

Traditional Chinese Medicine Clinic

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****Natural Ways to Enhance Vision****

Blurred vision is the most common ophthalmologic complaint and can mean general visual dimming, reduced field of vision, or distortion of vision. In an extreme form blindness can follow.

The most common causes are refractive error, cataracts, glaucoma, diabetic retinopathy, and age-related macular degeneration; less common causes include retinal detachment, optic neuritis or neuropathy, stroke, retinal vascular occlusion, uveitis, and keratitis

When one has periodic or extended times of blurred vision, an Ophthalmologist should be contacted. Provide your history on the location, speed of onset, duration, and pertinent information of previous ocular symptoms. Describe the presence and nature of pain, discharge, or redness; and changes in visual acuity. Symptoms besides vision loss and eye pain can include flashing lights, showers or floaters (both of which are symptoms of retinal detachment), diplopia, and loss of peripheral vision

A series of eye examinations should follow such as:

- *Visual acuity*
- *Eyelid and conjunctival examination*
- *Corneal examination*
- *Pupil examination*
- *Extraocular muscles*
- *Ophthalmoscopy*

What can we do to help prevent vision problems and improve our vision after illness?

The earliest record of Traditional Chinese Medicine & Ophthalmology treatments were discovered from a tomb in "An Yang City" China. Written between 1300-1400 BC.

TCM believed that acuity of vision is related to many vital organs. The different parts of the eye relate to a specific organ.

Heart relates to the inner side of eye and reflects the spiritual side of a person. We have all observed the spirit of the mind through the eyes; the emotional stages such as sadness, joy and passion. ie: “The eyes are the window to soul “

Liver relates to the Iris of the eye. If the liver is in the stage of disharmony, vision can be blurred, dry, night blindness can occur as well as weakness in determining colors.

Spleen relates to the soft tissue around the eyes. The Spleen organ generates and transports energy to the eye and ensures that the eye is properly nourished. If there is a spleen deficiency, eye lids will drop, wrinkles will appear around the eye as well as tissue puffiness and edema around eyes.

Lungs relate to sclera (the white part of the eye), if lungs are in disharmony the eyes will be more sensitive to the environment and to allergic reactions such as; hay fever with tearing and itching of eyes.

Kidney energy is more often related to vision problems in the elderly. TCM believes that the kidney is in charge of the Retina. If the kidney is weak compounded by premature ageing, one tends to have early cataract, or macular degeneration disease.

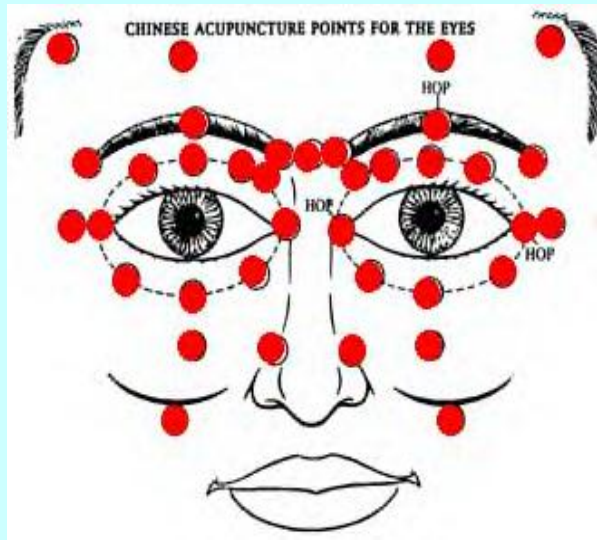
What can we do to preserve our vision in senior years?

1. A Healthy diet with moderated exercise: Maintaining good health is the first step to preventing vision problems. Hypertension, diabetes, cardiovascular diseases and some bleeding disorders add to vision problems.
2. Consult **Dr. Helen Hu**, (a TCM Doctor) for prevention of deteriorating vision. Natural TCM food therapy, Herbal therapy along with Acupuncture will balance organs that are related to vision problems. (Always consult with a registered Ophthalmologist)
3. Daily Herbal Tea for prevention of many vision problems in the elderly:
 - Green tea leaves, Go Ji berry. White Chrysanthemum flowers (Chrysanthemum Morifolium Flos) with honey for blurred vision with macular degeneration.
 - Green Tea leaves, Go Ji berry and Jue Ming zi (Cassia Tora Semen) for prevention, deteriorated vision of those with hypertension, diabetes, and Hypercholesterolemia.
 - Green tea leaves, white Chrysanthemum flowers, Go ji berry and Hawthorn berry for prevention, deteriorated vision for those with cardiovascular diseases, hypertension and Hypercholesterolemia.

4. Self acupressure and eye exercise for better vision: (See the chart below)
 - a. Sit on a safe chair to prevent falling.
 - b. Relaxed shoulders and neck with closed eyes.
 - c. Gently use palms to cover each eye, light pressure for 30-60 seconds.
 - d. Apply Gentle pressure along the boney edge of eye sac and along the eye brow from inner side of eye to outward part of the eye using the thumb.

5. Daily eye exercise steps:
 - a. Move the eyes clockwise, 30-40 times.
 - b. Move the eyes counter clockwise, 30-40 times.
 - c. Move the eyes as if writing the letter of “W”, 30-40 times.
 - d. Move the eyes as if writing the letter of “M”, 30-40 times.
 - e. Close and rest the eyes for three minutes.

6. Regular Dr. Appointments to check changes in vision



Please call Dr. Helen H. Hu for a consultation!

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