

DRY EYE PREVENTION

By Steven G Pratt M.D., FACS, ABIHM

GOAL: ON A DAILY BASIS, DECREASE INFLAMMATORY MODERATORS IN YOUR TEAR FILM/BODY

- **Omega 3: Fatty Acids (fish oil)**

Pro- Omega 2000 (only can be purchased from a physician. Check out our store on this website.

For Men, 2 with breakfast and two with dinner. Women, 2 with breakfast and 1 with dinner.

Kirkland Signature Enteric Coated Fish Oil Omega 3 1200mg fish oil, 684mg of omega 3 fatty acids (www.costco.com) Take one capsule with breakfast and one with dinner.

Nordic Naturals Ultimate Omega

Take on capsule with breakfast and one with dinner.

- **Tumeric or Curcumin:**

You Theory Tumeric 1000mg (youtheory.com) One capsule awn breakfast and one with dinner. Found at Costco.

Doctor's BEST with BioPerine Best Curcumin C3 Complex 500mg—take 1-2 capsules with breakfast and 1-2 capsules with dinner daily (www.drbrvitamins.com)

- 4 cups/day of **Green Tea**, (my favorite is Kirkland Green Tea/Matcha Blend), add dark honey or stevia as needed or try Dr. Steve's Green Tea (4 ounces of water microwaved for 2 minutes, steep 2 green tea bags in the water for 3-4 minutes, remove the tea bags and squeeze them “dry” into the hot water, add 4 ounces of organic vanilla soy milk and dark honey “to taste” (or stevia) and enjoy. (before disposing of the tea bags wipe them on your face and skin for a proven SPF/anti- wrinkle protection)

- 1 cup **berries** in AM and 1 cup in PM (any berry will do, and can be fresh, frozen, freeze-dried etc.) You can also supplement with Bilberry extract (in addition to berries,

not in place of them). Dried organic Gogi berries, raisins, dates, dried plums, (prunes) apricots, cherries, (dried or frozen/fresh) are also an excellent choice. MIX IT UP!!!

- Have your health care professional do a non-fasting blood test for 25 (OH) **vitamin D3**. Aim for a blood level of 50-75 ng/ml. Take all vitamin D3 supplements with a meal. A couple of my favorite vitamin D3 supplements are:
Nature Made D3 (www.NatureMade.com) and (USANA VITAMIN D with added vitamin K-MK4 and MK7: can be purchased through a USANA distributor- check the web)
- **Supplemental Cinnamon**- in addition to liberal use of this spice in cooking, one commonly found supplement is: Natrol Cinnamon Extract 1000mg. Take one twice daily with meals (www.natrol.com or 800-262-8765)
- TruNature Grape Seed & **Resveratrol**-take 1/2 tablet twice daily with a meal. Distributed by Costco, 1-800-428-8048
- 1 pack of Cocoa Via. I enjoy this product as Dr. Steve's Hot Chocolate first thing every morning (8 ounces organic vanilla soy milk microwaved for one minute, 1 packet of Cocoa Via and dark honey "to taste"—after removing the cup from the microwave) and enjoy-keep a spoon handy as you will need to use the spoon to consume some of the cocoa as you sip on this "anti-inflammatory cup of longevity"
- Warm compresses to lids twice daily and lid scrubs when taking a shower
- Preservative-free artificial tears whenever possible
- **DECREASE INFLAMMATION IN YOUR BODY THE "NATURAL WAY"**
 - Average 7-8 hours of quality sleep each night
 - 10% weight loss if your BMI is >25(visit the web or my books for a BMI formula)
 - 30 to 60 minutes of physical activity most days

- Weight training 2-3 times/week
- **Whole Grains**- aim for at least 10 grams of whole grain fiber daily. • Wild salmon (or sidekicks)-) 3.5 oz. serving four times a week
- 2 Tbsps a day of Bob's Red Mill **Ground Flaxseed Meal** (found in most supermarkets) and or 2 Tbsps a day of Chia Seeds (Ultimate CHIA life (1-800-830-1800 or www.renewlife.com). Organic sources if possible.
 - * There are multiple sources of both ground flaxseeds and chia seeds.
- 1-1.5 oz. of **walnuts** 5 times/week (may substitute pistachios, almonds, pecans, cashews or other “side kicks”)
- 2 Tbsp. a day of first cold-pressed **extra- virgin olive oil**
- Spice it up (my favorite is Kirkland Organic Salt Substitute)
- Be a **carotenoid** Queen or King (see daily goal in *SuperHealth**)
- Fruits & veggies = UNLIMITED
- **Berries**, cherries, grapes at least two times/day and bathe each meal in 3-4 oz of 100% purple grape juice, pomegranate juice, blueberry juice, or un filtered apple juice (organic when possible)
- * MAY TAKE UP TO 3 MONTHS TO NOTE A SIGNIFICANT IMPROVEMENT
- * Resource book: *SuperHealth: 6 Simple Steps, 6 Easy Weeks, 1 Longer, Healthier Life*. Steven Pratt M.D., Signet (Penguin Group), 2009. Available on amazon