AUTHOR Q&A: AILEEN FAN

Author of *Habits for Better Vision: 21 Scientifically Proven Ways to Improve Your Eyesight Naturally*



Tell me a bit about your book. What is it about? Who is the target audience?

My book is targeted to individuals who are interested in improving their eyesight naturally without glasses. It is also based on my own experience and what I've seen in my patients. I talk about the five pillars of holistic and natural vision improvement: diet, habit, mind, exercise, and sleep. Each chapter is dedicated to one of these pillars and I provide practical tips and tricks that readers can implement in their daily lives.

What inspired you to write this particular book?

I remember when I was in my second year of optometry school, I was studying for my exams and I was reading about the benefits of lutein and zeaxanthin for eye health. I thought it would be helpful to my patients if I could find a way to incorporate more of these nutrients into their diet. I started researching and experimenting with different foods and recipes, and eventually I developed a few recipes that I thought were delicious and nutritious. I shared these recipes with my patients and they loved them. I realized that there was a need for a book that combined the science of nutrition with practical, easy-to-follow recipes, so I decided to write one.

Can you share a delicious recipe from *Habits for Better Vision*?

One of my favorite recipes from the book is a simple and delicious salad that is packed with nutrients for eye health. It's called the Spinach and Avocado Salad with Lemon Vinaigrette. Here's how you can make it:

Ingredients:

- 2 cups fresh spinach leaves
- 1 ripe avocado, sliced
- 1/4 cup chopped walnuts
- 1/4 cup crumbled feta cheese
- 1/4 cup dried cranberries
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon lemon juice
- 1 teaspoon honey
- Salt and pepper to taste

Instructions:

1. In a large bowl, combine the spinach leaves, avocado slices, walnuts, feta cheese, and dried cranberries.
2. In a small bowl, whisk together the olive oil, lemon juice, honey, salt, and pepper.
3. Drizzle the dressing over the salad and toss gently to coat.
4. Serve immediately.

This salad is not only delicious but also packed with nutrients that are beneficial for eye health. Spinach is rich in lutein and zeaxanthin, which are antioxidants that protect the eyes from damage caused by free radicals. Avocado is a good source of healthy fats, which help to absorb these nutrients. Walnuts are a good source of omega-3 fatty acids, which are also beneficial for eye health. Feta cheese is a good source of calcium, which is important for overall health. Dried cranberries are a good source of vitamin C, which is also beneficial for eye health. Lemon juice and honey add flavor to the salad and help to balance the bitterness of the spinach.

I hope you enjoy this recipe as much as I do!

What inspired you to write about preventative health?

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What is your favorite recipe from the book?

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