



SENIOR NUGGET – OCTOBER 2021

Featured this month:

EYE WORKOUT and BUILDING A HEALTHY IMMUNE SYSTEM

Revive tired eyes with these simple exercises:

BLINK – This motion helps clear debris from the surface of the eye, produces tears to moisten and lubricate the eyes and delivers nutrients to the eye's structure. Remember the 20-20-20 rule: Look 20 feet away from your computer every 20 minutes for 20 seconds.

YAWNING – helps increase the secretion of tears and help moisten dry eyes since it puts muscular tension on the glands of your eye sockets.

DISTANCE YOURSELF – Sitting too close to your computer can strain your eyes. The ideal distance is 18 to 25 inches, with eyes gazing slightly downward (rather than straight ahead or up).

DROPS IN – Over-the-counter eye drops containing artificial tears can help moisten dry eyes. Use a humidifier to add moisture to the air or apply warm compresses to your eyes.

LOOK AROUND – Close your eyes and, keeping your head still, gently raise them toward the ceiling, to the left, to the right, then down to the floor. Repeat three times.

CHANGE YOUR FOCUS – Hold a finger in front of one eye while focusing on it. As you slowly move it away, shift your focus into the distance. Slowly return your focus back to the finger as you return it to starting point, then shift your focus to something 8 feet away. Repeat three times.

DO FIGURE EIGHTS – Picture a large number 8 lying on its side about 10 feet ahead. Slowly trace the number with your eyes a few times, then reverse

COLD AND FLU SEASON – HEAVY HITTERS

VITAMIN C – rich foods such as oranges, broccoli, kiwi and cantaloupe can boost the immunity. Studies show eating one Kiwi a day, decreases the severity and duration of upper respiratory infection symptoms.

Antioxidants – Found in colorful fruits and veggies like berries, carrots and spinach can help shield you against oxidative stress, for a stronger immune system.

Prebiotics help obtain a healthy-gut bacteria, which can protect us against infection. Good sources of fiber-rich prebiotics include green bananas or plantains and asparagus.

Garlic contains allicin, a compound known for its immune-strengthening abilities. If you can tolerate raw garlic, you'll get maximum benefit by eating one half of a clove daily. Nearly as beneficial? Enjoy it roasted.



**SENIOR MINISTRIES WISHES THOSE
CELEBRATING AN OCTOBER BIRTHDAY, A HAPPY BIRTHDAY.**

MAY YOU BE BLESSED WITH MANY MORE.

Check your Bible Birth Verse: www.birthverse.com