



DRY EYES (CHRONIC)

Persistent eye dryness, irritation, discomfort, blurred vision, or inability to tolerate contact lenses.



Possible Contributing Factors

- Inadequate hydration and/or electrolyte imbalance
- Hormonal imbalances (e.g., low progesterone, low androgens, peri & menopausal changes)
- Chronic stress and low cortisol (HPATG axis dysfunction)
- Thyroid dysfunction (especially poor T4-to-T3 conversion)
- Systemic inflammation and oxidative stress
- Autoimmune conditions (e.g., Sjögren's syndrome, Hashimoto's, lupus, RA)
- Nutrient deficiencies (especially omega-3s, vitamin A, E, C, astaxanthin)
- Medication side effects (diuretics, antihistamines, beta blockers, isotretinoin, hormone therapy)
- Environmental factors (dry air, allergens, screen time, pollutants)

Lifestyle & Dietary Recommendations

- Ensure optimal daily hydration with mineral-rich water (add trace minerals to RO/distilled water)
- Minimize caffeine, alcohol, and processed food (especially high in omega-6 fats)
- Prioritize anti-inflammatory foods: fatty fish, flaxseeds, chia seeds, leafy greens, colorful veggies
- Reduce histamine and allergen exposure if sensitivity suspected
- Rule out or address underlying thyroid or autoimmune issues
- Support hormone balance (especially androgens, progesterone) through lifestyle, diet, and testing
- Prioritize sleep and stress management to improve adrenal and hormone function
- Minimize eye strain and screen time; use a humidifier in dry environments
- Investigate all medications with potential drying effects; consider alternatives if applicable
- Consider hormone testing (e.g., DUTCH test) for deeper insight into cortisol and sex hormone levels

Supplement Considerations

- 5% Testosterone cream
- Omega-3 fatty acids (e.g., fish oil or algae oil)
- Antioxidants: Vitamin A, C, E, and astaxanthin
- Trace minerals (added to purified water if needed)
- Electrolyte support: Ensure adequate potassium, sodium and magnesium levels
- Adaptogens (to support adrenal health if cortisol is low)
- Liver support (e.g., NAC, glutathione) if oxidative stress is high