

Why get a new eye color and what causes it?

The eyes are one of the first things you notice about people, and especially the color. Brown prevails mainly in humans that cause the most reliable in the other.

This is due to the large amount of melanin in the core of the eye, and due to this fact the eye absorb more light. In another, in which there is a high concentration of melanin in the eye are defined as black, although there are quite a black eye.

Experts survey show that holders brown eyes inspire the greatest confidence in others. It was attended by 15 volunteers of both sexes with brown eyes. According to the results of this study in men who have brown eyes, if they do not have more attributes. They have a round face and broad beard. This circumstance is to instill in others a sense of self-esteem and self-confidence. The difference here is that men with blue eyes often had very different and unusual facial features, such as a very small mouth with corners that are irregular in shape. It is for most people is a sign of cunning and duplicity. Women with brown eyes are also considered to be good friends and confidants.

Yellowish eyes are also called "wolf."

The eyes have a yellowish tint, called "wolf eyes", because it is often compared to animals.

The pigment that occurs in them can be found in the green eyes, also rare.

Melanin is a substance found in eye organs, has a big role in this change. Doctors explain that children are often born with blue eyes, the eyes gradually changing shades and darker during the first six years of life. Deep or dark pigment means that the individual will have dark eyes and small pigment granules are responsible for the bright eyes.

This material gives the dark color is not only the eyes but also the hair and skin. In rare cases, color may vary due to certain factors. One study indicates that 10-15% of Caucasians representatives acquire a different shade of eyes. Many of us, however, witnessed another subtle phenomenon, namely, change eye color, depending on the clothes a person wears. Not only clothes can affect the eyes, but the current mood.

How to explain this?

People perceive colors based on the light that is reflected from nearby objects. For example, if your outfit is brighter, your eyes will also buy a

shade. It should be understood that the reflected light from the eye in a dark brown or black color is almost invisible. Most prone to "change" are the eyes with a lighter color - blue or spotted. It is very clear to see the light that falls on the iris. According to this logic, not only clothes, but also hair color or any accessory can create the same illusion.

The phenomenon of color change comes from other sources. Every emotion that pushes the pupil determines how much light reaches the back of the eye. Thus, the reflected light can be more or less different iris.

Expressions also contribute to discoloration. That is why it is said that man can change the color of eyes when angry or in love. They say the eyes are the mirror of the soul, but they are also a reflection of feelings and emotions. His eyes were like jewels on our face, the impact of talking to people who are around us. Sometimes a shade for the eyes can be a symptom of a disease that does not even know, and sometimes just an expression of happiness and joy.

A big mistake is to look at his reflection in a different light, as your eyes change color tone to it, but it does not always want us to color.

What products are changing eye color?

Did you know that the food which receive each day contributes to the change in sight? It is now known that the saturated color depends on the presence and concentration of melanin in the body pigment. Since the amount may be changed, subject to change and shade for the eyes, experts explain.

Here are their findings:

Walnuts can brighten your eyes and change their color. About a handful of nuts a day will change the color of your eyes. They will be much brighter! Just keep in mind that for this purpose should be taken in its raw form. They should not be subjected to heat treatment, as thus destroying the useful substances contained therein.

Olive oil makes them softer due to the presence of linoleic and oleic acid in its composition.

Ginger tea provides the spark that emit eye.

Spinach strengthens their color and makes it brighter.

This product contains lutein and this substance protects the retina. Regular consumption of spinach provides a bright shade of iris.

The fish and seafood contain vitamins and minerals in abundance. If you regularly drink fish, make sure that your body will benefit from it, and soon you will notice that the eye color changed, they become darker.

Chamomile tea reduces stress hormones in the body, and makes eye color warmer.

All, that we accept the changes of the iris order to make the eyes get a new color, do not wear colored lenses. If you want to change the color of the iris simply reset your diet. From the outset, it should be provided that it should not expect any radical changes, and if you have blue eyes in the morning to wake up green, for example. Do not forget that is acquired by birth iris color is inherited from the parents, and the nose hair. However, you can lose things easily and make the iris is bright, darker or lighter. To change the basic tone is required only for 60 days to eat certain foods or drinks. Green tea is an excellent tonic. Tea bags, which we drink can soothe and encourage our eyes, but its continued use makes the iris brighter. Med. This is a unique food - people who eat more of this product is shown in the fact that the less sick. Its regular intake will give your eyes more vivid color than usual.