



15 TASTY
VISION
BOOSTING
SALADS



INTRODUCTION

In the last decade we have seen strong evidence forwarded by the scientific community that brings a new clarity to the field of vision. Where in the past it was perceived that ageing and vision loss were inevitable for large portions of the human population, it is now understood that this is an obsolete model. Science has clearly shown that our food is truly our medicine and by incorporating a few simple natural ingredients into our diet we are able to prevent against degeneration and in many cases even support the conditions necessary to regenerate eyesight.

This book is divided into two main sections. The first section outlines all the powerful naturally derived substances and nutraceuticals that support, improve maintain and treat vision. In the first section we cover what foods are the most potent and efficient activators, protectors and healers for vision – in other words those foods that have high concentrations of these vision healing substances.

In the second section we proudly present 15 potent vision enhancing salad recipes based on the foods and compounds reported on in the first section. All the recipes are simple, organic and potent protectors of human vision.

Incorporating these recipes into your daily and weekly eating regimens will not only improve your visual health but provide a massive increase in your dietary variety whilst tasting fantastic too - bon appetite!

PART ONE

NATURAL COMPOUNDS FOR VISION



VITAMINS

Vitamin B

All the B vitamins have potent health benefits, particularly for cardiovascular health. In terms of vision boosting power it is vitamin B6, B9 and B12 that have the greatest effects and have been shown to massively improve vision loss by reducing levels of homocysteine^{1 2}. Homocysteine is a molecule in the body linked to inflammation amongst other pathological mechanisms and it seems that reducing inflammation helps to prevent and treat a vast number of degenerative and pathological conditions.

In addition to the above three B vitamins, Vitamin B2 has a proven capacity to prevent the development of cataracts whilst vitamin B1 helps prevent macular degeneration that can arise from complications and nerve damage due to diabetes. All in all, the B vitamins are definitely superstars of global total health and we should try to eat foods rich in their quantity.^{3 4}

Best Food Sources of Vision Boosting B Vitamins⁵

Vitamin B1 - Thiamine	Sunflower seeds, tuna, pork, beans, leafy greens, whole & enriched grains.
Vitamin B2 -	Milk, cheese, leafy greens, and almonds

¹ Krishnadev, Nupura, Annal D. Meleth, and Emily Y. Chew. "Nutritional supplements for age-related macular degeneration." *Current opinion in ophthalmology* 21.3 (2010): 184.

² Satyanarayana, Alleboena, et al. "Status of B-vitamins and homocysteine in diabetic retinopathy: association with vitamin-B12 deficiency and hyperhomocysteinemia." *PloS one* 6.11 (2011): e26747.

³ Landor, J. V., and R. A. Pallister. "Avitaminosis B2." *Transactions of the Royal Society of Tropical Medicine and Hygiene* 29.2 (1935): 121IN1125-124IN2134.

⁴ Yadav, Umesh CS, Sumitra Subramanyam, and Kota V. Ramana. "Prevention of endotoxin-induced uveitis in rats by benfotiamine, a lipophilic analogue of vitamin B1." *Investigative ophthalmology & visual science* 50.5 (2009): 2276-2282.

⁵<https://www.ars.usda.gov/northeast-area/beltsville-md/beltsville-human-nutrition-research-center/nutrient-data-laboratory/docs/usda-compiling-food-composition-data-for-over-115-years/>

Riboflavin	
Vitamin B6	Yellow fin tuna, turkey, salmon, bananas, bell peppers and spinach
Vitamin B9 - Folic Acid	Green leafy vegetables, dried beans, poultry, fortified cereals, oranges, nuts
Vitamin B12	Beef tenderloin, calf's liver, lamb, snapper, salmon, sardines, and halibut Biotin Brewer's yeast, meat, dairy, dark green vegetables, e.g., Swiss chard

2 weird ingredients proven to regrow hair

Are you sick and tired of seeing your hair fall out in the shower, or having to cover over your bald patch every day?

Then you need to start eating [THESE two ingredients](#).

Vitamin C, D & E

The above three vitamins are all excellent health promoters which have been linked to reductions in diabetic based nerve damage and improved eyesight. All three of these vitamins are excellent antioxidants and they control blood sugar, protect vascular health and help regenerate tissues that have been damaged by free radical oxidation.

Vitamin C has been found in relatively large quantities in the tissues of the eye and is strongly correlated with healthy eye function. Importantly, vitamin C is not produced by the body so it is extremely important to ingest sufficient amounts of it in our diet in order to maintain healthy levels of it – particularly if we are to have healthy eyesight.^{6 7} Vitamin D3 has likewise been shown to be effective at preventing loss of function in the eyes and is an established protector of the eyes.⁸

Best Food Sources of Vision Boosting Vitamin C, D & E⁹

Vitamin C	Papaya, bell peppers, broccoli, citrus fruits, and berries
Vitamin D	Egg yolk, fatty fish, and milk
Vitamin E	Avocados, egg, unheated vegetable oil, wheat germ, nuts, dark green vegetables, whole grains

⁶ Age-Related Eye Disease Study Research Group. "A randomized, placebo-controlled, clinical trial of high-dose supplementation with vitamins C and E, beta carotene, and zinc for age-related macular degeneration and vision loss: AREDS report no. 8." *Archives of ophthalmology* 119.10 (2001): 1417.

⁷ SanGiovanni, J. P., et al. "The relationship of dietary carotenoid and vitamin A, E, and C intake with age-related macular degeneration in a case-control study." *Arch Ophthalmol* 125.9 (2007): 1225-1232.

⁸ Ma, Li, et al. "C20-D3-vitamin A slows lipofuscin accumulation and electrophysiological retinal degeneration in a mouse model of Stargardt disease." *Journal of Biological Chemistry* 286.10 (2011): 7966-7974.

⁹<https://www.ars.usda.gov/northeast-area/beltsville-md/beltsville-human-nutrition-research-center/nutrient-data-laboratory/docs/usda-compiling-food-composition-data-for-over-115-years/>

CAROTENOIDS

Carotenoids are potent antioxidant compounds that are commonly found in carrots and most dark green or yellow vegetables – they are famous for their ability to improve eye health. The main carotenoids known to benefit our vision are lutein, zeaxanthin and meso-zeaxanthin which are the three most important carotenoids for the eyes.¹⁰ Lutein, zeaxanthin and meso-zeaxanthin are able to reverse the progression of vision loss particularly when that vision loss is due to macular degeneration.¹¹ The carotenoids are able to absorb low frequency light (light closer to the red band of the spectrum) and protect eye tissues through antioxidant effects. Our body produces meso-zeaxanthin from lutein, however the body's ability to do this declines with aging and studies have shown that levels of meso-zeaxanthin are reduced in the elderly and in those with macular degeneration.¹²

Increasing carotenoid intake is probably the most effective and efficient way to boost our visual health and acuity. Each recipe presented in part two of this book will have plenty of food sources rich in carotenoids. There are several different types of carotenoids and we discuss a few of the most beneficial below.

Astaxanthin

Astaxanthin is a carotenoid produced from algae, bacteria and fungi. It has a reddish pigment and can be found in certain fish, shellfish, krill, salmon and shrimp. Astaxanthin is one of the most potent antioxidants one can ingest and studies have unsurprisingly shown that Astaxanthin supplementation prevents and impairs vision loss as well as improving

¹⁰ BONE, RICHARD A., et al. "Distribution of lutein and zeaxanthin stereoisomers in the human retina." *Experimental eye research* 64.2 (1997): 211-218.

¹¹ Krinsky, Norman I., John T. Landrum, and Richard A. Bone. "Biologic mechanisms of the protective role of lutein and zeaxanthin in the eye." *Annual review of nutrition* 23.1 (2003): 171-201.

¹² BONE, RICHARD A., et al. "Distribution of lutein and zeaxanthin stereoisomers in the human retina." *Experimental eye research* 64.2 (1997): 211-218.

energy or metabolic production – helping to combat chronic fatigue and inflammation.¹³

Beta- and alpha-carotene

Beta-carotene and alpha-carotene are both linked to improved eye sight. The best way to increase levels of beta and alpha carotene is to eat more foods rich in these substances. Both beta and alpha carotene are converted into vitamin A in the body which can have toxic side effects if levels are too high, thus it is not recommended to ever supplement beta and alpha carotene directly. So increasing the quantity of foods rich in these two carotenoids is the best way to harness their vision boosting health properties.^{14 15 16}

Kale

Kale has the highest amounts of the powerful vision boosting carotenoids (viz. lutein and zeaxanthin) out of all the foods we eat. Kale contains 19 697µg of zeaxanthin and lutein per 100 gram serving¹⁷, and is especially rich in lutein containing 23.7 mg per cup of cooked kale.¹⁸

¹³ Li, Zhongrui, et al. "Astaxanthin protects ARPE-19 cells from oxidative stress via upregulation of Nrf2-regulated phase II enzymes through activation of PI3K/Akt." (2013).

¹⁴ Seddon, Johanna M., et al. "Dietary carotenoids, vitamins A, C, and E, and advanced age-related macular degeneration." *Jama* 272.18 (1994): 1413-1420.

¹⁵ Age-Related Eye Disease Study Research Group. "A randomized, placebo-controlled, clinical trial of high-dose supplementation with vitamins C and E, beta carotene, and zinc for age-related macular degeneration and vision loss: AREDS report no. 8." *Archives of ophthalmology* 119.10 (2001): 1417.

¹⁶ Akuffo KO, Nolan JM, Howard AN, et al. Sustained supplementation and monitored response with differing carotenoid formulations in early age-related macular degeneration. *Eye (Lond)*. 2015;29(7):902-12

¹⁷ <https://www.ars.usda.gov/northeast-area/beltsville-md/beltsville-human-nutrition-research-center/nutrient-data-laboratory/>

¹⁸ U.S. Department of Agriculture, Agricultural Research Service, USDA Nutrient Data Laboratory. 2005. USDA National Nutrient Database for Standard Reference, Release 20 (2007), Nutrient Data Laboratory Home Page



So if you are wondering what the best base component for your mixed salad greens would be, then generous amounts of kale would be our first choice.

Eggs & Carotenoids

Egg yolks also contain high levels of vision boosting carotenoids as well as being a great source of Vitamin A and selenium. Selenium is a trace mineral known to prevent free radicals from harming the lens and protects our eyes from developing macular degeneration. Low levels of selenium have been found in people suffering from glaucoma and have developed a healthy reputation as being an immune booster supporting our ability to defend against infections.

One of the most potent natural antioxidants that is needed by our bodies is glutathione which is also found in eggs. Glutathione is often called the master antioxidant and has been linked to a reduction in the development of cataracts, glaucoma, diabetic blindness and retinopathy apart from multiple health benefits reported in many scientific papers. This amino acid is remarkable for our sight because it protects the tissue surrounding the lens of the eyes.

Eggs have amazing carotenoid boosting properties when combined with fresh vegetables. Simply put, adding eggs to an eggless salad will boost the amount of carotenoids absorbed per salad. Egg yolks are a reasonable source of healthy fats, protein, and both lutein and zeaxanthin. Although the absolute amount of carotenoids contained in eggs is lower than many

vegetables, they do nevertheless come in a highly absorbable form – nearly ideal for the human body. According to recent sources, adding one to two eggs to eggless salads can, in some cases, boost carotenoid absorption by as much as 800%!^{19 20}

Food sources with high levels of both lutein and zeaxanthin carotenoids²¹

- Egg yolk
- Kale
- Maize (corn) – highest quantity of lutein
- Orange pepper -highest amount of zeaxanthin
- Kiwi fruit
- Grapes
- Spinach
- Orange juice
- Zucchini (vegetable marrow)
- Squashes

OILS & LIPIDS

Omega-3 Fatty Acids

Omega-3 fatty acids found in evening primrose oil, fish oil and krill oil have been shown have a beneficial result on vision loss. Epidemiologically, it has been proven that in places where people consume more omega-3fatty acids, there is a lesser incidence of macular degeneration. Higher fish intake was also shown to be linked to a decreased occurrence of macular degeneration. Subject eating fish once a week in a five- year study were shown to have a 40% reduction in their early vision loss. In the same study,

¹⁹ <http://www.sciencedaily.com/releases/2015/03/150329141005.htm>

²⁰ <http://time.com/3763004/eggs-raw-vegetables-carotenoid-absorption-nutritional-benefits/>

²¹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1722697/>

eating fish three times a week proved to be associated with a 75% reduced risk.^{22 23 24}

Best Food Sources of Vision Boosting Essential Fatty Acids²⁵

NUTS & SEEDS

- Walnuts
- Sunflower seeds
- Sesame seeds
- Almonds
- Pumpkin seed
- Flaxseeds/Linseeds

OILS

- Olive oil
- Borage oil
- Cod liver oil
- Hemp oil
- Evening primrose oil

FISH

- Cold water deep-sea fish
- Salmon
- Sardines
- Herring
- Tuna
- Mackerel

OTHER

- Avocado
- Soybeans
- Wheat germ

²² Lim, Laurence S., et al. "Age-related macular degeneration." *The Lancet* 379.9827 (2012): 1728-1738.

²³ Chong, Elaine WT, et al. "Dietary ω -3 fatty acid and fish intake in the primary prevention of age-related macular degeneration: a systematic review and meta-analysis." *Archives of ophthalmology* 126.6 (2008): 826-833.

²⁴ Seddon, Johanna M., Sarah George, and Bernard Rosner. "Cigarette smoking, fish consumption, omega-3 fatty acid intake, and associations with age-related macular degeneration: the US Twin Study of Age-Related Macular Degeneration." *Archives of ophthalmology* 124.7 (2006): 995-1001.

²⁵<https://www.ars.usda.gov/northeast-area/beltsville-md/beltsville-human-nutrition-research-center/nutrient-data-laboratory/docs/usda-compiling-food-composition-data-for-over-115-years/>

Olive Oil

In 2016 French scientists demonstrated that olive oil was able to exert protective effects against advanced macular degeneration. Whilst they were unable to explain the reason for the research results they commented that it was probably due effects of the olive polyphenols such as oleuropein, hydroxytyrosol, tyrosol and oleocanthal which have been reported to have potent antioxidant and anti-inflammatory properties.²⁶ Other studies have linked monounsaturated fatty acids with having anti-inflammatory effects that provides significant protection to the retina.²⁷



Interestingly four tablespoons of olive oil acts in a similar way to ibuprofen commonly taken as an antidote to pain. This powerful non-steroidal analgesic property has been linked specifically to the oleocanthal

²⁶ <http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0160240>

²⁷ <http://jamanetwork.com/journals/jamaophthalmology/fullarticle/423143>

polyphenol. It makes sense to use olive oil in the kitchen especially as an ingredient in salad dressings.²⁸

The fun drink that makes you skinny? (try it tonight!)

Imagine if you could go out every weekend, have fun, drink alcohol, do ZERO exercise all week, and still burn belly fat.

Scientists at Washington State University have found that a little known ingredient found in [a very specific alcoholic drink](#) can increase your body's fat-burning powers by up to 370% - allowing you to burn 1-2 pounds of belly fat overnight, and achieve life-changing weight loss in less than 30 days.

[>> Click here to reveal the alcoholic drink that makes you skinny.](#)

ANTIOXIDANT PHYTOCHEMICALS

Resveratrol

Resveratrol is becoming well known, even famous amongst those in the know because of its miraculous health benefits and anti-aging properties. Resveratrol is an extremely powerful antioxidant which improves the symptoms of a number of pathological conditions. Although studies directly linking resveratrol to eye function are not forthcoming it is clear that because resveratrol helps to prevent inflammation, promotes longevity and ameliorates diabetic complications and neuropathy we can confidently say

²⁸ Parkinson L, Keast R. Oleocanthal, a phenolic derived from virgin olive oil: a review of the beneficial effects on inflammatory disease. International journal of molecular sciences. 2014;15(7):12323–34. Epub 2014/07/16. pmid:25019344; PubMed Central PMCID: PMC4139846.

that it is definitely going to aid visual health – directly or indirectly.²⁹ The main benefits of resveratrol in terms of eye health will come from its antioxidant properties and as such increasing our intake of foods rich in this substance will be extremely beneficial. The best food sources of resveratrol are dark red berries, dark red grapes, pomegranates, and peanuts (particularly boiled peanuts e.g. peanut butter).

Dark purple or red grapes are rich in resveratrol. Scientists have documented that resveratrol inhibits excessive blood vessel growth that is the hallmark of at least three main eye diseases that cause blindness. This means that this amazing plant has the ability to preserve vision in age related macular degeneration, diabetic retinopathy as well as helping retinopathy of premature babies that have an obstruction of blood flow to the retina that causes blindness in about 50 000 infants in the US annually.³⁰

Anthocyanins

Like resveratrol, anthocyanins are a group of plant derived antioxidant compounds that are associated with anti-aging properties. In particular cyanin-3-glucoside (C3G, a specific anthocyanin), protects our DNA from damage usually associated with aging. In terms of visual health, C3G prevents damage from high energy light sources (light with high levels of ultraviolet radiation) and improves our body's production of rhodopsin. Rhodopsin is a compound found in the body which enables clear vision in poor light conditions therefore increasing our intake of anthocyanins, in particular C3G should improve our night vision along with preventing age related visual decline.^{31 32}

²⁹ King, Robert E., Kyle D. Kent, and Joshua A. Bomser. "Resveratrol reduces oxidation and proliferation of human retinal pigment epithelial cells via extracellular signal-regulated kinase inhibition." *Chemico-biological interactions* 151.2 (2005): 143-149.

³⁰ <https://www.ncbi.nlm.nih.gov/pubmed/20472894>

³¹ Yang, Jun. *Role of Selected Fruits and Phytochemicals in Cancer Prevention: Mechanisms of Action*. Diss. Cornell University, 2007.

³² Hribar, Ursa, and Natasa Poklar Ulrih. "The metabolism of anthocyanins." *Current drug metabolism* 15.1 (2014): 3-13.

Quercetin

Quercetin improves visual health and protects against vision loss. Quercetin works as a potent antioxidant which also has both anti-inflammatory and anti-allergy (anti-histamine) properties.³³ In addition to this quercetin helps to prevent the formation of cataracts and thus protects the eye lens from degeneration – keeping it in healthy optimum condition.³⁴

Most excitingly, quercetin contributes to the color intensity, focal resolution and brightness of our vision, making it one of the most powerful vision boosting compounds we could ever eat.³⁵ Quercetin also prevents the harmful effects of diabetic complications, particularly the effects of the enzyme aldose reductase which builds up in the lenses of diabetics. Quercetin is therefore able to improve the clarity of the eye lenses, protect against inflammatory damage and reduce the irritation and inflammation associated with allergies. Quercetin is one of the main players in preventing cataract formation and seeing clearly in low light conditions.^{36 37}

All onions contain quercetin but it is red onions in particular which contain the highest levels. Good news for our vision boosting salads.

³³ <https://www.ncbi.nlm.nih.gov/pubmed/20361964>

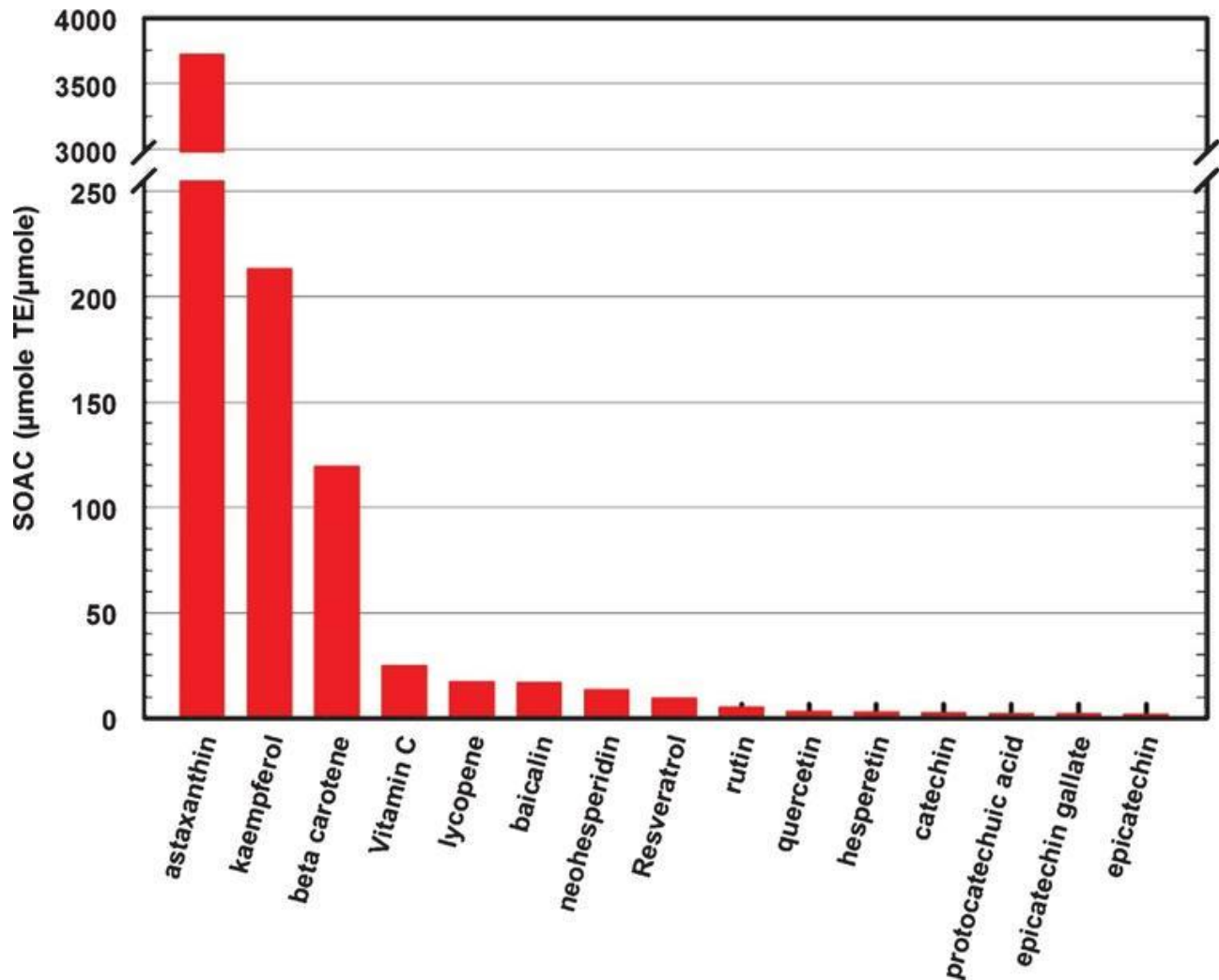
³⁴ <http://online.liebertpub.com/doi/abs/10.1089/rej.2011.1170>

³⁵ <https://www.ncbi.nlm.nih.gov/pubmed/21753864>

³⁶ <https://www.ncbi.nlm.nih.gov/pubmed/21753864>

³⁷ <https://www.ncbi.nlm.nih.gov/pubmed/12086683>

Antioxidant Capacity³⁸



SPICES / HERBS

Curcumin

Turmeric contains large amounts of curcuminoids, including curcumin. The curcuminoids protect our eyes from damage due to diabetic complications whilst also exhibiting antioxidant properties. It is therefore a fantastic promoter of visual health. Most importantly however is the fact that curcuminoids also improve blood flow to the eyes and eye tissues which

³⁸ <http://content.iospress.com/articles/journal-of-berry-research/jbr127>

helps with the transfer of health supportive nutrients and oxygen to the eyes and the proper drainage of eye compounds and fluids - this helps to reduce ocular pressure and swelling whilst also promoting the effects of other vision boosting nutrients.^{39 40}

Saffron

Saffron is a superstar vision boosting exotic tasty spice! Saffron is rich in the carotenoids crocin, crocetin and safranal all of which have proven ability to protect the eyes from high energy light, oxidative stress and poor blood flow. Safranal is particularly good at protecting the integrity of the blood vessels of the eyes.^{41 42}

Saffron stabilizes blood sugar levels and prevents the clumping together of harmful proteins – it is thus extremely effective at mitigating the negative effects of diabetes as well as helping to alleviate symptoms of glaucoma and oxidative degeneration of the eyes due to aging.^{43 44}

Saffron is a fantastically exotic spice from the orient which adds subtle depth to almost any seafood based salad - eating more saffron in our diets is always a good sign.

³⁹ Woo, Je Moon, et al. "Curcumin protects retinal pigment epithelial cells against oxidative stress via induction of heme oxygenase-1 expression and reduction of reactive oxygen." (2012).

⁴⁰ Gupta, Suresh Kumar, et al. "Curcumin prevents experimental diabetic retinopathy in rats through its hypoglycemic, antioxidant, and anti-inflammatory mechanisms." *Journal of Ocular Pharmacology and Therapeutics* 27.2 (2011): 123-130.

⁴¹ Laabich, Aicha, et al. "Protective Effect of Crocin against Blue Light–and White Light–Mediated Photoreceptor Cell Death in Bovine and Primate Retinal Primary Cell Culture." *Investigative ophthalmology & visual science* 47.7 (2006): 3156-3163.

⁴² Ohno, Yuta, et al. "Oral administration of crocetin prevents inner retinal damage induced by N-methyl-d-aspartate in mice." *European journal of pharmacology* 690.1 (2012): 84-89.

⁴³ Fernández-Sánchez, Laura, et al. "Safranal, a saffron constituent, attenuates retinal degeneration in P23H rats." *PLoS One* 7.8 (2012): e43074.

⁴⁴ Falsini, Benedetto, et al. "Influence of saffron supplementation on retinal flicker sensitivity in early age-related macular degeneration." *Investigative ophthalmology & visual science* 51.12 (2010): 6118-6124.

OTHER COMPOUNDS GREAT FOR VISION

Zinc

Zinc is an amazing immune boosting micronutrient which has long been known to help fight against infection. In terms of visual health, our retinas have high concentrations of zinc and it is known that zinc is an important helper of eye function. Some studies have also reported that zinc supplementation was effective at preventing macular degeneration.⁴⁵

Unfortunately, excessive zinc ingestion can suppress our immune system so it is generally advisable to restrain ones intake of zinc to a maximum of 70mg per day. This is not an issue if you aren't supplementing with zinc tablets and in this case it is more than sufficient for our eye health (and immune health) to increase zinc containing foods in our diet – of which there are many tasty and healthy sources. If you do wish to supplement zinc for immune health and eye health then definitely consult with your favorite healthcare professional beforehand.

*Best Food Sources of Vision Boosting Zinc*⁴⁶

- Oysters
- Whole grains
- Eggs
- Beans
- Nuts

Taurine

Taurine is an amino acid which is found in a number of common foods and without it, our retinas cannot be healthy. Taurine protects the retina and is essential to clear vision, without taurine our retinal development in infancy can be severely adversely affected. One study noted that when infant rhesus monkeys were deprived of taurine they developed complete blindness (the study was done on an infant milk formula that was deficient

⁴⁵ Newsome, David A., et al. "Oral zinc in macular degeneration." *Archives of ophthalmology* 106.2 (1988): 192-198.

⁴⁶<https://www.ars.usda.gov/northeast-area/beltsville-md/beltsville-human-nutrition-research-center/nutrient-data-laboratory/docs/usda-compiling-food-composition-data-for-over-115-years/>

of taurine). Increasing our consumption of foods rich in taurine helps to protect our retinas from degeneration and thus promotes and maintains excellent eyesight whilst offsetting age related visual degeneration.^{47 48}

Best Food Sources of Vision Boosting Taurine⁴⁹

Food	Amount	Taurine (mg)
Cheese	3 ounces	1000
Cheese cottage	- 1 cup	1700
Milk	1 cup	400
Yogurt	1 cup	400
Wild game	3 ounces	600
Pork	3 ounces	540
Granola	1 cup	650
Oatmeal flakes	1 cup	500
Chocolate	1 cup	400
Meat luncheon	- 1 cup	390
Wheat germ toasted	- 1/4 cup	350
Egg - medium	1	350
Turkey	3 ounces	240
Duck	3 ounces	240

⁴⁷ Neuringer, Martha, and J. Sturman. "Visual acuity loss ion rhesus monkey infants fed a taurine-free human infant formula." *Journal of neuroscience research* 18.4 (1987): 597-601.

⁴⁸ Keys, Susan A., and William F. Zimmerman. "Antioxidant activity of retinol, glutathione, and taurine in bovine photoreceptor cell membranes." *Experimental eye research* 68.6 (1999): 693-702.

⁴⁹<https://www.ars.usda.gov/northeast-area/beltsville-md/beltsville-human-nutrition-research-center/nutrient-data-laboratory/docs/usda-compiling-food-composition-data-for-over-115-years/>

Chicken	3 ounces	185
Sausage	3 ounces	185
Avocado medium	- 1/2	75

PART TWO

TASTY VISION BOOSTING SALADS

- #1 BASIC VISION BOOSTING SALAD**
- #2 SWEET POTATO PEAR SALAD**
- #3 POMEGRANATE & SAFFRON TAHINI SALAD**
- #4 ROASTED SALMON WITH CANTALOUPE SALSA SALAD**
- #5 MAQUI CHICKEN SALAD**
- #6 TANGY CARROT SALAD**
- #7 AVOCADO, CARROT AND CUCUMBER NORI WITH HONEY GINGER SOY DRESSING**
- #8 PUMPKIN & SPINACH SALAD**
- #9 CRUNCHY CORN SALAD**
- #10 APPLE BOK CHOY SALAD**
- #11 THE 5 MINUTE RAINBOW BUFFET**
- #12 PAPAYA, ORANGE & POMEGRANATE FRUIT SALAD WITH ROASTED PEANUTS**
- #13 SEARED SESAME TUNA WITH GINGER & SOY VINAIGRETTE**
- #14 KALE, POMEGRANATE, ORANGE, AND KIWI SALAD WITH POPPY SEED DRESSING**
- #15 DUCK SALAD WITH BLUEBERRY & WALNUT VINAIGRETTE**

#1 Basic Vision Boosting Salad



Our basic vision boosting salad combines kale, orange & red bell peppers, red grapes or raisins, roasted almonds and eggs bathed in honey mustard vinaigrette – crunchy, fresh, healthy and deliciously sweet and tangy.

INGREDIENTS

(Serves 1 to 2 / ±25min)

Salad

- 2 cups kale
- 1 orange or red bell pepper – sliced finely
- 2 boiled eggs – shelled and cut in quarters
- ¾ cup raisins or red grapes
- 1 cup roasted almonds – chopped
- 1 onion – sliced finely

Dressing (Makes ± 250ml)

- 1 cup virgin olive oil – cold pressed

- 1/3 cup apple cider vinegar – organic, non-genetically modified
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- Salt and black pepper to taste

METHOD

1. Wash and chop the kale into strips
2. Lightly steam the chopped kale for 10 minutes
3. Boil the eggs for 7 – 8 minutes
4. Chop the roasted almonds
5. Mix the dressing ingredients together in a small bowl
6. Add the dressing to the salad and toss gently
7. Letting the dressing soak into the salad for a few hours is recommended

Vision Boosting Properties

Kale is the base for the salad greens and along with the boiled eggs contributes plenty of carotenoids, protein, lipids, minerals and glutathione. Almonds are a great source of vitamin B2 and essential fatty acids, whilst bell peppers are great sources of vitamin A and C and fiber. The onion rounds off the vision boosting potency contributing quercetin to the mix. Finally, even the cold pressed virgin olive oil has multiple health benefits. All in all this is a superstar salad combining “sweet, crunch and tang” with potent vision boosting health – a real winner!

Refer to “part one” in the first half of this book for a more detailed description of each of the abovementioned ingredients’ vision boosting properties.

#2 Sweet Potato Pear Salad



Simply delicious, this sweet and savory salad combines the soft sweetness of pears and sweet potato with the aromatic scent and tangy flavor of citrus-infused, honey mustard dressing. The sprinkling of crumbled aged cheddar adds a lingering depth of flavor at the end of the palate.

INGREDIENTS

(Serves 4+ / ±30min)

For the salad

- 225g firm-ripe pears, cored and cut into 2cm wedges
- 225g peeled butternut squash, diced (small 2cm cubes)
- 125g sweet potatoes, diced (small 2cm cubes)
- 125g turnips, diced (small 2cm cubes)
- 125g peeled rutabaga, diced (small 2cm cubes)
- 2 Tbs. extra-virgin olive oil
- Salt (to taste – preferably Himalayan pink salt)
- 4 cups of mixed winter greens (e.g. red chard, kale, and spinach), torn or rough-cut into bite-sized pieces
- $\frac{1}{3}$ to $\frac{2}{3}$ of a cup of Cheddar (crumbled aged Cheddar is perfect)
- $\frac{1}{4}$ of a cup of toasted almonds, coarsely chopped

For the vinaigrette (makes just over half a cup)

- $\frac{1}{4}$ cup grape seed oil
- $\frac{1}{3}$ cup thinly sliced red onions
- 1tsp. Himalayan pink salt
- 1 tsp. fresh ginger - chopped
- 1 Tbs. apple cider vinegar (organic)
- 1 Tbs. honey
- 1 Tbs. lemon juice – freshly squeezed
- 1 Tbs. lemon zest - finely grated
- 2 tsp. fresh mint - finely chopped
- 1 Tbs. Dijon mustard
- Black pepper – freshly ground

METHOD

Roast the vegetables

1. Place an oven rack in the center of the oven and preheat to 230°C (450F).
2. In a separate large bowl:
3. Combine the vegetables and pears with the oil and 1 tsp. salt.
 - a. Toss very thoroughly.
4. Transfer contents of the bowl to a large rimmed heavy-duty baking sheet.
 - a. Spread into a single layer.
 - b. Roast for 20 to 25 minutes
 - c. Turn/flip with a spatula halfway through and rotate the baking sheet - until browned and tender.
 - d. Allow to cool for a few minutes on the sheet.
5. Transfer back to a large bowl suitable for serving at table.

Make the vinaigrette

1. Heat the oil over medium heat.
2. Add the scallions and a pinch of salt and cook, stir occasionally until softened and lightly brown (roughly 2 to 4 minutes).
3. Add ginger continue stirring until fragrant and softened (about 15 seconds).
4. Remove from heat and let the oil cool (3 to 5 minutes).
5. In a separate small (heatproof) bowl, whisk vinegar, honey, lemon juice, lemon zest, mint, mustard, 1/4 tsp. salt, and some ground fresh pepper.
6. Combine the warm oil with the vinegar mixture until fully emulsified.
7. Season to your preference - suggestions include adding a little more lemon juice, salt, or pepper as desired.

Building the Salad

1. Season the greens (lightly) with salt and drizzle with 2 Tbs. of warm vinaigrette. Toss thoroughly and taste to test dressing levels - add more dressing if necessary. Plate the salad or present on a platter.

2. Season the roasted veggies with a pinch more salt, and dress lightly with 1 to 2 Tbs. of the vinaigrette. Scatter the veggies over the plated greens, and top with Cheddar and almonds. Serve immediately with the remainder of the dressing as a table condiment offering.

Amazonian Tribe “Immune” To High Blood Pressure Say Experts

A small, isolated tribe living in the depths of the Amazonian rainforest are effectively immune to Hypertension say leading researchers.

It’s all because they eat [this](#) fruit and herb combo daily.

VISION BOOSTING PROPERTIES

Aside from being delicious, the highlights of this meal in terms of vision boosting are the inclusion of red onions which contain the highest amounts of quercetin. The presence of citrus fruits in the vinaigrette provides ample vitamin C and other excellent anti-oxidant power compounds which are all proven to boost vision. Sweet potatoes and kale are extremely rich sources of carotenoids whilst chopped ginger has anti-hypertensive and analgesic properties amongst a ton of other benefits.

A careful reading of the relevant sections in part one will reveal all the finer details of the vision boosting power of this delicious salad. Try it and enjoy fantastic clarity of perception.

#3 Pomegranate & Saffron Tahini Salad



This exotic and energetic salad is a delicious middle-eastern inspired dish perfect for the cold winter months. Made with sweet potatoes, pomegranate and mint and covered with saffron infused dressing. This mouthwatering salad is the pinnacle of tasty healthy eating – a sight and taste to behold.

INGREDIENTS

(Serves 2+ / ±30 min)

For the Salad

- 900g (± 2 large) sweet potatoes, cut into 2cm cubes
- 1 Tbs. olive oil
- 175g watercress
- 1 pomegranate halved and deseeded.
- 75g toasted pumpkin seeds
- Spring onions (a bunch), finely sliced
- 150g goat's cheese, crumbled
- A sprig or two of mint leaves, finely shredded

For the dressing

- A pinch of saffron
- 50g of tahini (sesame seed paste)
- Lemon Juice (1 lemon's worth)

METHOD

1. Preheat oven to 200°C. Place sweet potatoes in a roasting tin, drizzle with oil and season. Roast for 20-25 minutes, turning at the halfway mark.
2. Whilst the sweet potatoes are roasting, soften the saffron in 2 Tbs. of boiling water. Once the saffron is softened and cooled mix it into a bowl with the tahini along with the lemon juice and whisk till the mixture takes on a creamy consistency.
3. Place the sweet potato in a bowl with the remaining ingredients. Pour/drizzle the dressing over the sweet potatoes and serve.

VISION BOOSTING PROPERTIES

Pomegranates are simply packed with antioxidants and resveratrol which make them superstars of any vision boosting salad. Saffron is discussed extensively in part one of this book and have long been proven to have excellent protective effects on the vasculature of the retina. Tahini is a great way to ingest large amounts of sesame seeds which are packed with vision boosting protective omega-3 fatty acids. Sweet potatoes contain

excellent quantities of carotenoids and the benefits of olive oil for vision are clear.

For a more detailed description of the above mentioned ingredients (and their vision boosting properties) refer to part one earlier in this book.

#4 Roasted Salmon with Cantaloupe Salsa



INGREDIENTS

(Serves 4 / ±30min)

Main Salad Body

- 4 wild Alaskan salmon fillets (frozen or fresh)
- 1 Tbs. olive oil
- Salt and black pepper

Melon Salsa

- 1 cup cantaloupe (cut into 1/4-inch cubes)
- 1/2 red pepper (cut in 1/4-inch cubes)
- 1 green onion, chopped finely

- 1 Tbs. fresh cilantro, chopped
- Salt and black pepper
- The juice and zest of 1 lime
- 1 Tbs. Olive oil

METHOD

1. Preheat oven to 200°C (400 °F)
2. Line a baking pan/dish with aluminum foil.
3. Place fish fillets on the cooking sheet and brush them liberally with olive oil sprinkling a little salt and black pepper over each fillet.
4. Place in the oven for 5-10 minutes – until nicely browned/cooked throughout

(Prepare the salsa whilst the salmon cooks as follows)

1. Gently mix the cantaloupes, green onions, red peppers and cilantro - season with a touch of salt and black pepper.
2. Whisk the olive oil, lime zest and lime juice together in a small bowl – Pour over cantaloupe mix and stir to thoroughly combine.
3. When the salmon and salsa are ready, place one salmon fillet on top of a bed of plated salad greens of your choice. Spoon roughly a quarter of the salsa on top of the fish. For added body you can mix a side of brown aromatic rice to complement the salad.

VISION BOOSTING PROPERTIES

Grilled or roasted salmon is an excellent source of omega-3 fatty acids, vitamin B6 and B12, astaxanthin and essential omega-3 fatty acids which all protect against and help to reverse many eye conditions – not to mention that it tastes fantastic. Olive oil is a great source of potent antioxidant polyphenols and essential omega-3 fatty acids. Red pepper, a bell pepper, is a great source of vitamin B6 and vitamin C as well as providing dietary fiber.

This salad is brilliant for boosting vision and at the same time is spicy and vibrant and tasty – the experience is not to be missed.

#5 Maqui Chicken Salad

A delicious warm salad inspired by Indian cultural cuisine. Maqui berry juice/extract (pictured below) combine with chicken, garlic, red onion and red wine to form a seductive and vibrant vision boosting winter salad. This salad is both visibly and palatably delicious.

INGREDIENTS

(Serves 2-4 / 15 - 30 min)

Chicken Based Sauce

- 1 tablespoon olive oil
- 4 boneless chicken breasts, (with or without skin)
- 1/2 sweet red onion, finely chopped
- 1 tablespoon minced garlic
- 1 teaspoon parsley
- 60ml (2 oz.) maqui berry extract (juiced maqui berry preparation)
- Salt and pepper to taste
- 1 cup baby portabella mushrooms
- ¼ cup red wine
- 1/2 cup raisin
- 2 tablespoons brandy
- 1/2 cup organic, additive free chicken stock

Salad Base & Vinaigrette

- ½ cup light olive oil
- 1 teaspoon minced garlic
- 90ml (3 oz.) Maqui berry extract (juiced maqui berry preparation)
- ½ cup balsamic vinaigrette
- 1/2 teaspoon brown sugar
- 1 teaspoon parsley
- 1 tablespoon minced basil
- 1/4 teaspoon salt
- 1/4 teaspoon fresh ground black pepper
- 4 cups mixed salad greens (including some kale)

- 8 endive spears
- 1/4 cup macadamia nuts
- 4 ounces goat cheese, crumbled
- 1 avocado, peeled, seeded, and thinly sliced.

METHOD

Chicken Based Sauce

1. Heat olive oil in medium pan.
2. Sautee the onion and garlic for 3 minutes.
3. Gently fry the chicken for 5 minutes. Add parsley, maqui berry, salt and pepper.
4. Add brandy and chicken stock.
5. Turn chicken, cover pan, and cook for another 5 minutes.
6. Add mushrooms and red wine.
7. Stir in raisins and bring sauce to boil and reduce until thick.

Vinaigrette

1. In a bowl, mix and stir the olive oil, garlic, maqui, and vinaigrette together.
2. Add the sugar, parsley and basil and continue stirring.
3. Add salt and black pepper.

Building the Salad

In a large bowl:

1. Combine the greens with the endive and macadamia nuts.
2. Toss with the maqui vinaigrette until lightly coated.
3. Season with freshly ground black pepper.
4. Divide the tossed greens among 4 plates and top with goat's cheese.
5. Arrange 2 endive spears and decorate with avocado slices.

VISION BOOSTING PROPERTIES

Garlic has so many health beneficial effects that it should really be considered a medicine. In the main, garlic helps to thin the blood, boosts immune function and is a super strong antioxidant containing glutathione – considered the master antioxidant of the human body. Avocados boost

vision because they contain vitamin E, taurine and omega-3 fatty acids. Red wine is known to contain resveratrol and this is also true of dark red grapes/raisins of the correct variety. Sweet red onions also have the highest resveratrol content of all onions.



Maqui berries are extremely potent sources of plant polyphenols that act as super antioxidants. Two notable phenolic compounds contained in maqui berries are quercetin and resveratrol – of which maqui berries contain higher amounts per unit mass/concentration than pomegranates, blueberries or red wine.^{50 51} Maqui Chicken salad is therefore a fruity, deep flavored salad with a rich warm and tasty sauce that exhibits intense antioxidant vision boosting properties. For more detail on the ingredients please refer to the appropriate sections in part one of this book.

⁵⁰ <https://maquiberryindia.wordpress.com/2012/11/24/16/>

⁵¹ <http://content.iospress.com/articles/journal-of-berry-research/jbr127>

#6 Tangy Carrot Salad

A fun, colorful and easy to prepare salad which packs massive vision boosting potential for the time invested. Ideal in the hot summer months, the fresh orange juice and spicy cumin combines with the crunch of carrots, sunflower and pumpkin seeds to refresh and revitalize like no other salad can. Given the ease of preparation, this is the ideal salad for those stiflingly hot days where energy just seems to evaporate.



INGREDIENTS

(Serves 4 / ±5min)

Salad Body

- 1/2 cup pine nuts, sunflower seeds and/or pumpkin seeds
- 8 large carrots
- 1-1/2 cups rocket or butter lettuce, chopped or ripped into pieces
- 1/2 cup dried cranberries, cherries or dark raisins

Optional Extras

- 1 medium avocado
- ½ cup chickpeas, (pre-soaked)

Dressing:

- ½ to 1 cup of fresh orange juice (no additives or sweeteners, with the pulp)
- 2 Tbs. lime juice
- 3 Tbs. extra-virgin olive oil
- 1 tsp. ground cumin
- ¼ tsp. cayenne pepper
- Salt and pepper to taste

METHOD

1. Toast any nuts or seeds in a dry skillet /baking tray over medium heat for a maximum of 2 or 3 minutes, taking care not to let them burn. Remove from pan and allow to cool adding salt as desired.
2. Either grate the carrots or julienne them. Place in a large salad bowl along with your lettuce and fruit. Toss thoroughly.
3. Mix all the dressing ingredients together in a small bowl. Pour over the contents of the large bowl in step two and finish by sprinkling the toasted nuts and seeds over the top – serve with clear vision and a smile.

VISION BOOSTING PROPERTIES

Most parents tell their kids to eat carrots for better eyesight, and they wouldn't be wrong. Carrots are an excellent source of carotenoids such as lutein et al. and have long been proven to aid in the maintenance of healthy vision, day or night vision. If you add avocado then you boost this salads vision supportive properties by substantial amounts since avocados contain vitamin E, omega-3 fatty acids and taurine. Orange juice is a good source of the vision enhancing antioxidant vitamin C, vitamin B9 and, in addition to being tasty and vibrant it is also a great source of the carotenoids lutein and zeaxanthin. Sunflower seeds are healthy sources of vitamin B1 and, along with pumpkin seeds contain good amounts of omega-3 fatty acids.

Berries and grapes (raisins) are packed with antioxidants and vitamins that help enhance eye function like resveratrol and other compounds.

All in all this salad is packed with extremely powerful vision enhancing ingredients. For more detail on the vision boosting properties of each of the abovementioned ingredients please refer to part one earlier in this book.

Is THIS Bathroom Habit Really the Cause of Your Hearing Loss?

You wake up in the morning.

Brush your teeth.

And then you do [THIS](#).

Could this everyday bathroom habit be KILLING your hearing?

That's exactly what Harvard Medical School has concluded in a recent study.

In fact, **doing [this just twice a week](#)** was shown to increase hearing loss by up to 24%.

#7 Avocado, Carrot & Cucumber Nori* With Honey Ginger Dressing

Soy



This is a Japanese inspired variation of vegetarian sushi which is an exotic and tasty way to support healthy vision. Although somewhat stretching the definition of what it means to actually be a salad, this recipe has all the hallmarks of a good salad. It's quick and easy to make with loads of fresh uncooked ingredients and it is super healthy – not to mention that it contains potent vision supporting foods.

INGREDIENTS

(Serves 1+ / ±20min)

*Nori is a type of edible seaweed used widely throughout Asia to wrap or fold and hold snacks. In the United States nori is usually used to wrap sushi. Nori can usually be purchased in thin dried sheets that are baked in

the oven for short periods before being used as an outer wrap for delicious ingredients. Note that the recipe presents enough ingredients for four wraps so you may want to adjust quantities to suit your appetite – each wrap is small and tasty (like sushi).

Baked/Roasted nori wraps

- 1 Sheet of nori (makes four wraps)
- 1/3 Avocado, sliced into thin strips/pieces
- 1/4 Carrot, julienned
- 1/4 Cucumber, grated or sliced
- Smear of wasabi (spicy and optional but recommended)

Honey Ginger Soy Dressing

- 2 Tbs. Fresh ginger, very finely chopped
- 2 Tbs. Fresh garlic, very finely chopped
- 2 Tbs. Honey, raw
- 4 Tbs. Soya sauce additive free
- 4 Tbs. Olive oil
- Himalayan salt and black pepper to taste

METHOD

1. Preheat oven to 120°C (±250°F).
2. Carefully place the flat sheets of nori onto a flat baking tray and roast briefly for roughly 2-4 minutes taking extreme care not to burn the nori and reducing the oven temperature right down to as needed to prevent burning. Make sure to watch the nori like a hawk.
3. Remove from the oven and cut into 4 equal square/rectangular pieces
4. Distribute the sliced vegetables evenly onto the 4 Nori sheets.
5. Roll up the sheets (like pancakes or wraps) and enjoy!

Honey Ginger Soy Dressing

1. Blend the ginger, garlic, raw honey and soya sauce together in a blender until clearly and thoroughly mixed.
2. With the blender running, slowly and carefully add the olive oil until the mixture in the blender becomes fully emulsified.

Serve

Eat the nori wraps like little sushi packages, dipping the ends into a little of the dressing as desired. Enjoy!

VISION BOOSTING BENEFITS

Nori contains a wide range of potent health beneficial compounds including a high quantity of B vitamins. In particular nori contains five different biologically active forms of vitamin B12 which is fantastic for visual health.⁵² Nori also exhibits anti-carcinogenic effects, contains iodine and multiple amino acids including taurine.⁵³ Avocado is a rich source of vitamin E, omega-3 fatty acids and taurine, whilst carrots are extremely rich in carotenoids, vitamin A and lutein. Olive oil has excellent antioxidant effects whilst garlic and ginger both have extremely far reaching medicinal effects such as antioxidant properties, immune boosting and anti-inflammatory effects amongst many others.

I think you'll agree, avocado, carrot and cucumber nori is a potent vision boosting snack. Quick and fun to make, delicious and exotic – what more could we ask for?

For a more detailed description of the vision boosting properties of these ingredients please refer to the appropriate sections of part one in this book.

⁵²

<http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=8425832&fileId=S000711451100198X>

⁵³ <http://cdn.intechopen.com/pdfs-wm/41694.pdf>

#8 Pumpkin and Spinach Salad



This is a fantastic and versatile salad that can be enjoyed fully warm or cold. Butternut and pumpkin are extremely versatile which allows for creative variations in spicing and dressings. This recipe suggests a semi sweet honey mustard dressing and the aromatic combination of pine nuts and sesame seeds making for a delicious filling vision boosting masterpiece.

INGREDIENTS

(Serves 2+ / ±40 min)

Salad Body

- 600g Butternut/Pumpkin, deseeded, peeled, cut into wedges/cubes
- 2 tsp. Olive oil
- 2 tsp. Honey
- 2 tsp. Sesame seeds

- 150g Baby spinach/kale leaves
- 75g Toasted pine nuts

Dressing

- 1 Tbs. Freshly squeezed lemon juice
- 2 Tbs. Extra virgin olive oil (cold pressed)
- 2 tsp. Wholegrain mustard
- 1 tsp. Honey

METHOD

Bake the Pumpkin/Butternut

1. Preheat your oven to 220°C (430°F). Line a baking tray with baking paper then place the pumpkin wedges into a large bowl and drizzle them with oil and honey. Season with salt and pepper and then gently toss the mix until the pumpkin is evenly and thoroughly coated. Form a single layer of pumpkin on the lined baking tray.
2. Bake for 25 minutes or until golden brown making sure to turn the pumpkin at the halfway mark. Remove tray from the oven and sprinkle with the sesame seeds.
3. Return the tray to the oven and bake for a further 3 to 5 minutes (until the seeds are lightly toasted). Remove from oven when ready and allow the tray to cool.

Prepare the Dressing

4. Combine the lemon juice, extra virgin olive oil, mustard and teaspoon of honey in a closed jar or suitable container – shake until completely and thoroughly emulsified. Season further after taste testing with Himalayan salt and black pepper as desired.

Build the Salad

5. Place the (now cool) pumpkin along with the spinach and pine nuts into a large salad bowl. Drizzle liberally with the dressing and gently toss the salad until the dressing coats the whole salad evenly. Serve while warm in the bowl or portioned onto plates.

VISION BOOSTING PROPERTIES

Both butternut and pumpkin have high concentrations of beta-carotene (a carotenoid) as well as being packed with excellent minerals and vitamins. Sesame seeds are a good source of vitamin B1 and omega-3 fatty acids whilst olive oil is also an excellent source of omega-3 fatty acids as well as some potent antioxidants. Lemon juice is packed with vitamin C and is a great alkalizer whilst baby spinach or kale is packed with important carotenoids essential to eye and vision health.

All in all this warm and nourishing salad is a “must have” meal, perfect for those cold winter days or nights. In terms of vision boosting this salad is top tier since it combines great nutrition fantastic taste and potent medicinal effects.

#9 Crunchy Corn Salad



This delicious

INGREDIENTS

(Serves 3 to 4 / ±20min)

- 6 Ears/cobs of corn
- 3 Tbs. Coconut oil (Deffavored)
- 1Tbs. Ginger, finely chopped
- 2 Cloves garlic, finely chopped
- 6 Cups bok choy thinly sliced
- ½ teaspoon coarse salt
- ¼ teaspoon black pepper
- 2 Tbs. oyster sauce (MSG free)
- 1Tbs. fresh basil, finely chopped
- 2 tsp. sesame oil

METHOD

1. Preheat grill to medium-high.
2. Brush ears of corn with 1 tablespoon oil. Place corn (still attached to the cobs) in the oven and grill until brown and crunchy (toasted). Remove from oven and allow to cool. Take a knife and slice the corn kernels off of the cobs.
3. Heat the rest of the oil in a large pan over medium to low heat. Add ginger and garlic and cook for 1 minute. Increase heat to medium-high then add salt and pepper and the bok choy. Cook for 4 minutes (brief to keep the nutrients), whilst stirring often. Finally, add the previously grilled corn kernels and cook for a one more minute.
4. Remove pan from heat; add generous amounts of oyster sauce, basil and sesame oil. Serve hot or cold as desired.

VISION BOOSTING PROPERTIES

Bok choy is a dark green leafy vegetable that resembles a cross between a celery and a Romaine lettuce – although it is most closely related to a cabbage. Native to the orient, bok choy is a common favorite addition to many stir fried oriental dishes. Bok choy is a super health enhancing food because it contains high levels of beta carotene, vitamin C, vitamin A and vitamin K as well as a whole host of micro minerals like calcium, magnesium, potassium, manganese, and iron. Levels of beta carotene are so high in fact that bok choy has been recommended by the American Macular Degeneration Association as a beneficial food source to help prevent the onset and development of macular degeneration.⁵⁴

If bok choy wasn't enough for great vision benefits then this salad also contains corn kernels which contain the highest amounts of lutein (an important vision boosting carotenoid) of any other food on the planet. Sesame oil derived from sesame seeds also contains vitamin B1 and healthy omega-3 essential fatty acids making it a potent source of vision enhancing compounds. Other health beneficial substances include coconut

⁵⁴ <http://foodfacts.mercola.com/bok-choy.html>

oil (a powerful source of antioxidant stearic acid) ginger (long known to have excellent cardiovascular benefits) and garlic (a powerful immune booster and antioxidant and natural blood thinner).

Crunchy corn salad is extremely tasty, cost effective, easy to prepare and extremely good for our health – particularly our visual system's health. What more need be said except *bon appetite!*

For greater details on the vision boosting effects of the ingredients mentioned above please refer to part one earlier in this book.

#10 Apple Bok Choy Salad

This delicious sweet and salty salad requires no cooking – just blending! Tangy blends of Dijon mustard, cashews and almond milk mix with the fruity sweetness of dark raisins and apple. Finally each bite is met with the satisfying 'crunch' of bok choy. This salad is a delight for the senses and a potent supporter of healthy vision – not to be missed.

INGREDIENTS

(Serves 4 / ±15min)

Salad Body

- 6 cups bok choy, finely chopped
- 1 large apple, shredded/grated
- 1 large carrot, shredded/grated
- ½ cup red onion, chopped

Salad Sauce

- ½ cup almond milk
- ½ cup cashews, raw and unsalted
- ¼ cup balsamic vinegar
- ¼ cup dark raisins
- 1 teaspoon Dijon mustard

METHOD

Salad Body

1. Combine the apple, carrot, chopped red onion, and bok choy in a large bowl. Toss thoroughly to mix properly.

Salad Sauce

2. Blend the almond milk, cashews, vinegar, raisins, and mustard in a food processor or high-powered blender. Add blended mixture to the chopped vegetables and toss the salad until evenly distributed. Serve at room temperature and enjoy.

Olive Oil vs Coconut Oil vs Vegetable Oil (which is best?)

Guess which simple everyday cooking oil has been shown to reverse memory loss and cure Alzheimer's and other forms of dementia.

Is it...

- A) [Olive oil](#)
- B) [Coconut oil](#)
- C) [Vegetable oil](#)
- D) [Sunflower oil](#)

Have a guess and see if answered correctly, [right here](#)

VISION BOOSTING PROPERTIES



The powerhouse of this salad is bok choy which has enormous amounts of vision boosting compounds in it (for more info on the benefits of bok choy please see the “vision boosting properties of recipe #9 ‘crunchy corn salad’ above. In addition to bok choy this salad contains red onion which of all onions contains the greatest amounts of quercetin. Other notable vision powerhouse ingredients are almond milk (source of omega-3’s) and a carrot (high carotenoid levels and vitamin A).

#11 The 5 Minute Rainbow Buffet salad



Ideal for parties and ‘snackish’ meals, the near instant 5min rainbow buffet salad is your potent go to healthy and delicious snack option for boosting vision. Instead of grabbing a bag of potato chips or a handful of cookies and sitting in front of the TV, why not combine the delicious vision boosting ingredients pictured above and watch your favorite show? This is the best way to snack for your eyes, and the bright cheerful colors and vibrant flavors combine for a refreshing, nourishing and tasty treat.

INGREDIENTS

(Serves 1+ / ±5min)

- 2-3 Strawberries, sliced thickly
- 1 Avocado
- ¼ Red and/or orange bell pepper, cut into 1cm thick longitudinal slices

- ¼ Cup blueberries
- 1 Handful of almonds/walnuts
- 1 Bunch of dark red/purple grapes
- 1 Handful of almonds/walnuts/cashew nuts (raw and unsalted)

METHOD

Place enough lettuce to make a covering layer on a plate or platter. Slice all ingredients and arrange in consolidated rows (or in some attractive manner as per your desire). That's it, easy, quick, delicious and healthy – vision boosting snack convenience.

VISION BOOSTING PROPERTIES

Avocados contain taurine, vitamin E and omega-3 fatty acids that are extremely beneficial for your visual health. Strawberries and blueberries have high antioxidant content, both containing vitamin C, whilst dark red/purple grapes contain resveratrol (as do blueberries) – also a potent vision boosting compound. Almonds and walnuts are both great sources of omega-3 fatty acids and micro minerals with almonds also being rich in vitamin B2. Bell peppers are high in vitamin B6, vitamin C and carotenoids as well as dietary fiber. For a more detailed look at the health benefits of these vision boosting compounds please refer to part one of this book.

Nothing could be simpler, faster and so utterly beneficial for your eyesight whilst also being this delicious – enjoy!

#12 Papaya, Orange & Pomegranate Fruit Salad with Roasted Peanuts

This is an exotic Indian inspired fruit salad that combines the vibrant and energetic flavors of papaya, oranges, pomegranates and peanuts with salt and a little enigmatic and aromatic “Chaat Masala”. The experience is invigorating and unusual. Of course if you find that your palate cannot encompass the large diversity of flavor then you can opt out of the masala for an absolutely delicious yet unusual fruit salad that doesn’t push the western palate too far onto foreign ground. Of course every ingredient is overflowing with vision boosting compounds, so be brave and give this a try – you won’t regret it.

INGREDIENTS

(3 Servings / ±10 min)

- 1 cup Papaya , peeled, deseeded and cubed
- ¼ cup pomegranate kernels
- 2 Oranges , peeled and diced
- 1 Cucumber , peeled and diced or chopped
- 1 tsp. Honey
- 2 tsp. Lemon juice (more if required)
- ¼ cup Roasted Peanuts , crushed or whole or halved (unsalted)
- Chaat Masala/ Fruit Chaat Masala Powder (exotic optional flavor)
- Pinch of Himalayan salt to taste

METHOD

1. Prepare the fruit, starting by deseeding the pomegranates (which can be a tricky process) and then moving on to the rest.
2. In a large bowl add the fruit and all the remaining ingredients, then toss or mix (gently) until evenly spread.
3. Add Chaat masala and salt if desired and tuck in!

VISION BOOSTING PROPERTIES

Papaya and oranges are great sources of vitamin C, whilst oranges also contain lutein, zeaxanthin and vitamin B9. Both pomegranates and peanuts are excellent sources of resveratrol making them potent antioxidants and key players in boosting vision. For more detailed discussions of the vision

boosting substances in this recipe please refer to part one which has been presented earlier in this book.

Potent vision health support coupled with delicious vibrant and exotic fruits and spices. Salads really can be adventurous.

#13 Seared Sesame Tuna Salad with Ginger Soy Vinaigrette



INGREDIENTS

(4 servings / ±15min)

Vinaigrette

- 3 Tbs. rice wine vinegar
- 3 Tbs. soy sauce
- 6 Tbs. extra virgin olive oil
- 1 scallion, thinly sliced
- 2 tsp. fresh ginger, grated
- ¼ tsp. red pepper flakes

Salad Body

- Approx. 450g (about 1 lb.) of fresh tuna steak, cut into 100g (about 4oz.) portions
- Coarse Himalayan salt and freshly ground black pepper
- 1/2 cup sesame seeds (A mixture of white and black looks attractive)
- 1 tbsp. grape seed oil
- 3 cups baby spinach / Kale leaves

- 3 cups watercress
- 1 ripe avocado, pitted and sliced
- 1 large carrot, grated
- 1 Orange Bell Pepper, thinly shaved

METHOD

Vinaigrette

1. Combine the vinegar, soy sauce, olive oil, scallion, ginger and red pepper flakes in a mixing bowl or measuring cup. Whisk until properly blended.

Seared Tuna & Salad Body

2. Coat the tuna portions with salt and pepper on both sides. Place the sesame seeds in a shallow dish and, working one by one gently press the tuna into the seeds to create an even outer coat of sesame seeds on all sides.
3. Heat the grape seed oil in a non-stick pan (important) over very high heat. Once hot, add the tuna to the pan and sear briefly for just under a minute on each large side. Use tongs to stand the pieces up and sear the short sides for approximately 30 seconds. Remove from pan and cut thinly into perfect mouthwatering slices.
4. In a large bowl, combine the greens with some (a few tablespoons) of the vinaigrette and toss until evenly coated (add more dressing if desired). Plate the greens onto serving plates and top with the sliced avocado, bell peppers and grated carrot. Rest each portion of sliced tuna on top of the bed of greens and serve while still hot/warm.

VISION BOOSTING PROPERTIES

Very few salads have it all; easy to make, out of this world flavor and extremely healthy. This salad has it all; in fact, seared sesame tuna salad is probably the most potent vision boosting salad you could possibly eat. Tuna contains vitamin B1, B6 and omega-3 essential fatty acids as well as a host of beneficial micronutrients. Sesame seeds contain vitamin B1 and omega-3's. Bell peppers contain vitamin C and vitamin B6, whilst carrots contain lutein, zeaxanthin and vitamin A. Kale is extremely rich in

carotenoids, particularly astaxanthin and avocado contains vitamin E, omega-3's and taurine. What more potent mixture of vision boosting ingredients could you ask for?

Everyone should try making this salad simply because it's so easy, quick and delicious – it even looks rather impressive when served and so can serve to cater for formal dinners or lunches. This salad is nutritious and filling, but light and healthy so it's perfect for busy business people who wish to eat properly at lunchtime but do not want to be drowsy during the latter half of the business day. If you want to boost your ocular health then this salad is the best candidate for being a weekly staple.

For a more detailed discussion of the vision boosting ingredients mentioned here please refer to “part one” earlier in this book.

NEVER Eat This Vegetable (It's the Worst Food for Piling on Fat)

You sit down for dinner, tuck into your so-called 'healthy' meal...

... But then you eat **[THIS VEGETABLE.](#)**

Could this innocent little veggie *really* be the source of your weight gain?

That's what a **breakthrough study** in the New England Journal of Medicine says.

In fact, every serving of **[this vegetable](#)** was shown to add on almost 1.3 lbs in weight, while an extra serving led to a gain of almost 1.7 lbs.

#14 Kale, Pomegranate, Orange, and Kiwi Salad with Poppy Seed Dressing



This startling Mediterranean style salad blends sweet mandarin oranges and vibrant pomegranate with a piquant poppy seed dressing that leaves a stunning aftertaste on the palate. This salad is cool and vibrant on the tongue and is perfect in the spring or summer months when things tend to

heat up. Not only is this salad deliciously 'moreish' but it has all the vision boosting ingredients one could need to support happy healthy eyes – *bon appetite!*

INGREDIENTS

(Serves 4+ / ± 15min)

Salad Base

- 1 bag of kale/spinach
- 1 bag lettuce leaves
- 1 whole pomegranate, seeded
- 1 can of mandarin oranges
- 1 kiwi, diced
- ½ to 1 cup of almonds (amount as desired)

Poppy Seed Dressing

- ½ tsp. salt
- 1 Tbs. honey
- 2 Tbs. white vinegar
- ¼ cup of plain Greek yoghurt
- 1 Tbs. olive oil
- 1 tsp. poppy seeds

METHOD

Poppy Seed Dressing

1. Put all the ingredients for the dressing together in a jar or closeable container. Cover securely and shake vigorously to combine. Use immediately or store covered in fridge.

Salad Body

2. Prepare the pomegranate by deseeding it and discarding the pulp. Tear by hand or cut the kale/spinach and lettuce into desired shapes/sizes.

3. In a large bowl combine the kale, pomegranate seeds, mandarin, kiwi, and almonds into a bowl. Toss by hand until the ingredients are suitably distributed.
4. Drizzle preferred amount of dressing over the salad base and toss once more ensuring even coverage. Serve and enjoy.

VISION BOOSTING PROPERTIES

Kale, as has been mentioned is chock full of potent vision enhancing and protective compounds including important carotenoids and many other compounds. Almonds are rich in sight enhancing vitamin B2 and omega-3 fatty acids as well as some trace minerals. Oranges contain vitamin B9 and the potent carotenoids lutein and zeaxanthin. Pomegranate is rich in resveratrol and has potent antioxidant properties.

This salad is extremely good for eyesight and retinal and ocular health. For a more detailed discussion of the above mentioned vision boosting compounds please refer to “part one” presented in the first half of this book.

#15 Duck Salad with a Blueberry & Walnut Vinaigrette



Duck has a delicious and distinctive flavor and when blended with blueberries, pear and a walnut infused dressing, what emerges is something marvelous and delicious indeed. Combining the potent vision boosting properties of bell peppers, blueberries, kale and walnuts this unique and tasty salad is a must have for any food enthusiast. Enjoy!

INGREDIENTS

(Serves 4+ / ±30min)

Salad Body

- 3 Duck breasts
- 2 fresh ripe Anjou pears
- 1 yellow bell pepper
- 1 red bell pepper
- 3 stalks of celery
- ½ cup chopped walnuts
- ⅓ cup almonds (unsalted, silvered)

- 4/6 cups fresh mixed salad greens (preferably including kale)
- 115g (about 4 oz.) Blueberries (dried or fresh)

Dressing

- ½ cup walnut oil
- ½ cup olive oil
- 1 tsp. Himalayan salt
- 1 tsp. fresh ground black pepper
- ½ cup white wine vinegar
- 1 tablespoon of Dijon mustard

METHOD

Salad Body

1. Chop the bell peppers and celery; mix with salad greens and place into a large bowl.

Preparing the duck

2. Score the duck breasts (on the fat cap) and season with salt and black pepper.
3. Grill the prepared duck breasts (fat side down) until cooked through – let the duck breasts rest for between 5 and 10 minutes; once cool enough to handle, slice the breasts at an oblique angle and then place them into the large bowl along with the salad greens.

Dressing (done while duck is cooking)

4. Add Dijon mustard, vinegar, salt and pepper into a small bowl. Whisk ingredients in small bowl whilst adding olive oil until emulsified.

Building the Salad

5. Add the walnuts, almonds, skinned pears and blueberries to the duck and salad greens.
6. Pour dressing over the salad and toss until evenly coated and salad is balanced.
7. Serve and enjoy.

VISION BOOSTING PROPERTIES

Containing both walnuts and almonds this salad packs in plenty of micro minerals, omega-3 fatty acids and vitamin B2 – all potent promoters of healthy vision. Bell peppers contain carotenoids, vitamin B6 and vitamin C making them one of the most beneficial ingredients for vision health around. Kale contains carotenoids and astaxanthin amongst some other potent vision boosting compounds making it the premiere salad green in this book. Blueberries are rich in antioxidants, polyphenols and resveratrol which have been shown to powerfully promote vision and overall ocular and retinal health. The ingredients speak for themselves - this salad is an outstanding promoter and protector of visual health and wellness.

For a more detailed discussion of the vision boosting properties of the ingredients above please refer to “part one” in the first section of this book.

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