

SSCC12 Tips and Recipes

Foods to Eat for Whiter, Brighter Eyes

The right nutrition is very important for beautiful eyes.

If you want to make your eyes sparkle with health as well as help to improve your eyesight naturally, you can look after them from within, with these top five super nutrients for eye health.

Vitamin A

You know how your Mom told you that if you ate all your carrots you would be able to see in the dark? She might not have been too far from telling the truth! Fruits and vegetables with high vitamin A content are fantastic for your eye health. To make the most of this vitamin, up your intake of carrots, peaches, papaya and mangoes.

Vitamin C

Vitamin C has the reputation for being a wonder vitamin and there's science to suggest that your eyes can benefit from a good supply of it as well as the rest of you. Add plenty of Vitamin C-rich foods, including

oranges, grapefruits and strawberries to your diet and you'll help to protect your eyes from cell damage.

Vitamin E

Get this essential vitamin for eye health from sunflower seeds, wheat germ, hazelnuts, peanut butter and almonds. Just a handful of almonds will provide half of your daily dose.

Antioxidants

Look for delicious leafy greens like kale, spinach, collards and romaine lettuce – these are all fantastic sources of lutein and zeaxanthin, the antioxidants responsible for reducing your risk of macular degeneration and cataracts.

Zinc

Try eating more sesame seeds/tahini, hemp seeds, cashew nuts and pine nuts, shiitake mushrooms and avocados for a good intake of protective zinc.

Why You Need to Take Your Lunchbreak

Tempting as it might be to work through lunch, the best thing you can do for yourself and for your employer, is to actually take a proper break when the clock rolls around to lunch break time. Many offices and work places are finding that the lunch break is something of an endangered species. If there are lunch breaks, they are getting shorter. Surveys report that just one in five office workers takes a lunch break away from their desk.

The fact is that taking a break away from work, even if it's just for 15 to 20 minutes, can help you to improve your concentration levels and keep your energy up for the rest of the working day.

The tasks we have to do every day at work gradually use up our brainpower as the working day progresses, and so most of us really need a break away from it all during the day just so that our brains can recover! If you don't take a break, your creativity will take a hit, your cognitive capacity will fall and you will start to feel that characteristic 'brain fog' by around 2pm.

Do yourself a favour; leave your desk, get outside for a walk around the block, and get back to your work with a renewed sense of vitality after lunch.

Top 4 Essential Oils for Headaches

Feeling headachy? Try essential oils for instant relief from annoying headaches.

Peppermint

Peppermint oil has a long-lasting cooling effect, and also helps stop the muscle contractions that can lead to a bad headache taking hold. Apply peppermint essential to your forehead when you feel a tension headache coming on to keep the pain at bay. You can also dilute two to three drops of peppermint oil with carrier oil and rub it into your shoulders, forehead and the back of your neck to help boost your blood circulation, reduce pain and relieve the tension associated with a headache.

Lavender

Lavender essential oil induces relaxation and relieves stress. It's an effective antidepressant and calming agent, and there's even evidence that lavender oil can work for some neurological conditions and disorders. When a headache hits, diffuse five drops of lavender oil in a burner/diffuser or apply it neat to the back of your neck, temples and wrists to relieve stress or tension headaches.

Eucalyptus

Eucalyptus oil helps get rid of a build-up of toxins, open up the airways and banishes sinus pressure, all of which can be the cause of your stinking headache. Dilute two to four drops of eucalyptus oil in carrier oil, and apply it to your chest area, the back of your neck, and your temples and forehead. Just alleviating sinus tension can prevent or relieve a headache.

Rosemary

Rosemary essential oil has anti-inflammatory and painkilling properties, and a calming effect that helps to reduce stress and negative emotions that can lead to headaches in some people. You can try adding just one drop of rosemary oil in herbal tea, water or soup or alternatively, mix two drops of rosemary oil with two drops of peppermint oil and a teaspoon of coconut oil, and rub it into your temples, forehead and the back of your neck.