

TIPS

*for dry eyes*



# 01

## MEIBOMIAN GLAND MASSAGE

Sounds dangerous, but it's not. This gland is located on the inner edge of the eyelid near the inner corners of the eye. It secretes an oily substance that slows down the evaporation of the tear fluid.



If your eyes are dry, it makes sense to give the Meibomian gland a little help. Before the massage, it makes sense to warm your eyelids for a few minutes to liquefy the thickened secretion in the Meibomian glands. Use a warm (approx. 45°C) cloth or a heat mask for this purpose.

### Gentle LID MASSAGE



Close your eyes and massage your upper eyelid with your index finger from top to bottom and your lower eyelid from bottom to top. Then massage horizontally from the outer to the inner corner of the eyelid.



Afterwards, you can cleanse the eyelids to remove the loosened secretions and debris. Simply use a damp cloth or cotton pad and perform the same movements as for the eyelid massage.

## 02

### INTAKE OF OMEGA-3 FATTY ACIDS



Our TIP for taking Omega-3: walnut oil or linseed oil:  
We recommend 2 tablespoons daily. These oils should be consumed cold.

## 03

### MOISTURISING MASK

Simple, quick and effective are eye masks.

- Cucumber: A very good moisturiser that can help to rehydrate the eyes. Cut two cucumber slices and place them on your closed eyes for a few minutes.



- Black tea: The antioxidants in black tea keep the eyes moist, the tannins soothe the eyes. To do this, place a still-moist, cooled tea bag on each eye.
- Water: Simple water can also help to moisten the eyes again. Especially for acute dry eyes, it can be very helpful to place a clean cloth soaked in water on the closed eyelids and let it work for a short time.

04

## BLINK AND WINK

Open and close your eyelids as quickly and loosely as you can. Do this for about one minute. You can also alternate your eyelids. This creates a fine film of tears over your eyes. This does you good and moistens your eyes.

05

## DRINK A LOT

A good water balance is crucial for our health and can also prevent dry eyes. Therefore, drink at least two litres - preferably water or unsweetened tea - per day!

06

## BREAKS AT THE COMPUTER

You work a lot on the computer? Then pay attention to the following RULE:

**20 - 20 - 20 RULE**  
- FOR RELAXED EYES WHEN WORKING AT THE COMPUTER

 TAKE EVERY **20** MINUTES

A BREAK FOR **20** SECONDS 

LOOK AT SOMETHING **20** FEET AWAY

07

## VENTILATE SUFFICIENTLY

By opening the windows and airing the room for 5-10 minutes, you enable an exchange of air. This allows fresh, moist air from outside to enter the home or office.



08

## HUMIDITY

Ensure sufficient air humidity. During the heating period, ensure a humidity level of between 40 and 60 per cent in the home and, if possible, also at the workplace. A humidifier or an open bowl with water can do a good job here. Please change the water daily so that germs cannot multiply.

09

## VITAMIN A

Take enough beta-carotene (provitamin A). This is converted into vitamin A in the body. It is considered an eye vitamin and is indispensable for the visual process. It also serves to improve the wetting of the conjunctiva and mucous membranes and is a natural component of the tear fluid.

Vitamin A is found in carrots, broccoli leaves, kale, spinach and dairy products.



The Online Visiontraining Team wishes you a lot of fun and success in applying our TIPS!

ONLINE  
**VISIONTRAINING**  
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