Your Eyes Are Aging Faster Than You Think (And How to Stop It Naturally) Transcript

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Introduction: Why Eyes Age Faster

your eyes are aging faster than you think and there's so much more to do with this than birthdays genetics or that just getting older excuse that we all use it's the way we use our eyes every single day that speeds up aging or slows it down and the good news you can actually slow it stop it and in some cases even reverse it.

Let me show you how. I'm Dr. Bryce Applebaum, a functional eye doctor who helps people fix hidden vision problems that affect their focus, their energy, and their performance.

Today we're talking about why your eyes feel older than you are and what you can do starting today to get them working and feeling younger again.

The Myth of Eye Aging

Section 1. The myth of eye aging. Most people think aging eyes are only about the eyes themselves. My eyesight is getting worse. I'm staring at screens too much.

It's just part of getting older. But here's the truth. Your eyes don't work in isolation. You brain does most of the work and your vision simply follows.

Between screen, stress, poor sleep and spending most the day indoors, your visual system is under constant strain, constant fight or flight. Not the kind of strain you necessarily feel immediately, the slow, quiet kind that builds up over years.

Symptoms of accelerated visual aging.

Near Point Stress and Screen Strain

They can include needing more light to read, blurry or fluctuating focus, rubbing your eyes more, dryness, headaches, eye strain, fatigue, loss of depth perception, difficulty shifting focus from near to far.

If any of this sounds familiar, you're not alone. Section number two, the real culprit, near point stress. We were never meant to stare at things 12 inches from our face for 10 hours a day.

When we do, two things happen. Number one, our blink rate drops by about 60 percent. our focusing system gets stuck in near mode. Imagine keeping your arm flexed all day.

That's what your eyes are doing with every email, scroll, and spreadsheet. Over time, those muscles get tight. They get tired. they lose flexibility. that system get locked up.

Thats what actually creates accelerated visual aging. Not just your age. Section three, your vision is a brain process. More than half of the real estate in your brain is involved in vision, not eyesight, vision.

Vision as a Brain Process

Eyesight is, can you see this line on the chart? Vision is what does your mind do with that information? When your brains is overwhelmed, inflamed or fatigued, your visual system is the first to show it.

That's why people with aging vision often also have low energy, brain fog, anxiety, motion or sensory sensitivity,

trouble concentrating. Your eyes are simply reflecting what your brain is going through.

And here's the good news. If it's brain-based, It's trainable. Section four, how to stop visual aging. You can absolutely stop or at least slow down visual ageing.

Here are the most effective evidence-based methods. Number one, blink resets. We should be blinking 15 to 20 times per minute.

How to Slow Visual Aging

And on screens, most people blink closer to three to five times a minute, so try this every 20 minutes, close your eyes gently for five seconds, then practice blinking.

As silly as that may sound, it gives your brain a chance to reset. reduces strain instantly and it gives the front surface of your eyes a clear and clean windshield to see through.

Number two, look out a window. Your visual system needs distance exploration. Looking 20 feet and beyond relaxes the muscles that age the fastest. So use the 20-20- 20 rule which means at least every 20 minutes look at atleast 20 foot away for at leas 20 seconds.

Think of it as stretching your eyes the same way you'd stretch a tight muscle. Number three, train your focusing system. If your eye struggled to shift from near to far or from far to near, your focussing system is losing flexibility the way joints do with age.

Simple drill. Hold your thumb at arm's length. Focus on it. Now focus at something far away. Bounce back and forth and do this for 60 seconds. Number four, improve vision through movement.

Your eyes work best when your body works with them. Walking, running, playing sports, they all reinforce healthy vision and visual processing. Movement is medicine for the visual brain.

Go on walks, get up and walk around, just get moving. Number five, support sleep and stress. Two of the biggest drivers of accelerated visual aging. number one, poor sleep, number two, chronic stress, Both inflame the brain and impair visual processing.

Better sleep and less visual stress equals younger feeling eyes. Section five, when it's not just aging. If your eyes feel older than you are, it might not be aging at all.

When Itu2019s More Than Aging

it could be an undiagnosed functional vision problem, something that doesn't show up on a regular eye exam. If you've tried reading glasses, blue light filters, or new prescriptions and nothing seems to help, that's a red flag.

Your vision problems is brain-based, not just eye- based. And those issues are fixable with the right training and the work. if you're wondering whether your symptoms are normal aging or something deeper, I created a quick quiz that breaks it all down for you.

It takes less than two minutes and shows you exactly what's happening with your visual system and what to do next. I've linked this down below. And if you found this helpful, hit like, subscribe, and share this video with someone who complains about their eyes feeling old.

Chances are it's not age, it is their visual systems desperately asking for help.