



Visionary Cooking Food for the Eyes

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“The doctor of the future will give no medicine, but will interest his patients in the care of the human body, in diet, and in the cause and prevention of disease.” - **Thomas Edison**

A positive, healthy lifestyle that includes regular exercise, time for relaxation, walks in nature, and a healthy diet of lots of organic fruits and vegetables mixed and matched with a wholesome variety of whole foods is the key to optimum eye health. In the pages that follow, you will find delicious and easy to follow recipes. Recommended foods to eat to prevent cataracts, alleviate macular degeneration and glaucoma, and foods to avoid. Charts that define the nutrients, and offer which foods contain these nutrients. Lists of nutritious foods that help prevent and heal eye diseases. All and all, you will be happy to find that the foods that enhance vision also promote our overall vitality, and are a pleasure to eat. Let's get started.

When mom and dad told you to eat your carrots because they were good for your eyes, they were on the right track. As researchers continue to document that we really are what we eat, the role of nutrition in eye health becomes clearer and more important all the time.

Beyond the common belief that eating carrots improves your eyesight, most of us don't know much about the relationship between nutrition and our eyes. We tend to take them for granted, especially if our vision is good. But all of us—women in particular—would do well to pay more attention to the issue. According to the Women's Eye Health Task Force at Boston's Schepens Eye Research Institute, Americans' vision problems are increasing at near-epidemic rates, and women comprise two-thirds of those affected.

In working with thousands of patients in 28 years of practice, I start my eye care prevention and treatment programs with a discussion with the patient regarding their diet. Consider these facts: more than 25 per cent of the nutrients we absorb from our food go to nourish our “visual system”, our eyes and all of the nerves, blood vessels and tissues that support our vision. Indeed the concentration of Vitamin C in healthy eyes is higher than almost anywhere else in the body. It is not surprising then that proper nutrition plays an important role in preventing and treating problems such as cataracts, macular degeneration, glaucoma and dry eyes.

So what foods are the most important for eye health as mom told us? They are the fruits and vegetables. One study of over 100,000 people over a 12 to 18 year span at Brigham and Women's Hospital in Boston found that those who ate three or more servings of fruit a day were 36% less likely to develop age-related macula degeneration than people who ate less than 1.5 servings of fruit per day.

Eating a variety of whole foods and omitting processed sugar and other junk foods will help your body to get a wide range of nutrients. The body can lose a significant amount of nutrients when we eat nutrient poor foods. For example, we lose chromium and B Vitamins as our body tries to burn white sugar. Therefore getting our nutrients by eating a wide variety of organically grown whole foods especially fruits and vegetables is a key to maintaining good vision.

The body's health depends upon eating a diet rich in real whole foods; the combination of vitamins, minerals and live enzymes in whole foods is needed for our vitality. The absence of one nutrient can affect the body's ability to use another nutrient. For example, proper amounts of magnesium and Vitamin D are needed to absorb and utilize calcium efficiently. Without adequate levels of zinc, the body cannot utilize all the Vitamin A it receives.

Similarly, the B Vitamins are needed together in order for the body to utilize any of them properly.

It was also found that lutein and zeaxanthin were some of the most important nutrients to help protect the eye from cataracts and macular degeneration. In the Eye Disease Case Control Study, researchers found a significantly lower risk for developing these eye diseases in people with high amounts of lutein and zeaxanthin in their blood. Also, people who ate a diet with the most lutein and zeaxanthin (as much as 5.8 milligrams (mg) per day) had a significantly lower risk for macula degeneration than those whose diet contained the least amount (as low as 1.2 mg per day). Dietary studies confirmed the association between frequent consumption of spinach or collard greens, which are good sources of lutein and zeaxanthin, in lowering macula degeneration risk. In general, eating a diet rich in real whole foods everyday is the key to optimum eye health.

Foods to Eat for Optimal Eye Health

These foods include: **Anti-oxidant rich organic fruits and vegetables:**

Fruits: Eat one to two pieces of fruit per day maximum if you tend to have a sugar intolerance or hypoglycemic reaction. Melons and bananas tend to have the highest sugar content. To maintain sugar stability, fruits should not be eaten alone, but with nuts, a snack or a meal. Small amounts of diluted apple juice are often tolerated in moderate doses. Fresh, natural organic vegetable juices are usually well tolerated.

Vegetables: All vegetables are allowed. Organic vegetables are recommended. Eat your vegetables raw, steamed, baked, sautéed, pressure cooked, but not microwaved. Frozen vegetables are the next best to fresh vegetables, if they are not prepared with sugar and do not contain other additives. Potatoes are healthy (particularly red potatoes), and be sure to eat the skin (carefully wash and remove the eyes before cooking if using white potatoes).

Sprouts are excellent additions to salads.

Oils and Healthy Fats: Lubricating oils from fish, olives, nuts and seeds, unsalted organic and grass fed dairy butter, goat butter, ghee, extra virgin

coconut oil, and coconut ghee.

Proteins: grass raised dairy, lean meats and poultry, cold-water fish, sea vegetables, as well as vegetable proteins (some soy foods, beans, whole grains, nuts, seeds, and greens).

Snacks: Healthy snacks include nuts (preferably unshelled as oils in the nuts are susceptible to becoming rancid with exposure to heat and light), seeds, fresh popcorn, rice cakes (not tampered with added sugar), whole grain crackers with tuna, egg or tofu salads, almond or other nut butters, raw vegetables and hummus or other bean dips without additives.

Seasonings: All natural herbs and spices may be used. Unrefined Sea salt is better than standard table salt. Also you can try dulse flakes, Herbamare, Seazun, kelp, nori, or other sea vegetables.

Stay hydrated: Drink the recommended eight to ten glasses of water a day. Best to avoid drinking unfiltered tap water. Drink filtered water, clean spring or well water. Avoid carbonated, caffeinated, and alcoholic beverages that dehydrate eye tissue and lead to reduced tear production and dry, uncomfortable eyes.

Foods to Avoid

Caffeine: Avoid coffee, colas and other soft drinks containing caffeine, regular teas and any herbs containing caffeine (green teas are exceptions).

Sugar: Avoid white, brown, turbinado, cane, raw and concentrated fruit sugars. Also stay away sugar substitutes, candy, pastries, ice cream and other desserts with excessive sugar content. READ LABELS. Avoid “-ose” ingredients such as dextrose, lactose, glucose, and sucrose. They are no better than white sugar! Raw honey and blackstrap molasses are generally tolerated and more healthful. Also try an herb called Stevia that is excellent to use in place of sugar, is about 30 times sweeter, but in fact is not a sugar, has no calories and no known negative effects.

Dairy: Avoid milk, cheese, ice creams and yogurt (although goat yogurt generally is better tolerated). Butter is the only product from cows that is acceptable. Again organic butter is far superior. Milk and cheese from goats can be used. Soymilk is an acceptable replacement for milk, although in moderate amounts.

White Flour and Pastas: Avoid refined carbohydrates in general. Use whole wheat or other grain flours. Excellent pasta choices are pastas made from rice, spelt, whole wheat or other whole grains.

Alcohol: Avoid. A glass of red wine in the evening is acceptable.

Condiments: Avoid products containing artificial colors, artificial flavors or preservatives. Avoid table salt (sea salt is better), MSG (monosodium glutamate), Accent or any product with hydrogenated oils or sweeteners.

Traditional Chinese Medicine views the liver as the primary meridian responsible for eye health, according to New Paltz, New York acupuncturist Michael Edson, MS, LAc. A healthy liver supports vision by contributing to the free flow of energy and blood throughout the body and by converting beta-carotene into Vitamin A.

Avoid fried foods and partially hydrogenated fats (which place undue stress on the liver) can help improve night vision, adaptation to bright light, and adequate tear production, he says.

Cut down on sweets, too, says Grossman, because sugar has been shown to impair the lens' ability to keep itself clear. (He does note that adequate amounts of Vitamin C can prevent and even reverse this negative effect.)

What Else do Healthy Eyes Need?

Mr. Bill Sardi, who has collected and studied a great deal of research on our eyes, spoke at a NOHA program on "Nutrition and the Eyes," October 15, 1997. He pointed out that our eyes are subject to radiation from light and

that in the act of seeing they use a great deal of energy. As we know, in order to live we produce energy by using oxygen; this process produces many harmful free radicals, which then need to be quenched. Consequently, the overwhelming requirements for the health of our eyes are to protect them from the most dangerous forms of radiation and to have a sufficient supply of antioxidants to react with and destroy the free radicals. What follows is based on his talk and his four books* on nutrition and the eyes. First, his general recommendations:

Raise glutathione: This is an antioxidant that has been found to be extremely protective for our eyes. Sardi stated that the level of glutathione in the eye is the most important measure for the health of the eye. Unfortunately, it is difficult to measure directly.

Glutathione is composed of three amino acids: glutamic acid, cysteine, and cystine. For our bodies to form it from the proteins that we ingest, we must be sure to have good sources of sulfur. He suggested garlic, onions, asparagus, and eggs—in all cases, grown without pesticides. In regard to eggs, he told us about chickens that ate purslane (rich in Omega-3s), which gave their eggs high levels of omega-3 fatty acids that are protective for our nerves. Some studies have shown that many lenses with cataracts contain approximately 1/5th the amount of glutathione as compared to normal lenses. All the following nutrients could help increase glutathione levels: N-Acetyl Cysteine, Alpha Lipoic Acid, Vitamin C, selenium, Vitamin E, Vitamin B2, Vitamin B6, zinc, and other nutrients.

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Exercise: This increases circulation, which is essential for the health of our eyes, and for increasing our high-density lipoproteins (HDL, the good cholesterol), which are important for transporting lutein from our gut to our eyes. Sardi stated that beta-carotene and lutein compete for transport, so, if we are low in HDL and high in beta-carotene, which is a nutrient added to many supplements, we might reduce lutein for our eyes.

Tighten the capillaries: Weak capillaries can exacerbate many eye problems. Vitamin C tightens capillaries and is essential for our retinas (also

for our lungs and kidneys). To enhance the action of Vitamin C we need to eat foods with bioflavonoid. He mentioned pomegranate and lemon rind. Other bioflavonoid rich foods are white grapefruits, cherries, apples, pears, grapes, cranberries, green cabbage, spinach, kale, garlic, and onions, especially red onions.

Improve blood circulation: We need to have excellent circulation in the tiny capillaries of the retina. Any condition such as clots, arteriosclerosis, thick blood, blood vessel spasms, or inflammation can cause major injury. For a strong heartbeat he suggested eating ginger and taking coenzyme Q10, L-carnitine. He also suggested eating ginger and red onions to reduce inflammation. Blood vessel spasms can be caused by allergies. Calcium is involved in blood coagulation and is balanced naturally by magnesium in the diet. Sardi pointed out that many people are low in magnesium. Foods rich in magnesium include most nuts, seeds, seafood, sea vegetables, cacao, green leafy vegetables: asparagus, broccoli, carrots, corn, kale, mushrooms, peas, potatoes, spinach, chard, collard greens, yams, garlic, eggs, beans, salmon, mackerel, cod, mangoes, oranges, peaches, pomegranate, tomatoes, grapefruit, cherries, blueberries, bananas, hemp seeds, amaranth, quinoa, buckwheat, and soy products.

Protect the nerves, reduce inflammation, increase intelligence and brain function: Keep a diet rich in Omega-3 fatty acids from hemp oil and fish oils DHA (docosahexaenoic acid) Sardi said that DHA is needed for healing all nerve disorders. He suggested going to fish oils with higher DHA than EPA (eicosapentaenoic acid) since the two fatty acids compete in metabolic pathways. Hemp oil is a great vegan alternative for the fish oils.

Avoid dry eyes: Eat healthy fats high in Omega-6. Borage oil is a great source of protective Omega-6 fatty acid GLA (gamma linolenic acid), which keep our eyes moist and reduce evaporation. Other sources of Omega-6s include hemp seeds, hemp oil, flax oil, fish oil, (grass raised and organic) butter, and Evening Primrose oil.

Why is Eye Disease Increasing?

Longevity is one reason. “Vision itself also declines because of how we use our eyes—constant ‘near work’ in schools and on computers,” says Marc Grossman, OD, LAc, author of *Greater Vision* (McGraw-Hill, 2001). Older women are more likely to suffer from a cataract (clouding of the eye’s lens). And for a variety of reasons, they are also more likely to develop ocular symptoms associated with rheumatological diseases such as lupus, and macular degeneration, in which the retina’s macula—the source of clear, sharp vision—gradually breaks down. Prevent Blindness America cites 1 in 3 people over 65 as at risk for this major cause of blindness, with women twice as likely to develop it. In addition, as women age, hormonal changes can contribute to dry-eye syndrome, in which decreased tear production fails to lubricate the eye’s surface adequately. In his books, Sardi touches on 33 eye diseases, but 3 are the most prevalent:

Cataracts

A cataract develops when the clear crystalline lens of the eye gradually develops some fogginess. Exposure to ultraviolet light (both A and B) hastens the dimness. Other risk factors include certain medications, smoking, drinking alcohol, eating high sugar foods (diabetic cataract); lack of an enzyme to metabolize a milk product (galactose cataract); poor nutrition and dehydration.

Studies have shown a decreased level of Vitamin C in the aqueous humor as well as in the overall body when cataracts are forming. Vitamin C has also been shown to control sugar imbalances that often play a role in cataract formation. Natural sources of Vitamin C include citrus fruits, red peppers and tomatoes.

Bioflavonoids, such as orange zest, the peel of organic oranges, enhance the activity of Vitamin C)

To help prevent cataracts, Sardi emphasizes eating foods rich in Vitamins E, C, Beta Carotene, Zinc, vitamin rich fruits and vegetables:

Vitamin E: found in most green leafy vegetables, red bell peppers, wheat, tropical fruits like papaya and kiwi, and oils.

Beta-carotene for Vitamin A activity is found in dark green and orange vegetables and fruits: apricots, carrots, sweet potatoes, winter squash, broccoli, spinach, green peppers, and broccoli.

Zinc: (helps to form antioxidant enzymes) found in large amounts in seeds (especially sesame seeds and tahini), buckwheat, wheat germ, cacao, chocolate, peanuts, meats and small amounts in most fruits, and vegetables.

Glutathione: could be very effective in preventing cataract formation, and is crucial in possibly altering free radical damage. Eggs, garlic, onions, broccoli, avocados, cauliflower, and asparagus are foods that help with glutathione formation in our bodies.

The eye is actually very rich in lipids (fats) and the lens of the eye is very susceptible to what chemists call light-induced lipid peroxidation. This happens when light entering the eye generates free radicals. The eye's fatty molecules will be damaged unless something is done to prevent it, such as quenching the free radicals with antioxidants. In other words, light will damage your eyes unless they are properly protected.

Glaucoma

Glaucoma involves optic nerve damage. There are many different kinds. In the most common form there is high fluid pressure within the eye. Usually no pain is involved, so that the person is completely unaware of the problem. Consequently, it is extremely important to have regular eye examinations from an ophthalmologist, who has the instruments for testing fluid pressure within the eye. Then, there are eye drops and other measures that can reduce the pressure. If untreated, the damage to the optic nerve usually continues slowly and the person's peripheral vision is the first destroyed.

Blood tests on glaucoma patients showed that they were much lower in thiamine (Vitamin B1) than other patients who did not have glaucoma. Both

groups of patients were receiving adequate amounts of thiamine in their food, so the author of the research concluded that the glaucoma patients probably did not absorb the vitamin well. (A severe deficiency of thiamine results in beriberi, which includes optic nerve disease.)

Foods rich in Thiamine, Vitamin B1 include whole grains such as oats, brown rice, wheat and whole grain pastas and breads, brewers yeast, avocados, asparagus, egg yolks, nuts, fruits, green leafy vegetables, mushrooms, poultry, and fish.

Also, allergies can be a problem in glaucoma. Histamine released in an allergic reaction dilates small blood vessels and can congest the fluid cleanup around the meshwork of cells in the front of our eyes. Histamine may also restrict the outflow of fluid from the eyes.

Even with wholesome and pure food, other factors affect the nutrient content of food. These include how the food is grown, how it is stored and how it is cooked. Cooking food at very high temperatures, particularly in a microwave, can denature the proteins and kill off live enzymes. Besides, science determines the nutrient value of food under ideal laboratory conditions. What your body actually absorbs can be very different. Your age, health activity and stress levels can affect what your body needs as well as how effectively it absorbs nutrients through the intestinal tract. Enzyme levels decrease progressively from age 40 on. The key beyond your chronological age is related to the health of your liver. Conditions that may occur with aging, such as-reduced liver health, are associated with increasing eye problems because they affect the absorption and utilization of key nutrients from food.

Exercise programs for sedentary adults can reduce fluid pressure in the eyes. Even one session can reduce eye fluid pressure. Regular visits to an ophthalmologist can detect early stages of glaucoma and other diseases, and are a must for healthy living. However, nothing replaces a positive, healthy lifestyle that includes regular exercise, daily meditations or walks in nature and a healthy diet. The rapid pace of our lives often interferes with us taking the time to really take care of ourselves. Self-care helps to keep our bodies healthy, and maximizes the mind/body's inherent healing potential.

Foods to Prevent and Alleviate Glaucoma

Vitamin C - in parts of Europe and Asia, Vitamin C is considered part of routine treatment for glaucoma. It lowers eye pressure through a combination of decreasing fluid production and improving the outflow of aqueous humor. It also improves collagen metabolism, which may be one of the underlying reasons for the development of glaucoma. Nutritional sources include citrus fruits, red peppers and tomatoes.

Omega-3 fatty acids - these may help reduce the chronic inflammatory processes, which is found in many patients with glaucoma. Fish and unrefined fish oils are rich in Omega-3 fatty acids. Studies have shown that Eskimos, who have a high intake of Omega-3, have a very low incidence of open-angle glaucoma. Some studies on animals further indicate that fish oil can reduce fluid pressure within the eyes. The best sources of Omega 3 fatty acids are the flesh of coldwater fish (example; salmon, mackerel, cod) as well as black currant seed oil, chia seeds, hemp seeds, hemp oil and flax seed oil. Consider eating fish three times a week, and/or eating hemp seeds and using flax and hemp oils, too.

Magnesium - is a mineral that relaxes smooth muscles, which regulates the outflow of aqueous humor from the inner eye. Natural sources include most nuts, seeds, vegetables, seafood, sea vegetables, cacao, green leafy vegetables: asparagus, broccoli, carrots, corn, kale, mushrooms, peas, potatoes, spinach, chard, collard greens, yams, garlic, eggs, beans, salmon, mackerel, cod, mangoes, oranges, peaches, pomegranate, tomatoes, grapefruit, cherries, blueberries, bananas, hemp seeds, amaranth, quinoa, buckwheat, and soy products.

Macular Degeneration

Macular degeneration is the gradual deterioration of the central area of the retina, the macula, needed for reading, driving, and recognizing people with

focused vision.

Melanin pigment in our retinas protects our eyes from sunlight damage. "The vulnerable time windows for solar radiation damage to the retina occur before the third decade of life, when the eye is more transparent to harmful sun rays, and after age fifty, when the protective melanin and antioxidants begin to dissipate. . . From youth, the habitual use of wide brimmed hats and wrap-around sun goggles is advised."

For sun protection, plants use bioflavonoids, such as quercetin, rutin, bilberry, ginkgo biloba, pycnogenol, citrus, and hesperidin. Good natural sources are cherries, blueberries, citrus fruits, buckwheat, and red onions. Melanin is protective for us, and zinc is needed for its formation. Bioflavonoids not only are fine antioxidants, they also help prevent capillary-wall leakage.

Quercetin (from red onions) is particularly potent in blocking the spoilage (lipid peroxidation) by light of the polyunsaturated fats that are in the membranes of retinal cells. This membrane breakdown is a basic cause of macular degeneration. "Antioxidants, such as bioflavonoids, the cell-wall stabilizer taurine [a sulfur-containing amino acid, whose best natural sources are egg yolks and fish], and Vitamin E may help protect the retina from deterioration."

Excellent capillary circulation and nerve conduction are essential for the functioning of the retina and, of course, for its central portion, the macula. Drusen appear when there is cell breakdown and the circulatory system is unable to remove the waste. Efforts to improve circulation and cell-wall integrity are mandatory.

For nerve conduction, certain fatty acids—especially the long-chain omega-3s are essential; they must be obtained in our diet. Sardi gives some recommendations from the work of Donald Rudin, MD, described in *The Omega-3 Phenomenon*. (We referred to this book in NOHA NEWS, Winter 1991, and reviewed the update *Omega-3 Oils* by Rudin and Felix in NOHA NEWS, Spring 1997.) As Professor Michael Crawford pointed out to us on April 9, 1997, DHA (docosahexaenoic acid—a very-long-chain omega-3 fatty acid) is essential for our eyes and for our intelligence. It is so necessary that a pregnant and nursing mother naturally deplete her own supply, giving

to the growing child. Sardi pointed out that the omega-3s are so important for normal neurological function that if the mother's supply is too low for both herself and her child, she will suffer from post-partum depression.

Sardi states that larger doses of antioxidant nutrients are needed to prevent or to help with macular degeneration than with cataracts. The cones, which are specialized bright-light and color receptors on many retinal cells, take up to nine months to repair, so that any person with macular degeneration who initiates a program of nutrients, exercise, and sunlight-protection should continue at least that long before expecting improvement.

Foods to Prevent and Alleviate Macular Degeneration

Opt for Omega-3s: Omega-3 fatty acids in cold-water fish, chia seeds, flaxseed oil, hempseed, and walnuts have been shown to protect against macular degeneration. Because of the high mercury levels found in some fish, Grossman instead recommends taking 1 to 2 teaspoons of high-quality fish oil per day.

Eat your greens, yellows, and oranges: Carotenoids—including alpha- and beta-carotene along with xanthophylls, lutein, and zeaxanthin—add yellow, orange, and red color to food. They may also be our vision's best assets. Studies increasingly reveal the power of lutein (found in dark green leafy vegetables such as spinach, kale, and collard greens) and zeaxanthin (found in corn, peaches, mangoes, and other yellow produce) to guard against macular degeneration and even reverse some of its effects. Both increase the retina's macular-pigment density, which protects it from degenerating or tearing. Harvard researchers found that eating 6 mg of lutein a day (roughly 1/4 cup cooked spinach) lowered the odds of macular degeneration by 43 percent (*Journal of the American Medical Association*, 1994, vol. 272, no. 18). Another lutein study showed improvement in visual function in one or both eyes of subjects with macular degeneration. And because lutein filters out UV rays, cataract risk also dropped by up to 65 percent in those who ate spinach and other greens five or more times per week, according to another study.

Lutein/Zeaxanthin: These two carotenoids have been shown to be low in people with macular degeneration. Increasing intake of them either by foods or by supplements has been found to prevent and even improve macular

degeneration in many cases. Natural sources are corn, spinach, kale, collards, mustard greens, lettuce and other salad greens, broccoli, Brussels sprouts, tomatoes, especially cooked tomatoes, eggs, turnip greens, red peppers, oranges, tangerines, and peas.

Bilberry: Strengthens the structural integrity of blood vessels throughout the body and promotes healthy circulation, particularly to the small capillaries that deliver oxygen and nutrients to the eyes. Bilberry also helps prevent free radical damage to the delicate structures within the eye. Natural sources are blueberries and huckleberries.

Taurine: This amino acid is important for the regeneration of worn out tissues of the retina. It helps protect the eyes from ultraviolet radiation. Natural sources include eggs, sea vegetables, meats and fish.

Zinc: When zinc is deficient, the macular can degenerate. It is found naturally in barley, oats, wheat, buckwheat, teff, spelt, kamut, chicken, crab, oysters, lamb, beef, turkey, asparagus, carrots, corn, kale, mushrooms, peas, potatoes, spinach, chard, collard greens, yams, garlic, eggs, salmon, cod, mangoes, oranges, peaches, pomegranate, tomatoes, grapefruit, cherries, blueberries, bananas, cacao, dark chocolate, cocoa powder, and sea vegetables.

In order to keep your eye health as sharp as possible, you should exercise, eat a well-balanced diet, and be aware of the vitamins and minerals your body needs and where to get them. Some examples of necessary nutrients and where to get them are below.

Vitamin A: Yellow and orange vegetables, including yams, red peppers, butternut squash, carrots and sweet potatoes, asparagus, spinach, kale, bok choy, mangoes, cataloupe, apricots, asparagus, broccoli, corn, peas, chard, collard greens, turnip greens, sprouts, eggs, salmon, cod, butter, tangerine, oranges, peaches, tomatoes, grapefruit, cherries, blueberries, and bananas.

B-Vitamins: Whole Grains: corn, buckwheat, millet, whole grain rice, sorghum, teff, oats, amaranth, quinoa, wheat, rye, kamut, barley, spelt, and wild rice.

Vitamin B2 (Riboflavin): Brewer's yeast, beans, wheat germ, whole grains,

almonds, asparagus, broccoli, carrots, corn, kale, mushrooms, peas, potatoes, spinach, chard, yams, sprouts, eggs, salmon, mackerel, cod, mangoes, oranges, peaches, pomegranate, tomatoes, grapefruit, cherries, blueberries, and bananas.

Vitamin B6 (Pyridoxine): Avocados, bananas, brewer's yeast, carrots, brown rice, wheat germ, amaranth, teff, wild rice, quinoa, sunflower seeds, asparagus, broccoli, corn, kale, mushrooms, peas, potatoes, spinach, chard, collard greens, red peppers, yams, red onions, garlic, eggs, beans, salmon, mackerel, cod, mangoes, oranges, peaches, pomegranate, tomatoes, grapefruit, cherries, and blueberries.

Vitamin B12 (Cobalamin): Eggs, goat milk, goat yogurt, goat cheeses, sardines, clams, mackerel, salmon, cod, dulse, and nutritional (brewers) yeast.

Vitamin C (Ascorbic Acid): Broccoli, green cabbage, bell peppers, red peppers, kale, Brussels sprouts, cauliflower, tangerines, kiwi fruit, oranges, lemons, papayas, asparagus, broccoli, carrots, corn, peas, mushrooms, potatoes, spinach, chard, collard greens, turnip greens, yams, red onions, garlic, sprouts, eggs, beans, cod, mangoes, persimmons, peaches, pomegranate, tomatoes, grapefruit, cherries, blueberries, and bananas.

Vitamin E: Wheat germ, brazil nuts, sunflower seeds, almonds, broccoli, mangoes, avocados, asparagus, carrots, corn, kale, peas, potatoes, spinach, chard, collard greens, red peppers, eggs, mackerel, cod, butter, extra virgin coconut oil, oranges, peaches, pomegranate, tomatoes, grapefruit, cherries, blueberries, and bananas.

Alpha Lipoic Acid: Spinach, broccoli, beef, yeast (particularly Brewer's yeast), and certain organ meats (such as the kidney and heart).

Chromium: Brewer's yeast, eggs, and potato skins.

Coenzyme 10: Broccoli, spinach, animal muscle tissues, but many people prefer not to eat this type of food. It is also found in vegetables, particularly spinach and broccoli, but it is easily destroyed in the cooking process.

Cysteine: Eggs.

Folic Acid: Green leafy vegetables, quinoa, and broccoli.

Garlic: Fresh garlic cloves.

Lutein: Corn, spinach, kale, collard and mustard greens, lettuce and other salad greens, broccoli, Brussels sprouts, tomatoes, especially cooked tomatoes, eggs, corn, turnip greens, and red peppers.

Magnesium: Most nuts, seeds, seafood, sea vegetables, cacao, green leafy vegetables: asparagus, broccoli, carrots, corn, kale, mushrooms, peas, potatoes, spinach, chard, collard greens, yams, garlic, eggs, beans, salmon, mackerel, cod, mangoes, oranges, peaches, pomegranate, tomatoes, grapefruit, cherries, blueberries, bananas, hemp seeds, amaranth, quinoa, buckwheat, and soy products.

Omega-3 Fatty Acids: Salmon, tuna, mackerel, halibut, flax seed oil, black current oil, fish oil, walnuts and walnut oil, chia seeds, hemp seeds and hemp oil, dark leafy vegetables, eggs, mustard, fennel, cumin, fenugreek, and butter.

Omega-6 Fatty Acids: Evening primrose, borage and black currant oils, flax seed oil, hemp oil and hemp seeds, ginger, mackerel, fish oil, and butter.

Quercetin and Rutin: Cherries, white grapefruit, apples, pears, grapes, cranberries, red onions, green cabbage, spinach, kale, onions, and garlic.

Selenium: Garlic, onions, broccoli, cabbage, brown rice, eggs, shrimp, sunflower seeds, tuna, chicken, brazil nuts, wheat, amaranth, cornmeal, oats, brown rice, sorghum, barley, asparagus, carrots, corn, kale, mushrooms, peas, potatoes, spinach, chard, collard greens, salmon, mackerel, cod, mangoes, oranges, peaches, pomegranate, grapefruit, blueberries, and bananas.

Taurine: Eggs, fish, and sea vegetables.

Zeaxanthin: Corn, spinach, kale, collard and mustard greens, lettuce and other salad greens, broccoli, oranges, tangerines, and peas.

Zinc: Barley, wheat, buckwheat, barley, oats, teff, spelt, kamut, chicken, crab, oysters, lamb, beef, turkey, asparagus, carrots, corn, kale, mushrooms, peas, potatoes, spinach, chard, collard greens, yams, garlic, eggs, salmon, cod, mangoes, oranges, peaches, pomegranate, tomatoes, grapefruit, cherries, blueberries, bananas, cacao, dark chocolate, cocoa powder, and sea vegetables.

What Vitamins and Nutrients Do

Cysteine: is important for a healthy retina. Taken as N-acetyl-cysteine (NAC), it increases production of glutathione, one of the most important antioxidants in the eye.

Taurine: normally found in high concentrations in the retina, it is important for the maintenance of vision and the regeneration of worn out tissues of the visual system.

Quercetin: has properties similar to melanin, and protects the eye from damage by solar radiation and works synergistically with taurine and Vitamin E.

Rutin: has been shown to reduce leakage from small blood vessels in the retina. It is valuable in fighting free radicals.

Lutein: is the yellow pigment found in the macula. It protects against macular degeneration, and protects the rods and cones from free radical damage from UV light.

Zeaxanthin: is found in high amounts in the macula. It protects against macular degeneration, and protects the rods and cones from free radical damage from UV light.

Omega-3 Fatty Acids: fats are essential for nerve conduction in the retina and to reduce cholesterol.

Omega-6 Fatty Acids: are important to protect cells from degenerative changes and to reduce inflammation throughout the body.

Chromium: helps regulate blood sugar, circulation and fat metabolism, and helps prevent nearsightedness, a risk factor for vitreous degeneration and floaters.

Magnesium: is a mineral that relaxes smooth muscles and helps prevent muscle spasms. Smooth muscles are what regulate the outflow of aqueous humor from the inner eye.

Selenium: makes sure that glutathione is doing its job. It does this so well that patients with macular degeneration have reported improved vision after taking selenium and Vitamin E.

Zinc: has been shown to stabilize and even improve vision in people with macular degeneration.

Garlic: helps prevent blood clots from forming in the small blood vessels of the retina.

Vitamin E: Antioxidant that helps reduce eye pressure.

Vitamin C: (Ascorbic Acid) is the queen of antioxidants, helping neutralize free radicals, plus serves as a natural ultraviolet filter inside the eye. The eye has the second highest concentration of Vitamin C in the body next to the adrenal glands.

Vitamin B12: (Cobalamin) seems to improve or prevent the worsening of eyesight in glaucoma patients, apparently by preventing the degeneration of the fatty layer surrounding the nerve cells called the myelin sheath.

Vitamin B6: found to be deficient in almost all persons with macular degeneration. B6 aids in the proper absorption of magnesium, and has a diuretic effect which helps decrease eye pressure.

Folic Acid: also called folacin and folate, is a water soluble B-Vitamin that helps build healthy cells. "Water soluble" means it does not stay in your body for very long, so you need to take it every day to help prevent neural

tube defects. During periods of rapid growth, such as pregnancy and fetal development, the body's requirement for this vitamin increases.

Vitamin B2 (Riboflavin): aids in the reception of light by the retina, and is necessary for glutathione production.

Vitamin A: we usually recommend taking Vitamin A in the form of beta-carotene, which converts to Vitamin A with a small amount of fat in the diet.

Coenzyme Q10: (also called CoQ10) helps cells breakdown food into energy, and improves heart function and overall blood circulation.

List of Foods that Enhance our Vision:

- Kale
- Collard greens
- Spinach
- Turnip greens
- Broccoli
- Corn, yellow
- Peas, green
- Red peppers, Orange peppers
- Persimmons
- Tangerine
- Tomatoes
- Yams
- Mushrooms
- Beans
- Garlic and Ginger
- Peaches
- Mangoes
- Asparagus
- Chard
- Red onions
- Carrots
- Bananas
- Cherries

- Blueberries
- Oranges
- Red grapefruit
- Pomegranate
- Lemon rind and orange peel
- Potatoes, especially red potatoes with skins
- Sprouts
- Extra virgin olive oil
- Flax seed oil
- Fish oil
- Balsamic vinegar or other high quality vinegar or Braggs
- Eggs
- Unsalted Butter only dairy besides goat
- Goat cheeses and goat yogurt
- Ghee
- Lean meats poultry and fish including shellfish
- Some soymilk OK
- Soy products OK

Snacks: Whole grain crackers with tuna, egg or tofu salad, seeds, fresh popcorn, rice cakes, nuts and seeds: walnuts, brazil nuts, pumpkin seeds, and hemp seeds.

Salty Seasonings and Sea Vegetables: Dulse, kelp, unrefined sea salts, and condiments.

Whole grains: Wheat, oats, buckwheat, rye, quinoa, wild rice, teff, corn, amaranth, millet, spelt, kamut, sorghum, brown rice (long, short, jasmine, basmati, sweet brown rice), and other whole and exotic whole grain rice: Bhutanese Red Rice, Forbidden Rice, Jade Pearl Rice, Madagascar Pink Rice, among others.

- Glass of red wine in the evening is okay.
- Cold water fish: salmon, mackerel, and cod.

Foods and Their Vitamins and Minerals

Vegetables

Asparagus: Vitamin A, B2, B6, C, E, magnesium, selenium, and zinc.

Broccoli: lutein, zeaxanthin, selenium, alpha lipoic acid, coenzyme 10, folic acid, magnesium, Vitamin A, C, E, B2, and B6.

Carrots: Vitamin A, B6, B2, C, E, magnesium, selenium, and zinc.

Yellow Corn: lutein, zeaxanthin, magnesium, selenium, zinc, Vitamin A, B2, B6, C, and E.

Kale: quercetin, rutin, lutein, zeaxanthin, Vitamin A, B2, B6, C, E, magnesium, selenium, and zinc.

Mushrooms: magnesium, selenium, zinc, Vitamin B2, B6, and C.

Green Peas: zeaxanthin, magnesium, selenium, zinc, Vitamin A, B2, B6, C, and E.

Potatoes, especially red with skins: chromium, magnesium, zinc, selenium, Vitamin C, B2, B6, A, and E.

Spinach: Alpha lipoic acid, Coenzyme Q10, Vitamin A, C, B2, B6, E quercetin, rutin. lutein, zeaxanthin, magnesium, zinc, and selenium.

Chard: magnesium, zinc, selenium, Vitamin C, B2, B6, A, and E.

Collard greens: lutein, zeaxanthin Vitamin C, A, B6, E, selenium, zinc, and magnesium.

Turnip greens: Vitamin A, C, and lutein.

Red & Orange pepper: Vitamin C, A, B6, and lutein.

Yams: Vitamin A, B2, B6, C, magnesium, and zinc.

Red onions: quercetin, rutin, selenium, Vitamin B6, and C.

Garlic: quercetin, rutin, magnesium, zinc, selenium, Vitamin B6, and C.

Ginger: omega-6 fatty acids (some).

Sprouts: Vitamin A, B2, and C.

Dairy/Proteins

Eggs (preferably free range organic): cysteine, taurine, lutein, omega-3 fatty acids, chromium, selenium, zinc, magnesium, Vitamin B12, C, B2, B6, A, and E.

Beans: Vitamin B2, B6, C, and magnesium.

Hemp seeds: Omega-3 and Omega-6.

Cold water fish: Salmon, Mackerel and Cod

Salmon: magnesium, zinc, selenium, Vitamin B2, B6, B12, and A.

Mackerel: omega-3, 6 fatty acids, Vitamin E, B2, B6, B12, magnesium, and selenium.

Cod: magnesium, zinc, selenium, Vitamin C, B2, B6, B12, A, and E.

Fruit

Bananas: Vitamin B6, A, B2, C, E, magnesium, selenium, and zinc.

Blueberries: magnesium, selenium, zinc, Vitamin A, B2, B6, C, and E.

Cherries: quercetin, rutin, magnesium, zinc, Vitamin A, B2, B6, C, and E.

Red grapefruit: magnesium, selenium, zinc, Vitamin A, B2, B6, C, and E.

Tomatoes: Vitamin A, B2, B6, C, E, magnesium, zinc, and cooked tomatoes: lutein

Pomegranate: magnesium, selenium, zinc, B2, B6, C, and E.

Persimmons: Vitamin C

Peaches: magnesium, selenium, zinc, Vitamin A, B2, B6, C, and E.

Oranges: zeaxanthin, magnesium, selenium, zinc, Vitamin A, C, B2, B6, and E.

Mangoes: magnesium, selenium, zinc, Vitamin A, B2, B6, C, and E.

Tangerine: zeaxanthin, Vitamin A, and C.

Lemon rind and orange peel: Vitamin C

Healthy Fats

Flax seed oil: omega-3 fatty acids and omega-6 fatty acids.

Hemp seed oil: omega-3 fatty acids and omega-6 fatty acids.

Fish oil: omega-3 fatty acids and omega-6 fatty acids.

Ghee, Coconut Ghee, Extra Virgin Coconut Oil

Butter only dairy besides goat: Vitamin A, E, Omega-3, and Omega-6 fatty acids.

Glossary of Vision Nutrients, Food Sources & Eye Conditions

Amino Acids

Cysteine is important for a healthy retina. Taken as N-acetyl-cysteine (NAC), it increases production of glutathione, one of the most important antioxidants in the eye.

- **Food Sources:** Eggs
- **Eye Conditions:** Macular Degeneration, Glaucoma, and Cataracts

Taurine is normally found in high concentrations in the retina, and is important for the maintenance of vision and the regeneration of worn out tissues of the visual system.

- **Food Sources:** Eggs, fish, and sea vegetables.
- **Eye Conditions:** Macular Degeneration, Glaucoma

Bioflavonoids are not vitamins or minerals, but plant pigments that protect the eyes from sunlight damage, and are powerful antioxidants that may enhance blood flow to the retina while fighting free radical damage. They act synergistically with vitamins.

Quercetin, Rutin- quercetin has properties similar to melanin, and protects the eye from damage by solar radiation and works synergistically with taurine and Vitamin E. Rutin has been shown to reduce leakage from small blood vessels in the retina. It is valuable in fighting free radicals.

- **Food Sources:** cherries, white grapefruit, apples, pears, grapes, cranberries, red onions, green cabbage, spinach, kale, onions, and garlic.

Carotenoids are organic pigments that are naturally occurring in plants and some other photosynthetic organisms like algae, some types of fungus and some bacteria. There are over 600 known carotenoids split into two classes: xanthophylls and carotenes. They are potent antioxidants and play a protective role in preventing many eye conditions.

Bilberry is the European version of the blueberry, and has been called the

vision herb for its powerful effect on all types visual disorders.

- **Food Sources:** blueberries.

Lutein is the yellow pigment found in the macula. It protects against macular degeneration, and protects the rods and cones from free radical damage from UV light.

- **Food Sources:** corn, spinach, kale, collard and mustard greens, lettuce and other salad greens, broccoli, Brussels sprouts, corn and eggs.

Zeaxanthin is found in high amounts in the macula. It protects against macular degeneration, and protects the rods and cones from free radical damage from UV light.

- **Food Sources:** corn, spinach, kale, collard and mustard greens, lettuce and other salad greens, broccoli, oranges, tangerines and peas.
- **Eye Conditions:** Macular Degeneration and other macula disorders.

Essential Fatty Acids (EFA's)

Omega-3 Fatty Acids: fats are essential for nerve conduction in the retina and to reduce cholesterol.

- **Food Sources:** Cold water fish (including salmon, tuna, mackerel, halibut), flax seed oil, hemp seeds and hemp oil, black current oil, walnuts and walnut oil, chia seeds, dark leafy vegetables, eggs (from free range chickens preferred), spices (including mustard, fennel, cumin and fenugreek).
- **Note:** Any time oils are increased in the diet, for example by eating nuts or using lots of cooking oils, be sure to increase intake of Vitamins A, B3, B6, C, E and minerals zinc, selenium, and manganese for proper absorption.

Omega-6 Fatty Acids are important to protect cells from degenerative

changes and to reduce inflammation throughout the body.

- **Food Sources:** Human mother's milk, hemp seeds and hemp oil, evening primrose, borage and black currant oils.
- **Eye Conditions:** Glaucoma and Macular Degeneration

Minerals

Chromium: helps regulate blood sugar, circulation, fat metabolism, and helps prevent nearsightedness, a risk factor for vitreous degeneration and floaters.

- **Food Sources:** Brewer's yeast, eggs, potato skins.
- **Eye Conditions:** Glaucoma, Macular Degeneration, and Diabetic Retinopathy.
- **Note:** Chromium reduces the blood sugar levels of diabetics, and may require the patient to adjust the insulin dose accordingly.

Magnesium is a mineral that relaxes smooth muscles and helps prevent muscle spasms. Smooth muscles are what regulate the outflow of aqueous humor from the inner eye.

- **Food Sources:** nuts, seeds, seafood, sea vegetables, cacao, asparagus, broccoli, carrots, corn, kale, mushrooms, peas, potatoes, spinach, chard, collard greens, yams, garlic, eggs, beans, salmon, mackerel, cod, mangoes, oranges, peaches, pomegranate, tomatoes, grapefruit, cherries, blueberries, bananas, hemp seeds, amaranth, quinoa, buckwheat, and soy products.
- **Eye Conditions:** Glaucoma, Macular Degeneration, Diabetic Retinopathy, Blepharospasm (twitching of the eyelids), and Keratoconus
- **Other Conditions:** Also good for migraines.
- **Note:** If you are taking antibiotics, do not take magnesium because it interferes with the antibiotics effectiveness.

Selenium makes sure that glutathione is doing its job. It does this so well

that patients with macular degeneration have reported improved vision after taking selenium and Vitamin E.

- **Food Sources:** Garlic, onions, broccoli, cabbage, brown rice, eggs, shrimp, sunflower seeds, tuna, chicken, brazil nuts, wheat, amaranth, cornmeal, oats, brown rice, sorghum, barley, asparagus, carrots, corn, kale, mushrooms, peas, potatoes, spinach, chard, collard greens, salmon, mackerel, cod, mangoes, oranges, peaches, pomegranate, grapefruit, blueberries, and bananas.
- **Eye Conditions:** Cataracts, Macular Degeneration, and Diabetic Retinopathy.

Zinc has been shown to stabilize and even improve vision in people with macular degeneration.

- **Food Sources:** Barley, oats, wheat, buckwheat, teff, spelt, kamut, chicken, crab, oysters, lamb, beef, turkey, asparagus, carrots, corn, kale, mushrooms, peas, potatoes, spinach, chard, collard greens, yams, garlic, eggs, salmon, cod, mangoes, oranges, peaches, pomegranate, tomatoes, grapefruit, cherries, blueberries, bananas, and sea vegetables.
- **Eye Conditions:** Macular Degeneration, Glaucoma, Cataracts, Poor Night Vision, and Floaters.

Note: Zinc deficiencies can result from the following:

- excessive sweating
- high fiber diets can bind zinc and prevent its absorption
- phosphates in soda interfere with zinc
- coffee drinking can produce zinc deficiency.

Other Nutrients

Alpha Lipoic Acid plays a crucial role in the mitochondria, the energy-producing structures in cells, and it helps deactivate an unusually wide array of cell-damaging free radicals. This is an essential nutrient for the eyes. A recent research study suggested that the alpha-R form is the most bio-

available.

- **Food Sources:** Spinach, broccoli, beef, yeast (particularly Brewer's yeast), and certain organ meats (such as the kidney and heart).
- **Eye Conditions:** Glaucoma, Macular Degeneration, Diabetic Retinopathy, and Cataracts.

Garlic: helps prevent blood clots from forming in the small blood vessels of the retina.

- **Food Sources:** Fresh garlic cloves. **Recommended Dose:** 1000 mg of garlic powder, 20 mg of garlic oil, 3 cloves per day.
- **Eye Conditions:** Glaucoma, Macular Degeneration, Diabetic Retinopathy, and Cataracts. **Note:** Garlic contains cysteine, methionine, and glutathione. It reduces cholesterol, thins the blood without the side effects of aspirin, reduces blood pressure, and is used as a natural antibiotic.

Coenzyme Q10: (also called CoQ10) helps cells breakdown food into energy, and improves heart function and overall blood circulation.

- **Food Sources:** The best sources of CoQ10 are animal muscle tissues, but many people prefer not to eat this type of food. It is also found in vegetables, particularly spinach and broccoli, but it is easily destroyed in the cooking process.
- **Eye Conditions:** Glaucoma, Macular Degeneration, Diabetic Retinopathy, and Cataracts.

Vitamin A: we usually recommend taking Vitamin A in the form of beta-carotene, which converts to Vitamin A with a small amount of fat in the diet.

- **Food Sources:** Yellow and orange fruits and vegetables: yams, carrots, butternut squash, sweet potatoes, mangoes, cantaloupe, apricots, as well as asparagus, spinach, kale, and bok choy.
- **Eye Conditions:** Macular Degeneration, Glaucoma, Cataracts, and

Dry Eyes. If you have a low thyroid problem, diabetes or problems with fat absorption, beta-carotene may have difficulty converting to Vitamin A.

Vitamin B2 (Riboflavin): aids in the reception of light by the retina, and is necessary for glutathione production.

- **Food Sources:** Brewer's yeast, beans, wheat germ, whole grains, and almonds.
- **Eye Conditions:** Macular Degeneration, Glaucoma, Cataracts, and Dry Eyes.
- **Note:** If deficient in Vitamin B2, it may help with the following conditions: soreness around the eyes, eyes tiring easily, sensitivity to light, dry eyes, cataracts, conjunctivitis, macular degeneration, sties.

Folic Acid: also called folacin and folate, is a water soluble B-Vitamin that helps build healthy cells. "Water soluble" means it does not stay in your body for very long, so you need to take it every day to help prevent neural tube defects. During periods of rapid growth, such as pregnancy and fetal development, the body's requirement for this vitamin increases.

- **Food Sources:** Green leafy vegetables, quinoa, and broccoli.
- **Eye Conditions:** Cataracts.

Vitamin B6 (Pyridoxine): found to be deficient in almost all persons with macular degeneration. B6 aids in the proper absorption of magnesium, and has a diuretic effect which helps decrease eye pressure.

- **Food Sources:** Avocados, bananas, brewer's yeast, carrots, brown rice, wheat germ, and sunflower seeds.
- **Eye Conditions:** Dry Eyes.

Vitamin B12 (Cobalamin): seems to improve or prevent the worsening of eyesight in glaucoma patients, apparently by preventing the degeneration of the fatty layer surrounding the nerve cells called the myelin sheath.

- **Food Sources:** Eggs, sardines, clams, and mackerel.
- **Eye Conditions:** Glaucoma and Optic Nerve Problems.

Vitamin C (Ascorbic Acid): is the queen of antioxidants, helping neutralize free radicals, plus serves as a natural ultraviolet filter inside the eye. The eye has the second highest concentration of Vitamin C in the body next to the adrenal glands.

- **Food Sources:** Broccoli, green cabbage, bell peppers, red peppers, kale, Brussels sprouts, cauliflower, tangerines, kiwi fruit, oranges, lemons, and papayas.
- **Eye Conditions:** Macular Degeneration, Glaucoma, Cataracts, and Dry Eyes

Vitamin E: is another antioxidant that helps reduce eye pressure.

- **Food Sources:** Wheat germ, Brazil nuts, sunflower seeds, almonds, broccoli, mangoes, and avocados.
- **Eye Conditions:** Macular Degeneration, Glaucoma, and Cataracts

Recipes

Breakfast Recipes

Blueberry Pancakes with Spelt Flour

Good morning blueberry pancakes! You will love how easy these delicious pancakes are to prepare. Blueberries are rich in bioflavonoids, which give you natural sun protection. Bioflavonoids not only are fine antioxidants, they also help prevent capillary-wall leakage.

If you want to substitute 1 1/2 cups whole wheat pastry flour for the spelt flour; be sure to increase the juice to 2/3 cup.

Serves 4

- **4 eggs**
- **½ cup apple juice or apple cider**
- **4 tablespoons melted extra virgin coconut oil or butter**
- **3 tablespoons honey or maple syrup**
- **1 tablespoon vanilla extract**
- **1 1/2 cups spelt flour**
- **2 teaspoons baking powder**
- **½ teaspoon sea salt**
- **½ cup fresh or frozen blueberries**

1. Whisk the eggs in a large mixing bowl. Mix in juice, honey, 3 tablespoons coconut oil, and vanilla.
2. Add flour, baking powder, salt, and blueberries and stir until well combined.
3. Heat 1 tablespoon coconut oil in a griddle or heavy skillet over medium heat, and brush it over the surface of the griddle.
4. Drop heaping tablespoons of batter onto the hot griddle and cook 1- 2 minutes, or until the tops are bubbly and the edges are dry. Using a spatula, turn the pancakes over and cook another minute, or until the bottoms are golden brown.
5. Serve immediately.

Teff Banana Pancakes

Teff's subtle sweet molasses, hazelnut, and chocolate-like flavor make delicious gluten-free pancakes everyone will love. Bananas and cinnamon add natural sweetness with just a touch of maple syrup for a pancake that you can easily pick up and eat like a muffin. Teff flour is rich in iron and calcium. Butter and eggs provide Vitamin A. Eggs are also a great source of zinc, which helps you metabolize Vitamin A. Zinc deficiency is related to night blindness. If you choose extra virgin coconut oil, you will also get Vitamin E, Vitamin K, iron and a delicious coconut flavor. What a delicious way to start your day!

If you want to substitute 2 cups whole wheat pastry flour for the teff flour, be sure to reduce the juice to $\frac{3}{4}$ cup.

Research supports that the more you eat healthful foods, including fruits, vegetables and whole grains, the lower the risk of cataracts.

Serves 4-6

- **3 tablespoons flax seeds**
- **5 eggs**
- **2 ripe bananas**
- **3 tablespoons maple syrup or honey**
- **1 tablespoon vanilla extract**
- **1 cup apple juice**
- **1 teaspoon cinnamon**
- **2 cups teff flour**
- **2 teaspoons baking powder**
- **$\frac{1}{2}$ teaspoon sea salt**
- **1 tablespoon extra virgin coconut oil or butter**

1. Place the flaxseeds in a blender and grind until powdery. Add the bananas, eggs, juice, maple syrup, and vanilla. Blend well.
2. Combine the flour, baking powder, salt, and cinnamon in a large mixing bowl. Add the banana mixture and stir until well combined.
3. Heat a griddle or large skillet over medium heat. Melt coconut oil and brush it over the griddle.
4. Drop heaping tablespoons of batter onto the hot griddle and cook 1 1/2

minutes, or until the tops are bubbly and the edges are dry. Using a spatula, turn the pancakes over and cook another minute, or until the bottoms are brown.

5. Serve immediately.

Easy Blueberry Corn Pancakes

Corn comes in a rainbow of colors. I prefer to use yellow corn flour for a softer, smoother textured pancake, but you can use blue, yellow or white cornmeal if you prefer a little more texture and crunch.

Carotenoids—including alpha- and beta-carotene along with xanthophylls, lutein, and zeaxanthin—add yellow, orange, and red color to food. They may also be our vision’s best assets. Studies increasingly reveal the power of lutein (found in dark green leafy vegetables such as spinach, kale, and collard greens) and zeaxanthin (found in corn, peaches, mangoes, and other yellow produce) to guard against macular degeneration and even reverse some of its effects.

Serves 1-2

- **1 egg**
- **1/3 cup peach or apricot peach juice**
- **½ cup corn flour**
- **¼ teaspoon sea salt**
- **1 teaspoon palm sugar or maple sugar**
- **1 teaspoon baking powder**
- **½ cup fresh or frozen blueberries**
- **1 tablespoon extra virgin coconut oil or butter for frying**

1. Whisk the egg in a small mixing bowl. Mix in juice, and palm sugar.
2. Add flour, baking powder, salt and mix until well combined. Gently fold in the blueberries.
3. Heat some coconut oil in a griddle or heavy skillet over medium heat, and brush it over the surface of the griddle.
4. Drop heaping tablespoons of batter onto the hot griddle and cook 1- 2 minutes, or until the tops are bubbly and the edges are dry. Using a spatula, turn the pancakes over and cook another minute, or until the bottoms are

golden brown.

5. Serve immediately.

Scrambled Eggs with Goat Cheddar Cheese and Shiitake Mushrooms

Here's a delicious hearty breakfast full of antioxidants and Vitamin C. Serve alongside slices of whole grain buttered toast and tea for a terrific breakfast.

The concentration of Vitamin C in healthy eyes is higher than almost anywhere else in the body. It is not surprising then that proper nutrition plays an important role in preventing and treating problems such as cataracts, macular degeneration, glaucoma and dry eyes. The sweet bell peppers provide a good source of Vitamin C. Kale, broccoli and collards are also high in Vitamin C and you could swap them for the sweet bell peppers, if you like.

Vitamin E—together with Vitamin C, alpha-lipoic acid, and cysteine (an amino acid found in eggs, as is Vitamin E)—also protects against lens damage from UV rays, decreasing cataract risk by up to 45 percent.

Serves 1-2

- **2 eggs**
- **3/4 cup shiitake mushroom caps, sliced**
- **1/3 cup coarsely chopped red bell pepper**
- **2 tablespoons extra virgin olive oil**
- **1/2 cup grated goat cheddar cheese**
- **Pinch of Unrefined sea salt (Celtic Sea Salt)**
- **Fresh ground pepper, optional**

1. In a small mixing bowl, beat the eggs with a whisk or fork. Set aside.
2. Heat the oil in a medium-sized skillet over medium-low heat. Add the mushrooms, bell peppers, sea salt and pepper, if using. Sauté 2 to 3 minutes, or until the peppers become bright red. Add eggs and cheese and cook 1- 2 minutes or until mixture begins to set and cheese melts.
3. Serve immediately.

Variations

Try chevre, your favorite local (pasture raised) cheese, or Manchego instead of cheddar.

Swap broccoli or kale for red bell pepper.

You can leave out the vegetables and just make cheesy eggs and serve with fresh seasonal fruit or fruit salad.

Fried Dulse with Sunny Side up Eggs

Dulse is an iron and calcium rich sea vegetable from Maine. Fried along side eggs, dulse's bacon-like flavor and crispness is easy to love. Try dipping the dulse into the yolk for a sensuous great start to your day. You can also serve fried dulse as a snack, in a salad, or on a sandwich with or without eggs.

Serves 1

- **2 tablespoons extra virgin olive oil**
- **1/4 cup dulse**
- **1-2 eggs**

1. Heat the oil in a medium-sized skillet over medium-low heat. Pull apart dulse, and pan-fry in olive oil for about half minute. Push dulse to one side of the skillet and crack egg(s) and fry covered for a couple of minutes, or until whites are firm and dulse crisps, turns yellow/green or smells like bacon.
2. Serve immediately with your favorite breakfast herb tea or green tea, and fresh seasonal fruit or fruit salad: watermelon and cantaloupe in summer, apples and pears in fall...

Super Porridge with Oats, Amaranth & Cranberries

Serve this easy porridge to warm you up on a chilly day. Top with hemp seeds or walnuts for added protein and Omega-3 fatty acids, which have been shown to protect against macular degeneration.

Serves 1-2

- **1/3 cup rolled oats**
- **4 pitted chopped dates**
- **1 tablespoon amaranth (grain)**
- **1 tablespoon dried cranberries**
- **1/2 teaspoon cinnamon**
- **1 1/4 cups water**
- **Pinch unrefined sea salt (Celtic Sea Salt)**
- **1/4 cup walnuts or hemp seeds**

1. Place all the ingredients in a 1-quart saucepan, except the walnuts, adding the water last. Cover and bring to a boil over medium heat. Reduce the heat to low and simmer 10 minutes, or until the amaranth is tender and the mixture begins to thicken.
2. Turn off the heat and let sit for 5 minutes to absorb the remaining liquid.
3. Serve hot, topped with walnuts and goat milk, yogurt, or maple syrup.

Variations

Swap teff (grain) for amaranth.

You can substitute rice flakes for rolled oats.

Try other dried fruits such as cherries, apricots and figs.

Strawberry Maca Breakfast Shake

Strawberries are high in Vitamin C and add a gorgeous reddish pink color and natural sweetness to this quick and easy breakfast shake. Maca is optional, but is also nutrient dense super food, loaded with vitamins, minerals and healthy fats that increases stamina and libido. Here's a remarkably satisfying and scrumptious way to start your day!

Serves 1

- **¾ cup strawberries fresh or frozen**
- **½ cup plain sheep or goat yogurt**
- **½ cup peach or apricot peach or your favorite juice**
- **2 tablespoons palm sugar or maple sugar**
- **Optional : 1 tablespoon maca powder**
- **¼ teaspoon vanilla extract**
- **Pinch Celtic Sea Salt or unrefined sea salt**

1. Put all of the ingredients in a blender and blend until smooth. Serve immediately.

Lunch Recipes

Pesto Pasta Salad with Almonds and Sunflower Seeds

Try this quick and delicious vegan pesto. Simply puree ground almonds and sunflower seeds with basil, garlic, extra virgin olive oil and “Ume” vinegar. This pesto may also be frozen, and used all year round as a spread, lasagna filling or as a topping for your favorite pasta. Round out the meal with sliced watermelon drizzled with extra virgin olive oil and garnished with chevre for dessert.

Basil is a good source of magnesium, a mineral that relaxes smooth muscles, which regulates the outflow of aqueous humor from the inner eye.

Serves 4

12 ounces pasta such as kamut, spelt, brown rice, quinoa, or whole wheat spaghetti, elbows, spirals....

1/2 cup sunflower seeds

1/4 cup almonds

2 cups tightly packed fresh green or purple basil leaves, rinsed

5 cloves garlic

1/4 cup water

1/8 cup extra virgin olive oil

1/8 cup umeboshi vinegar

1. Boil 4 quarts of water. Add pasta and cook until tender (10-15 minutes depending on the variety and instructions on the package). Taste for tenderness. When done, drain and rinse pasta in cold water.
2. In a food processor, grind the sunflower seeds and almonds into a meal. Add the basil, garlic, water, oil, and umeboshi vinegar. Blend well. Taste and adjust the seasonings if desired.
3. Put the cooked pasta in a large serving bowl or individual serving bowls.

Pour and mix the pesto into the pasta. Serve.

Grilled Red Pepper Hummus

For a fun lunch serve this delicious Grilled Red Pepper Hummus on a bed of spinach, or mesclun mix. Scoop it up with cucumber, celery and carrots sticks, or stuff it into whole-wheat pita bread with sprouts, spinach and tomatoes.

Lemons, red bell peppers and tomatoes are rich in Vitamin C, and in healthy eyes, the concentration of Vitamin C is higher than almost anywhere else in the body. Vitamin C also controls sugar imbalances that often play a role in cataract formation.

Serves 4-6

- **2 cups cooked chickpeas**
- **1 large red, orange or yellow bell pepper, 1 ½-2 cups sliced (shrinks to 1 cup after grilling*)**
- **1 lemon, juiced, 1/3 cup**
- **4 garlic scapes or garlic cloves**
- **1/3 cup tahini**
- **½ teaspoon sea salt**

*** Fire roasted bell peppers are also available at natural supermarkets.**

1. Slice off the sides and bottom of the red bell pepper. Lightly oil pepper slices with extra virgin olive oil. Grill on both sides till skins char and blister a bit.
2. Toss grilled peppers into a food processor with all the other ingredients. (No need to peel peppers.)
3. Taste and adjust the seasonings.
4. Serve immediately stuffed into pita, surrounded by salad or dipping vegetables.

3-Bean Salad with Fresh Dill

Summer sweet vegetables and cooked beans make a great main course salad, perfect for a picnic. Feel free to vary the beans: kidney beans and pinto beans are also great choices.

For sun protection, plants use bioflavonoids, anti-oxidants that also prevent capillary leakage. Quercetin, is one of those anti-oxidants present in red onions, which prevents breakdown of membranes of retinal cells, a basic cause of macular degeneration.

Serves 4-6

- **2 cups cooked chickpeas**
- **2 cups cooked navy beans**
- **2 cups raw string beans, sliced**
- **1 bunch of radishes (6-8), sliced**
- **1 1/2 cups sliced carrots**
- **1 cup sliced red onions**
- **1/8 cup extra virgin olive oil**
- **1/8 cup apple cider vinegar**
- **1/2 cup fresh dill, minced**
- **1/4 teaspoon unrefined sea salt or to taste**

1. Combine and mix all the ingredients in a large bowl.
2. Taste, and adjust the seasoning if desired.
3. Serve with Sweet Potato Fries. (See next recipe).

Sweet Potato Fries with Hemp Seeds and Kelp Flakes

This colorful and sweet dish is loaded with vitamins and minerals.

Hemp Seeds look like sesame seeds and have a softer texture and milder flavor. Rich in omega-3, omega-6, omega-9 fatty acids, fiber, minerals and vitamins, hems seeds are also a complete protein. Kelp is a tasty sea vegetable that is rich in Vitamin C, calcium, iron, manganese, and magnesium. Sweet potatoes are loaded with beta-carotene, which we convert to Vitamin A. More than 25 per cent of the nutrients we absorb from our food go to nourish our eyes and all of the nerves, blood vessels and tissues that support our vision.

Serves 4

- **3 tablespoons extra virgin coconut oil**
- **3 cups peeled and sliced (like a French fry) yams or sweet potatoes**
- **¼ cup hemp seeds**
- **1 tablespoon kelp flakes**

1. Heat and melt coconut oil in a large skillet. Add yams; fry covered for five minutes or until yams are almost yellow; flip over and fry for about another two or three minutes, or until tender. Stick a fork in to test for doneness.
2. Serve garnished with hemp seeds, and kelp flakes.

Ginger Arame Egg Rolls with Goji Berries

Here's a versatile recipe that is fun to eat as a salad, stuffed into pita or deep fried in egg roll wrappers. Eating 4-6 of these delicious egg rolls makes a great lunch or dinner.

Vitamin C provides a natural filter against UV rays. Cabbage and collards, and other cruciferous vegetables are good sources of Vitamin C. Goji berries are red and are high in antioxidants, a group of compounds that act as free radical scavengers, donating electrons and neutralizing free radicals thus preventing their destruction to other cells, eliminating them from the body before they can do damage.

Serves 4-6

Makes 20 egg rolls; also delicious as a side salad, too.

- **1/3 cup arame**
- **1/4 cup dried goji berries**
- **1 –14 ounce extra firm tofu, diced**
- **1 quart green cabbage or collard greens, sliced thin**
- **1 1/2 cups coarsely chopped cilantro**
- **1 cup coarsely chopped scallions**
- **2 tablespoons sesame oil**
- **2 tablespoons tamari**
- **1 1/2 tablespoons grated ginger**
- **1 tablespoon maple sugar or maple syrup**
- **20 egg roll wrappers (6-inch squares)**
- **1/4 cup extra virgin coconut oil for frying**

1. Put the arame and goji berries in the bottom of a large mixing bowl. Layer the tofu on top followed by cabbage, cilantro, and scallions.
2. Add sesame oil, tamari, ginger and maple sugar. Let it sit for about 5 to 10 minutes to allow the water from the tofu to hydrate the arame and goji berries. Stir mixture together and taste and adjust seasonings, if desired.
3. Place an egg roll wrapper diagonally on a large cutting board or plate, so it appears diamond-shaped. Place 2 tablespoons of arame mixture in the center. Fold the right and left sides of the wrapper over the filling, then fold up the bottom corner, and roll up tightly

4. Melt coconut oil in a large fry pan. Add as many egg rolls as will fit leaving spaces between them to allow enough room to flip over. Fry over medium heat for a few minutes until golden on one side and then flip over and fry for about 3 minutes, or until golden brown on all sides or at least 2. Remove from fry pan and drain on a paper bags or paper towels. Fry remaining egg rolls and add more coconut oil if pan becomes dry.
5. Arrange the egg rolls on a platter and enjoy or serve with your favorite dipping sauce.

Seitan and Vegetables in Coconut Curry Sauce

Cooking vegetables in coconut milk with curry powder give this simple seitan dish a luxurious hint of India. Serve it over noodles or rice along with a green salad for a quick and easy meal. Seitan has a meaty texture, and is made of high protein wheat gluten, and is high in iron.

Eating whole-wheat products and avoiding refined carbohydrates will enhance our health and the health of our eyes. Zinc, found in wheat assists Vitamin A absorption and helps prevent night blindness and macular degeneration.

4 servings

- **1 tablespoon + 1 teaspoon sesame oil**
- **1 ½ cups sliced carrots**
- **2 ½ cups coarsely chopped green cabbage**
- **1 pound seitan, 2 ½ cups sliced**
- **1-14 ounce can whole coconut milk**
- **2 tablespoons curry powder**
- **Optional: ½ teaspoon unrefined sea salt or to taste**

1. Heat the oil in a wok or stockpot over medium high heat. Add carrots and sauté 1-2 minutes. Then add cabbage and sauté for 5 minutes to mix carrots and cabbage together.
2. Add the seitan, coconut milk, and curry powder. Simmer for 10-15 minutes or until vegetables are brightly colored.
3. Adjust the seasonings; add sea salt, if desired. For a spicier taste, add

more curry.

4. Serve hot over noodles or brown rice.

Fragrant Indian Cabbage

This bright colored and quick sauté offers festive fresh flavors.

Peas offer lutein and zeaxanthin, important nutrient protection against cataracts and macula degeneration.

Serves 6

- **2 teaspoons brown mustard seeds, ~~dry roasted~~**
- **2 tablespoons extra virgin olive oil**
- **1 large Savoy or green cabbage or 2 small ones (10 cups), sliced thin**
- **3-inches peeled and grated ginger**
- **1 cup water**
- **1 cup fresh peas**
- **1 bunch of cilantro (1 cup), sliced**
- **1 teaspoon sea salt**
- **1/4 teaspoon black pepper**
- **1/4 teaspoon cardamom**

1. Heat a wok or heavy skillet. Add the mustard seeds. Cover and dry roast them for about a minute, until you hear them pop. Turn off the heat.
2. Add oil. Stir in the cabbage, water and ginger. Sauté for 5 minutes until the cabbage turns bright green and the texture is crisp and tender. Turn off the heat.
3. Add the peas, cilantro, salt, black pepper, and cardamom to the wok and toss well.
4. Taste and adjust the seasonings.
5. Serve warm.

French Peasant Stew

Wow! A simple stew packed with flavor and nutrients. Feel free to vary the vegetables with the season. You can swap red potatoes and bell peppers for the cauliflower, if you like.

Dulse is reddish brown, tasty sea vegetable, high in potassium, phosphorus, iron, Vitamin C, protein and also has Vitamin B 12. Eating dulse as well as other sea vegetables is a great way to get minerals and vitamins.

Serves 4-6

- **1 1/4 cups chickpeas, presoaked overnight**
- **3 1/2 cups water**
- **4 bay leaves**
- **1 strip dulse**
- **1 tablespoon extra virgin olive oil**
- **6 cloves garlic, sliced**
- **1 cup sliced red onion**
- **1 1/2 cups sliced carrots**
- **3 cups cauliflower, cut into bite sized pieces**
- **1 tablespoon dried basil**
- **1/2 teaspoon black pepper**
- **1/2 teaspoon cardamom**
- **1/4 teaspoon dried cloves**
- **1/4 teaspoon unrefined sea salt**

1. Drain and rinse beans well.
2. Bring the beans, water, dulse, and bay leaves to a boil in a 4-quart stockpot. Reduce the heat to medium low. Cover and simmer for 30 minutes, or until the beans begin to soften.
3. In a medium skillet, heat the oil; add and sauté garlic, onions, cauliflower, and carrots for 5 minutes, or until brightly colored. Add sautéed vegetables to the beans. Simmer for 15 minutes, or until the beans and vegetables are as tender as you like. Add basil, cardamom, cloves, salt, and pepper.
4. Taste and adjust the seasonings, if desired.
5. Ladle into bowls and serve.

Roasted Garlicky Red Potatoes

Delicious and very nourishing for kids of all ages, potatoes taste great roasted with garlic.

All fruits and vegetables contain carotenoids, which are powerful antioxidants. Keeping the peels on the red potatoes also enhances their nutritive value.

Serves 4-6

- **8 cups, red potatoes, rinsed, unpeeled, sliced into 1/4-1/2 inch slices or bite size cubes**
- **10 cloves garlic, sliced**
- **2 teaspoons unrefined sea salt**
- **2 tablespoons extra virgin olive oil or enough to lightly coat the potatoes**
- **½ cup coarsely chopped parsley or cilantro**

1. Preheat oven to 400 degrees.
2. Put potatoes into a mixing bowl with oil, garlic and salt. Mix well. Transfer to a large covered baking dish.
3. Cover and bake for one hour, or until potatoes are tender. Adjust the seasonings, if desired.
4. Garnish with parsley and serve.

Stir-Fry Broccoli and Bok Choy with Goji Berries and Cashews

Here is a vegetable stir-fry feast. Serve on top of kasha, a gluten-free whole grain that is also a complete protein. Soba noodles or rice would also taste great with this stir-fry.

Broccoli is a delicious source of Vitamin C, lutein, and zeaxanthin, which are important nutrients for eye health. Eating broccoli could be very effective in preventing cataract formation and treating glaucoma.

Serves 6-8

- **2 tablespoons sesame oil**
- **5 tablespoons chopped garlic**
- **1 tablespoon grated ginger**
- **1/3 cup dried goji berries**
- **4 tablespoons shoyu or tamari**
- **3/4 cup cashews**
- **1 cup water**
- **9 cups broccoli**
- **2 quarts bok choy (separate stems from leaves)**
- **2 cups scallions**

1. Heat a wok over high heat; then add the oil, garlic, ginger, goji berries, and tamari. Sauté 2-3 minutes.
2. Add cashews and water. Simmer for five minutes.
3. Add broccoli and the bok choy stems, and stir-fry 3-5 minutes, or until brightly colored.
4. Add bok choy leaves and scallions and stir-fry 2 minutes, or until bok choy leaves turn bright green.
5. Taste and add more ginger or tamari if you like.
6. Serve immediately.

Dinner Recipes

Poetic Minestrone

The moment is bliss when you sit down and dip your spoon into a steamy, fragrant bowl of minestrone.

Yams are great sources of beta-carotene, which converts to Vitamin A, the most effective anti-oxidant to enhance our night vision, color vision, and adapting to variety in light.

Serves 4-6

- **1 cup lima beans, soaked overnight or 2 cups cooked or canned beans**
- **8 cups water***
- **2 bay leaves**
- **1-3 inch strip kelp-Optional**
- **2 tablespoons extra virgin olive oil**
- **6 cloves garlic, sliced**
- **1 cup sliced onions**
- **3 cups sliced leeks**
- **3 ½ cups sliced plum tomatoes**
- **A few threads saffron**
- **2 1/2 cups unpeeled sliced yams**
- **2 cups unpeeled sliced red potatoes**
- **1 cup sliced celery**
- **2 teaspoons fresh rosemary or 1 teaspoon dried**
- **3 tablespoons fresh chopped parsley leaves**
- **4 tablespoons fresh chopped basil leaves or 2 tablespoons dried basil**
- **1 teaspoon unrefined sea salt or to taste**
- **1 cup dried pasta such as whole wheat elbows, shells, broken spaghetti or wagon wheels**

Optional: add black pepper to taste

Optional: Garnish with pesto or grated Manchego or goat cheddar

***Cut the cooking time in half if you are starting with cooked or canned beans. Then use only 5-6 cups water*.**

1. Pick out and discard stones, wrinkled, or chipped lima beans, and soak lima beans overnight or for at least 6 hours.
2. Discard soaking water. Rinse beans till the water runs clear. Boil and simmer beans in fresh water with bay leaves and kelp. Cook the beans till they are soft, about an hour. *Omit these steps if starting with cooked beans. Though, you could still add kelp and bay leaves to cooked beans.**
3. Heat a heavy skillet. Add olive oil, garlic, onions, and sauté for 5 minutes. Add leeks and sauté for about 3 minutes or until brightly colored.
4. Add sautéed vegetables, tomatoes, saffron, yams, potatoes, and celery to the simmering beans.
5. Cover and simmer for 20 minutes, or until potatoes are tender.
6. Add rosemary, parsley, basil, salt and pasta.
7. Simmer about 15 minutes or until the pasta is tender.
8. Taste and adjust seasonings, if desired.
9. Ladle hot soup into bowls and serve.

Garlic Bread

A crowd pleaser! Easy to make, garlic bread served with soup and salad makes a simple meal everyone will love.

Garlic is a great source of selenium, which aids Vitamin E absorption and helps the body produce its own antioxidants.

Serves 6-8

- **1 loaf French, Italian, or whole-wheat sourdough bread**
- **6 garlic cloves, minced**
- **1/2 teaspoon unrefined sea salt**
- **1/2 cup extra virgin olive oil**

1. Preheat oven to 375 degrees. Meanwhile, mix oil, garlic and sea salt together in a small bowl.
2. Slice bread into individual slices. Spread garlic-olive oil mixture onto one side of each slice. Reshape loaf. If there is any mixture left, pour it over the loaf. Wrap bread in aluminum foil, shiny side against the bread.

3. Bake 20 minutes, or until the crust is crisp.
4. Remove from the oven and serve.

Tempeh with Kale, Mushrooms, and Marinated Dried Tomatoes

Quick, delicious and fun to eat served over whole wheat, rice or quinoa pasta. You can substitute other dark leafy greens for the kale: chard, collards, or broccolini.

Lutein, found in dark green leafy vegetables such as spinach, kale, collard greens guard against macular degeneration and even reverse some of its effects. Lutein also filters out UV rays, which lowers risk of cataracts.

Serves: 4-6

- **1 tablespoon extra virgin olive oil**
- **5 cloves garlic, sliced**
- **1 1/2 cups sliced red onions**
- **1 pound soy tempeh, cut into bite sized cubes**
- **6 cups coarsely chopped kale**
- **3 cups sliced white button mushrooms**
- **2 tablespoons balsamic vinegar**
- **15 marinated sun-dried tomatoes**
- **1 fresh bunch chopped basil or 3 tablespoons dried basil**
- **3 tablespoons fresh or 1 tablespoon dried oregano**
- **2 teaspoons unrefined sea salt, or to taste**
- **1/4 teaspoon pepper, or to taste**

1. Heat a wok or heavy skillet. Add oil, garlic and onions. Sauté for 5 minutes, or until onions soften.
2. Add and sauté tempeh for 5 minutes, or until golden brown.
3. Stir in kale and mushrooms. Sauté for 5 minutes and add balsamic vinegar when the pan dries out.
4. Stir in marinated sun-dried tomatoes, herbs, salt and pepper.
5. Taste and adjust the seasonings, if desired.
6. Serve immediately.

Roasted Spring Vegetables

Wonderful side dish, pizza topping, and also delicious topped with chevre fresh out of the oven.

Asparagus and onions give us good sources of sulfur, which helps us make Glutathione, an antioxidant that protects and enhances the health of our eyes.

Serves 4-6

- **1 pound asparagus, sliced into 1 inch long pieces, 2 1/2 cups**
- **2 zucchinis, sliced in 1-inch chunks, 4 1/2-5 cups**
- **1/2 pound white button or portabella mushrooms, sliced into 1/2 inch slices, 3 cups**
- **8 cloves garlic, sliced**
- **1 red onion, sliced, 1 cup**
- **1/4 cup chopped parsley leaves**
- **1 tablespoon dried basil**
- **2 tablespoons extra virgin olive oil**
- **1 teaspoon unrefined sea salt or to taste**

1. Preheat the oven to 500 degrees.
2. Place all the ingredients in a large bowl and mix well.
3. Transfer to a large covered baking dish or crock.
4. Bake for 30 minutes, or until vegetables are as tender as you like.
5. Taste and adjust the seasonings, if desired.
6. Serve immediately.

Lentil Soup with North African Spices

Turmeric, saffron, cayenne, and cinnamon blend magically into this colorful lentil and vegetable soup. Yams, tomatoes, and cabbage create a tasty soup. Feel free to vary the vegetables with the season.

Eating red onions can prevent the breakdown of the membranes of the retinal cells, helping us avoid macular degeneration.

Serves 6-8

- **1 ½ cups brown lentils, rinsed**
- **8 cups water**
- **1 cinnamon stick**
- **1 dried cayenne pepper seeded and cut up or 1 teaspoon chili pepper flakes**
- **Pinch of saffron**
- **½ teaspoon turmeric**
- **6 cups coarsely chopped yams**
- **4 cups green cabbage, sliced thin**
- **3 ½ cups diced plum tomatoes**
- **1 cup coarsely chopped red onions**
- **1 ½ cups coarsely chopped cilantro**
- **1 teaspoon unrefined sea salt or to taste**

1. Place the lentils, water, cinnamon stick, chili pepper flakes, turmeric and saffron in a 6-quart stockpot. Bring the ingredients to a boil; then reduce the heat to medium-low. Simmer covered, 15 to 20 minutes, or until the lentils soften.
2. Add yams, cabbage, tomatoes, and onions to the lentils. Simmer covered about 15-20 more minutes, or until yams are tender.
3. Add the cilantro and salt.
4. Adjust the seasonings, if desired.
5. Ladle the hot soup into bowls. Serve with rice.

Falafel with Tahini Dressing

Chickpeas, brown basmati rice and spices combine to make this a fun and fantastic meal. We like to serve falafel stuffed into whole-wheat pita bread or over green garden salad with sliced tomatoes and sprouts tossed with tahini dressing.

Eating a diet rich in whole grains, fruits and vegetables lowers the risk of cataracts.

Serves 4-6

- **3 cups cooked chickpeas**
- **1 ½ cups cooked brown basmati rice**
- **3 cloves garlic**
- **1 cup onions coarsely chopped**
- **1 cup chopped parsley**
- **¾ cup whole wheat pastry flour**
- **2 tablespoons +2 teaspoons cumin powder**
- **1 tablespoon coriander**
- **1 ½ teaspoon unrefined sea salt**
- **1 ½ teaspoons paprika**
- **½ teaspoon black pepper**
- **3 tablespoons ghee or sesame oil**

1. Place all the ingredients, except the ghee or oil in a mixing bowl, and mix well. Make sure chickpeas are mashed into the mixture.
2. Shape the batter into walnut sized balls.
3. Heat a 9-inch skillet. Add ghee or oil.
4. Add falafel balls when oil is hot and flatten with a spatula. Fry on both sides until golden brown, about 5 minutes.
5. Serve on top of salad or stuffed into pita with Tahini Sauce.

Tahini Dressing/Sauce

Makes ¾ cup

- **¼ cup fresh squeezed lemon juice**
- **¼ cup tahini**

- **¼ cup water**
- **1 teaspoon unrefined sea salt**

1. Put all the ingredients in a blender and puree until creamy.
2. Taste and adjust the seasonings, if desired.
3. Use immediately over falafel and refrigerate any leftovers.

New England Fish Chowder

Onions, cauliflower and celery combine to make excellent chowder. Feel free to increase the amount of fish and vary the vegetables for a colorful combination such as carrots, corn and potatoes. Also, you can add fresh or dried thyme, sage, and/or bay leaf for another tasty variation. Serve with a green salad, Forbidden Rice or sourdough whole-wheat baguette and butter.

Fresh water fish are good sources of Omega-3 fatty acids and have been shown to protect against macular degeneration.

Serves 4

- **4 cups water**
- **2 onions (at least 1 1/2 cups chopped onions) or leeks**
- **4 potatoes or 1 medium cauliflower, (3-4 cups), sliced**
- **3 stalks celery or a carrot and a yellow squash*, sliced**
- **1 pound scrod or an assortment of cusk, cod and monkfish**
- **1/4 teaspoon unrefined sea salt**
- **Pinch-1/4 teaspoon pepper**
- **Pinch of nutmeg**
- **Garnish with chopped parsley, chives, or scallions**

*** Use carrots, winter or summer squash for a sweet chowder.**

1. Boil water in a 6-quart stockpot over medium heat. Add the onions, and simmer 10-60 minutes. (The longer the onions simmer, the sweeter the soup.)
2. Add cauliflower or potatoes to the pot. (*Add carrots and squash, if

- using, with cauliflower or potatoes.) Simmer 10 minutes for cauliflower and 15-20 minutes for potatoes.
3. Add celery and simmer 3 minutes or until bright green.
 4. Rinse and slice the fish into 1-2 inch pieces. Add it to the broth. Simmer 2-3 minutes, until the fish is tender.
 5. Add salt, pepper, and nutmeg to taste.
 6. Ladle soup into bowls and garnish with chopped parsley, scallions or chives.

Green Queen Dressing

The marriage of basil and cilantro creates a sensational dressing for fresh green vegetable salads, cooked grains and pasta.

Hemp seed oil is a great source of Omega-3 fatty acids, which protects against macular degeneration. Extra virgin olive oil is also tasty and a very healthy choice.

Serves 8 or more

- **2 cups fresh basil leaves, rinsed**
- **1 cup cilantro leaves, rinsed**
- **1/3 cup fresh lemon juice**
- **1/3 cup extra virgin olive oil or hemp seed oil (or a combination of these 2 oils)**
- **1 teaspoon unrefined sea salt**
- **1/2 teaspoon black pepper**

1. Blend all the ingredients in a blender or food processor.
2. Taste and adjust seasonings, if desired.
3. Serve.

Japanese Poached Salmon

Sesame oil and tamari create a Japanese accent that only gets better with ginger. Serve with Japanese Rainbow Salad with Arame (sea vegetable salad), Forbidden Rice or sourdough whole-wheat baguette and butter.

Salmon is an excellent source of Omega-3 fatty acids, which help reduce fluid pressure within the eyes and chronic inflammation found in those with glaucoma.

Serves 4

- **1 1/3 pounds salmon fillet**
- **2 tablespoons sesame oil**
- **2 tablespoons tamari or shoyu**
- **2 tablespoons mirin or organic white wine**
- **1/4 cup water or enough water to cover halfway up the fish**
- **Optional: 1 teaspoon-tablespoon grated ginger**

1. Preheat oven to 400 degrees.
2. Rinse fish in cold water. Place it skin side down in an uncovered baking dish. Pour the oil, tamari, mirin, and grated ginger if using, on top of fish. Add water to the pan.
3. Bake for about 20 minutes, or until fish is tender when fork is inserted. Cook fish 10 minutes for every inch of thickness measured at the thickest part.

Japanese Rainbow Salad with Arame

Black and delicate, with a mild, semi-sweet flavor, arame is a sea vegetable with a pleasing texture of angel hair pasta. Use your imagination to create endless variations of this salad. Remember black goes with everything. Combine organic vegetables in season. Marinated arame salads keep well in the refrigerator for several days.

Arame is high in calcium, zinc and iodine, all very important nutrients for the health of the eyes.

Serves 4-6

- **1/2 cup arame**
- **1/2 cup cold water**
- **1 cup chopped parsley**
- **1 quart chopped red or green cabbage**
- **1 large carrot, sliced**
- **2 stalks celery, sliced**
- **1 tablespoon toasted sesame oil or sesame oil**
- **2 tablespoons umeboshi vinegar or tamari**
- **2 tablespoons rice vinegar**

1. Put arame and water in a large mixing bowl for 5 minutes.
2. Add all the vegetables along with the oil, umeboshi vinegar, and rice vinegar. Mix gently.
3. Taste and adjust the seasonings if necessary, and serve.

Refried Beans with Creamy Avocado Basil Dip

Refried beans are delicious wrapped in corn or whole wheat tortillas scooped up with salsa and creamy avocado dip. Serve with a salad for a great meal. Grated goat cheddar is also a nice addition to the tortillas; if you like, add a side dish of brown rice, brown basmati, brown jasmine or Bhutanese Red rice, too.

Riboflavin (Vitamin B2), found in beans and whole grains prevents eye burning and itching, loss of visual acuity, and light sensitivity.

Serves 4-6

- **1 quart cooked pinto, kidney, or anasazi beans and their bean juice (about 1/2 cup)**
- **1 tablespoon extra virgin olive oil**
- **6 cloves garlic, sliced**
- **2 teaspoons cumin seeds**
- **2 cups coarsely chopped red onions**
- **5 bay leaves**
- **Optional: 2 carrots, diced**
- **¼ cup fresh or 2 tablespoons dried oregano or season to taste**
- **5 teaspoons Mexican chili powder (mild)**
- **3 teaspoons dried coriander or a fresh bunch chopped cilantro (1-2 cups)**
- **1/2 teaspoon unrefined sea salt or to taste**

Option #1: Add 1 cup fresh bell pepper (green, red, yellow peppers or a combination)

Option #2: Garnish with salsa and/or salad of chopped scallions, olives, shredded lettuce, carrots, and sliced avocado.

Option: #3: Omit the chili powder and add more cumin seeds.

Option: #4: Use jalapeno pepper or a generous pinch of crushed red pepper flakes, or cayenne, if you want a spicier dish.

- 1.Heat a large skillet. Add oil, garlic, cumin seeds, onions, carrots, bay leaves, and bell peppers if using. Sauté 5 minutes or until carrots are tender and the onions is translucent.
- 2.Add and mix in cooked beans and their juice.
- 3.Stir in oregano, chili powder, coriander, and sea salt.
- 4.Taste and adjust the seasonings, if desired.
- 5.Serve wrapped or on warm tortillas, garnished with salsa, and Creamy Basil Avocado Dip (see next recipe).

Creamy Basil Avocado Spread/Dip

This is the ultimate creamy dressing for *Refried Beans* stuffed in tortillas, also great as a dip for corn chips and vegetables.

Avocados are high in Vitamin E, one of the many important nutrients that boost levels of Glutathione, which can prevent cataract formation.

- **2 cups avocado**
- **2 large cloves of garlic (1Tablespoon chopped)**
- **3 Tablespoons lime juice**
- **3 Tablespoons fresh chopped basil**
- **½ teaspoon sea salt**

- 1.Combine all the ingredients in food processor and blend until smooth.
- 2.Taste and adjust the seasonings, if desired.
- 3.Serve immediately as a topping to refried beans or as dip with chips.

Natural Food Resources

Bob's Red Mill Natural Foods

5000 SE International Way
Milwaukie, OR 97222
800-349-2173

www.bobsredmill.com

Supplier of spelt, teff, amaranth, and a wide variety of other whole grains, flours, seeds, beans, and more.

Maine Coast Sea Vegetables

3 Georges Pond Road
Franklin, ME 04634
207-565-2907

www.seaveg.com/shop

Organic Source of wild harvested sea vegetables: dulse, smoked dulse, digitata (kombu), kelp, laver (wild nori), toasted sushi nori, and more, as well as sea vegetable snacks and seasonings (dulse & w/garlic, kelp & w/cayenne).

Navitas Naturals

9 Pamaron Way, Suite J
Novato, CA 94949
888-645-4282

www.navitasnaturals.com

Organic source for goji berries, maca powder, hempseeds, palm sugar, and more. Use code Leslie15 and get 15% off your entire order.

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www.shilohfarms.com

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Supplier of amaranth teff, spelt as well as a wide range of organic whole grains, flours, beans, nuts, seeds, sea salts, dried fruits (including goji berries), and healthy sweeteners such as maple sugar, palm sugar and date sugar.

The Teff Company

P.O. Box A

Caldwell, ID 83606

888-822-2221

www.teffco.com

Supplier of teff grain and teff flour

Author Biographies

Marc R. Grossman, O.D., L.Ac.

Marc Grossman, Doctor of Optometry and New York State Licensed Acupuncturist is co-author of:

- ***Magic Eye Beyond 3D: Improve Your Vision***, published by Andrews and McNeil in 1996, an international bestseller.
- ***Greater Vision - A Comprehensive Program for Physical, Emotional and Spiritual Clarity*** published by McGraw Hill, 2001.
- ***Natural Eye Care - A Comprehensive Manual for Practitioners of Oriental Medicine***, published by Natural Eye Care Media Services, Inc. 2002.
- ***Natural Eye Care - Your Guide to Healthy Vision*** published by Natural Eye Care Media Services, Inc., April, 2007.

Since 1980 Dr. Grossman has helped many people maintain healthy vision and even improve eyesight. He is best described as a Holistic Eye Doctor,

dedicated to helping people with such conditions ranging from myopia and dry eyes to potentially vision threatening diseases as macular degeneration and glaucoma. His combined multi-disciplinary approach using nutrition, eye exercises, lifestyle changes and Chinese Medicine provides him with a wide array of tools and approaches to tackle difficult eye problems.

Dr. Grossman founded the Rye Learning Center in 1980, a multidisciplinary center for learning problems, and more recently in 1996 co-founded Integral Health Associates in New Paltz, New York.

Dr. Grossman's background includes degrees in Optometry, Biology, Physical Education and Learning Disabilities, coupled with yoga, bioenergetics, nutrition, Chinese medicine and acupuncture, the Alexander technique and Feldenkrais. This orientation provides the foundation for an integrated approach to vision and its influence on the body, mind and spirit of each patient.

The philosophy of his practice is based on the belief that vision is not static and it need not degenerate. Vision has the ability to improve, and there are practical alternatives for helping vision without resorting to stronger prescriptions for eyeglasses or contact lenses, or submitting to surgery. Poor vision is not just physical and can be improved at any age. According to recent scientific and psychological research on the human visual system, emotional and mental stress, childhood issues and environmental factors have a significant effect on vision. Therefore, to improve vision, the condition, as a whole person needs to be addressed including diet, attitude, work, school, environment, physical and emotional issues.

Dr. Grossman lectures nationally on topics such as Natural Vision Improvement, Psycho-Emotional Aspects of Visual Conditions, Vision & Learning, Holistic Integrative Visual Therapy, and Chinese Medicine and Vision Care. He also teaches workshops for health care professionals including physical therapists, chiropractors and body workers, social workers, occupational therapists and other optometrists. Dr. Grossman is a consultant to school systems, rehabilitation centers and the U.S. Military Academy at West Point.

Please visit <http://www.naturaleyecare.com> for more information on Dr. Marc R. Grossman, O.D., L.Ac.

Leslie Cerier, M.A. “The Organic Gourmet”

Leslie Cerier, “The Organic Gourmet” is an internationally recognized chef, educator, and cookbook author specializing in whole foods and organic cuisine.

Since 1987, Leslie Cerier, “The Organic Gourmet” has been teaching culinary nutrition and hands-on vegetarian cooking for health and vitality, as well as writing cookbooks and articles focusing on eating local, seasonal, organic foods that are not just good for you, but also pleasurable, delicious and good for the planet.

Leslie Cerier is the author of

- ***Gluten-Free Recipes for the Conscious Cook, A Seasonal Vegetarian Cookbook*** (New Harbinger Publications, 2010), which was named one of the 12 best cookbooks of 2010 by Natural Solutions Magazine.
- ***Going Wild in the Kitchen*** (Square One Publishers, 2005).
- ***The Quick and Easy Organic Gourmet*** (Barrytown Ltd, 1996).

She is also the co-author of *Sea Vegetable Celebration* (The Book Publishing Company, 2001), and the **editor of *Taste Life! Organic Recipes*** (Square One Publishers, 2002).

Since 1980, Leslie Cerier has published dozens of articles on health supportive organic gourmet cooking, nutrition, and organic lifestyle.

Leslie Cerier has also developed many recipes for natural foods companies including:

- Green and Blacks (organic chocolate)
- Coombs Vermont Gourmet (organic maple syrup)

- Lotus Foods (Jade pearl rice and Madagascar pink rice)
- The Teff Company (teff grain and teff flour).

The perfect marriage of her culinary knowledge and aptitude has also resulted in many requested appearances around the country.

Leslie has been interviewed by the Television Food Network, WGBY PBS TV, NBC TV affiliate Channel 22, Foxnews.com, jazzyvegetarian.com and numerous national radio programs. She has been quoted in the New York Times and Vegetarian Times. Recognized and featured in Organic Spa Magazine and several articles in the Huffington Post:
<http://lesliecierier.com/in-the-media>

Leslie's recipes have also been featured on dozens of websites, blogs, and even food packages including: wholegrainscouncil.org, Kripalu.org, naturaleyecare.com, vegkitchen.com, organiccenter.org, allthingshealing.com, bobsredmill.com, shilohfarms.com, lotusfoods.com, navitasnaturals.com, frontiercoop.com, among others.

Leslie teaches exciting classes in some of the most prestigious centers of holistic evolution and organic lifestyle. These include Rancho La Puerta, a famous fitness resort and spa in Mexico; Esalen Institute, in Big Sur, CA; Omega Institute, in Rhinebeck, NY, and Kripalu Center for Yoga and Health, in the Berkshires of Massachusetts. Many of Leslie's workshops offer continuing education credits for Dietitians and Athletic Trainers. Leslie has also taught nutritionists at Canyon Ranch, and has lectured and taught cooking at Frontier Natural Products Co-op's Herb Fest, Northeast Organic Farming Association, Natural Gourmet Institute for Food and Health, New York Open Center, the 3rd annual Gluten-Free Culinary Summit, and Whole Foods New England Demo Group on behalf of Simply Organics. Leslie also has taught gluten free baking with teff flour to the baker at Kripalu Center for Yoga and Health.

Leslie is a gourmet personal chef/caterer specializing in whole foods and organic cuisine for health, vitality and pleasure. Her robust New England based business includes custom culinary work for private clients as well as private and group cooking instruction and coaching. She is a pioneer and national authority on wheat-free baking, the entire spectrum of whole grains,

and cooking with wild foods. Her specialty in culinary nutrition and gluten-free whole grains has led to her being much sought after by health professionals and private clients to help them translate challenging dietary allergy issues into culinary success and meal satisfaction.

As an award-winning photographer and environmentalist, Leslie created a digital story for her latest series of photographs “Photographing the Jewels in the Water,” which you can find on Leslie’s website

- <http://www.lesliecerier.com/photography>

The photograph of “Stir-Fry Broccoli and Bok Choy with Goji Berries and Cashews,” the cover of this e-book is by Leslie Cerier. Please contact Leslie Cerier for prints of her impressionistic nature photographs.

Leslie has a master’s degree in Movement Sciences and Education from Teachers College, Columbia University. She has taught at Barnard College, Columbia University, and Eastern Kentucky University. Leslie has also taught hands-on culinary nutrition and cooking classes at Sarah Lawrence College, Amherst College, and Hampshire College.

Please visit: www.lesliecerier.com for more information on Leslie Cerier, “The Organic Gourmet.”