

See Clearly About Your Vision

Eyesight needs protection.

The eyes capture light from their surroundings before transforming it into impulses that the brain interprets as images. They are extremely sensitive, and will not hesitate to swell, turn red, tear or itch to warn the body of the presence of foreign bodies or possible allergies. Containing potent lysozymes, tears secreted from eyes disable invading pathogens to curb their entry into the body.

Poor television, computer and reading habits can overtax the eyes, gradually leading to eye fatigue and worsening vision. Your eyesight may also be adversely affected by conditions such as macular degeneration, cataracts, diabetic retinopathy (disease of the retina due to diabetes mellitus), glaucoma (an eye disease that damages the optic nerve) or keratitis (inflammation of the cornea).

To boost eye health, Nutritional Immunology encourages erecting an immune fortress through a nutritious diet rich in nutrients and antioxidants.



Grape Seed

Oligomeric proanthocyanidin (OPC) is a powerful flavonoid with a strong antioxidant effect. It is found mainly in plant skins and seeds. Research has shown that grape seed extract, rich in OPC, has almost 20 times and 50 times more antioxidant activity than vitamin C and vitamin E respectively. Grape seed can protect our DNA from the harmful effects of free radicals. This can help delay aging and may deter cancer.

Our retinal tissue needs good nourishment for us to maintain normal vision. OPC strengthens weak and fragile blood vessels and arteries, making it useful in treating and preventing diabetic retinopathy (damage to the retina caused by diabetes). Studies have shown that consumption of OPC can improve diabetic retinopathy and hypertensive retinopathy, and reduce loosening of the retina. OPC has also been found to be as effective as the drug Dexium at treating diabetic retinopathy, with many patients reporting improved vision.



Cassia Tora

The seeds or fruit of Cassia tora are used in the treatment of eye ailments such as cataracts, conjunctivitis and glaucoma. Extracts of Cassia tora seeds have been discovered to possess anti-tumor properties. As Cassia tora seeds have natural blood pressure-regulating properties, they are used to treat hypertension and lower blood cholesterol. In one study, subjects who were treated with Cassia tora experienced a significant decrease in blood cholesterol levels.



让灵魂之窗清晰透亮

用心保护您的视力

眼睛负责将四周的光线聚焦投射在视网膜上，再将光线转换为信号，当大脑接收到这些信号时再将其转换为影像。眼睛是人的灵魂之窗，非常敏感，只要受到任何外来物质侵袭或可能发生过敏时，眼睛就会马上对身体发出警讯而出现红肿、流泪或发痒的现象。眼睛所分泌的泪水含有一种强力的溶菌酶，具有杀菌功能，能阻止病原侵入人体。

不良的观看电视、使用电脑和阅读习惯让眼睛不胜负荷，久而久之将造成眼睛过度疲劳，进而令视力受损。此外，黄斑病变、白内障、糖尿病视网膜病变（一种因糖尿病引起的视网膜病）、青光眼（一种会使视觉神经受损的眼疾）或角膜炎（眼角膜发炎）都对视力有害。



葡萄籽

原花青素（OPC）是一种具有抗氧化功效的强力类黄酮，多数在植物的表皮和种子中获寻。研究显示，葡萄籽萃取物富含OPC，其抗氧化功效不仅比维生素C高20倍，更是维生素E的50倍。葡萄籽能保护人体DNA免受自由基的影响，从而延缓老化和抑制癌症。

视网膜组织需要获得良好的营养来维系正常的视觉。OPC能强健孱弱和脆弱的血管和动脉，有助于治疗与预防糖尿病视网膜病变（一种因糖尿病造成的视网膜损伤）。研究显示，摄取OPC能改善糖尿病视网膜病变和高血压性视网膜病变，以及减少视网膜剥落的情况。OPC也被发现在治疗糖尿病视网膜病变方面的功效与导升明（一种药物）看齐，许多病患的视力也因此获得改善。

决明子

决明子的种子或果实通常用来治疗多种眼疾，如白内障、结膜炎和青光眼。决明子的种子萃取物具有抗肿瘤功效。决明子的种子具有天然调节血压的功效，因此被用来治疗高血压和降低胆固醇。在一项研究中，接受决明子治疗的患者的胆固醇指数明显降低了。

