

TABLE OF CONTENTS

Foreword	1
Introduction	2-3
Chapter 1: Basic Anatomy and Physiology	4-6
Chapter 2: How the Eye Works.	7-8
Chapter 3: Introduction to Chinese Medicine and Eye Care.	9
Chapter 4: Common Eye Conditions.	10-64
Section 1: List of Eye Conditions by Category	10
Section 2: Description of Each Eye Condition and Treatment Protocols	11-64
A) Refractive Eye Conditions:	11-18
1. Myopia (Nearsightedness)	11-14
2. Astigmatism	14-16
3. Hyperopia (farsightedness)	16-17
4. Presbyopia	17-18
B) Functional Eye Conditions	18-30
5. Amblyopia	18-20
6. Strabismus	20-25
A. Esotropia	21-22
B. Exotropia	22-25
C) External Eye Conditions	25-30
7. Blepharitis	25-26
8. Chalazions and Styes	26-28
9. Ptosis	28
10. Conjunctivitis	29-30
D) Chronic Eye Conditions	30-64
11. Glaucoma	30-36
12. Macular Degeneration (same recommended protocol as for Stargardt's Disease and Lattice Degeneration)	36-40
13. Cataracts	40-43
14. Dry Eyes	44-47
15. Floaters	47-49
16. Optic Neuritis	49-50
17. Optic Atrophy (same recommended protocol for Leber's Hereditary Optic Neuropathy)	50-51
18. Color Blindness	51-52
19. Pterygium	52
20. Retinitis Pigmentosa	52-53
21. Rod-Cone Dystrophy	53-55
22. Photophobia	55
23. Night Vision (Poor)	56

TABLE OF CONTENTS

	24. Diabetic Retinopathy	56-57
	25. Central Retinal Vein Occlusion	57-59
	26. Central Serous Retinopathy (Choroidopathy)	59-60
	27. Macular Hole	60-62
	28. Vitreous Tear/Detachment	62
	29. Retinal Tear/Detachment	63-64
Chapter	5: Vision and Personality	65-79
Chapter	6: Visual Hygiene	80-82
Section 1:	Overview	80
Section 2:	How to Take Care of Your Eyes	80-81
Section 3:	Alternative Therapies that Help Your Eyes Stay Young	81-82
Section 4:	20/20 Isn't All There is to Vision	82
Chapter	7: Recommended Eye Exercises: (See Chapter 8 for eye exercises and acupuncture points that are good for all eye conditions and overall eye health). The exercises listed below are ones we recommend to do regularly for the eye condition above..	83-90
Chapter	8: Vision Diet	91-93
Appendix	1: Glossary	94-96
Appendix	2: Organizations.	97
Appendix	3: Common Drugs and Contraindications for Vision	98-105
Appendix	4: Recommended Products by Eye Condition	106-109
Appendix	5: Food Sources for Nutrients	110-115
Appendix	6: Fruits and Vegetables – Detailed Descriptions of Benefits by Food Type	116-117
Appendix	7: Juicing Recipe Summary by Eye Condition	118-119
Appendix	8: Nutrients and Eyes: Individual Nutrient Summary in Alphabetical Order Nutrients and Eyes	120-124
Appendix	9: Single Herbal Remedies	125
Appendix	10: Research Study Summary by Eye Condition	126-132
Appendix	11: Contact Information & www.naturaleyecare.com	133