

## Fight Night Blindness, Boost Eye And Vascular Health With Bilberry

Weakness of blood vessels is often seen during the aging process when blood vessels become fragile. Dark bilberry fruit has been shown to reduce blood vessel permeability, improve capillary resistance, and provide antioxidant properties, to scavenge free radicals. One way to fight the aging process of the body is to promote health in the vascular system by eating nourishing foods, exercising, and learning how to handle stress. Evidence shows that eating five servings or more a day of fruit and vegetables can reduce the risk of heart disease, cataracts, and some other disorders that related to blood vessel health. The dark pigment in fruits and vegetables has many health advantages.

A lot of people think that the only way to improve blood vessel health is to reduce blood cholesterol, minimizing the risk of a heart attack. That is an essential goal, but blood vessels should also have strength and integrity to maintain their health in order to carry nutrients and oxygen through the body to feed the tissues. As we age, eye function begins to diminish and causes a lot of people to fear that they are losing their eyesight.

The blood vessels decline in function, but there are other factors such as the reduction of arrestin and rhodopsin. Arrestin is a protein while rhodopsin is the light sensitive pigment that can be found in the retina. The dark pigment of fruits and vegetables is extremely important to blood vessels and the health of the structures and proteins of the eyes. Brilliant colored fruits and vegetables may prevent strokes, heart disease, and help long-term vision because they improve integrity of blood vessels.

Bilberry fruit has been studied for over 40 years for its supportive effects on blood vessel health, blood circulation, and lymph flow. Blood vessels in the brain, heart, eyes, stomach, veins in the legs, and actually anywhere in the body have the potential to leak. In many regions bilberry extract has been used to support individuals with microcirculatory disorders including varicose veins, atherosclerosis, and degenerative retinal conditions including macular degeneration and cataracts. Diabetes, atherosclerosis, poor diet, lack of exercise, smoking, excess alcohol and an inability to handle stress can all contribute to blood vessel disorders and cause the capillary's membrane to thicken, therefore, increasing capillary permeability causing edema and leaking of fluid.

During the aging process, oxidative damage occurs by free radicals in the eyes, which then causes a loss in the transparency of the lens. Symptoms that occur because of this are blurred vision, increased sensitivity to glare, reduced visual acuity, color perception, and light sensitivity. When the eye structure begins to break down, vision impairment and cataract formation result. Bilberry extract has been shown to improve vision and twilight vision, helping the retina adapt to darkness and glare.

With aging, a gradual degenerative process is experienced which is caused by free radical damage to our body's genetic material, cell membranes, and tissues. Free radicals attack blood vessel endothelial cells, and they begin to rupture. Antioxidants help to prevent AMD and reduce the damage of the retina's photo receptors. In summary, blood vessel health is an important part of age management. By improving diet, managing stress, exercising, and supplementing with bilberry extract, one can promote the health of blood vessels throughout the body, and therefore, support the eyes.

### About the Author

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