

1. Foods to Detox

Breakfast Green Smoothie Challenge

By Drs. Travis & Jenna Zigler

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Foods to Eat To Detox, Lose Weight, and Prevent Disease

We often eat a green smoothie for breakfast and lunch, which will start your day with a ton of antioxidants, nutrients, vitamins, minerals, and alkalizing foods to give your body a boost and make you feel full and productive. It will also give you a boost after lunch and NOT that tired, food “coma” feeling that you usually have.

For dinners, we stick to the “detox” list of vegetables and occasionally put a grain in from the “everyday” food list. To add flavor, we add vinegars, oils, salt and pepper, herbs, but we never sauces like BBQ, ketchup, mayonnaise, and other high sugar and highly processed sauces.

- With that being said, we do splurge. We control 90% of what we eat so the other 10% we can do what we want. Drink a beer, a glass of wine, have pizza, chicken wings, ice cream, pie, cake, a cookie, or a burger. If you control 90% of what you are putting in your body you will see results fast on this plan. If you need a four week “detox” then strictly stick to the foods in the detox area 100% of the time for that four weeks to get the full benefits.

“Detox” Food Quick List

In this first section stick to these fruits and vegetables if you want to see even faster results from this book. I recommend sticking to this list every so often when you feel like you need a “detox.” Usually this occurs after holidays or a vacation to really get your body back into a healthier state.

This can also help tremendously to reduce inflammation quickly and effectively, balance your hormones, and lose weight or fat. This will help with blood sugar fluctuations, inflammation systemically and for dry eye, autoimmune conditions, weight gain, high blood pressure, cholesterol, or triglycerides, and fatigue.

Try this detox diet for about four to eight weeks. On this “detox” eating, I would also recommend a daily intermittent fast if it is healthy do to so (consult your physician). This consists of 12 hours per day of no eating. I recommend dinnertime (5:00 pm to 7:00 pm) to breakfast the next morning (6:00 am to 8:00 am). This will allow your body to reset and catch-up to all the toxins that are constantly being put into it.

The goal when eating this way is to eliminate sugars, and put your body in a fat burning state.

Remember to choose organic whenever possible, and organic frozen vegetables and fruits are just as good (sometimes better) than fresh.

Healthy Fats and Protein are the staples of your diet. Make sure to buy organic and raw. This should be about 50% of the calories you consume.

Almonds (Almond Butter) <i>Amandelen</i>	Cashews (Cashew Butter) <i>cashew</i>	Chia Seeds <i>chia zaden</i>
Ground Flax Seeds <i>gemalen lijnzaad</i>	Hemp Seeds <i>hennep zaden</i>	Macadamia (Macadamia Butter) <i>macadamia</i>
Pecans <i>pecan noten</i>	Pine Nuts <i>pijnboompitten</i>	Pumpkin Seeds (PS Butter) <i>pompoenpitten</i>
Sesame Seeds (Raw Tahini) <i>sezamzaad</i>	Sunflower Seeds <i>zonnebloempitten</i>	Walnuts <i>walnoten</i>

Coconut should be a staple as well due to its abundance of healthy fats. Coconut foods include:

Coconut Butter	Coconut Chips	Coconut Flour
Coconut Meat (Unsweetened)	Coconut Milk	

Healthy oils can be used on salads, in soups, in your smoothie, or used to cook with at a low temperature to avoid smoking (which means oils were damaged).

Avocado Oil (cook with)	Extra Virgin Coconut Oil (cook)	Extra Virgin Olive Oil (cook)
Flaxseed Oil	Hemp Seed Oil	Walnut Oil

Vegetables that have low sugar and high fiber are good at any time of day and are great for adding carbohydrates to your diet.

Arugula <i>rucola</i>	Asparagus <i>asperge</i>	Bamboo Shoots <i>bamboe scheuten</i>	Bean Sprouts
Bell Pepper <i>paprika</i>	Broccoli <i>broccoli</i>	Brussel Sprouts <i>spruiten</i>	Cabbage <i>kool</i>
Cauliflower <i>bloemkool</i>	Chives <i>bieslook</i>	Celery <i>selderij</i>	Collard Greens <i>boerenkool</i>
Cucumber <i>komkommer</i>	Eggplant <i>aubergine</i>	Endive <i>andijvie</i>	Fennel <i>venkel</i>
Garlic <i>knoflook</i>	Ginger Root <i>gemberwortel</i>	Green Beans <i>groene bonen</i>	Jicama
Jalapeno Peppers	Kale	Lettuce <i>sla</i>	Mushrooms <i>paddenstoelen</i>
Parsley <i>peterselie</i>	Mustard Greens	Onions <i>ui</i>	Radishes <i>radijzen</i>
Radicchio	Snap Beans <i>sperziebonen</i>	Snap Peas <i>erwten</i>	Shallots <i>sjalotten</i>
Spinach <i>spinazie</i>	Spaghetti Squash <i>spaghettipompoen</i>	Summer Squash	Swiss Chard <i>snijbiet</i>
Tomatoes <i>tomaat</i>	Turnip Greens <i>raapstelen</i>	Watercress <i>waterkers</i>	Zucchini <i>courgette</i>

Fruits that have lower sugar but still should NOT be consumed after lunchtime		
Lemon	Limes	Blackberries
Blueberries	Raspberries <i>frambozen</i>	Strawberries <i>aardbeien</i>

Meat and Dairy should be avoided if possible, but if not, but organic, grass-fed, free-range when possible.		
Chicken	Eggs	Beef
Turkey	Wild Fish	Butter/Ghee
Kefir	Yogurt (Greek, Plain)	Raw Cheese (White, Hard)

Everyday Food Quick List

In addition to the food above which are best to consume if wanting to burn fat fast, eliminate disease, and really supercharge your anti-inflammatory plan, here are some foods that you can add on an everyday basis when NOT doing a detox plan.

Remember to choose organic whenever possible, and organic frozen vegetables and fruits are just as good (sometimes better) than fresh.

Vegetables and legumes that have more sugar and fiber than previously mentioned. Eliminate these foods if you are trying to lose weight, decrease inflammation, eliminate disease faster, and want to supercharge your results.

Artichoke	Beets	Black Beans	Carrots
Chickpeas (Garbanzo)	French Beans	Great Northern Beans	Kidney Beans
Leeks	Lentils	Lima Beans	Navy Beans
Okra	Pinto Beans	Pumpkin	Split Peas
Sweet Potatoes/Yams	White Beans	Yellow Beans	

Fruits that have moderate sugar but still should NOT be consumed after lunchtime and in moderation

Apples	Apricots	Cherries
Grapefruit	Kiwi	Melon
Nectarines	Oranges	Peaches
Pears	Plums	Pomegranate
Prunes	Tangerines	

Fruits that have high sugar should be avoided or eaten at breakfast during exercise days

Bananas	Dates	Grapes
Mango	Pineapple	Watermelon

Grains should be avoided after lunchtime and limited to the more powerful ancient grains. NEVER eat “enriched” anything as it means it has been stripped of all nutrients.

Buckwheat	Millet	Quinoa	Sorghum
Teff	Brown Rice	Oats	Wild Rice

Breakfast and Lunch Green Smoothie Chart

GREEN SMOOTHIE CHART - Gift your body with 1 green smoothie a day and reap the benefits!

Some Helpful Tips (**Makes 1 large blender/2 servings**)

- For the liquid base, you want 1 cup of filtered water and 1 cup of one of the following: Coconut Milk, Cashew Milk, or Almond Milk
- Blend in stages - liquid + greens first, then add everything else (we just throw it all together)
- Organic Frozen Fruit is great for the second column. Then you do not need to add ice.
- Avoid sugar and artificial sweeteners (use bananas, mango, apples, pears, dates instead)
- Make them ahead of time for lunches, snacks, and when you need a quick fix.
- T. = Tablespoon (you can use a normal spoon from your kitchen)

<u>Pick Yours Greens</u> 2-3 cups total 2-3 handfuls	<u>Pick 2 For Flavor</u> 2-3 cups total	<u>Pick 2-3 Healthy Fats</u>	<u>Flavor Enhancers & Health Boosters</u>
Spinach Kale Arugula Broccoli Celery Collard Greens Cucumber Dandelion Green Beans Hearts of Romaine Mustard Greens Parsley Swiss Chard Turnip Greens	<u>Low Sugar</u> - eat throughout day - Blackberries - Blueberries - Raspberries - Strawberries - Lemons - Limes Stick to the above only on the “detox” plan <u>Moderate Sugar</u> - minimal consumption, none after lunch - Granny Smith Apples - Apricots - Carrot - Cherry - Grapefruit - Kiwi - Melon - Nectarine/Tangerine - Orange - Peaches - Pears - Plums - Pomegranate - Prunes - Pumpkin <u>Higher-Sugar</u> - limit to one on exercise days only - Bananas - Dates - Grapes - Mango - Papaya - Pineapple - Watermelon	½ Avocado 2-3 T. Flax Seeds 2-3 T. Chia Seeds 2-3 T. Hemp Seeds 1 T. Coconut Oil 1-2 T. Almond Butter ½ cup Walnuts ½ cup Almonds ½ cup Sunflower Seeds ½ cup Sesame Seeds ½ cup Pine Nuts ½ cup Brazil Nuts ½ cup Pecans ½ cup Pumpkin Seeds	1 Scoop Protein Powder 1 Scoop Greens Powder (or an All-In-One Powder) <u>OPTIONAL</u> ½ cup Frozen Cauliflower 1-2 T. Cacao Powder 1-2 T. Cinnamon 1-2 T. Acai Powder 1 T. Celtic Sea Salt 1-2 T. Nutritional Yeast ½ Lemon Squeezed ½ Lime Squeezed 1 t. of various spices like Turmeric, Ginger, Cloves

Green Smoothie Grocery List

- ☐ Organic spinach (large box) or organic kale
- ☐ Bananas (2-3)
- ☐ Avocados
- ☐ Frozen blueberries or mixed berries
- ☐ Frozen peaches
- ☐ Frozen cherries
- ☐ Frozen mango
- ☐ Frozen cauliflower
- ☐ Organic, unrefined coconut oil
- ☐ Ground flaxseed/flaxseed meal
- ☐ Cinnamon
- ☐ Dark, unsweetened cocoa powder or cacao
- ☐ Unsweetened almond milk or unsweetened coconut milk
- ☐ Plant based protein powder

NOTE: These recipes make 2 servings

Simplest Green Smoothie 1 cup blueberries ½ avocado 1½ cups unsweetened almond milk 2 cups spinach OPTIONAL: 1 scoop vanilla/chocolate protein powder	**Low Sugar Morning Smoothie** 1½ Cups unsweetened almond milk 2 Cups spinach 2 Scoops plant based protein powder 2 tsp. cinnamon ½ avocado 1 Cup frozen cauliflower
Tropical Green Smoothie HIGH SUGAR - limit to once per week ½ banana ½ cup frozen mango 1 1/2 cups unsweetened coconut milk 2 cups spinach 1 Tbsp organic extra virgin unrefined coconut oil OPTIONAL: 1 scoop vanilla protein powder	**Peach Green Smoothie** ½ cup blueberries ½ cup frozen peaches 1½ cups unsweetened almond milk 2 cups spinach 1 Tbsp ground flaxseed OPTIONAL: 1 scoop vanilla protein powder
Chocolate Cherry Green Smoothie ½ cup frozen cherries ½ avocado 1½ cups unsweetened almond milk 2 cups spinach 2 Tbsp cacao powder OPTIONAL: 1 scoop chocolate protein powder	**Berry Green Smoothie** 1 cup frozen blueberries or mixed berries 1½ cups unsweetened almond milk 2 cups spinach 1 Tbsp ground flaxseed ½ cup frozen cauliflower OPTIONAL: 1 scoop vanilla protein powder

****Instructions for all:****

- Add liquid and leafy greens to blender and blend
- Add fruit and add-ins to blender and blend until smooth
- ENJOY!
- It is important to buy Organic ingredients when possible!
- Water can be added to thin out as desired
- Using at least one frozen fruit will ensure a chilled, creamy smoothie
- Frozen cauliflower can be substituted for the banana in any smoothie, for those looking to avoid sugar
- If using a high powered blender, such as a Vitamix, you can add all ingredients to the blender and blend all at once!

Other Lunch Ideas

We usually do a green smoothie for lunch as well, but wanted to give you some other options. If we don't eat a green smoothie for lunch, we usually stick with a salad or vegetarian yogurt mixture.

LUNCH SALAD CHART (serves 1)			
Some Helpful Tips • ALWAYS buy organic when possible. • An example is with spinach. You lose almost 90% of nutrients when buying traditional spinach vs organic spinach. Plus there are over 52 pesticides found on traditional spinach. • For Dressing, do NOT use ready-made dressing as they contain bad fats. Just use the vinegar of your choice (I love putting a little hot sauce on as well) mixed with avocado oil or extra virgin olive oil • Balsamic Vinegar + organic avocado oil • Local Honey + Mustard • Tabasco Sauce or Frank's Red Hot Sauce • Add a little fruit to enhance the flavor as well (just not too much) • Apples slices, strawberries, blueberries, blackberries, no sugar added pitted dates, dried apricots, or raisins • Save Meat (if you must eat it) for dinner only... Your body will thank you! • T. = Tablespoon (You can use a normal spoon from your kitchen)			
<u>Pick Yours Greens</u> 2-3 cups total	<u>Proteins</u> 1 cup total Eliminate or Limit on "Detox" Plan	<u>Pick 2-3 Healthy Fats</u>	<u>Pick 1-10 Veggies</u> NO LIMIT
Spinach Kale Arugula Collard Greens Dandelion Hearts of Romaine Mustard Greens Radicchio Swiss Chard Turnip Greens Watercress	<u>BEANS - Pick 1</u> Black Beans Chickpeas (Garbanza) Cannellini Beans Edamame Lentils Navy Beans Pinto Beans Red Kidney Beans Split Peas White Beans Yellow Beans <u>GRAINS - Pick 1</u> Brown Rice Buckwheat Millet Oats Quinoa Sorghum Teff Wild Rice	½ Avocado 2-3 T. Flax Seeds 2-3 T. Chia Seeds 2-3 T. Hemp Seeds ½ cup Walnuts ½ cup Almonds ½ cup Sunflower Seeds ½ cup Sesame Seeds ½ cup Pine Nuts ½ cup Brazil Nuts ½ cup Pecans ½ cup Pumpkin Seeds	Asparagus Bamboo Shoots Bean Sprouts Bell Pepper Broccoli Brussel Sprouts Cabbage Cauliflower Celery Cucumber Eggplant Garlic Green Beans Mushrooms Parsley Peppers Onions Radishes Snap Peas Spaghetti Squash Summer Squash Tomatoes Zucchini <u>Limit on Detox</u> Artichoke Beets Carrots Peas Pumpkin Sweet Potatoes/Yams

LUNCH YOGURT CHART (serves 1)

Some Helpful Tips

- Do NOT buy the flavored yogurt as it contains a TON of artificial sugars and sweeteners
- T. = Tablespoon (You can use a normal spoon from your kitchen)
- Try to find an organic, plant-based protein and not Whey

<u>Pick Your Yogurt</u> ½ to 1 cup	<u>Pick 1-2 For Flavor</u> ½ to 1 cup total	<u>Pick 2-3 Healthy Fats</u>	<u>Flavor Enhancers & Health Boosters</u>
Coconut Yogurt Greek Yogurt (plain, no flavor or sugar added)	<u>Low Sugar</u> - eat throughout day - Blackberries - Blueberries - Raspberries - Strawberries - Lemons - Limes Stick to the above only on the “detox” plan <u>Moderate Sugar</u> - minimal consumption, none after lunch - Granny Smith Apples - Apricots - Carrot - Cherry - Grapefruit - Kiwi - Melon - Nectarine/Tangerine - Orange - Peaches - Pears - Plums - Pomegranate - Prunes - Pumpkin	½ Avocado 2-3 T. Flax Seeds 2-3 T. Chia Seeds 2-3 T. Hemp Seeds ½ cup Walnuts ½ cup Almonds ½ cup Sunflower Seeds ½ cup Sesame Seeds ½ cup Pine Nuts ½ cup Brazil Nuts ½ cup Pecans ½ cup Pumpkin Seeds	1 Scoop Protein Powder 1 Scoop Greens Powder (or an All-In-One Powder) OPTIONAL 1-2 T. Cacao Powder 1-2 T. Cinnamon 1-2 T. Acai Powder 1 T. Celtic Sea Salt 1-2 T. Nutritional Yeast ½ Lemon Squeezed ½ Lime Squeezed 1 t. of various spices like Turmeric, Ginger, Cloves

Ideas for Dinner

This chart can be made into stir-fry, soup, or eaten raw (except meat) as in a salad or bowl.

DINNER CHART				
Some Helpful Tips • Soup? Put all these ingredients in a crock pot or regular pot and add vegetable broth for a tasty soup ◦ Add fermented Miso paste for probiotic addition, just make sure it's made from barley and aged at least 2 years (the powdered stuff isn't the same). • Stir-Fry? Put all these ingredients in a pan and heat them up at a low temperature! . • T. = Tablespoon (You can use a normal spoon from your kitchen) • Save Meat (if you must eat it) for dinner only... Meat can be substituted in the protein section below. ◦ Organic, grass-fed, free range meat: Lean ground turkey, beef, or chicken ◦ Wild salmon or wild tuna ◦ Organic, free-range eggs (hard-boiled, scrambled, over-easy)				
<u>Base of Greens</u> 2-3 cups total Cooked or Raw	<u>Proteins</u> 1 cup total Eliminate or Limit on "Detox" Plan	<u>Pick 1-2 Healthy Fats</u>	<u>Pick 1-10 Veggies</u> NO LIMIT	<u>Flavor Enhancers & Health Boosters & Dressing</u> - Pick 1-3 to add
Spinach Kale Arugula Collard Greens Dandelion Hearts of Romaine Mustard Greens Radicchio Swiss Chard Turnip Greens Watercress <i>To cook, heat up organic avocado oil or organic extra virgin olive oil at a low temperature, add greens, salt and pepper, and cover. Wait until slightly wilted.</i> <i>Also add veggies to cook as well.</i>	<u>BEANS - Pick 1</u> Black Beans Chickpeas (Garbanza) Cannellini Beans Edamame Lentils Navy Beans Pinto Beans Red Kidney Beans Split Peas White Beans Yellow Beans <u>GRAINS - Pick 1</u> Brown Rice Buckwheat Millet Oats Quinoa Sorghum Teff Wild Rice	2-3 T. Flax Seeds 2-3 T. Chia Seeds 2-3 T. Hemp Seeds ½ cup Walnuts ½ cup Almonds ½ cup Sunflower Seeds ½ cup Sesame Seeds ½ cup Pine Nuts ½ cup Brazil Nuts ½ cup Pecans ½ cup Pumpkin Seeds <i>Drizzle with organic extra virgin olive oil, organic, extra virgin coconut oil, or organic avocado oil.</i>	Asparagus Bamboo Shoots Bean Sprouts Bell Pepper Broccoli Brussel Sprouts Cabbage Cauliflower Celery Cucumber Eggplant Garlic Green Beans Mushrooms Parsley Peppers Onions Radishes Snap Peas Spaghetti Squash Summer Squash Tomatoes Zucchini <u>Limit on Detox</u> Artichoke Beets Carrots Peas Pumpkin Sweet Potatoes/Yams	Sauerkraut Kimchi Nutritional Yeast Lemon Juice Sesame Seeds Balsamic Vinegar Mustard Tabasco Sauce Frank's Red Hot Sauce Hummus <u>DO NOT USE</u> Ketchup Mayonnaise Miracle Whip Salad Dressing (Ranch) BBQ Sauce

Ideas for Snacks

Snacking can also be a healthy choice when done smart. This should be ideally done between lunch and dinner and NOT after dinner. Some of our favorite snacks include:

- Vegetables like broccoli, carrots, celery, and cauliflower dipped in hummus
- Homemade kale chips (put kale in the oven and bake until crisp)
- Apples, peaches, or other fruits
- Organic raw nuts like walnuts, almonds, sunflower seeds, sesame seeds, pine nuts, Brazil nuts, pecans, pumpkin seeds
- A spoonful of almond butter, sunflower seed butter

Ideas for Desserts

There are SO many sweet desserts in nature, you just choose to reach for the cookies, cakes, brownies, candy, and ice cream instead. What about all the fruits of this world? Frozen organic strawberries, blueberries or fresh, organic, ripe blackberries, cherries, or raspberries.

Nature's dessert is fruit, feel free to indulge in moderation when a sweet tooth craving hits and try not to do at night. Limit to during the day before lunch if possible OR right after dinner is okay but not recommended. Dessert at lunch? Yes please!

Banana "ice cream" is very easy to make. Take a banana and slice it up. Place in freezer for 24 hours. Put slices along with a splash of almond milk into a food processor and blend until smooth, adding almond milk as needed. Add any healthy flavor boosters to make the flavor you want. This includes protein powder, greens powder, cacao powder, cinnamon, acai powder, local honey, and lemon or lime squeezed. You can also add other frozen fruit, like blueberries.

ACTION ITEMS

1. Print these charts, guides, a grocery list, and a simple meal planning guide.
2. Make a Green Smoothie the staple of your mornings. This will maximize your energy, keep you regular, and help you make better choices throughout the day.
 - a. Try green smoothies for 21 straight days. You will go through three phases when you first start out.
 - i. Unbearable stage is the first seven days where you will be constipated, gassy, bloated, and possibly have diarrhea. You will get through it.
 - ii. Days seven through 14 is the uncomfortable stage where you will start to feel better but a little uncomfortable still.
 - iii. Days 14 and on is the unstoppable stage where you will start to CRAVE green smoothies every morning and will not know how you functioned without them.

OTHER HELPFUL TIPS

1. Don't get overwhelmed and use the rule of addition. Add better food choices into your diet before you start removing foods. Eat these better food choices before eating the poor choices. Start with adding mixed nuts, avocado, coconut oil, fruit, celery, broccoli, and apples. This will not be something that will happen overnight but gradual changes over time make a huge difference.
 - a. Eliminate fast, fried food and sugary beverages (soft drinks, sweet tea, sugary coffee drinks) IMMEDIATELY.
2. Focus on eating your more carbohydrate heavy foods in the morning and at lunch. This includes fruits, higher sugar vegetables, and beans. Focus on protein consumption for dinner. Eat healthy fats throughout the day such as avocado, nuts, coconut oil, olive oil, and avocado oil.
3. Drink 16 ounces right when you wake up and 10 minutes before every meal.

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