

... making apple cider vinegar

Nutrition expert Diana Mbabazi says apple cider vinegar is useful in the following ways;

- Apple cider vinegar is made using active yeast that is combined with sugar. In this case, it is naturally occurring sugar from crushed apples. The yeast actually consumes sugar and uses this to grow healthy bacteria, which is how fermentation takes place. The best apple cider vinegar for therapeutic and health wellness should be made from certified organic apples.

- Among other benefits, apple cider vinegar treats stomach bloating and nausea. All you need to do is to mix a teaspoon of vinegar with a teaspoon of honey in a glass of water and drink it 30 minutes before going to sleep.
- If you are plagued by bad breath that has defied every other cure,

take a teaspoon of apple cider vinegar before going to sleep and it will fight the odor causing bacteria.

- For a sore throat, take a teaspoon of it half an hour before bedtime and another teaspoon just before going to bed. With its antibacterial properties it will form an acidic environment so that the bacteria that cause a sore throat cannot thrive anymore.

• To get rid of a stuffy nose, put a teaspoon in a glass of water and drink it before bedtime. Because vinegar is high in vitamin E, A, B1, B2, magnesium, and potassium, it will clear the sinuses and remove mucus.

- A teaspoon of apple cider vinegar in a cup of lukewarm water will soothe stomachache cramps, gas, and other upset stomach symptoms.

By Carolyn B Atangaza

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LIFESTYLE

Fake sunglasses are harmful to the eyes

We live in a country where it's hard to avoid walking in the sun. It is easy to find yourself buying a pair of sunglasses off the street and like anything else, at bargain price. But is this a wise choice? **Christine Katende** explores how fake sunglasses can cause you more harm than good.

When we walk in the sun, we squint and our pupils constrict or become narrower to control the amount of light entering the eyes. This is because of the harmful UVA and UVB rays contained in sunlight. The best way to protect your eyes from these harmful rays is to wear sunglasses.

A good pair of sunglasses should be able to simulate the effect of being in a darkened room so the pupils dilate to allow more light in to allow you see better.

Brian Isiko, an optician affiliated to Reeds Spectacle Centre, Nsambya Hospital, says: "Most sunglasses on the Ugandan market are of poor quality. Many people have fallen victim of vision or eye sight problems unknowingly."

Most cheap sunglasses won't have UVA/UVB protection, but do offer some relief from visible light. Your pupils will naturally dilate (become larger) when wearing them, making it feel like your eyes are being protected.

The shortcomings

However, despite filtering out the visible light, fake sunglasses still allow UVA and UVB light through. Additionally, the UV rays will enter your dilated pupils at a much higher rate than if you weren't wearing any sunglasses causing cataract (a medical condition in which the lens of the eye becomes progressively opaque, resulting in blurred vision) and ocular melanoma a rare type of cancer.

Isiko says the first sign that glasses are fake is when they give you a bent and blurred or distorted view of image. Others magnify the objects making them appear as though they are nearer or farther than they actually are. This can be dangerous, for instance, when a pothole in your way seems smaller or bigger than it actually is.

Identifying genuine sunglasses

The basic purpose of sunglasses is to protect our eyes from harmful sun rays. So, before you buy, read the label and find out whether they block 100 per cent of both UVA and UVB rays.

Wycliffe Ssemuko, a medical practitioner with Safeline medical agencies in Mengo cautions people to be keen while purchasing sunglasses. "Some sunglasses are lensed and are meant to correct specific eye defects. These can damage eyes that do not suffer that particular defect," he notes.

"Read the information tagged on the

glasses to know what you are buying. While wearing the sunglasses, look at a picture book. If the images appear bent, the lenses are not suited for your optical needs," he advises.

For normal eyes, proper sunglasses should have zero power lenses. It shouldn't have either minus or plus, but this may not apply to short or long sighted people.

Caution

Isiko emphasises never using daytime sunglasses for nighttime. Instead, use a multipurpose pair and always wear sunglasses with corrective lens per your optical needs.

It is also advisable to first take an eye examination before buying the glasses. After purchase, take the sunglasses to an optician for measurements. These are measured using the lens metre machine which tells the kind of power stored within the lens. It might, however, be hard to identify them as both of them carry almost the same sticker.

"Endeavour to go for routine eye check-ups to know the status of your eyes," Isiko advises.



PHOTO BY RACHEL MABALA

THE COST

- A pair of prescribed shades or sunglasses ranges between Shs50,000 and Shs150,000.
- Fake sunglasses can be purchased for as low as Shs3,000.
- Lenses of multipurpose sunglasses cost between Shs120,000 and Shs200,000.
- The frames range from Shs50,000 and above.

Source: Reeds Spectacle Centre, Nsambya Hospital



Differentiating genuine from fake sunglasses

- Prescribed sunglasses have a seven layer lens that is capable of filtering ultra-violent rays. The fake one are made of one layer with poor quality material.
- Prescribed sunglasses are expensive compared to non-prescribed glasses.
- Good sunglasses are only found or sold at authorised eyecare centres. Fake ones are the ones sold on the streets and in some fashion shops.
- Genuine sunglasses have different categories for different users, which is not the case with non-prescribed types.

A man selling sunglasses on William Street in Kampala. It is advisable to only wear genuine sunglasses from eye care centres lest you damage your eyesight. PHOTO BY COLLEGE MUGUME

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