

Why listen to your eyes? Transcript

ALLAN: What does it mean to listen to your eyes? You know, that's a good question.

BEATRIZ: My initial reaction to the concept of listen to your eyes was that you had to turn your ears inward.

NANCY: Listen to your eyes, they're trying to tell you something. And itchy is not usually the word, it's usually red and burning and gritty. And those are not normal things, but we try to normalize things.

ALLAN: I had a difficult time initially. I woke up one morning and my eyes were starting to go double. I experienced double vision at the periphery of my eyes. So, the symptoms were right there, they were very obvious.

BEATRIZ: What I've learned to listen to, and it took a long time, is the fact that now it's something is going on that's muscular or that's in some way related to my skull or where my eyes live. So, that was a way I had to internalize it and say, okay, wait, something deeper is going on.

NANCY: If you are watching this and your eyes are basically screaming at you, they burn, they're tearing, they feel like you've been to the ocean and the sand is in them, none of that is normal and you need to listen to them and you need to really hear them.

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