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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

What Will Your Eyes See?

By Kathy Simcox

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I will lift up mine eyes to the hills -from whence comes my help? My help comes from the Lord, who made heaven and earth. Ps 121:1-2

What a wonderful statement of Christian faith! It gives me profound hope to know that during times of confusion and despair, all we need to do is raise our weary eyes to the hills and He will be there to comfort us with outstretched arms.

His outstretched arms. I can't help but think about the point of Christ's Passion. Mel Gibson's movie had raised much controversy throughout the world. I had heard mixed reviews and comments regarding the information presented in the film. It had been called anti-Semitic and violent. Historical scholars analyzed the film to pieces and tried, as academia always does, to deny everything Jesus did in his all-too-brief lifetime. What point is all this leading to? Sometimes as mere human beings we get so caught up in little details of something that we fail to see the big picture. It's all too easy to do.

The blood that was shed on Calvary was indeed shed for each and every one of us. We must look deep into Christ's eyes and feel, through His pain, the tremendous love He showed us with his outstretched arms. To focus on the beauty of the Passion, the reason why it occurred in the first place, is to understand the point of it. For someone to go through what Christ did and still have the strength to love us, the passion to die for our sins, is pretty remarkable. The depth of His love for us knows no bounds, and I think His Passion is proof of that. What a tremendous gift for a fallen humanity to receive.

As Christians, we need to challenge each other to keep our minds free of the little details that clutter our minds. Only when we do this are we able to give back to the Lord what He so freely gave us to us. The next time you lift up your eyes to the hill, to Calvary, ponder the mystery of his outstretched arms and remember what He gave to you - His undying love. By opening our minds to the point, we, as a church, can open our ministry to the possibilities this point brings.

What Will Your Eyes See?

*Dear gracious Father in heaven, we thank you for giving your son to us. Help us to open up to the wonderful possibilities new ministries can bring to our church. In your name we pray, Amen.

About the Author Kathy Simcox, Columbus, Ohio, United States hrdude28@hotmail.com Kathy works as an Administrative Assistant in the College of the Arts at The Ohio State University. She holds a BA in Psychology and is currently working on a second BA in Religious Studies. In addition to writing, her passions include hiking, biking, kayaking, photography, and singing in her Lutheran church choir. She is also known to read an occasional book.

Six Great Tips For Dry Eyes

By Michael Brooks

Faulty tear glands may not be something you think about until you experience the aching, itching and stinging that can accompany dry eyes. Dry eyes can be more than a minor burden; serious dryness can lead to abrasions of the cornea and possibly blindness if left untreated.

More than 3.2 million women and 1.6 million men (in the United States) over the age of 50 experience the symptoms of dry eye. For some the experience is occasional, while others must learn to deal with constant dryness.

The causes for dry eyes are varied. They can include decongestants, antihistamines, blood pressure medicine, winter winds, air conditioning and indoor heating. Whatever the cause, there is a variety of natural remedies and preventable measures you can undertake to help your eyes stay moist.

Smoking: Simple...Quit. Smoking has been shown to dry out your eyes. In addition, smoking increases the risk of cataracts, glaucoma, and macular degeneration.

Automobile Air vents: Vents pointed at your face and eyes can quickly drain the moisture in your eyes. Make sure to aim the vents away from your eyes or wear sunglasses for protection.

Omega-3: A recent study out of Japan has found that omega-3 supplementation could help prevent dry-eye syndrome.

Vitamin A: Taking a vitamin A supplement or eating vitamin A rich foods such as salmon or eggs can help keep your eyes moist.

Blink: In the electronic age, many of us spend a good deal of time staring at a computer screen. This can irritate even mild cases of dry eyes. When you are concentrating, you tend not to blink as much. Not blinking as frequently will make eye moisture evaporate rapidly. Ever so often, look away from your computer (or television) and take a blink break. Your eyes will thank you.

Humidify: Low moisture levels can dry your eyes fast. The winter can be especially drying during sleep. If possible, get a humidifier for the areas in which you spend a lot of time.

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Your eyes are one of your most prized possessions. Think for a second what life would be like without them. It is important not to take them for granted. I hope the above remedies help, if not or if the problem persists, get to an eye doctor.

Mike Brooks has been a life long follower and proponent of the fitness lifestyle. Mr. Brooks is the publisher and editor-in-chief for the health information site

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