



**Focus – On Saving  
Eyesight *from***

# **Age Related Macular Degeneration**

**And other  
Eye Diseases such as:**

- ***Diabetic Retinopathy***
- ***Cataracts***
- ***Glaucoma***
- ***Failing Eyesight***
- ***Myopathy***
- ***Retinitis Pigmentosa***
- ***Computer Eye Syndrome***

## About this booklet

This booklet is designed to give you information about the causes of most eye diseases and their solutions using nutrients such as Lutein (an anti-oxidant) and other natural health solutions. These diseases include such conditions as Age Related Macular Degeneration (or ARMD for short), Diabetic Retinopathy, Dry Eyes, Retinitis Pigmentosa and many others (see [www.eyesight.nu](http://www.eyesight.nu))

This booklet describes what ARMD is, as well as how it affects your vision and how to identify the signs and symptoms of the condition. It will tell you how to stop and reverse it for the majority of sufferers. It will also try to answer the frequently asked questions.

This booklet will concentrate on ARMD as an example, but while much of the information is the same for the other eye diseases, you will need to refer to our web site or order the book and audio tape by Robert Redfern "10 Steps to Your Natural Eye Health", which gives details and action for the majority of eye diseases.

### **What is ARMD?**

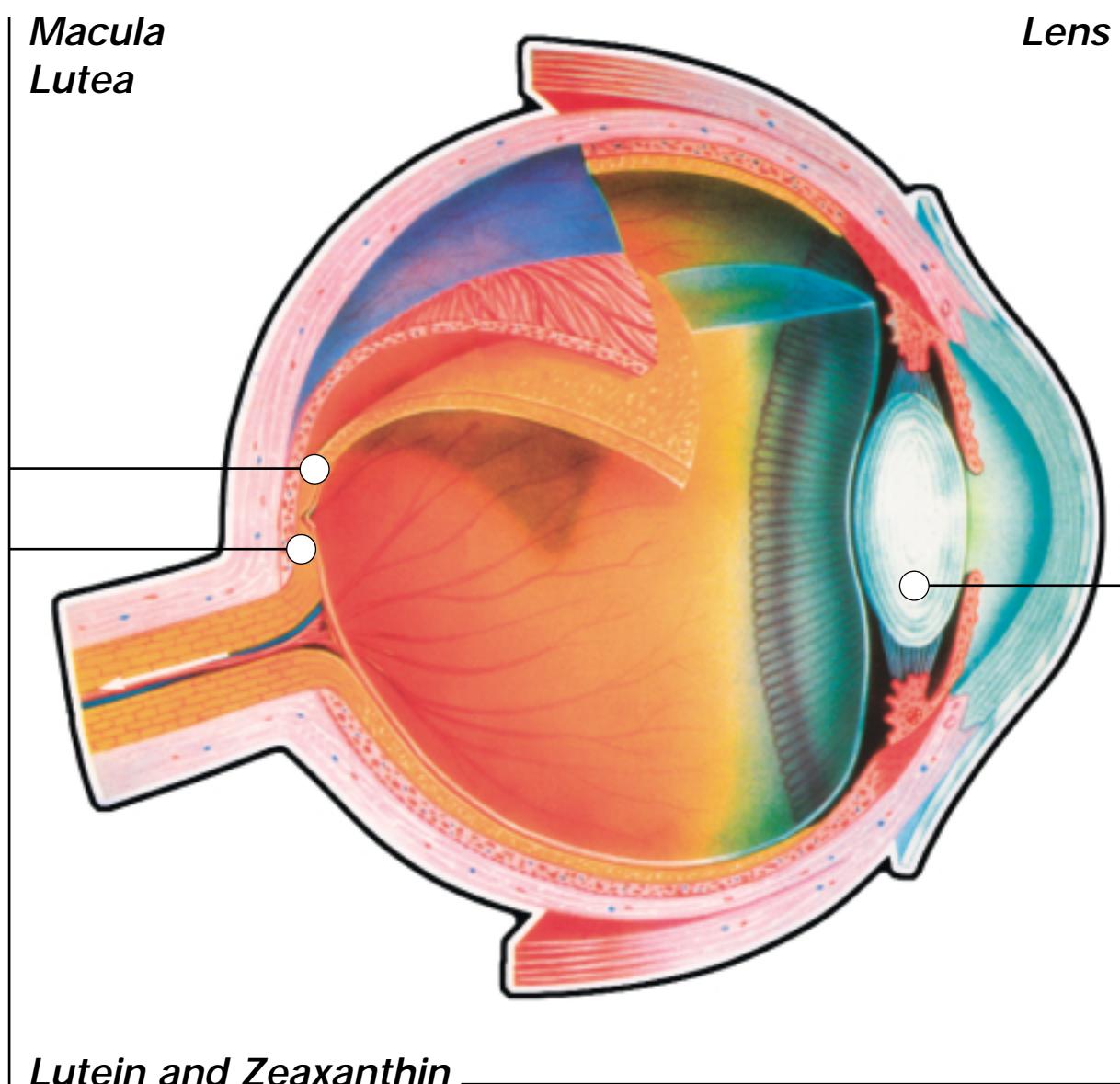
ARMD (Aged Related Macular Degeneration) is a condition that normally can affect you, as you get older. In fact, although it is the leading cause of sight loss in the over 50's, it is now appearing in much younger people (some as young as 20 years of age). It is basically caused by the huge amount of free radical damage inflicted by sunlight, wrong foods, toxins, and the lack of nutrients reaching the macular to protect it from this free radical damage. The two specific nutrients responsible for protecting the macular are Lutein (loo-teen) and Zeaxanthin (zeeah-zan-thin). These Carotenoids are powerful antioxidants that are known to be missing in the eyes of sufferers (see page 12).

ARMD affects the macula – the small part of the eye responsible for the central vision that allows you to see detail and colours. ARMD usually starts in one eye and is highly likely to affect the other at a later stage.



**Email us on [Robert@GoodHealth.nu](mailto:Robert@GoodHealth.nu)**  
**with your questions or to be put**  
**on our newsletter mailings. Or,**  
**Tel: 0870 225 2530**

## Cross section through the eye



## 'Wet' and 'Dry' ARMD

Dry ARMD is the most common form of the condition and usually develops slowly, eventually leading to loss of central vision (up to 95%). Depending upon its severity, this is relatively easy to stop and reverse, with nutrition and lifestyle changes. Dry ARMD occurs when the build-up of waste material is no longer clearing, and there is a lack of nutrients reaching the eyes.

Wet ARMD is caused by weak and undernourished blood vessels that grow behind the retina and leak into the macular. It is less common than dry but can cause a more rapid loss of vision. This is more difficult to achieve a full recovery, but with swift dedicated work, the residual damage may be minor (the results are promising).

What causes ARMD (and the other eye diseases)?

While the majority of orthodox doctors are still baffled as to the cause, the majority of natural health doctors are now confident of the causes that include:

1. Poor diet (not enough greens and healthy fats, or simply the wrong foods being eaten)
2. Lack of nutrients in the diet (over farming, factory processing and natural erosion have led to severe mineral deficiency in foods)
3. Food intolerances causing poor absorption (shown in the majority of cases by general or severe digestive problems)
4. Genetic predisposition and nutritional absorption problems (it usually runs in families – but could this be that bad diet runs in families?)
5. Smoking and other toxic over-loads (drugs, alcohol, saturated fats etc).
6. Generally, those who suffer poor health (as a result of nutritional problems) will eventually suffer some form of eye disease (as with diabetics).
7. Atherosclerosis
8. Sex/Genes
9. Iris Colour

***Remember:***  
***The eye has a greater requirement for nutrients and oxygen compared to any organ in the body, and even a slight lack of these essential nutrients and/or blood flow can cause an immediate deterioration (as shown in times of tension headaches and stress) in eye function.***

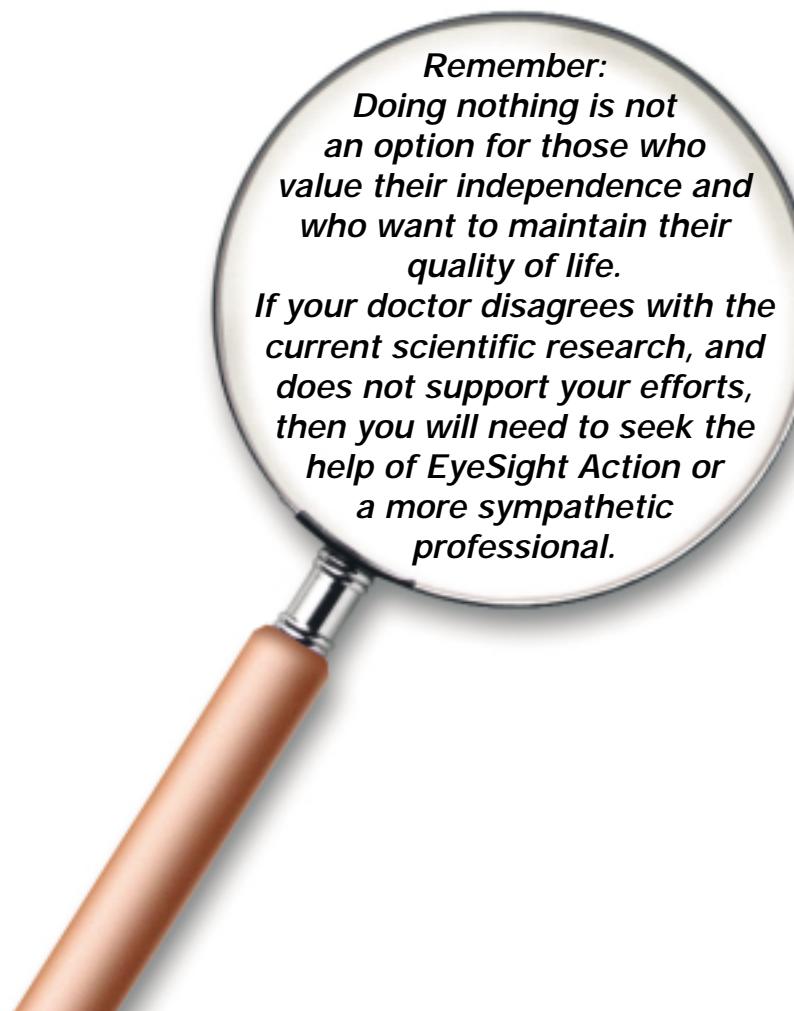
## How common is ARMD?

It has been estimated that over 25% of the population over the age of 65 will suffer some form of sight loss. That does not include the frightening prospect of the younger generation who are already showing signs as young as 20-years of age. The (good?) news is, only 1 in 7 of the sufferers will develop the Wet form of ARMD.

With the prospect of many millions of the population suffering some form of sight loss a major crisis is looming unless governments and health authorities inform the public of the causes and solutions mentioned here.

The chance of developing ARMD increases as you get older, unless you improve your lifestyle. Even then, no one can guarantee 100% success, but the majority can save their sight.

The following pages show you the symptoms of ARMD, as well as simple tests that you can do to measure early symptoms.



*Remember:  
Doing nothing is not  
an option for those who  
value their independence and  
who want to maintain their  
quality of life.*

*If your doctor disagrees with the  
current scientific research, and  
does not support your efforts,  
then you will need to seek the  
help of EyeSight Action or  
a more sympathetic  
professional.*

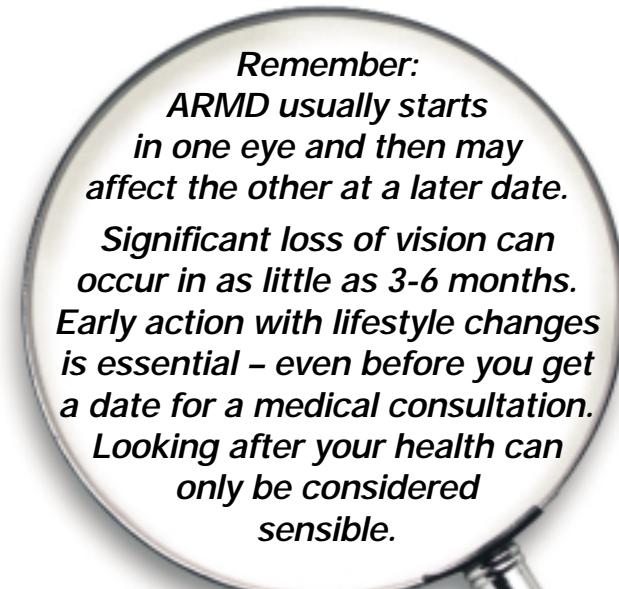
## How does ARMD affect vision?

ARMD affects different people in different ways, and in the early stages you may notice changes in your vision such as:

- Blurred vision with close work
- Seeing straight lines as wavy (doorways appear as a figure of eight)
- Your sight degrades as you look straight at print or faces
- A black hole (starts grey and goes steadily blacker) may form in the centre of your vision
- Sensitivity to bright light and poor night vision
- You can only adapt very slowly from light to dark
- Eventually you may only have a small amount of peripheral vision.

You will need a good consultation with an eye doctor to identify precisely what is wrong.  
BUT, most Doctors do not believe anything can be done.

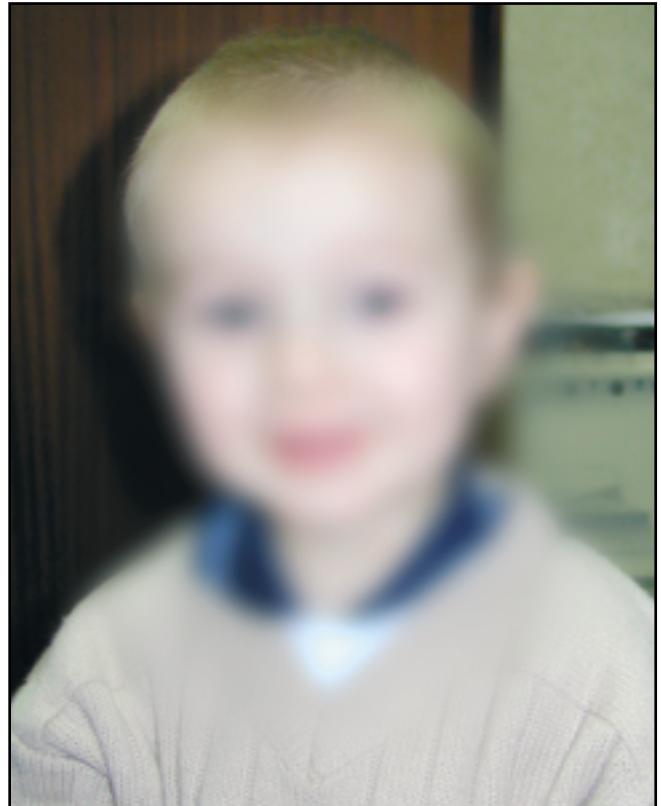
You are going to need to take your own health in your own hands. Eyesight Action will help your eye health recovery.



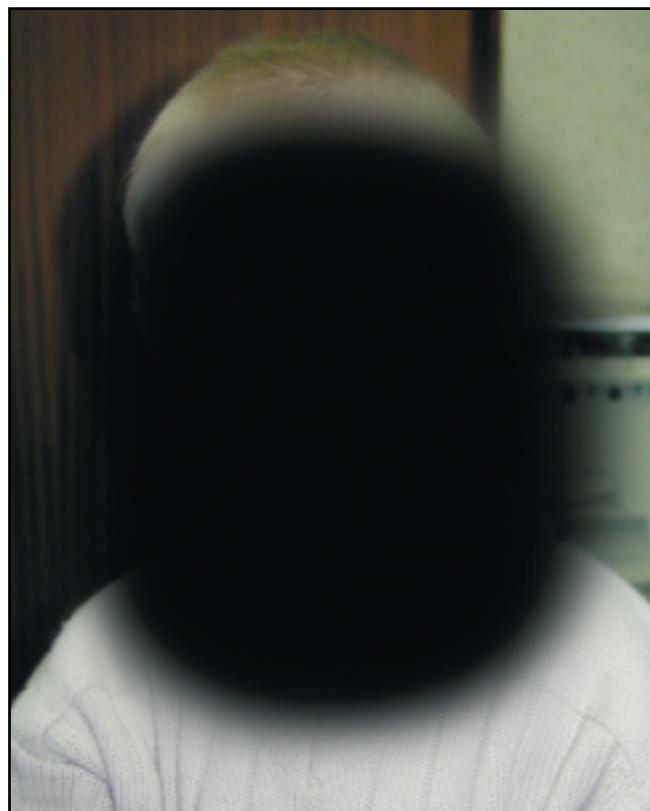
## The visual effects of ARMD...



*Normal Vision*



*Early ARMD*



*Advanced ARMD*

# Testing for early symptoms of ARMD

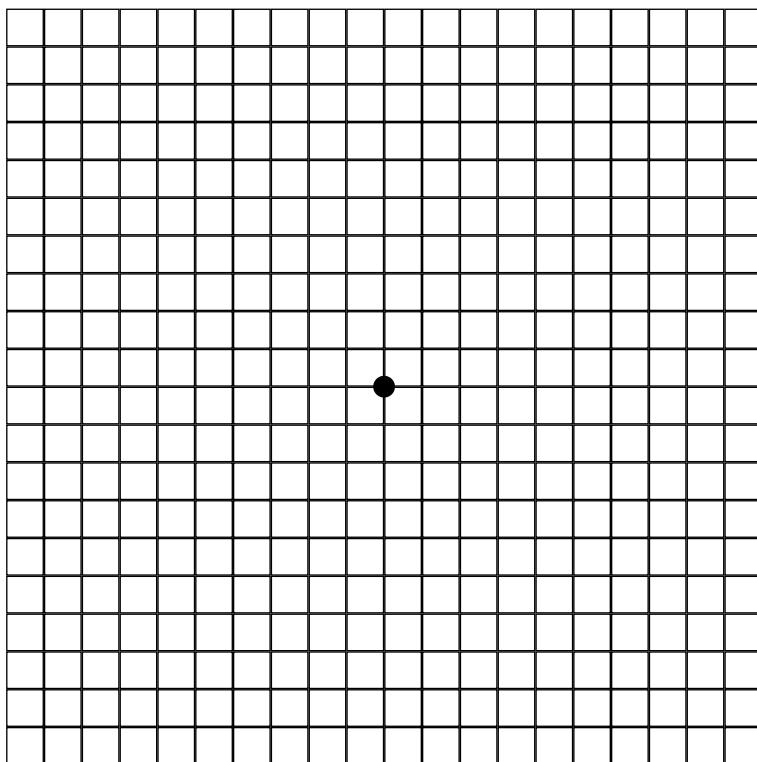
## The Amsler Grid

The Amsler grid was originally developed by Marc Amsler to allow patients to test their own central vision for early signs of macular degeneration. This test consists of a grid of vertical and horizontal lines.

### ***Directions:***

- Look through your reading glasses or bifocals.
- Cover the left eye. While looking at the centre dot from a distance of 12 inches or so, answer the following questions: Can you see all four corners of the grid? Are any of the lines blurry, wavy, distorted, bent, grey, or missing?
- Repeat the previous step, this time covering the right eye.

If you note any changes in how you see the grid, call your eye doctor for evaluation. We recommend you keep the grid where you can use it 2-3 times a week.



Use the Amsler grid as well as the chart on the following page to plot your recovery progress with your action plan.

# 72

# N L Z

# 12 48

## 48

## H N L E

## 8.0

## 32

## 36

## T Z N H F

## 6.5

## 26

## Z F N T L H

## 5.0

## 20

## E N H L Z T

## 3.5

## 14

## L E Z T N F

## 3.0

## 12

## F T Z H N L

## 2.5

## 10

## L H T N F Z

## 2.0

## 8

## T L E Z H N

## 1.7

## 6

## F T N E L H

## 1.5

## 4

## Points

## Optitypes

## Power

## Diopters

## Date

## Optigram Directions

## Pure Focus

## Supplied By

Start at 72, work your way down until the number reading slows. Then read the letters to the right. Repeat once a week or as directed.

Take 2 pumps under the tongue 3 to 5 times a day

Eyesight Action UK

01606 781913

info@eyesight.nu  
or as directed

## What to do next if your test does not look normal

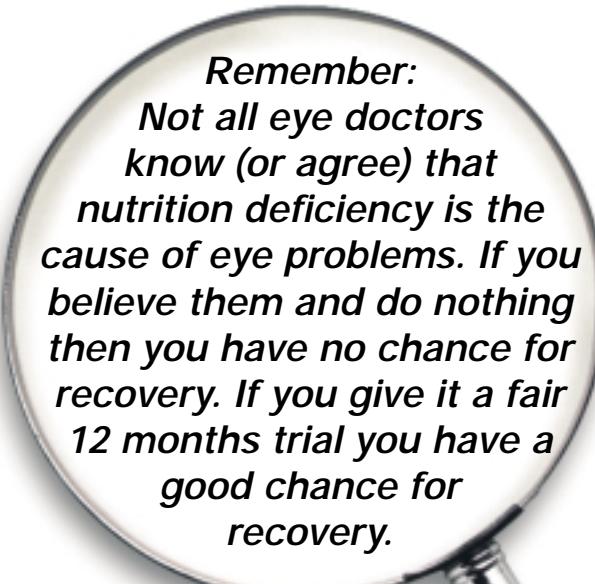
If you think you may be experiencing symptom of ARMD (or any other eye problem) you need to make an action plan.

1. Consider a consultation with an eye professional (see opposite page)
2. Consider the probable causes on page 5 and rectify any lifestyle shortcomings.
3. Immediately start your recovery plan by improving your diet.
4. As a minimum, follow the 10 Step plan on the next page.
5. Get the book '10 Steps to Your Natural Eye Health' published by EyeSight Action UK, which will give you the full background as to what you will need to do, plus an action plan.

***Other conditions that affect the eyes and are covered in the '10 Steps to Your Natural Eye Health' book are:***

- Cataracts
- Glaucoma
- Diabetic Retinopathy
- Dry Eyes
- Computer Eye Syndrome
- Failing Eyesight
- Myopathy
- Retinitis Pigmentosa

'10 Steps to Your Natural Eye Health' is published by EyeSight Action UK and can be obtained free from our web site - [www.eyesight.nu](http://www.eyesight.nu) - or is just £9.95 including an audiotape. This can be obtained from many independent Health Stores or by calling EyeSight Action on 01606 871203.



***Remember:***  
***Not all eye doctors know (or agree) that nutrition deficiency is the cause of eye problems. If you believe them and do nothing then you have no chance for recovery. If you give it a fair 12 months trial you have a good chance for recovery.***

## Eyesight Professionals

### **Dispensing Opticians are not qualified to diagnose eyesight problems.**

Dispensing opticians are specially trained to take essential measurements to enable the manufacture of glasses according to the prescription from an optometrist. They also make sure the glasses fit properly and advise on style and shape. With further training they can fit contact lenses.

### **An Ophthalmologist is qualified to diagnose and treat all eye conditions.**

Ophthalmologists are medically qualified surgeons specialising in eye disease and treatment and carry out eye operations when necessary. Unfortunately they do not have any training in nutrition, and therefore may not appreciate the new studies showing that many eye conditions can be stopped and reversed. Unless they have studied nutrition and taken a great interest in the new studies, there may not be any benefit asking for their advice.

### **Optometrists examine and test eyes for diseases and defects.**

Optometrists can also advise for general health and lifestyle problems appertaining to defects in eyesight. In a clinical setting, they advise on corrective options, prescribe glasses and contact lenses, issue (subject to current studies) nutritional and healthcare advice, monitor eye conditions and refer eye disorders that ultimately cannot be managed in a primary care (non hospital) setting to ophthalmologists.

UK Optometrists are not called doctors as in the United States and Canada. The UK Government Crown Report has recommended that Optometrists with a post graduate qualification in Ocular Therapeutics, be allowed to treat certain eye conditions without the worry and wait of being referred for NHS treatment. This will help enormously.

Optometrists study at university for three years (four in Scotland) and then undergo a pre-registration year of supervised clinical practice prior to professional examinations. Registration with the General Optical Council then allows independent practice.

**Our advice** is to find an Optometrist or Ophthalmologist who is prepared to look at the overwhelming data showing that poor nutrition and lifestyle are the cause (and solution) of the majority of eye diseases.

## Lutein and Zeaxanthin - Overview

These are considered to be the most critical for eye health and it is essential to know more about them.

- Lutein is not made in the body.
- Lutein must be obtained from food or vitamin supplements

Lutein and Zeaxanthin are found in most fruit and vegetables, and in super quantities in some vegetables. It is well worth including these super veggies in your everyday diet especially in soups, stir-fry, oven roast veggies and salads. This is critical to stop and reverse your eye disease.

Consider:

The following list shows the amount of Lutein per serving in various foods:

Kale	21,900 mcg	Collard Greens	16,300 mcg
Spinach - cooked	12,600 mcg	Spinach - raw	10,200 mcg
Mustard Greens	9,900 mcg	Okra	6,800 mcg
Red Pepper	6,800 mcg	Romaine Lettuce	5,700 mcg
Endive	4,000 mcg	Cooked Broccoli	1,800 mcg
Green Peas	1,700 mcg	Pumpkin	1,500 mcg
Brussel Sprouts	1,300 mcg	Summer Squash	1,200 mcg

Lutein and Zeaxanthin - found in vegetables - are the only Carotenoid pigments found in the macular. This may explain why Lutein works as an antioxidant in the eye to help protect it from sun damage. Lutein and Zeaxanthin probably act as a natural filter for blue light, which is very toxic to the retina.

Ongoing research also indicates that Lutein may inhibit the development of cataracts, a disease from which (according to the LIB) more than half of all Americans suffer. Harvard researchers found that, among the 77,000 women who participated in its Nurses' Health Study, those with the highest intake of foods rich in Lutein and Zeaxanthin were 22 percent less likely to develop cataracts than women with the lowest intake.

# **Lutein, essential for eyesight and other conditions**

*(from a recent publication- unknown author)*

Without your vision you would not be reading this sentence. Even so, we often take our eyesight for granted, paying less attention to our eyes than to our thoughts. But the truth is many people are at risk of at least partial loss of eyesight and other vision problems.

The human eye is 1/60th the size of the heart, yet uses 60 times as much oxygen, and requires more nutrition to maintain healthy tissue and function than any other organ in the body.

There are 4 main causes of vision impairment or disability. These are: Glaucoma, Diabetic Retinopathy, Cataracts & Macular Degeneration.

As we age, changes take place in our eyes. Lifelong exposure to light can lead to a decrease in the number of photoreceptors (light sensitive nerves) in the eye. Sunlight and fluorescent light can produce free radicals which break down, or oxidise, the fatty substances that make up the outer segments of 'photoreceptors'. This process eventually damages the retina, the paper-thin tissue lining the back of the eyeball.

Another age-related problem is the growth of tiny blood vessels over the central area of the retina, where visual perception is most acute. These changes are related to ageing as well as unprotected exposure to sunlight and continual eye muscle strain – but they are not inevitable.

The good news is, it's now possible to protect the eyes with nutrition. "It's been estimated that with proper antioxidant defence, the human eye is capable of staying healthy all through your life", reports the New Science Nutrition Magazine.

Of specific importance for reducing the risk, & alleviating the problems of Cataracts and Macular Degeneration are three members of the Carotenoid family:

## **LUTEIN, ZEAXANTHIN & BETA CAROTENE**

### **LUTEIN**

One of the newest discoveries in nutritional research is the role of the Carotenoid Lutein. Carotenoids are botanical pigments that give certain plants their distinctive red, orange and yellow colours. Beyond their broad-spectrum antioxidant activity, Carotenoids have an affinity for specific organs in the body. In the case of Lutein (the pigment that gives a sunny yellow colour to corn and marigolds), that organ is the eye.

Nature, in its wisdom, has concentrated Lutein in the macular region of the retina and the lens, where it is most needed to protect against photo-oxidation (free radical damage). This is because the process of vision involves light being focused through the lens onto the retina. The macula or centre of the retina receives the most light. Its millions of cells, which provide the sharp vision needed to see clearly, are bombarded with light on a daily basis.

Light is an oxidant; when it strikes the fatty acid of the macular region, damage can occur. Lutein, a potent antioxidant, can help maintain the integrity of the macular tissue where it is concentrated, and also protect the blood vessels that supply the macular region.

It is recommended Lutein be taken with food with a low fat content for best absorption. This does not apply if taking the sublingual Lutein spray, which ensures perfect absorption.

## **ZEAXANTHIN**

This is found in the same foods as Lutein, and has most of the same beneficial effects. Lutein can also convert into Zeaxanthin.

## **BETA CAROTENE**

A powerful antioxidant that also has a beneficial effect on the retina.

Severe deficiency can cause visual problems, including double vision, impaired vision and, over time, blindness.

Lutein and Zeaxanthin are the only Carotenoids and the most dominant pigments in the macular region of the retina and the lens. Their antioxidant properties help maintain the integrity of the blood vessels that supply the macular region of the retina, providing protection from photo-oxidation, the result of light striking the fatty acids in the retina. Lutein is particularly active in absorbing the blue part of the light spectrum, which can be the most damaging to our eyes.

## **HOW LUTEIN AND ZEAXANTHIN WORK**

In the eye, light passes through the lens and hits the retina located at the back of the eye. The retina transforms these light images into electrical impulses, which are transmitted to the brain by the optic nerve.

In the centre of the retina is a small, oval shaped area called the macula which governs detail in our vision. Within the macula is the macular pigment, which filters out harmful 'blue light' that generates damaging free radicals in the eye. The macular pigment is made up primarily of Lutein and Zeaxanthin, suggesting that these nutrients are crucial to good eye health.

Essentially, Lutein & Zeaxanthin contribute to the density of macular pigment that is afforded. The denser the pigment the more protection there is.

## **PROOF OF THE STUDY**

- A study at the Department of Chemistry, Florida International University, was carried out to determine the effects of dietary supplementation with Lutein on macular pigment density. Two groups consumed the equivalent of 30mg of Lutein per day for a period of 140 days. Twenty to forty days after the subjects commenced taking the Lutein supplement, their macular pigment density began to increase. At the end of the test period, the subjects experienced a 30-40% reduction in blue light reaching the photoreceptors, Bruch's membrane and the retinal pigment epithelium - the vulnerable tissues affected by Age-Related Macular Degeneration (ARMD).

*"Over 25 epidemiological studies examining dietary intake of Carotenoids found that Lutein and Zeaxanthin are inversely associated with age-related macular degeneration", said Andrew Shao, technical services manager for vitamins and dietary supplements at Kemin Foods.*

- A study using Lutein supplements resulted in a 15% increase in macular pigment levels after 72 days. In another study, people who consumed the equivalent of 6mg of Lutein per day were 40% less likely to experience macular problems.
- Another study using sets of identical twins demonstrated that macular Lutein concentrations were related to dietary Lutein.
- In a Multi-Centre Eye Disease Case-Control Study in the United States of 356 patients with macular degeneration and 520 controls aged 55 to 80 years old, those in the highest quintile of Carotenoid intake had a 43% lower risk of Macular Degeneration compared to individuals in the lowest quintile. Zeaxanthin and Lutein were the Carotenoids most strongly associated with decreased risk. Those who had the highest intake of Lutein and Zeaxanthin had a 57% lower risk of Macular Degeneration.
- In a study of the correlation between antioxidant status and senile cataracts in 112 subjects aged 40 to 70 years old in the USA, high plasma levels of at least two of the three antioxidant vitamins, E, C and Carotenoids, were associated with a significantly reduced risk of cataract development, compared to low levels of at least one of these vitamins. Subjects with high plasma antioxidant status had an 80% decrease in cataract risk.
- Another study examined 493 participants from the Nurses Health Study who had under-gone cataract extraction between 1984 and 1986. The researchers found that women who had a higher total Carotenoid intake had a lower risk of developing cataracts than those with the lowest intake of Carotenoids. Furthermore, cataract risk was 47% to 65% lower in women who ate spinach and other greens five or more times per week.
- In a 1994 Harvard Study, people who consumed fruits and vegetables containing Lutein had a 43% reduction in the risk of Macular Degeneration.
- In November 2000, the Journal of Investigative Ophthalmology and Visual Science reported that researchers gave eight male subjects 10mg of Lutein for 12 weeks. All the subjects showed a substantial increase in plasma Lutein concentration.

Proprietary research by Sloan, Trends & Solitons found the number one health concern for consumers is eyesight. Age-related Macular Degeneration is the leading cause of acquired blindness in the USA, afflicting 1.4 million Americans alone. In addition, 6.4 million people suffer from cataracts, the leading cause of vision impairment. It is estimated that by 2030, over 40% of the UK population will be 45 and older, and will be concerned about ARMD.

The British Medical Journal in 1992 reported the results of an 8-year study on 50,000 women and showed those who regularly had a diet containing Lutein and Zeaxanthin had a much lower level of cataract formation.

## **Lutein protects more than the eyes**

As well as protecting your eyes, Lutein can provide protection from Heart Disease and Cancer. Lutein is in fact one of the top five nutritional products to help protect you from Heart Disease, Cancer and Eye Disease, particularly ARMD.

### **ARMD and Heart Diseases**

Just 6mg of Lutein daily could reduce the incidence of Macular Degeneration by as much as 43%. In the vascular system, Lutein is found in HDL, or 'good' cholesterol, and may prevent LDL or 'bad' cholesterol from accelerating, which sets the cascade for Heart Disease.

### **Cancers**

Studies have shown Lutein is associated with a reduction in lung and cervical cancers. Whilst most of the research on Lutein looks at its benefits for the eyes and heart, researchers have also studied its relationship to cancer. University of Michigan researchers, for example, found that Lutein was the most predominant Carotenoid in the cervix of the healthy women they studied.

### **LUTEIN, also essential to combat:**

- Macular Degeneration
- Lung Cancer
- Cataracts
- Glaucoma
- Breast Cancer
- Heart Disease
- LDL Cholesterol
- Colon Cancer
- Diabetic Retinopathy
- Premature Ageing

Lutein, they discovered, is rapidly metabolised in the cervix of women. Their work led them to conclude that a higher intake of Lutein offers protection from cervical cancer. Like the macula and lens of the eye, a woman's cervix undergoes a lot of oxidative stress, which changes not only vital cells but also DNA itself! This conclusion supports earlier studies showing a decreased prevalence of cervical cancer among women who consumed diets high in fruits and vegetables.

Other studies, of women with breast cancer, show a strong relationship between Carotenoid intake and an improved prognosis. Once again, researchers believe a high intake of yellow and green vegetables containing Lutein was responsible.

Lutein's protective effect on cancer doesn't stop with cervical and breast cancer. There is impressive data to show that lung cancer rates are also lower among those who consume more Lutein. For example, people in the Fijian Islands who eat an average of 18-23mg of Lutein per day have considerably fewer cases of lung cancer than those on other South Pacific Islands, where the inhabitants consume much less Lutein, and the rate of smoking is the same.

## Doctors Reports

**Dr Ed Kondrot**, a leading ophthalmic surgeon in the USA, believes Lutein and micro-current stimulation can actually reverse the damage in people who have lost most of their sight. He says, "We have a number of examples of patients who were forced to give up driving because of their Macular Degeneration, but who can now drive again".

**Grace Halloran PhD**, a research scientist, who had lost her sight as a result of Retinitis Pigmentosa (a genetic condition), regained her vision after taking Lutein supplementation and using micro-current stimulation. She says, "It is not perfect - a little foggy - but I can get around now, whereas before I could not see a thing".

**From the Web Site of Damon P. Miller II, M.D., N.D. - *Results of the first 120 people he treated with MCS:***

"We have been treating people with retinal disease in this office for two years now, and have just analysed the results from the first 120 patients that we treated. The results have been quite gratifying. One surprise that we find in analysing the data is how well the people with the wet form of aged-related macular degeneration have responded".

### Results

"Of all 120 patients treated, 83% (101/120) showed improvement of greater than, or equal to, two lines of visual acuity in one or both eyes. If we include those who had at least one line of improvement in visual acuity, then 93% showed improvement.

There were 11 patients (11 of 120) with Stargardt's Disease who were treated, and, of these, all 11 or 100% showed an improvement of greater than, or equal to, two lines of visual improvement in one or both eyes.

There was one patient (1 of 120) who had the diagnosis of X-linked Retinoschisis, who also showed two lines of improvement on visual acuity testing in both eyes.

If we take the 109 patients with aged-related macular degeneration (ARMD), and break them down by diagnosis type into exudative (wet) and non-exudative (dry), we find that of the patients with wet ARMD, 88% (43/49) showed an improvement of two lines or greater on visual acuity testing. Of those with dry ARMD, 77% (46/60) showed improvement of two lines or more on visual acuity testing".

# **10 step action plan for stopping and reversing Macular Degeneration ARMD**

**Step 1 – Take Lutein Spray + other nutrients.**

**Step 2 – Use MicroCurrent Stimulator.**

**Step 3 – Drink more water.**

**Step 4 – Eat better foods.**

**Step 5 – Get more oxygen into and around the body.**

**Step 6 – Take Enzymes and Probiotics.**

**Step 7 – Cleanse and Heal your digestive system.**

**Step 8 – Consider Homeopathy.**

**Step 9 – Consider Chelation Therapy.**

**Step 10 – Get Serious about Good Health.**

See the following pages for more details of each step.

If you need any more information, or help in where to obtain any of the nutrients, please call our Help Line on 01606 871203 during normal office hours or email [support@eyesight.nu](mailto:support@eyesight.nu)

## **Step 1 - Lutein + other nutrients**

**Lutein Formula Spray** is a sublingual spray containing Lutein, Zeaxanthin and L-Lysine. This is the best product for the delivery of these specific nutrients to the eye. As you get older, you may not absorb tablets etc. correctly. Studies have shown these nutrients help improve and prevent vision loss due to Macular Degeneration.

Lutein and Zeaxanthin filter light and serve as potent free radical scavengers for the Retina. L-Lysine helps maintain healthy blood vessels.

*Recommended dosage: 5 sprays per day for the first two months, then 3 sprays per day for the next two months. Lastly 1 spray per day as a preventative.*

**Liquid Taurine** (offers better absorption than capsules). Studies have shown Taurine to reduce the oxidative damage caused by sunlight to the eyes. It helps

stimulate the body's ability to clean up waste by-products that accumulate in the retina.

*Recommended dosage: two droppers per day for the first month, and then 1 per day thereafter.*

**Fats (EFAs)** in liquid form must contain at least 480mg of DHA and 720mg of EPA per teaspoon. This helps improve circulation, integrity of blood vessels, brain function, flexibility and permeability of cell membranes. It also helps protect the retina's photoreceptor cells.

*Recommended dosage: 1 teaspoon per day.*

**91 Vitamins and Minerals** are in liquid form (allowing for the maximum absorption and utilisation by the body), and would replace your current vitamin/mineral formula. This includes the critical minerals selenium and chromium, as well as many others that will help your recovery.

*Recommended dosage: 1/2 oz with breakfast and evening meal*

**Antioxidant Formula** is specifically to help improve the integrity of the blood vessels in the eye, which is particularly important in those with Wet Macular Degeneration. This type of formula has been shown to double the strength of blood vessel walls within hours. It contains: Vitamin 'C', Aloe Vera Concentrate, L-Cysteine, Vitamin 'E', Grape seed extract (95% proanthocyanidins), Grape Skin Extract, Zinc, Vitamin 'A' as Beta Carotene, Selenium and Pycnogenol.

*Recommended dosage: 6 per day (2 before each meal) for the first month and then 3 per day thereafter.*

**MSM Eye Drops** (organic Sulphur) are recommended for all eye conditions and are an inexpensive self-treatment.

## **Step 2 - MicroCurrent Stimulator**

This is an electronic device to be used to stimulate points around the eye that will help the regeneration process of the macular. Doctors in the USA have used it successfully for the past 7 years.

## **Step 3 - Drink more water**

Dehydration is a major factor in poor health. 12 glasses per day, plus any tea or coffee is recommended. Of course, no soft drinks or processed fruit juices should ever be drunk by those wanting to regain good health.

## **Step 4 - Eat better foods**

To become healthy you will need to cut out or cut down drastically on foods such as bread, pastry, biscuits, breakfast cereals, rice, potatoes, and parsnips. These are too high in starches that create high levels of glucose, and cause inflammation and free radical damage. Also, limit alcohol, saturated fats and any processed foods. Eat fish 4 to 5 times a week, 8 to 10 portions of vegetables PER DAY (see list on Page 11 of essentials to include), 3 portions beans, nuts, seeds and 3 fruits. You can introduce a small amount of whole grains and cereals after 3-4 months, but you may find you react once you have kept off them for a few months.

## **Step 5 - More Oxygen**

Oxygen is the essential component for life and, of course, health. Aerobic exercise can help this. If any difficulty is experienced with exercising, there is an enzyme that will improve the amount of oxygen absorbed. It is called Oxy-Moxy, and it is the only product of its kind.

## **Step 6 - Take Enzymes and Probiotics**

Aged digestive systems need Digestive Enzymes and Probiotic Bacteria (daily supplements) to ensure better digestion and absorption.

## **Step 7 - Cleanse and Heal the digestive system**

A healthy digestive system is essential for restoring and maintaining good health and quality of life. Herbs and other nutrients such as L-Glutamine have traditionally been used as part of this programme.

## **Step 8 - Homeopathy**

Has been used successfully for over 100 years to help eye problems. You will need to see a registered Homeopath for help.

## **Step 9 - Chelation and Therapy**

If blocked arteries are part of the eyesight problem, then these will need to be cleaned out. This can be done with enzymes, herbs and/or Chelation Therapy (by a Doctor).

## **Step 10 - Get serious about your eye health**

## **Where can you get the items mentioned?**

Any good health store, pharmacy and some Optometrists. Call 01606 871206 to find your nearest supplier or email [info@eyesight.nu](mailto:info@eyesight.nu)

### **Items recommended include:**

**Lutein Spray** (not tablets or capsules) Contains: Lutein, Vinpocetine, L-Lysine, and Zeaxanthin. From: Health Stores, Pharmacies & Opticians. Mail Order 0870 241 4237.

**91 Vitamin & Minerals Formula** Contains: Every essential Vitamin and mineral in liquid form. From: Pharmacies & Health Stores. Mail Order 0870 241 4237.

**Taurine Drops or Capsules** (if capsules 500mg caps) Contains: Taurine, an essential amino acid for the eyes and brain. From: Health Stores & Pharmacies. Mail Order 0870 241 4237.

**Antioxidant Formula** Contains: Grape skin and seed extract, Lutein, Bilberry, Lycopene, Selenium and much more. From: Health Stores & Pharmacies. Mail Order 0870 241 4237.

**MSM Eye and Eardrops** Contains: Sterilised water, Methyl Sulfonyl Methane, Ionic Zinc. From: Health Stores & Pharmacies. Mail Order 0870 241 4237.

**FATS (Essential Fatty Acids)** Can be Udo's Choice for vegetarians or any fish oil complex with 480mg DHA and 720mg EPA per serving. From: Health Stores & Pharmacies. Mail Order 0870 241 4237.

**OxyMoxy** Contains: Seaweed extract to improve oxygenation. From: Health Stores & Pharmacies. Mail Order 0870 241 4237.

**Glutathione** Contains: Glutathione to help prevent cataracts. From: Health Stores & Pharmacies. Mail Order 0870 241 4237.

**Bilberry/Gingko Formula** Contains: Gingko and Bilberry for circulation, stroke prevention and to protect against leaky veins. From: Health Stores & Pharmacies. Mail Order 0870 241 4237.

**Micro-Current Stimulator** Stimulates the cells in the retina to help the regeneration process. From: HealthPoint 0870 241 4237

## **And finally...**

A sample of success stories (compiled Oct 2002) from people who have been using the programme for 12 months or more.

**Eric Sykes** - Writer, Actor and Comedian. His sight had deteriorated to 5% peripheral vision over the past 12 years. He could not see at all directly in front. Eric Sykes started the programme (on his own - and he is 80 years of age next May) September 2001. He reports the following benefits:

- Great improvements since starting on the plan although not fully recovered.
- Wearing a wristwatch for the first time in 12 years.
- Can see the golf ball and can hit it (but cannot see where it has gone).
- Can read the headlines in newspapers but cannot read the small print yet.
- Can see the outline of the subject of the paintings on the wall at home, where previously he could not see the painting.
- Can see whether he is writing on paper (previously he could not see, and if the ink ran out he carried on writing 'blindly').

## **UK Report - The First 600**

A telephone survey was undertaken of six hundred people who were taking Lutein Spray and/or using the MicroCurrent stimulator. They reported the following:

- 62% reported 'definite to good' eyesight improvement.
- 37% reported that it had not got any worse, but that they could not detect an improvement.
- Less than 1% said that it had made no difference and/or it had got worse.
- None of those surveyed had any help or support from a qualified person and had managed either by themselves or with the help of a relative or friend.
- None of those surveyed had started to use any of the additional nutrients detailed in this book.

## **Conclusions:**

- We believe that these results confirm that this program is suitable for the majority of people to self-treat their eyes at home.
- Those who need support will only need the minimum of help and advice until the level of improvement is such that they can manage themselves.

## Typical Reports from the Survey

Mrs Callow - "I can now see close-up print for the first time in ten years. I have had a substantial improvement. I have now got my husband on it and I have told all our friends".

Mrs Cousins - "Knew that her eyes were getting better but the smile on the face of her optician confirmed it even before the report clearly showed a big improvement".

Mrs Bolland - "I can now see the TV much better but I still cannot read and I am determined to keep going to be able to read".

Mrs Caves - "Can now see colours, especially the TV which was only black and white before. I am looking forward to be able to read again".

Mrs Harrington - "I have only been taking it for 6 weeks but already my reading is so much better".

Mr Nicholls - "Has much more colour and eyes seem better".

Mrs Ellis - "Big eye improvement and the end of my chronic dry eyes resulted in my driving licence being extended for 3 years".

Miss Mills - "I can now see the writing on the Church windows".

Mrs Legge - "My eyes are no longer itchy and I have stopped needing to rub them. My eyesight is so much better and I have much more energy".

Mr Rose - (Mr Rose talking about his elderly relative who he looks after.) "He can now watch TV and his quality of life has much improved in only 3 weeks. We left it off last week to make sure and the eyes deteriorated very quickly. We soon started it up again".

Mrs Marle - "I no longer need reading glasses and I can see to do my crossword easily".

Mrs Reeves - "My mother uses it and she can now go to the shops on her own. We are both very happy and amazed at the results".

Mr Tydd - "I have much more vision, can see TV clearly and figures. I am much more confident when driving that I will now keep my driving licence".

Mrs Campbell - "My Eyes are now marvellous; the Lutein spray has improved my eyes tremendously. I am surprised the doctors do not prescribe it on the NHS".

Mrs Williams - "One of my mother's eyes has improved substantially although the other is still blind. She feels much better now she can see there is a solution for her eyes".

Mrs Bridgeman - "My mother is doing marvellously, the black spot in the centre of the eye finally disappeared this morning and she can see colour".

Mrs Lewis - "The consultant at the hospital told me that my macular degeneration had unusually stopped getting any worse but that it could not be anything to do with the Lutein spray. My optician however measured a definite improvement and has written to the consultant querying why they would say that Lutein would not work when it obviously is. My left eye, which was still deteriorating after laser surgery, is also improving. I can see everything in good detail now. I am re-applying for my driving licence back.

Mrs Holden - "I can now read 2 extra lines for the consultant. I can also read the newspaper without using my magnifying glass".

Mrs Connolly - "My eyes seem much better after only 2 months although some days are better than others. The TV seems much clearer".

Mrs Dachatchek - "The black spots have faded considerably and I can see much better".

Mrs Goddard - "The Lutein spray has really helped my eyes. They used to dry up and really hurt but that has all stopped. My husband used to take me to the shops but I now can go on my own which gives me much more independence. I can also safely play with my grandchildren who I can now look after. The diet you suggested has helped to ease the pain in my left leg".

# **STOP MACULAR DEGENERATION NOW**

## **Eye Diseases – The Facts**

- Eye Diseases such as Macular Degeneration (ARMD) are increasing at an alarming rate and are the leading cause of blindness.
- A simple test (enclosed) can help you spot the symptoms of ARMD and to decide upon the next step.
- If you think you have any of the symptoms then an appointment with an Optometrist is important.
- Fast action with Nutrition and Lifestyle changes will stop and reverse them for the majority of people.

## **Remember**

Macular Degeneration and other eye diseases can be stopped and reversed in the majority of cases and acting quickly can reduce further damage to your eyesight and start the recovery process.

Thousands of people have followed the action plan in this booklet - stopping and reversing ARMD in the majority of cases.

For help and any more information contact:

**Email [Robert@GoodHealth.nu](mailto:Robert@GoodHealth.nu)**

**Web site: [www.eyesight.nu](http://www.eyesight.nu)**

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United Kingdom

***Macular  
Degeneration***

***Dry and Wet***

***Retinitis  
Pigmentosa***

***Cataracts***

***Glaucoma***

***Dry Eyes***

***Myopia***

***Computer Eye  
Syndrome***

***Squint***

***Conjunctivitis***

***Diabetic  
Retinopathy***

***Juvenile Macular  
Degeneration***