

# Top Foods and Diet that change Eye Color in 60 days

Your eyes are the key to your health and your soul. Your eye color is a genetic trait that is influenced by your parents' genetic characteristics but does not necessarily conform to the regular patterns of genetics. A child's eye color, therefore, cannot be speculated accurately prior to its birth. What is interesting to note here is that eye color is variable to a great extent. A few simple alterations in your dietary habits can yield you the perfect eye color you want.



What determines eye color?

The iris is the colored component of the eye. This color is determined by the pigment 'melanin'. As a child begins to grow, the eye color is subject to change. This is so because the melanin concentration in the iris keeps changing throughout the child's formative years.

The color of the human eye originates from three genes. Of these, only two are well understood. The determination of the human eye color is not that simple as previously thought. Colors cannot be out rightly labeled as being dominant or recessive based on their saturation and hue. Multiple possibilities arise when two strings of DNA intertwine to produce a completely new set of genes.



## 10. Uva ursi tea.



Uva Ursi – Sarah Gregg

This soothing tea relaxes your eyes instantly, giving them a brighter appearance. It has also been credited as being the cure of numerous urinary tract infections. It is an intense antiseptic which has a diuretic function in the body. It is also known to be an effective treatment of various skin diseases. New research suggests its immense significance in the treatment of arthritis.

### **How eyes change color?**

The iris is a form of musculature that controls the pupil size according to the light intensity in a given environment. When the pupillary size changes; the pigments of the iris are forced to readjust to the new space. This brings about a change in the color of the eye. These changes, however, are not drastically visible. If you want to change your eye color exceptionally and in a small amount of time, all you need to do is introduce a few changes to your diet.

## 9. Honey.



Honey – Bioni Bites

An extra amount of honey in your diet can greatly enhance the color of your eyes. However, the honey needs to be organic. Persistent usage of this magical concoction will yield you a lighter shade of your natural color. It is a rich source of all sugars essential for excellent health. A rich concentration of fructose (38.2%) makes it an ideal addition to the diet of males. It helps calm down acid reflux in the body and eases out wounds and burns. It is our first line of defense against fighting infections.

## 8. Spinach.



Spinach – Sciendriver

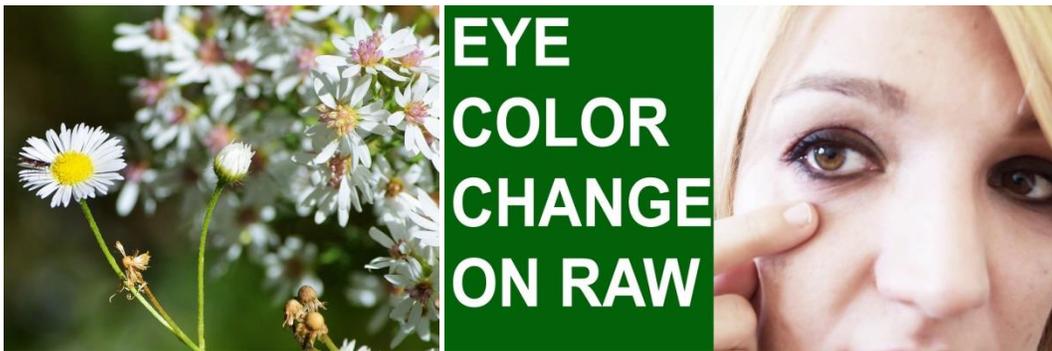
Spinach is rich in zeaxanthin and carotenoids lutein which render youthfulness to your eyes. The high content of iron in spinach makes your eyes brighter. One cup of raw spinach yields 27 calories of energy. It is power packed with magnesium, potassium, vitamin A and folate. It is known to be enriched with alpha-lipoic acid which prevents stress induced changes to the body. A diet full of spinach helps in preventing cancer, asthma, lowers high blood pressure and amplifies bone strength. It also promotes healthy skin and hair.

## 7.Fish.



Seafood is a rich source of all kinds of vitamins and minerals particularly vitamins B, C A, D, E and K. Calcium, Iron, Magnesium and Phosphorous are the prime minerals present in fish meat that yield color changes in the eye. This change can be made permanent by including fish products in your diet regularly.

## 6. Chamomille tea.



Chamomille – Steve

This incredible tea lowers down the concentration of stress hormones in your bloodstream and gives your eyes a warmer hue. It is used to heal mucous membrane inflammations and is used to relieve various gastrointestinal discomforts. It is also used as a soothing bath for anogenital inflammation. When applied topically, it heals all sorts of sunburns and scars.

## 5. Olive oil.



Olive Oil – US department of agriculture

The wonders of Olive Oil are numerous and alluring. It is the best medicine for every ailment. It's fascinating components such as the linoleic acid, linolenic acid and oleic acid render a beautiful, soft hue to the color of your iris. This oil is also said to work wonders for joint pain and is termed as the best organic moisturizer. It reduces the effects of stress and lowers the concentration of bad cholesterol in the blood.

## 4. Onions.



Onion – Liz West

The regular use of onions in the diet has shown gradual changes in eye color and also, in the skin. Onions are also vital in reducing chances of colorectal cancers. These sulphur rich compounds are also infused with vitamin C and works wonders for your skin and hair. A major constituent of onions, folate, is known to alleviate depression and helps cure insomnia. This also keeps the appetite in check.

## 3. Nuts.



Nuts – Adam Wyles

If you are keen on changing your eye color, nuts are the primary source of nutrition you should incorporate in your diet. Almonds are the lowest calorie nuts yielding six grams of protein and fourteen grams of fat per twenty-three nuts. Add a variety of nuts to your diet to witness a gradual lightening of your eye color. Avoid using roasted nuts as their nutrients have already been destroyed by exposing them to high temperatures.

## 2.Meats.



Meats are rich in various minerals like zinc and magnesium which are helpful in bringing about color changes in the iris. Meat products provide us with a power house of proteins necessary to maintain all the vital processes of the body. They also help in sustaining a continuous state of well-being

## 1. Ginger.



Ginger – Delphine Menard

This rhizome is known for its magical powers at reducing the inflammation of the colon thereby preventing colon cancer. It greatly reduces muscular aches, nausea as a result of chemotherapy and ovarian cancer. Research has proved that ginger reduces the symptoms of asthma and heals liver damage caused by over medication. It is also known to relieve the symptoms of

dysmenorrheal. It is, in addition to all this, wonderful at bringing gradual changes to your eye color.

# 11 Health Benefits of Eating a Raw Food Diet

By Chuck Bluestein

## Raw Foods



Demi Moore eats a raw food diet according to Examiner August 29, 2009.



Alicia Silverstone eats a raw plant-based vegan diet. She started modeling at age 6. When looking for pictures of her, I realized that she is so adorable looking, I could fill this whole article with pictures of her.

"The secret to the Duchess of Cambridge's slim figure just 10 months after giving birth? The raw food diet, which Kate [Middleton] has undertaken in order to also improve her complexion."



This smaller picture of Alicia Silverstone does not look as good as the larger one. Click on picture for a clearer and bigger picture or go to site that it is from.

Freelee with Megan, the 13 year old girl who cured her terminal brain cancer with raw food. The raw diet did not cure it since only the body has the power to cure itself. But people prevent this with a bad lifestyle that includes a bad diet.

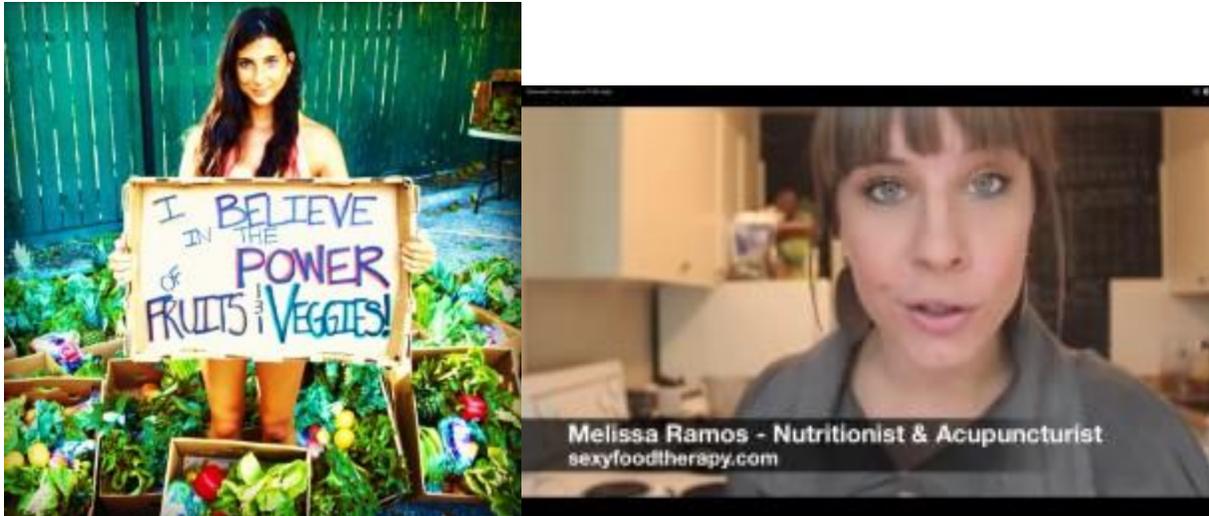


This is a picture of raw foodist Kristina Carrillo-Bucaram on her blog. She has been on a fully raw food diet for 8 years. It is a raw vegan diet.

Carol Alt is a model or supermodel that eats mostly raw food. She has been on the cover of Sports Illustrated. See the link to her story in this article. Click on link or picture to see a better view of this picture.



This is a picture of Kristina with her eyes changing color from a raw diet. This picture was not on the page it was supposed to be on but below is a video about it.



Another picture of Kristina Carrillo. She does yoga as well as singing, piano, art, salsa, belly dancing, running, spooning and cuddling, reading, oiling her hair, essential oils, deep moving and being around positive people.

This is Melissa Ramos. She is a nutritionist and an acupuncturist and eats a 75% raw food diet.

Source: From the video below Stressed: Get a Stash of this herb (nettle leaf)

## Healing Yourself with Raw Foods

**WebMD.com** has an article on this called [Raw Foods Diet](#). It says that you must be out of your mind to try a diet like this! They say that drugs, not foods make you healthy. Just kidding! They say:

The idea is that heating food destroys its nutrients and natural enzymes, which is bad because enzymes boost digestion and fight chronic disease.

You'll probably lose weight on this diet.

Most of the people that I hear about starting to eat a raw food diet had terrible health problems. They have some miraculous stories. **Kristina** (in picture) eats a fully raw diet but there is a Christian group called [Hallelujah Acres](#) that has experimented with this.

They found that it was easier and worked just as well to eat an 85% raw diet with 15% cooked healthy plant-based foods at the end of the day as a reward for eating raw food all day. Most people that eat raw foods eat a vegan or plant-based diet.

Carnivorous animals in the wild love the taste of **blood**. If you give them a nice piece of cooked meat, they will not even eat it. Some say that raw foods are sometimes not as good as cooked food. But there are millions of animals in the wild, that have never, ever eaten any cooked food. Most pets eat only cooked, processed foods and most pets die of cancer.

According to The Examiner (August 29, 2009) **Demi Moore** eats a raw food diet. [Actress Demi Moore stays slender from her raw food diet](#) is the name of the article. It says:

In addition to Demi Moore, **Alicia Silverstone**, and **Woody Harrelson**, all of whom are "raw foodists," Susan says that "model **Carol Alt** was about to lose her career as a supermodel when she was age 34. She was getting puffy eyes and wrinkles. Her doctor told her to eat what she normally did, but eat it raw! She did, and her **wrinkles disappeared**."

In addition, Carol Alt subsequently "posed nude in *Playboy magazine* at the age of 47 to show the world how a raw food diet can preserve you!

**Watermelon** is almost all water so when you eat it, you are mostly drinking watermelon juice and it tastes good to us. It is red just like blood. The **lycopene** in it makes it red and it provides health benefits. This is why red grapefruit has lycopene but grapefruit does not have lycopene.

They say that cooked lycopene is more bioavailable than raw lycopene. The U.S. government was testing the lycopene in watermelon since watermelon has more lycopene than tomatoes. They expected the raw lycopene to be less bioavailable than the lycopene in cooked tomatoes. Their study showed that this was false. Cooked lycopene was not more bioavailable than raw lycopene even though it says this all over the internet.

Since this well accepted fact is wrong, you have to wonder about other well accepted facts. Watermelon also has other things in it that make it great for cardiovascular health and ED (erectile dysfunction). To learn more about this and see the government study on lycopene, see [Health Benefits of Watermelon](#).

Here is an analogy to the above. This would be like me saying some people are smart even if they do not have a brain. My example of this is the strawman on *The Wizard of Oz*. He sings [If I Only had a Brain](#). Click on link.

Let nothing which can be treated by diet be treated by other means. ~**Maimonides**

**Dr. Joseph Mercola** (D.O.-- doctor of osteopathic medicine) says in [When Fire Met Food](#):

For starters, ancient humans ate a largely plant-based raw food diet. They may have had raw meat occasionally, but this was not significant portion of their diets.

I personally try to eat about 85 percent of my food raw.

Please note that vegans can eat anything that is not an animal food so that includes chemicals that are not foods like salt. But salt is not raw since it is not a food. They also refer to raw foods as living foods. If you put 4 ounces of salt in a pint of water and drink it, you will die. For more on salt see [Can Salt Make You Overweight](#).

Salt has no calories like some drugs (medications) that have no calories but make you fat. Note that the word 'fat' is a slang word for overweight and has nothing to do with the type of food known as fat. **Matt Monarch** (see below) is a **100% raw foodeater** but does not recommend it for 99% of the people since there are so many possible mistakes someone can make. But anyone can benefit from eating more of their food raw. Note that **Melissa Ramos**, in picture, eats a 75% raw diet.

Note that before **Kristina** started eating raw foods she had **hyperglycemia** that is the beginning of **type 2 diabetes**, she was very underweight (5'7" 87 pounds), had chronic fatigue, terrible migraines and was nauseous every morning. These symptoms go along with diabetes. All these problems are gone and she now weighs 102 pounds (gained 15 pounds). To contrast this **Victoria Everett** (mentioned below) lost 120 pounds by eating a raw food diet.

**Matt Monarch's blog** (linking to this site gives me a warning as being over-promotional) says:

Matt Monarch is a 100% raw food eater; his diet consists of only raw vegetables, fruits, nuts, seeds and seaweeds. He has been eating this way for eight years and enjoys extraordinary good health, **bountiful energy, clarity of mind** and a deepened connection to nature.

Prior to going raw, Matt worked in a demanding corporate environment and ate a standard American bachelor's diet, including **cooked meats, dairy**, bread, greasy foods and **candy**.

Matt did not go raw therefore to relieve any major health issues – he simply received and wholeheartedly embraced the raw lifestyle as something that made complete sense to him. He was particularly attracted to the fact that this lifestyle offered increased longevity and **freedom from degenerative disease**.

Here is another article showing that if you eat a single food raw, just like animals in the wild do, then your instincts take over and you will never eat too much of that food. [\*The Animal Instinct Diet\*](#).

### 1. **Raw Food is a Cure for Diabetes**

There is a whole article on Gabriel Cousens M.D. curing hundreds of people of diabetes with a raw food diet. He is also a psychiatrist and a rabbi. It even has a video on it following 10 people who went through the process and the results. This applies to virtually everyone with type 2 diabetes. One of the 10 had type 1 diabetes and his insulin was reduced. See [\*M.D. Cured Hundreds of People of Diabetes\*](#). Technically diabetes is incurable.

When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need. ~Ayurvedic Proverb

### 2. **Change the Color of Your Eyes**

This benefit is like the opposite of the above one that works on virtually everyone since this one is rare. You can watch the video below for more about this. If you look closely at the eye, you see that it is more than one color. Since it happened with one person it is possible to happen with someone else. The reason for this is unknown.

Leave your drugs in the chemist's pot if you can heal the patient with food. ~**Hippocrates**

### 3. **Prevent Cancer**

**Harvey Diamond** wrote *Fit for Life* I and II that sold about 8 million copies. He says that you can prevent cancer by eating only raw foods for 10 days every 4 months. Also the animals in the wild do

not eat cooked foods and cancer is not a big problem for them. But cancer is the number one cause of death among pets according to a veterinarian. Pets are fed cooked foods.

Note the video below on how a **raw food diet cured terminal brain cancer** in Megan, a 13 year old girl. Of course it was not the raw food that cured the cancer. Only the body itself has the power to cure itself. But people prevent this from happening by their lifestyle and that especially includes the diet.

She learned about this from **Arnold Kauffman** of **Arnold's Way** health food store in Lansdale, PA near Philadelphia. He also told Megan Elizabeth about this who lost a lot of weight from a raw food diet (in video below). I know him from when I lived in Philadelphia.

And we have made of ourselves living cesspools, and driven doctors to invent names for our diseases. -- **Plato**

#### 4. **Prevents Obesity and Being Overweight**

Obesity is closely tied into getting type 2 diabetes. In the United States, 35% of the people are obese and it is growing. The animals in the wild are rarely obese but this is a big problem with pets. Part of this problem can be due to digestion of foods. The 80/10/10 Diet says to get 80% of calories from carbs, 10% from protein and 10% from fat.

Since it is a vegan diet, the only foods that would have too much fat or protein would be nuts, seeds or avocados. So if you avoid eating them in excess, then the foods that are left are fruits and vegetables. Eating them raw you will have more difficulty getting enough carbs from them and not getting too many carbs. On this diet you have to eat mostly fruit to get enough carbs.

#### 5. **Better Digestion**

This benefit is one of the reasons that raw foods help people lose excess weight. When foods are cooked, it kills the **enzymes** in them and these enzymes help people to digest foods. What about foods like **beans**? They would not be good to eat raw. Since they are still alive (also called viable) you can sprout them and bean sprouts taste great in salads and are super healthy. They add a little crunch to the salad like raw seeds and nuts.

#### 6. **More Energy**

Many people report having more energy from eating raw foods. Many of these benefits are strongly interrelated. For example people who sleep better have more energy. Digestion requires a lot of energy and cooked foods require more energy to digest. People report that this extra energy gives them a craving to exercise.

#### 7. **Better Sleep**

The internet says that most Americans have trouble sleeping. This is due to many things but many people report that they sleep better when eating raw foods. I have also seen that raw foods can help

you get to sleep quickly. Note that **Kristina** in the pictures does **yoga** and this is a great exercise to reduce stress and help you to sleep better.

I have a very popular article called [23 Very Popular Celebrities That Do Yoga](#). It includes **Hillary Clinton** who has been doing yoga since law school. If you have trouble with sleeping, see [9 Ways To Sleep Much Better](#).

## 8. Less Depression

The **Hallelujah Acres** website has testimonials of people that were on medication for anxiety and depression and got off of the medications and cured these things with an 85% raw food diet. One of the above was a minister (**Pastor Alvin Tallant**) and it was no wonder that he was depressed with all the health problems that he had like bad surgeries, skin cancer, kidney stones, bipolar and more.

For more about healing yourself of mental health issues with natural methods including **fasting**, see [Natural Healing](#). Also **Debbie Pierce (Rose Goddess)** is not associated with Hallelujah Acres, but she was depressed and cured it by switching to an all raw vegan diet.

There are pictures of her with a link to her blog on this article, [Does a Vegan Diet Make People Look More Beautiful](#). This article also has picture of other women that eat a raw vegan diet so you can see how good they look.

## 9. Look More Beautiful

This is of course a very subjective thing but if you look at pictures of women on a raw vegan diet, you can decide for yourself. The above website has pictures of **Freelee**, **Victoria Everett** and **Megan Elizabeth** that eat a raw vegan diet. Freelee is in video below with 13 year old girl who cured her brain cancer.

Below is a video with Megan Elizabeth and Kristina Carrillo-Bucaram together called **Kristina & Megan Make Raw Love Pies!** Note that you will find that a lot of women on a raw foods diet, that love making videos. Like there is a video of Freelee (the banana girl) dancing in her underwear. On the above article there is a video showing before picture of how heavy Freelee was before adopting a raw food diet. She also had anorexia nervosa and other problems before going raw.

Here is an **October 25, 2013** article on **Huffington Post** about the model or supermodel, **Carol Alt** switching to a mostly raw food diet. She has been on the cover of **Sports Illustrated**. It is called [Becoming Raw Changed My Life](#). It says:

At the age of 52, I'm in the best shape of my life, and I'm healthier than ever. It wasn't always that way, though. In fact, when I was in my 30s, everything seemed to be coming undone. I experienced health problems, gained weight and my career was unraveling.

I was so afraid that if I put anything in my mouth I would gain weight, so I hardly ate anything. My body started getting used to a small amount of food. I was working so hard every day that I didn't

even realize **I was not eating**. Then, at one point in my career, while filming a documentary, I overheard one of the producers tell my manager, "**She is not in bathing suit condition.**"

It was actually really easy for me to transition into eating raw. For the first time in years I was eating a lot of food, and more importantly the right kind of food. **I felt wonderful, and it reflected in every area of my life -- physically, mentally, career, relationships, etc.**

**Alkaline vs acid:** You want to keep your blood PH balanced. When you eat raw, you're usually consuming a lot of fruit and vegetables; most are alkaline.

It's easy! I'm not saying eat raw 100 percent of the time -- just eat mostly raw.

Note that most means over 51% raw but on the video below she says that you are allowed to eat 75% to 95% raw.

## 10. Increased Mental Clarity

Many people report more mental clarity and feel like a fog has been lifted when they start eating raw foods. B vitamins have to do with mental fitness and many vitamins are destroyed in the cooking process. Minerals are not destroyed but if a food is boiled, then a lot of minerals will be poured down the drain that came out of the food. This is why steaming is better than boiling. For more information on making sure that you are getting enough nutrients on this diet see The [\*\*Essential Supplements and the Dangerous Ones\*\*](#).

## 11. Protection Against Toxic Plants and Unhealthy Foods

Say that you are lost out in the wild and need to find food to eat. Well here is how the theory goes. Animals in the wild know instinctively what to eat and what not to eat. This works by them tasting the food. Humans also have this instinct. This is why babies will put everything in their mouth.

But this will not work with cooked foods or salted foods or combinations of foods. Animals eat all food raw and only eat one food at a time. So if you cook and salt the **poisonous toadstool mushroom**, then you can eat it and die.

But if you try to eat it raw by itself then the bitter taste will cause you to spit it out. So this is the theory about how you can identify healthy plant foods. Also this same rule about eating one raw food at a time means that the foods that taste best to **you** are the healthiest foods for **you**.

This then addresses the issue of a certain food being good for a certain person at a certain time. Now the above is a theory but the following is very easy to test out. If you eat a single raw food at a time, you will never overeat that food. When mixing foods this can happen but with a single food, you just eat as much as you want of it and that will be the ideal amount of that food to eat.

So if you start eating a certain fruit, you do not need to decide before hand how much to eat. You can eat as much as you want and stop eating it when you have no taste for more of it. A good

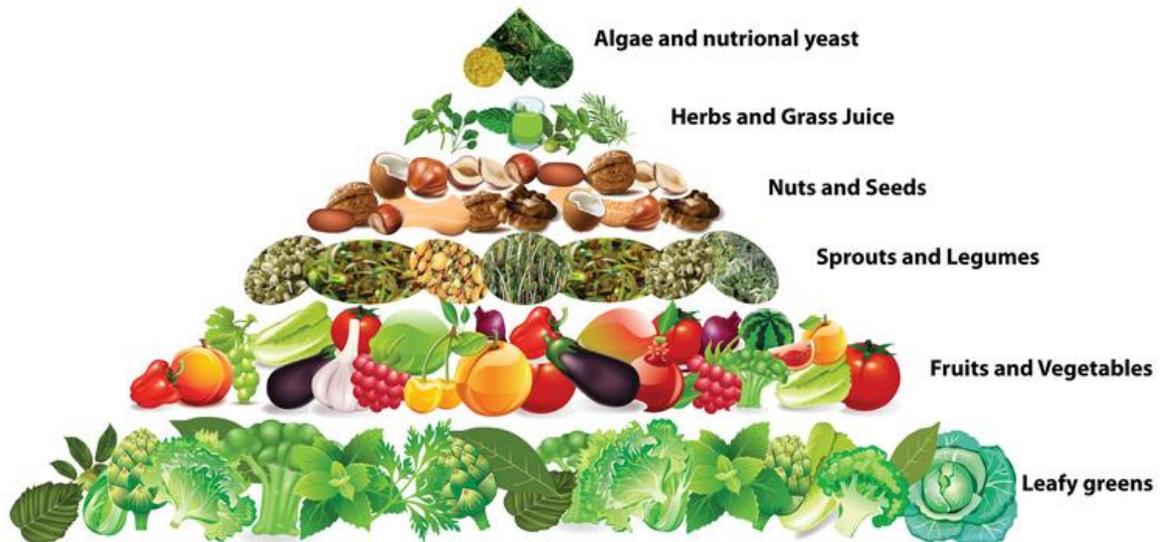
example is the trail mix with raisins, seeds and nuts (all raw). You can overeat that mix. But if you try eating one of them at a time, you will not overeat it.

Many got started on a raw food diet from the book *The 80/10/10 Diet* by **Douglass Graham** (Doctor of Chiropractic). See below to buy it. The title means 80% carbs (carbohydrates), 10% protein and 10% fat. It says:

The switch from cooked to raw is actually a fairly easy one. It is simply a matter of increasing the percentage of raw foods in your diet. Some people find it easiest to begin by simply eating raw for breakfast while leaving everything else the same as always. When they get comfortable with that, they add in raw lunches as well.

Many people experience temporary symptoms of detoxification when they begin a raw diet, as the body is no longer being overloaded each day with so much toxic residue. The symptoms arise as the body cleanses and heals naturally, releasing toxins into the bloodstream that may have been buried deep within the tissues and organs for many years.

A normal white [blood cell] count is around 3 million. If toxic substances enter the bloodstream, the white blood cell count will rise, rapidly and dramatically, in order to clean up the blood. After eating a cooked meal, the white count typically rises as high as 15 or 18 million, and even higher. After eating a meal of raw fruit, there is usually no discernible rise in the white count. So the rule is this: If we can't eat the food "raw," if it is not delicious and palatable in its natural state then it is not food for us.



0Medz0.com