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**YOUR TURN**

**Patton Lupton**

Patton Lupton, 40, works and lives in the Lake Tahoe region of California, where she specializes in Swedish, sports and deep-tissue massage.

What self-care means to me?

I find that exercise is the best way to take care of myself. I practice yoga three to four times a week and, since I live in the mountains, in the winter I frequently snowshoe and ski. Being outside in nature rejuvenates me, even if it's just taking my dogs for a walk. I finally figured out after hurting myself that I have to work my lower body a lot to keep my balance. I also take a number of vitamin and herbal supplements. I enjoy reading and keeping up with what's going on with alternative medicine. I'm a big believer in biofeedback, which I do twice a month.

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**Healthy diet protects eyes**

A diet rich in foods containing beta-carotene, vitamins C and E, and zinc can reduce the risk of developing macular degeneration, or progressive age-related retina deterioration, according to a study published in the *Journal of the American Medical Association.*

The finding collaborates earlier studies showing that antioxidants in supplement form can lower the risk of macular degeneration.

Beta-carotene, vitamins C and E and zinc are antioxidants that help rid the body of damaging free radicals. In the study, people who ate higher-than-average amounts of all four nutrients had up to 35 percent lower risk of developing macular degeneration than those whose ate lower-than-average amounts of any one nutrient.

Food-based sources of beta-carotene and vitamin C include fruits and vegetables; of vitamin E includes nuts, seeds, whole grains and avocados; and of zinc includes fish, poultry, meat, nuts and seeds.

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*Source: Healthnotes Newswire*
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