
News

Docs see the way to better eye health: Eyefoods: A Food Plan for Healthy Eyes

Niagara, April 18, 2011 - Optometrists, Dr. Laurie Capogna and Dr. Barbara Pelletier will introduce their book *Eyefoods: A Food Plan for Healthy Eyes* to colleagues at the Ontario Association of Optometrists (OAO) Symposium. OAO is the start of a series of events the authors have planned in Ontario. The book stemmed from a growing need to educate their patients about the role nutrition and lifestyle play in fighting eye disease and preserving eye health throughout their lifetime.

Eyefoods is an active guide for menu planning that includes foods that promote eye health as a lifestyle choice and part of a healthy balanced diet. Using Canada's Food Guide as a resource, the book gives readers an in-depth look at the powerful role nutrient-rich foods like green vegetables, cold water fish and orange vegetables have in promoting eye health and fighting eye disease. "It is one thing to know which foods are good for your eyes or your health, and another thing to consistently include them in your diet. Along with featured *Eyefoods* approved dishes, we also emphasize the importance of regular eye examinations by an optometrist as an essential step in maintaining and restoring overall eye health as recommended by the Canadian Association of Optometrists," said co-author Dr. Laurie Capogna.

Dr. Barbara Pelletier and Dr. Laurie Capogna will launch their book with colleagues on April 30th at the Ontario Association of Optometrists conference in Windsor, Ontario. The introduction to the OAO will be followed by a series of events across Southwestern Ontario and Quebec. "*Eyefoods'* premise is based on simple things we can do to promote eye health across our lifespan; it made sense for us to launch our book to businesses who share the same philosophy of life-enhancing practices," Dr. Barbara Pelletier said of the duo's plans to bring their book to healthcare providers, bookstores, fresh food markets and health and wellness businesses. *Eyefoods* is aligning with industry partners with like-minded missions of providing healthy choices for their patients and clients, including IRIS The Visual Group locations across Canada, the Ontario Association of Optometrists, Remark Farms in London, Healthwise in Welland, Commisso's Fresh Foods, LASIK PROVISION in the Niagara region, and Capogna Flowers in Ruthven. Watch for details for upcoming events, sales and signings at industry partner locations.

Eyefoods is currently available at some IRIS The Visual Group locations, as well as Indigo in St. Clair Shores, Coles in St. Catharines, Chapters in Windsor and St. Catharines, and Unique Books and Gifts in Essex and is published in English and French. For more information please visit <http://www.eyefoods.com/>. The book is also available for purchase online at <http://www.amazon.ca/> or <http://www.eyefoods.com/> for \$24.95 plus HST. Authors' bios can be viewed at www.eyefoods.com/about_eyefoods.html.

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