Natural Help 4...

Eye Strain

What is Eye Strain?

Eye strain is the discomfort experienced when you focus for prolonged periods that causes your eyes and the eye muscles to tire and become over-used. Your eyes are designed to shift focus between near and distant objects. However, most of our work and recreational tasks have been executed at close proximity.

Visual tasks such as reading, spending hours at the computer or watching television require you to focus and concentrate – and without you realizing it, you are actually placing strain on your eye muscles. The **eye muscles tighten** and cause your eyes to become dry, irritated and uncomfortable.

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Diagnosing Eye Strain

If your eyes are strained or you are sensitive to light, you should visit an optician for an eye examination. Having your vision tested will also rule out any eye disorders and verify whether you need prescription spectacles or contact lenses.

Symptoms of Eye Strain

- Headaches or migraines
- Pain in the eye
- Red, watery eyes
- Blurred or double vision
- Dry eyes that feel scratchy
- Burning sensation when you close your eyes
- Neck aches
- Back aches
- Aching heaviness of the eyelids or forehead, especially around the eyebrows
- Muscle spasm in the muscles surrounding the eyes
- Twitch in the eyelid

Eye strain symptoms will not be present when you wake up in the morning nor be accompanied by ultra-sensitivity to light. **Eye strain symptoms** also tend to worsen when visual tasks like reading are performed. **Eye strain caused by computers** has become exceedingly common and today eye strain affects mostly computer users.

More than 50% of computer users complain of **eye strain symptoms**. They stare at a screen for hours a day, usually in one position. People who read a lot, watch television for long periods, spend time outdoors in the glaring sun or drive long distances are also at **risk of developing eye strain symptoms** .

The content of this ebook is intended for informational purposes only.

It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

What Causes Eye Strain?

There are several **factors that contribute to the causes of eyestrain**. Focusing the eyes on a fixed object for prolonged periods causes the eyes to strain with close viewing being worse than distant viewing. Working in poor lighting also causes the eyes to become more strained.

The direct glare of bright ceiling lights or a sunny window shining into your eyes makes it difficult to see. **Eye strain caused by computers** is common. Reflected glares of computer screens may also bring about **eye strain** because the contrast between the image you are viewing and its background are reduced by the reflected light.

This glare makes it harder for your brain to interpret the image which causes you to strain your eyes and your facial and eyes muscles tighten. Too much contrast (the difference in brightness between what is being viewed and its immediate environment) can also lead to **eye strain caused by computers**.

Conditions Related to Eye Strain

There are a number of visual defects that can cause eyestrain and the associated headaches.

One of these is hyperopia, where the light is focused behind the retina and consequently the image is blurred close up. Hyperopia is corrected by spectacles or contact lenses. The opposite of this is Myopia whereby distant objects are blurred.

Astigmatism is another type of visual defect and can accompany either myopia or hyperopia.

Astigmatism occurs when the cornea is not a perfect spherical shape so images will be blurred in some areas and clear in others. Astigmatism may cause a blurring of objects at all distances and even a tendency for the person to squint in order to improve vision. Astigmatism is also correctable with spectacles and contact lenses.

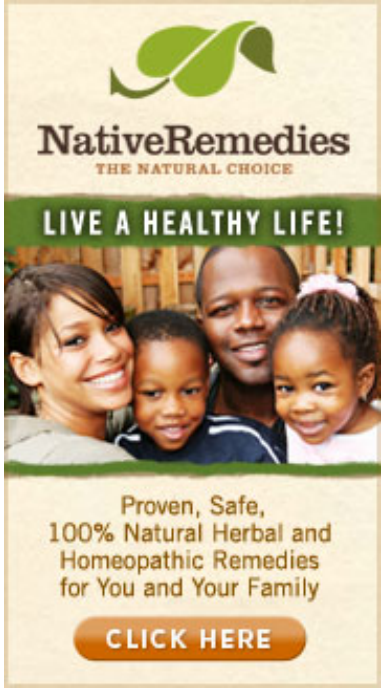
Presbyopia is another eye condition that frequently occurs with the ageing process.

Help for Eye Strain

Treat strained eyes by moisturizing them with a variety of over-the-counter eye-drops or artificial tears. Hypoallergenic preparations can also **soothe overworked eyes** (especially seeing as many eye medications contain harsh ingredients which can have adverse side effects).

Natural Remedies for Eye Strain

Natural treatments such as herbal and homeopathic remedies can also promote healthy vision, strengthen blood capillaries in the eye and prevent eye sensitivity without doing further harm. These remedies are gentle and can help to lubricate the eye, and provide relief when it is needed most. Herbs such as Vaccinium myrtillus (bilberry), Aspalathus linearis (Rooibos) and Sutherlandia



Michele Carelse, Clinical Psychologist

All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

frutescens benefit peripheral circulation and capillary strength as well as daily health.

Simple Solutions to Relieve Eye Strain

- Close your eyes for a few minutes to ease the strain, this is a commonly overlooked **home remedy for eye strain**.
- Practice **eye exercises** such as blinking or rolling your eyes - blinking moistens the eyes and relieves tight eye muscles
- Take regular breaks to relax eye muscle - occasionally look away from the monitor and focus on a distant object for a few seconds to give your eyes a rest.
- Turn up the contrast on your computer screen to minimize eye strain
- Another **home remedy for eye strain** is to position your computer screen out of the direct glare of the sunlight and use a glare filter on the screen
- Computer monitors and television screens should be positioned at eye level so that you can look down towards it
- When reading, hold your book at least 30 to 40 cm away from your eyes
- Wear sunglasses when driving or outdoors because the ultraviolet rays of the sun can cause you to squint
- Wear a sunhat or baseball cap when outside in the sun to reduce glaring and squinting
- While watching television, the lighting of the room should be about 50% dimmer than the screen
- Avoid watching television at an angle or in darkness
- Another **home remedy for eye strain** consists of sufficient intake of nutritional supplements such as Vitamin A and beta carotene which are good for your eyes and reduce the risk of eye strain

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by

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conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used

Six Good Reasons to choose Native Remedies as your trusted suppliers of

for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

Vizu-All Plus: Natural remedy for visual and circulatory health.

Vizu-All Plus is a 100% safe, non-addictive natural herbal remedy formulated by our team of natural health experts. Vizu-All Plus can be used consistently to safely **support visual health and encourage circulation to the eyes** while promoting overall systemic and immune system health.

Vizu-All Plus supports the healthy functioning of the eye, thereby helping to maintain routine visual health both day and night, as well as encouraging blood flow to the optical nerve and surrounding tissues. Vizu-All Plus can make all the difference, without compromising health and **without serious side effects.**

The ingredients in Vizu-All Plus have been selected for their ability to **help support circulatory and tissue health**, particularly of the feet and hands, while encouraging the maintenance of healthy blood flow to the brain to prevent age-related absent-mindedness and to support healthy levels of oxygen and nutrients to the brain.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

Learn more about Vizu-All Plus

Read the testimonials for these quality products here!

herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email Ask Our Experts service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional One Year Money Back Guarantee.

Read more about the Native Remedies Full Spectrum Approach™

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