

Light Therapy

What you do. Sit with your eyes closed, about six inches away from a 150-watt light.

Benefits. Light therapy can relax your eyes and stimulate the flow of nutrients to the entire eye region.

How to do it:

Step 1. Place a 150-watt light bulb in an unshaded lamp. (A 100-watt bulb is not strong enough.)

Step 2. Take off your glasses.

Step 3. Sit about six inches away from the lamp with your eyes closed and relaxed. The light should make your eyes feel pleasantly warm but not too hot. If you're especially sensitive to light, sit farther away and reduce the distance to six inches as it becomes more comfortable. Within a few days your eyes should be desensitized.

Step 4. Gently move your head slightly from side to side, so that each eye receives an equal amount of light.

Step 5. Breathe slowly and deeply and imagine your eyes becoming stronger and healthier.

