii. Blurry Vision
 - iii. Trouble focusing at a distance
 - iv. Dry eyes
 - v. Headaches
 - vi. Neck, back, and shoulder pain
6. **Visit your Eye Doctor Regularly**

Ways to protect your eyes when using a computer for long periods:

1. Make sure your glasses/contacts are the correct prescription for you.
2. If you have continuous eye strain talk with your doctor about computer glasses.
3. Move the screen so your eyes are level with the top of the monitor.
4. Try to avoid glare from windows and lights.
5. Use anti-glare screen if needed.
6. Choose a comfortable, supportive chair. Position it so that your feet are flat on the floor.
7. If your eyes are dry, blink more or try using artificial tears.
8. Rest your eyes every 20 minutes. Get up at least every 2 hours and take a 15 minute break.

Please take the time to take care of your eyes and if you have any concerns with your eyes go see your doctor. Thank you for taking the time to read or glance at this information and hopefully you find it helpful. Have a wonderful and blessed day. Please enjoy ***The Cracked Pot*** story.

Blessings,
Danielle



THE CRACKED POT

A water bearer worked for a merchant who lived on top of a hill. Every day he had to walk down the hill to collect water from a stream. He would place it in two pots which he hung on each end of a pole and carried over his shoulders. One of the pots was perfect and always delivered a full portion of water at the end of the long walk. The other pot had a crack and would always arrive half full.

The perfect pot was proud of its accomplishments, whilst the poor cracked pot was ashamed of his own imperfection.

One day the cracked pot spoke to the water bearer. "I feel like I have been such a burden to you. This crack on my side, has made me useless. I end up spilling half the water and I feel so ashamed" he said.

The water bearer smiled, and quietly said, "As we return to the merchant's house today, I want you to notice the beautiful flowers along the path."

All along his side of the path the pot noticed a beautiful blaze of colourful flowers while the other side was still dry.

As they reached the top of the hill, the water bearer said, "I have always known about your crack and took advantage of it by planting seeds that you watered every day. And now, look at these beautiful flowers along the way. Without you being just the way you are, the path would never have had such beauty."

The cracked pot was overjoyed. He understood that the very thing he thought to be his flaw turned out to be a blessing for the flowers along the path.

