

MODERN BLACKOUT!: EYE-HEALTH IN THE LAST DAYS

Pastor Joey Faust
(3-14-21)



TEXT: Ecclesiastes 12:1 Remember now thy Creator in the days of thy youth, while the evil days come not, nor the years draw nigh, when thou shalt say, I have no pleasure in them;

2 While the sun, or the light, or the moon, or the stars, be not darkened...

3 In the day when the keepers of the house shall tremble, and the strong men shall bow themselves, and the grinders cease because they are few, and those that look out of the windows be darkened,

Revelation 3:17 Because thou sayest, I am rich, and increased with goods, and have need of nothing; and knowest not that thou art wretched, and miserable, and poor, and **blind**, and naked:

18 I counsel thee to buy of me gold tried in the fire, that thou mayest be rich; and white raiment, that thou mayest be clothed, and that the shame of thy nakedness do not appear; and **anoint thine eyes with eyesalve, that thou mayest see.**

19 As many as I love, I rebuke and chasten: be zealous therefore, and repent.

An EMP attack that collapses the electric power grid will collapse the water infrastructure - the delivery and purification of water and the removal and treatment of wastewater and sewage... Outbreaks that would result from the failure of these systems include cholera. It is problematic if fuel will be available to boil water. Lack of water will cause death in 3 to 4 days...Food production would also collapse...Tractors, harvesters, and other farm equipment run on petroleum products supplied by an infrastructure (pumps, pipelines) that require electricity...

Gas pumps that fuel the trucks that distribute food require electricity. Food processing requires electricity...In 1900, nearly 40% of the population lived on farms. That percentage is now less than 2%...As stated by Dr. Lowell L Wood in Congressional testimony: 'If we were no longer able to fuel our agricultural machine in the country, the food production of the country would simply stop, because we do not have the horses and mules that used to tow agricultural gear around in the 1880s and 1890s'...' (An assessment of threats to the American power grid, Matthew Weiss & Martin Weiss, Energy, Sustainability and Society volume 9, Article number: 18; 2019)

**"How America's Power Grid Is
Vulnerable To Undetected
Cyberattack..."**

(Forbes, Jan 28, 2021)

"A Bill Gates Venture Aims To Spray Dust Into The Atmosphere To Block The Sun. What Could Go Wrong?...by spraying non-toxic calcium carbonate (CaCO₃) dust into the atmosphere — a sun-reflecting aerosol that may offset the effects of global warming...Proponents of geoengineering have cited the global cooling effects of volcanic eruptions that result from the introduction of sulfuric ash into the atmosphere. The 1815 eruption of Mount Tambora in Indonesia resulted in the 'year without a summer'...these temperature decreases bring with them serious risks. Freezing temperatures in 1815 led to failed crops in near-famine conditions..." (Forbes, Jan 11, 2021)

"Why every state is vulnerable to a Texas-style power crisis...The infrastructure we have built right now really isn't ready....Now that Texas has thawed out after an icy freeze left more than 4 million people in the cold and dark, heads are rolling...Millions lost drinking water for days...The blackouts cost the state economy upward of \$130 billion in damages and losses...Grid operators say that the situation could actually have been a lot worse, with the system minutes away from a monthslong blackout...There are vulnerabilities in electricity production throughout the US, and they're growing..."

...millions of Americans face the specter of prolonged power outages under the current power grid...millions have already experienced them...In addition to California's rolling blackouts last year as energy demand spiked due to a heat wave, the Golden State also saw blackouts in recent years after utilities deliberately shut off power to prevent wildfire ignitions. The CEO of Pacific Gas and Electric, California's largest power utility, pleaded guilty to 84 counts of involuntary manslaughter in 2020 stemming from recent wildfires triggered by the company's power lines...Looking further back, Lower Manhattan was blacked out for days after the remnants of Hurricane Sandy struck in 2012. And Puerto Rico was shrouded in the largest blackout in US history after Hurricane Maria struck in 2017 and tore up the majority of the island's utility poles." (Vox, March 11, 2021)

**Matthew 6:22 The light of the
body is the eye: if therefore
thine eye be single, thy whole
body shall be full of light.**

"In the new study, researchers found that people with signs of retinopathy were twice as likely to report a history of stroke, versus those with no evidence of the eye disease. Similarly, they were 70% more likely to report memory problems - a potential indicator of dementia..."

"Your Eyes May Signal Your Risk for Stroke, Dementia...Your eyes may be a window into the health of your brain, a new study indicates..." (March 11, 2021, HealthDay News)

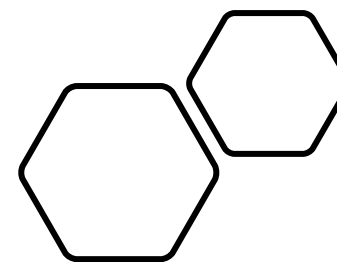
**"Detecting Heart Disease Through
an Eye Exam...UC San Diego
Health researchers see a possible
way to detect heart disease through
the eye..."**

**Proverbs 23:29 Who hath woe?
who hath sorrow? who hath
contentions? who hath babbling?
who hath wounds without cause?
who hath redness of eyes?**

Proverbs 10:26 As vinegar to
the teeth, and **as smoke to the
eyes**, so is the sluggard to them
that send him.

"Exposure to harsh fluorescent lighting can cause eye strain and blurred vision..."

(Blink Eye Care)



"Lots of sugar can cause your insulin to spike, which causes inflammation throughout your body..."

(Casey A. Wood, *The American Encyclopedia and Dictionary of Ophthalmology*, Volume 4)

"Inflammation is a factor in many eye diseases, and what you eat affects inflammation..."
(Naturaleyecare.com)

"The protective effect of **quercetin on retinal inflammation in mice...Retinal inflammation is an important cause of vision loss...supplementation of quercetin has beneficial effects on the eyes."** (*Food & Function*, Issue 9, 2020)

"'Ancientbiotics' team tests medieval treatments for modern ailments...The ancientbiotics team was formed at University of Nottingham in England in response to the emergence of antibiotic-resistant pathogens...The talk will detail the initial findings of the pilot study performed by the ancientbiotics team on a 1,000-year-old recipe known as Bald's Eyesalve for eye infection...The research, published in 2015, showed the recipe repeatedly killed established Staphylococcus aureus biofilms in an in vitro model, and killed Methicillin-resistant Staphylococcus aureus (MRSA) in a mouse chronic wound model..."

<https://penntoday.upenn.edu/features/ancientbiotics-team-tests-medieval-treatments-for-modern-ailments>

1 Samuel 14:27 But Jonathan heard not when his father charged the people with the oath: wherefore he put forth the end of the rod that was in his hand, and dipped it in an honeycomb, and put his hand to his mouth; and his eyes were enlightened.

Psalm 19:8 The statutes of the Lord are right, rejoicing the heart: the **commandment of the Lord** is pure, **enlightening the eyes.**

10 More to be desired are they than gold, yea, than much fine gold: **sweeter also than honey and the honeycomb.**

"Honey is an excellent remedy for inflammation of the eyes. Put a few drops of pure liquid honey into a teaspoonful of lukewarm water, and stir with the finger until thoroughly dissolved; then lie down and drop three or four drops into the eye..."

(Bees and Honey, Thomas Gabriel Newman, Camille Pierre Dadant, 1911)

"A simple and beneficial remedy . One of the best uses that honey can be put to medicinally is in cases of sore and inflamed eyes..."

(The Illustrated New Zealand Bee Manual, 1882)

"Consumption of honey may improve eye health.
**There are reports of honey being used to treat
different ophthalmological maladies (Majtanova et
al., 2016). These conditions include dry eye
syndrome, bullous keratopathy, corneal opacities,
hepatic keratitis, conjunctivitis, and chemical and
thermal burns of the cornea..."**

**(<https://www.researchgate.net/publication/309656511>
Honey A Natural Remedy for Eye Diseases)**

"Honey has a long history of...use for various eye ailments. Applied daily to the eyes, it improves the eye-sight. Moreover, honey is regarded as useful in the prevention of cataract...Hippocrates, the great Greek scientist, prescribed a simple diet, favouring honey [for] eye diseases [etc.]...Our recently generated and unpublished laboratory data suggests that honey is able to inhibit inflammatory parameters..." (Iran, J Basic Med Sci. 2013 Jun; 16)

"A Double Blind Clinical Trial on the Efficacy of Honey Drop[s] in Vernal Keratoconjunctivitis...The anti-inflammatory effect of honey has caused it to be used in the treatment of blepharitis (inflammation of the eyelid margins) and keratitis (corneal inflammation)...Honey has clear antioxidant property and cause free radicals to neutralize..."
(Evid Based Complement Alternat Med. 2014; 2014)

Ephesians 1:18 The **eyes of your understanding being enlightened;** that ye may know what is the hope of his calling, and what the riches of the glory of his inheritance in the saints,

"Dry eye disease negatively affects physical and mental health as well as vision..."

(March 11, 2021 Science Daily)

"How living life on a screen during COVID-19 affects your eyes...Langis Michaud, Université de Montréal, March 11, 2021...a survey of 10,000 people that found nearly 65 per cent of the population that uses computers or other screens suffer from digital eye strain, and that it affects women, in particular..The optometrist will also recommend keeping tablets, computers or telephones at a proper distance while reading them, generally, 33-40 centimetres for adults.

For children, the distance should be the length of the forearm. The optometrist should also discuss the device's lighting...when we work on a screen, our blink rate is significantly reduced (three times less). The tear film does not renew itself regularly, but evaporates and the eye dries...Indeed, any dryness is likely to cause inflammation..." (TheConversation)

-Berberis aristata, knowns as Tree Turmeric...

Known in ancient sources as Lycium...

"Berberine Protects Human Retinal Pigment Epithelial Cells from Hydrogen Peroxide-Induced Oxidative Damage through Activation of AMPK..."

-A Supplement That "Mimics the Effects of Exercise"

"Berberine – A Powerful Supplement With Many Benefits... A compound called berberine is one of the most effective natural supplements available. It has very impressive health benefits, and affects your body at the molecular level. Berberine has been shown to lower blood sugar, cause weight loss and improve heart health, to name a few. It is one of the few supplements shown to be as effective as a pharmaceutical drug...Now, modern science has confirmed that it has impressive benefits...it has been shown to have potent antioxidant and anti-inflammatory effects..." (Healthline)

Song of Solomon 5:12 His **eyes**
are as the eyes of doves by the
rivers of waters, **washed with**
milk...

"Milk a sight for sore eyes...SOON we could be putting milk in our eyes, not just drinking it...Sydney scientists have discovered a protein in milk can help fight drug-resistant bacteria that cause eye infections. It also speeds the healing of wounds to the cornea. And when attached to contact lenses, it prevents bacteria growing on them, reducing the risk of eye disease...

(<https://www.smh.com.au/national/milk-a-sight-for-sore-eyes-20081207-gdt5mv.html>)

"Grape seed proanthocyanidin extract protects human lens epithelial cells from oxidative stress via reducing NF- κ B and MAPK protein expression..."
(Mol Vis. 2011; 17: 210–217.)

"Black currant (*Ribes nigrum*) is rich in anthocyanins, the dark pigment antioxidants also found in elderberries, blueberries, and grapes, but highly concentrated in black currant...**black currants are emerging as a vision powerhouse**...In a Japanese study, participants worked at a computer for two hours. The individuals in the black currant group noticed an improvement in visual acuity, including better focus and less time to adapt from dark to light. The participants in the black currant group didn't experience the back and neck stiffness and eye fatigue so common to working at a computer.

Conversely, those taking the placebo experienced false nearsightedness when shifting their focus, and didn't notice a reduction in fatigue. In another study focused solely on muscle fatigue and stiffness due to typing, those in the black currant group noticed less soreness, which researchers attributed to the effect of anthocyanins on peripheral muscles...In addition to eye fatigue and strain, black currant helps to stop the increased ocular pressure (IOP) commonly seen as a result of aging. In a clinical study published in the Journal of Ocular Pharmacology and Therapeutics, black currant anthocyanins significantly decreased IOP in just two weeks..." (Terry Talks Nutrition)

"In a new study published in Nutrients titled "Lutein** and Zeaxanthin Isomers Protect Against Light-induced Retinopathy via Decreasing Oxidative...[protects the eyes against blue light damage]...This study addresses the growing public health issue of blue light exposure across all age groups and along with our prior research further demonstrates the importance of consistent and adequate intake of these important nutrients for healthy vision..."**

(https://www.eurekalert.org/pub_releases/2018-07/oht-nsu072318.php)

"With our digital technology–related increase in exposure to blue light that computer screens, digital devices, energy-efficient indoor lighting, and television screens emit, we see an increase in problems related to blue light exposure...This includes dry eyes, eye strain, and eye fatigue, and, long term, can contribute to a gradual loss of visual function and conditions such as age-related macular degeneration...ne of the primary mechanisms by which L/Z help protect the eyes is by the absorption of blue light..."

(<https://www.clinicaleducation.org/resources/reviews/lutein-and-zeaxanthin-2020-and-beyond/>)

Bilberry:

"A 12-Week-Long Intake of Bilberry Extract (*Vaccinium myrtillus* L.) Improved Objective Findings of Ciliary Muscle Contraction of the Eye..."
(Nutrients. 2020 Mar; 12(3): 600.)

"Bilberry extract supplementation for preventing eye fatigue in video display terminal workers..."
(J Nutr Health Aging, 2015 May;19(5))

"Study reveals the effect of digital devices on children's cognitive, socio-emotional development...Children of the Alpha Generation (who have been born after 2010) typically grow up with mobile devices in their hands which seems to change how they perceive the world, as Hungarian researchers showed...a study they conducted has been published in the prestigious journal Computers in Human Behavior..."

**Proverbs 29:18 Where there is
no vision, the people perish: but
he that keepeth the law, happy
is he.**

Psalm 15:4 In whose **eyes**
a vile person is
condemned...