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Tips on How to care your eyes by Mitchell Davis

Article published on March 28th 2012 | Health

All the organs of the human body plays important role in the functioning of human body but eyes are very important as they help you to see this beautiful world and do whatever by looking at them. So every person should care for his or her eyes. Some precautions with your eyes in the early stage will help you later in your when our aging process will start.

There are so many diseases of eyes that can be prevented if one follows some precautions and eat healthy food. Eye diseases can be prevented by taking lot of Vitamin A, C, E and minerals like zinc, selenium. Vitamin A can be obtained by eating papaya, eggs, milk etc.Some eye diseases are caused due to the side effects of other disease like obesity, diabetes, smoking, sun exposure or due to some medicines like steroids. It is advised to protect your eyes from direct sun rays with the help of sun glasses. Keep a check on your sugar level as excessive sugar levels sometimes causes blindness. The weight should be under control also.

Basic eye care: The basic tips for eye care includes keep a cotton swab in some water for one night. The next morning Strain the water and add fresh water to it and wash your eyes with this. Eye burning can be get awayed by using a cotton swab dipped in rose water for fifteen minutes. Wash your eyes with fresh water daily. If you wear spectacles then getting your eyes test once in six months is necessary.

Dark Circles care: The cucumber can be kept on the closed eyes for 10-15 minutes. You can also take out the cucumber juice with the help of muslin cloth and dip some cotton swabs into it and place on the dark circles for 15 minutes. Do this for at least a week.

Pulp of tomato pulp with pinch of turmeric powder, lemon juice and gram flour paste can be made and apply it on the dark circles and wash with cold water after half an hour. Make sure it does not enter your eyes.

Deep Sunken Eyes: Take 1 spoon of honey and half spoon of almond oil and apply this on the eyes at the time of sleep. Repeat on alternate days.Take overnight soaked almonds with a glass of milk in the morning daily to get rid of sunken eyes.

Puffy Eyes: The slices of raw potato can be kept on the eyes to remove their puffiness. Dip the cotton swabs into fresh milk (none boiled) and keep them on your eyes.

Computer users: Give frequent breaks between your works. The frequency of blinking should be increased as people tend to forget blinking while they are doing their work on computer. Do eye exercises like blink many times. Close your eyes for a minute and move your eyeballs right and left. Another eye exercise is rubbing your palm till they get warm. Now place your warm palm to cover up your eyes for a minute.

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Article Keywords:
How to care your eyes

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