



TURNING A BLIND EYE

10 STEPS TO YOUR NATURAL EYE HEALTH

Used by professionals in the USA to successfully reverse eye diseases.
Failing eyesight is not your only option. Read how professionals
get results with natural remedies.

By Robert Redfern



The Author:

Robert Redfern is a Natural Health Researcher, Author and the Founder of Naturally Healthy News. For over three decades, Robert's nutritional discoveries and health coaching has helped thousands of people to find natural relief for their health conditions thanks to his websites, books, newsletters and videos.

This book should not replace effective care from an eye doctor. However, given that most eye doctors suggest that many eye diseases are untreatable, you have an opportunity to change their mind by safely improving the health of your own eyes.

You will be completely safe if you follow our simple instructions and, if you follow them completely, you could become healthier overall. If you can persuade your Doctor to support you, then brilliant - If they want our assistance they can e-mail us at info@eyesight.nu

Alternatively you can consult a Natural Health Practitioner who will understand the background of many of the steps shown here. We can help you in this regard; help line tel: UK 0800 015 1580 USA 800 455 9155

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Your 10 Step™ Eye Health Action Plan

(A 3-month to 12-month action plan to recover your Eyesight Health)

By Robert Redfern

To help with:

- # Macular Degeneration (Wet and Dry)
- # Glaucoma
- # Computer Eye Strain Syndrome
- # Conjunctivitis
- # Cataracts
- # Diabetic Retinopathy
- # Hereditary (Genetic) - Retinitis Pigmentosa, Juvenile Macular Degeneration
- # Multiple Sclerosis (MS) eye problems
- # Dry Eye / Blepharitis
- # Common Eye Problems (near sighted, far sighted etc)
using safe, natural remedies pioneered by doctors in the USA.

This book is dedicated...

...to those doctors who have stuck their head above the parapet, who went against the “norm” in their “group thinking,” and who helped find successful solutions to common degenerative diseases. Such doctors give people the independence and quality of life they were told would come in the 21st century. To all those who strive for breakthrough and excellence in the utilization of natural remedies that vitally enhance our health and well-being, I salute you.

These include:

Julian Kenyon, M.D. (UK)
Robert O. Becker, M.D. (USA)
Bjorn Nordenstrom, M.D. (Sweden)
Grace Halloran, Ph.D. (USA)
Edward C. Kondrot, M.D. (USA)
Jonathan Wright, M.D. (USA)
Robert O. Young, Ph.D. (USA)
Gary Price Todd, Ophthalmologist (USA)
Stanley Evans (UK and Africa)
Peter Mansfield, M.D. (UK)
Professor James Philips, Chairman, International Obesity Task Force

This list comprises but a few names of the thousands of doctors and natural health practitioners around the world who have successfully treated eye diseases for many years, utilizing natural methods with great success, including proper nutrition and MicroCurrent stimulation.

There is another group of doctors and natural health practitioners who also found that cleansing the body, restoring the digestive system back to health, and applying proper nutrition helps the vast majority of people be restored to good health. Other interventions, such as acupuncture, homeopathy, and herbs have also been used with great success.

This book is also dedicated to the doctors, some of which were awarded the Nobel Prize for their work, who have proven scientifically the various solutions discussed in this book.

I have much more vision, can see TV clearly and figures. I am much more confident when driving and that I will now keep my driving license.

Mr Tydd

“

My eyes are now marvelous; the Lutein spray has improved my eyes tremendously. I am surprised the doctors do not prescribe it..

Mrs. Campbell

”

What you may not know about your so-called “balanced diet”

Nutritionist Dr. David Thomas, gave the following findings on mineral depletion at a lecture (published in the Nutrition & Health, Journal of the McCarrison Society for Nutrition & Health, Vol. 17:no. 2, 2003):

Between 1940 and 1991...

Vegetables were depleted of:

- 76% of their copper
- 49% of their sodium
- 46% of their calcium
- 27% of their iron
- 24% of their magnesium
- 16% of their potassium

Fruits were depleted of:

- 19% of their copper
- 9% of their sodium
- 16% of their calcium
- 24% of their iron
- 15% of their magnesium
- 16% of their potassium

The importance of the facts listed above relates to the nutrition and supplementation of nutrients that are vital to your 10 Step™ Eye Health Action Plan. Without proper nutrition, all of your body's organs are affected, leading to many of our modern day sicknesses and diseases. We will also discuss not only the need for nutritional supplements in your diet, as part of your recommended healthy lifestyle changes, but also the importance of absorbing those nutrients.

Part 1 – Overview and FAQs

Overview

There are many established natural therapies for the health of your eyes. By reading these pages, you will discover:

- A. Which eye diseases are helped with the 10 Step™ Eye Health Plan
- B. Why you are only now discovering such remedies
- C. How it is possible to improve the health of your eyes
- D. How you can plan for the future health of your eyes

You cannot be guaranteed 100% recovery from any condition, but if you do nothing, you are guaranteed your condition could get worse or, at best, stay as it is.

I have spoken to thousands of sufferers of various eye problems, and all have articulated their passion to empower themselves to recover the health of their eyes. Therefore, this book is written as a 10 Step™ plan to enable you to have the best chance of recovering your eye health.

NOTE: It may take 3-12 months to achieve your best possible recovery.

The 10 Step™ plan does not simply involve popping a pill. For some of you, it may involve making difficult lifestyle changes. The more steps you take, the better your chances of recovery. I have not spoken to anyone who is unwilling to take these necessary steps to recover their sight, as the ability to see is so vital to their quality of everyday life.

You may get upset, as others have, when you learn that these simple therapies have been known for many years, and particularly, when you realize that the earlier they are put to use, the greater your chance of a successful outcome.

This book makes no attempt to explain scientifically how it all works. It is simply common nutritional/biological sense that is explained. Nevertheless, everything in this book is based upon the simple fact that doctors in the USA are using these steps on their patients, with a 70%-80% success rate, either in stopping the diseases or in reversing them.

Age-Related Macular Degeneration (ARMD) has much the same origins as most of the diseases that afflict us today, i.e., nutritional deficiency of some kind. Scurvy, rickets, beriberi, heart disease, and now even cancer have all been shown to be diseases directly related to problems in diet and nutrition.

This is a book for the millions of people who have been previously condemned to a dark future, and who now have an opportunity to see the light, both metaphorically and literally. To realize this opportunity, you will need to apply the actions outlined in this book for 3-12 months, and/or until you have gained a substantial improvement in your eyesight. After that time, you will need to continue a maintenance program throughout your life to ensure you never lose your eyesight again.

Frequently Asked Questions

What is ARMD?

Age-Related Macular Degeneration (ARMD) is a condition that normally affects you as you age. In fact, though it is the leading cause of sight loss in those over 50 years of age, it is now appearing in individuals as young as 20 years of age. Essentially, ARMD is caused by the huge amount of free radical damage inflicted by sunlight, poor nutrition, toxins, and the lack of nutrients reaching the macula to protect it. The two specific nutrients responsible for protecting the macula are Lutein (loo-teen) and Zeaxanthin (zeeah-zan-thin). These carotenoids are powerful antioxidants that are known to be reduced in the eyes of ARMD sufferers (see page 43).

ARMD affects the macula, which is the small part of the eye responsible for central vision, allowing you to see detail and colors. ARMD usually starts in one eye and is then highly likely to affect the other at a later stage.

“Wet” and “Dry” ARMD

Dry ARMD is the most common form of the condition, and it usually develops slowly, until eventually, it leads to a loss of up to 95% of central vision. Depending upon its severity, this form of ARMD is relatively easy to stop and reverse, with simple changes in nutrition and lifestyle. Dry ARMD occurs when the buildup of waste material is no longer cleared from the macula, and there is a lack of nutrients reaching the eyes.

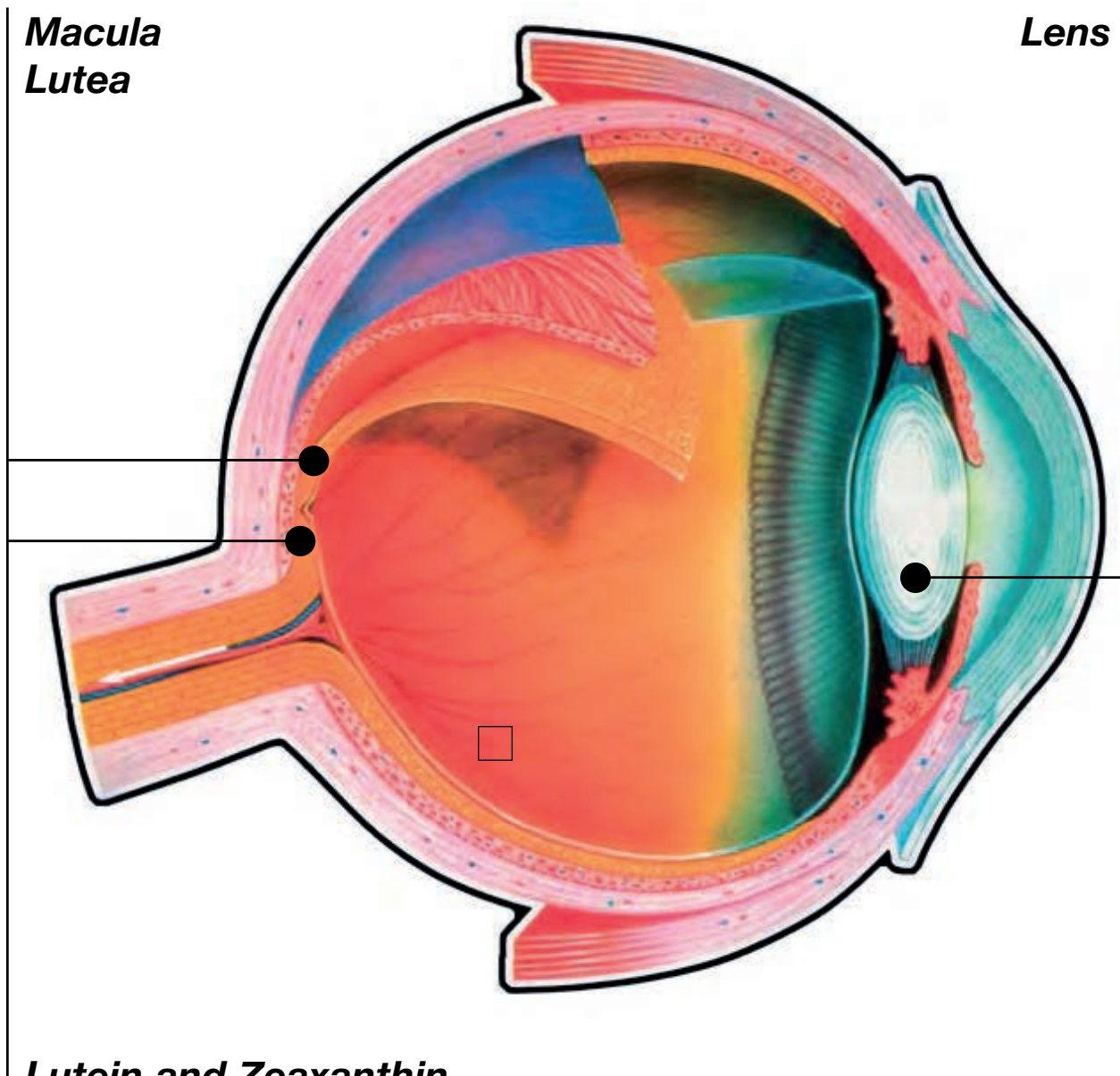
Wet ARMD is caused by weak and undernourished blood vessels that grow behind the retina and leak into the macula. It is less common than the dry form of ARMD, but it can cause a more rapid vision loss.

What causes ARMD (and other eye diseases)?

While the majority of mainstream orthodox doctors are still baffled as to its cause, the majority of natural health practitioners are now confident of the following causes, which include:

1. Poor diet (not enough greens and healthy fats, or simply eating the wrong foods)
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 nutrient absorption (shown in the majority of cases by general or severe digestive problems)
4. Genetic predisposition and nutritional absorption problems (usually considered hereditary, perhaps instead due to poor nutritional habits learned in families)
5. Smoking and other toxic overloads, such as 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 in the case of diabetics
7. Arteriosclerosis
8. Sex/genes
9. Iris color

Cross section through the eye



Lutein and Zeaxanthin
(The largest concentration in the body is found in these two places)

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 only 20 years of age. The positive news is that only one in seven of those 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 the public is informed of the causes—and solutions—mentioned herein. The chance of developing ARMD increases as you get older, unless you either change or improve upon your nutritional and lifestyle habits. Even then, no one can guarantee 100% success, but the majority of those who suffer can save their sight or radically improve it. The following pages show you the symptoms of ARMD, as well as simple tests you can do to measure its early symptoms. Other eye diseases are also discussed, with suggestions and solutions recommended for recovery for each in the pages to follow.

How does ARMD affect vision?

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

- Blurred vision with close work
- Seeing straight lines as wavy (doorways may appear as a figure 8)
- Your sight degrades as you look straight at print or at faces
- A black hole, which starts grey and goes steadily blacker, may form in the center of your vision
- Sensitivity to bright light accompanied by poor night vision
- You can only adapt from light to dark very slowly
- Eventually, you may only have a small amount of peripheral vision

You will need to have a consultation with a good eye doctor to identify precisely what is wrong. However, since many optometrists or ophthalmologists are unaware of the many breakthroughs in nutrition regarding eyesight recovery, they may not believe anything can be done. If this is the case, it may be best to take your eye health into your own hands. But you will not be alone. Eyesight Action will help you through the process of your eye health recovery with our easy-to-follow 10 Step™ Eye Health Recovery Plan.

“

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..

Mr. Rose

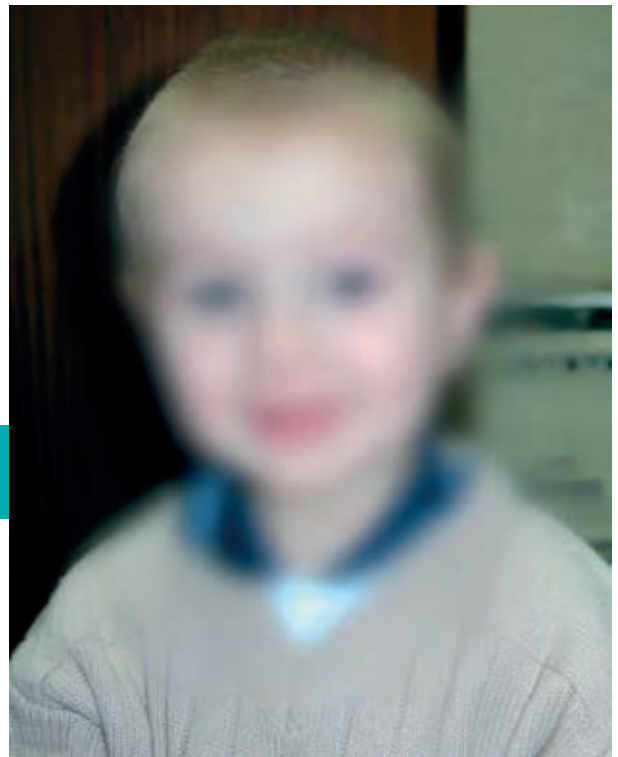
(Mr. Rose was talking about his elderly relative whom he looks after.)

”

The visual effects of ARMD..



Normal vision



Early ARMD



Advanced ARMD

Testing for early symptoms of ARMD...

The Amsler Grid

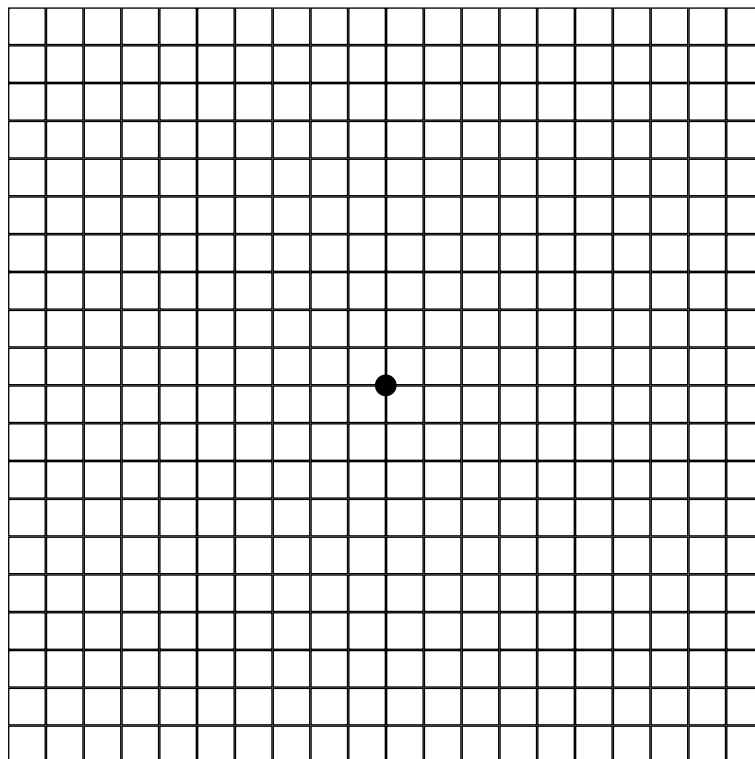
The Amsler grid was originally developed by Marc Amsler to allow patients to test their own central vision for early signs of macular degeneration. This test consists of a grid of vertical and horizontal lines.

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 that 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 L Z	12	48
48	H N L E	8.0	32
36	T Z N H F	6.5	26
26	Z F N T L H	5.0	20
20	E N H L Z T	3.5	14
16	L E Z T N F	3.0	12
14	F T Z H N L	2.5	10
12	L H T N F Z	2.0	8
10	T L E Z H N	1.7	7
9	F T N E L H	1.5	6
8	Z H E N T F	1.0	4
Points		Power	Diopters
Date	Data	MaxiFocus	Supplied By
	<p>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.</p>	<p>Take 1 pumps under the tongue twice daily, or as directed</p>	<p>If you need help, call the Helpline, shown at the front of the book</p>

What to do next if your test does not look normal

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

1. Consider a consultation with an eye professional.
2. Consider the probable causes on page 5, and rectify any lifestyle shortcomings.
3. As a minimum, start your recovery plan by improving your diet.
4. Follow the full 10 Step™ Plan on page 17 and the subsequent pages.
5. If you need help, call the Helpline, shown at the front of the book.

Other nutrition related conditions that affect the eyes are:

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

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, specializing 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 in asking for their advice with regard to nutritional effects upon eyesight recovery.

Optometrists examine and test eyes for diseases and defects.

Optometrists can also give advice 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 health care advice, monitor eye conditions, and refer eye disorders that, ultimately, cannot be managed in a primary care (non-hospital) setting to ophthalmologists.

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 of the majority of eye diseases, which can be greatly improved through proper nutrition and lifestyle changes.

Typical Questions

What about conditions other than Macular Degeneration?

The specific actions are detailed with the exact program for each eye problem in the Appendix.

What causes this deterioration to happen?

Orthodox eye doctors are not required to have training in nutrition and, consequently, may tell you there are no known causes of eyesight-related conditions. We concur with a different group of doctors, with expert knowledge in the field of nutrition, who have found that it is contributed to significantly, or exacerbated by, malnutrition or nutritional deficiencies. We need the following to sustain vibrant life and health every day:

- Proteins, fats, carbohydrates.
- 13 or so vitamins
- 20-60 minerals (the number depends which scientists you believe)
- 12 or so amino acids
- 10 or so essential fatty acids
- 6 or so digestive enzymes (from plants)
- Oxygen
- Pure Water (such as distilled, bottled, or purified tap water)
- Probiotics (the healthy bacteria that should be in your intestines)

All of the listed factors need to be in place, as they all work interactively or as cofactors to each other, and any deficiency will result in a malfunction. For example, there are over 80 enzymes at work in your body that need zinc as a cofactor.

Rarely are all these essential nutrients found in our daily diet, even if you were certain your digestive system were absorbing them all. Are you absorbing your nutrition? Absorption is key, as you will come to understand, as I explain, as clearly as possible, what may go wrong with your eyes due to lack of nutrition.

You need many specific antioxidants to counteract the free-radical damage that results from your body's energy creation. Free radicals are caused by sunlight acting upon our eyes, and by cellular combustion when we generate energy, as well as elevated levels of glucose in our bloodstream. We should have two specific antioxidants in our eyes, Lutein (lu-teen) and Zeaxanthin (zee-a-zan-than). Antioxidants help to counter this free radical activity (see studies in the Appendix). We can, therefore, conclude that it is necessary to have an abundance of these nutrients in our eyes.

Why do we not have them? Let us look at the antioxidants Lutein and Zeaxanthin. These are found in abundance in dark leafy green vegetables. There are five reasons why you may be lacking these nutrients in the eye:

1. You simply may not eat enough dark leafy green nutrient-rich vegetables each day. A list of vegetables and their content is shown later.
2. As we get older, we do not absorb food from our digestive system as well as we did when we were younger. This is mainly caused by a lack of HCL (acid) in the stomach and a lack of enzymes in the food. A study shows that the average 70-year-old has only 20% of the beneficial enzymes available compared to a 20-year-old. This is caused mainly by overeating enzymatically dead foods. There is an urgent need to increase enzyme intake, either by way of the food we eat, or by taking supplements to help make up for this poor absorption. For example, a small glass of apple cider vinegar just before each meal will stimulate stomach acid.
3. Food intolerance to wheat or dairy products is very common. This blocks the uptake of nutrients in the digestive tract. If you have this problem, you probably already suffer digestive problems, such as indigestion, acid reflux, and bowel diseases, such as Crohn's Disease, piles, colitis, IBS, etc. (This intolerance can also have a genetic factor)
4. Eating too many grains, cereals, and dairy products can replace or block proper nutrition. Wheat, grains, and dairy products are not appropriate nutrition for good health. The negative aspect of these foods is amplified by the processes they endure before they reach our grocery shelves and by the depletion of even more nutrients during storage and food preparation.
5. As a result of an inappropriate diet, the bloodstream can suffer clogging, as described in No. 4 above. Poor absorption and smoking (studies show smokers are 2.5 times more likely to get eye disease), causes the tiny veins in the eye to be blocked, thereby starving your eye of essential nutrients.

ATP is a nutrient produced in your own cells for all of your energy needs. Your body needs the equivalent of your own body weight of ATP every day, to supply its energy needs. To produce this, your cells (as well as essential fatty acids) need to absorb oxygen and glucose in a ratio of 80% to 20% for the huge amount of ATP needed. This ATP is essential, as discussed earlier, not only for your body's physical energy but also for cell cleaning and cell regeneration. Unfortunately, this process causes damaging, combustive, free radical activity (oxidation). These free radicals damage the healthy cells and can only be stopped by eating a good amount of fruit and vegetables with their powerful supply of antioxidants. The antioxidants Lutein and Zeaxanthin are the specific antioxidants that alleviate this free radical activity in the eyes and are, therefore, vital for the healthy aging of your eyes (and the rest of your body).

Premature aging and degeneration is believed by many researchers to be caused in part by a deficiency of ATP. The delicate ratio (80% Oxygen : 20% Glucose) balance can easily be upset by too much glucose from eating starchy foods. Combining this with a deficiency of oxygen from poor breathing or insufficient aerobic exercising can cause an ATP deficiency. When this happens, our cells reduce their output of ATP and produce a toxic substance called Lactic Acid.

An ATP deficiency will result in a loss of energy which may influence you to reduce your normal amount of exercise. To make matters worse, you may also mistakenly take in more sugars and starchy foods in an effort to gain more energy, thereby poisoning your cells' regeneration even more. Another way that glucose damages our cells is by means of "glycated proteins," which produce 50 times more free radicals than non glycated proteins. Research indicates Glycation may also be a prime factor in cataracts, brain disease, and other health problems. Any lack of antioxidants and ATP will inhibit your cells' ability to regenerate, thereby causing overall premature aging and DAMAGE TO YOUR EYES.

Anti-Ageing Theory—There are good studies conducted on animals in the laboratory, showing that by greatly reducing the level of calories in foods they ate, the life expectancy of animals doubled, compared to those eating high calorie foods (the biggest culprits of which are grains, cereals, potatoes, and sugars). The animals eating low calorie foods, such as vegetables, nuts and seeds, did not suffer from age-related degenerative diseases, whereas those eating high calorie food did. Do you need any other motivation for cutting back on grains, cereals, sugars and potatoes? (See the Glycemic Index of food for balanced blood sugar foods in the Appendix.)

How long have doctors been successfully treating Eye Diseases?

Eye Diseases have been successfully treated for about ten years in the USA, and these successes have been widely reported for the past five years.. So get started on working to get your eyes healthy, then shout your results from the rooftops to help others who have suffered just like you get their recovery as well.

Why has my doctor not told me about these Therapies?

It is a cultural and training problem. I have lectured many times to doctors and found them to be uninformed about new research around the world. Their training basically tells them that nutrition is not the prime cause of degenerative diseases and therefore they will not even consider this concept as they fear it would open them up to criticism or ridicule from their peers. If you want to learn about the real manipulators, who control the health system (and spread misinformation about the benefits of nutrition) you should read books written by doctors who have exposed the anti-public activities of drug companies and medical organisations (see book list at back).

Are these therapies safe?

Yes. Essentially the 10 Steps™ will help return your eyes to healthy functioning. A by-product of this process is that your body will become healthier, too.

What are my chances of getting better?

Doctors in the USA report a 70%-80% success rate when they are working closely with their patients and giving them expert advice, especially in the early stages. There are those who have faithfully applied the 10 Steps to their daily life and nutrition and enjoyed recovery within just a few weeks. Others have taken from three to 12 months for the same results. The simple fact is, the longer you follow the 10 Steps™, and the more of them you do, the better your chances of recovery. At the very least, you can prevent your eyesight from getting any worse.

Do I have to do all 10 Steps™, and is there any special order I have to do them in?

Simply start at Step 1. The more you do, the better your chances of recovery. Please take note:

The “10 Steps™ to Natural Eye Health” are completely safe, and we recommend you try them before considering corrective surgery (after consulting with your doctor, of course). It is worthy to note that 3% of patients that have cataract operations go on to develop complications, including infection, swelling, detachment of the retina, and glaucoma.

Success Report—the First 600 Surveyed

Lutein and MicroCurrent stimulation for the treatment of macular degeneration and other eye diseases has been popularized in the UK by the TV appearance of Dr. Chris Steele on the Richard and Judy “This Morning” program. This followed a report in the Daily Mail, outlining the good results obtained by doctors in the USA.

A telephone survey was carried out among the first 600 people who were taking Lutein spray and/or using the MicroCurrent stimulator. The following figures show the reported results of those contacted:

- 62% reported definite to good eyesight return
- 37% reported that their condition had not gotten any worse, but they could not detect an improvement.
- Less than 1% said it made no difference, and/or it had become worse.

NOTE:

- No one surveyed had any personal help or support from a qualified person and had treated themselves or were helped by a relative or friend.
- Not one person had started to use any of the additional nutrients detailed in this book.

Conclusions:

1. We believe these results confirm this program is suitable for the majority of individuals who desire to self-treat their eyes at home.
2. Those who need support will only need a minimal amount, until they get sufficient sight recovery, at which time, they can manage for themselves.

A Typical Report from the Survey

Mrs C.

“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”.

An exceptional Report from the Survey

Mrs T

“Eighteen months ago I was blind in one eye and then the other eye started to rapidly go the same way. By January this year (2001) I was effectively blind in both eyes. By then I was devastated.

In February (I think it was this date), I heard Dr Chris Steele say on the morning television program that patients who were blind had taken a nutrient under their tongue and within a few months they were able to drive their cars again. I was very excited at this and tried to telephone the TV station but the lines were engaged. I tried for a few weeks in desperation and finally got through to get the telephone number of the distributor. I immediately called and started taking the spray under my

tongue. After 3-4 months of taking it I knew things were dramatically improving, but preferred to hear what my consultant said before I got too excited. **After he examined me he said that he could not explain it but my eyes had grown new blood vessels and repaired themselves. He said he had never experienced this and had only heard about it in young people. When I tried to tell him about the Lutein spray and what I had done he brushed me off and seemed not to want to listen. I was astonished that he would not want to know and recommend it to his other patients.**

A few days later I went to see my optician, eager to hear his report. He said that he was astonished to report that my eyesight was now **BETTER** than 20:20, which is better than it had ever been. He was eager to hear about the Lutein Spray and was genuinely thrilled at its success. I feel I have a future again”.

“

I no longer need reading glasses, and I can see to do my crossword easily.

Mrs. Marie

”

“

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.

Mrs. Reeve

”

Part 2 - 10 Step™ Eye Health Plan

Overview

1. Take the sublingual Lutein formula and the other recommended nutrients beneficial to your eyes (see the detailed list contained in this book).
2. Drink 8 oz. of filtered, bottled, or boiled water 8-12 times per day (not within 30 minutes before or after eating a meal).
3. Foods to include in your diet are vegetables (eight portions per day). Kale, spinach, and carrots are all good selections. Eat as many different colors as possible. Fruit, nuts, seeds, beans, eggs, and fish (different types of fish 3-4 times per week) should be included as well. For recipe ideas, see the Appendix.
4. Foods to exclude from your diet are breads, pastries, biscuits, breakfast cereals, pasta, root vegetables (potatoes, parsnips, etc.) and others high in carbohydrates for at least three to six months.
5. Exercise every day to get oxygen around your body, your lungs working, and your heart beating faster. Walking, running in place, and rebounding on a mini-trampoline are best. Alternatively, if you are immobile, take OxySorb enzymes to improve oxygen absorption.
6. Take other enzymes and probiotics and recommend nutrients listed in this book, such as ginkgo, bilberry, and vitamin A.
7. Consider an herbal cleanse/detox to recover your digestive system.
8. Ask us for details of homeopathic remedies and doctors via e-mail at www.eyesight.nu.
9. If you have blocked arteries, oral chelation therapy, along with serrapeptase, the enzyme recommended for clearing arteries without the need for surgery, is recommended. (For more information, visit www.serrapeptase.info or call the help line, shown at the front of the book.)
10. Use your Microcurrent stimulator, if you have one, as per the instructions in this book.

To purchase one, go to:

www.GoodHealthNaturally.com

www.GoodHealthNaturally.eu

www.GoodHealthUSA.com

www.GoodHealthCanada.com

www.GoodHealthOZ.com

www.GoodHealthNaturally.in

... or call the help line, shown at the front of the book.)

10 Step™ Eye Health Plan - Step 1

Essential Nutrients for Healthy Eyes

A - Lutein and Zeaxanthin are the only two carotenoids found in the eye with the specific job of overcoming free radical damage. These critical nutrients are, therefore, essential steps for healthy eyes, as well as your lungs and heart. The form we recommend you take them in is a sublingual liquid.

Why is it important to take these nutrients in liquid form, rather than in tablet form? This is a very important point. Sublingual (under the tongue) delivery gives nearly 95% absorption. If you have a problem with poor digestion or absorption for any reason, nutrients in tablet form will get lost in the long passage to the eye via the digestive system. Taking these nutrients in a sublingual form ensures they are absorbed directly into the bloodstream in only seconds, and they are present in the eye within minutes. They are aided additionally by ginkgo and bilberry, which improve blood flow and the integrity of the capillaries, especially in the eyes and brain. (See the chart on page 44.)

B - Taurine is an amino acid found naturally in eggs and fish, as well as other foods. It is necessary for healthy eyes and acts as an antioxidant. It helps get nutrients into your cells, while also helping to remove cell debris and other potentially toxic substances from your eyes.

Why the need for taurine? As your digestive system becomes dysfunctional, your absorption of taurine diminishes. You will almost certainly need to supplement in the short-term for your eye recovery plan. You may need “friendly bacteria” to aide its absorption.

C - Multi Vitamins, Minerals & Trace Minerals. This is a supplement that everybody needs daily, as a result of the dramatically reduced vitamin and mineral content in your food (even if you eat fresh organic foods every day). We show you the perfect formulation in the appendix of essential vitamins, antioxidants, folic acid and over 70 ionic trace minerals. This is the most complete daily supplement, especially since it also contains the selenium you need. Numerous studies show a long list of conditions it can help, in addition to your eyes, including cancer, heart disease, immune system dysfunction, and many others (see the list of studies in the Appendix). Taking 6 capsules daily is sufficient to give you the vitamins and minerals needed to improve overall health

D - Essential Fatty Acids (EFAs) are a daily essential for the health of your body, and especially for your eyes, circulatory system, and brain. EFA's are very important and healthy nutrients which are found in about 5-6 different oils. They are not all found in cod liver oil or primrose oil. They include Omega-3 and Omega-6, EPA, GLA, and DHA (from oily fish). There are two ways to nourish your body with them. One way is to buy Krill Oil which contains beneficial Omega-3 fatty acids (EPA/DHA) for your whole body and eye health. Another option is a vegetarian product called Hemp Oil, which is often called the “Master of All Oils,” to ensure you get all the EFA's necessary for optimum health.

E - Antioxidants stop free radical damage in its tracks. We have found AstaXanthin to be the best, with 500 times the power of vitamin E.

F - MSM+Silver Water Drops consist of organic sulphur and colloidal silver and have a good history of aiding eye health by softening the tissue and improving the eye's ability to absorb nutrients. Silver is a natural infection killer.

Step 1—Nutrients Action Step

1. Take the sublingual Lutein formula, 2ml (4 pumps) twice daily (therapeutic dose) until you obtain definite recovery. Then take the maintenance dose of 2ml (4 pumps) sprays per day. Swish the Lutein formula around your mouth for about two minutes, before swallowing.
2. Take 5-10 sprays of Taurine daily (can be at the same time as Lutein).
3. Take a multivitamin/mineral supplement in a divided dose with breakfast and dinner. (Active Life™ is highly recommended)
4. Take 1 capsule of Essential Fatty Acids with breakfast and 1 capsule with dinner.
5. Take an antioxidant. (Astaxanthin is highly recommended.)
6. Take MSM+Silver Water Drops. (Take one drop every hour or so.)

“

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 obviously it has. 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 license.

Mrs. Lewis

”

10 Step™ Eye Health Plan - Step 2

Water

Water is an essential component of maintaining life, yet many of us don't drink nearly enough. Many natural health practitioners found that a major part of the epidemic of degenerative diseases is dehydration from insufficient water consumption. You need to increase your water intake to at least 64 oz. per day. Tea, coffee, juices, and soft drinks are fluids, and do not constitute water for this purpose. If all you have is tap water, consider a good filter as the inorganic minerals and chlorine can cause problems.

Step 2—Water Actions—Look at the filter options, and decide whether one is needed for you.

1. On waking, drink 16-32 oz. of warm water (or at least room temp), and do not eat or drink anything for one hour. The purpose of this is to hydrate the colon. You may temporarily increase this to 48 oz. if you are suffering constipation.
2. About one hour after breakfast drink another 8 oz. glass, and continue to drink a glass of water every hour until 7pm. in the evening. The total number of glasses not including your first, should be about 12.
3. It is up to you how much tea and coffee you drink.
4. Alcohol is poisonous to human bodies, so avoid it while doing the Steps, if possible.



Remember!

Blindness can vary, from minor problems that affect our daily activities, to up to 95% sight loss that steals our independence and quality of life. Take your eye health very seriously.

10 Step™ Eye Health Plan - Steps 3 & 4

Proper Nutrition and Diet

Proper Nutrition and Diet can be very confusing to the average person. Earlier, you read the list of vitamins and minerals that should be in our daily diets, but even if they are, you may not be absorbing them properly. You also read that too many starchy and sugary foods will produce too much glucose, which will cause problems in our cells and affect our eyesight.

There are two problems:

1. You have most likely not been fully educated to know the range of ill effects improper nutrition has on your health, as well as the positive effects that may be realized by changing your eating habits to ensure you receive proper nutrition.
2. The other problem is even more of a challenge. Starchy carbohydrates and sugars are addictive, just like any drug. And just like any drug, foods high in sugars and starchy carbohydrates should be avoided. This can be quite difficult, as foods you wouldn't expect to be high in sugar content have a great deal of sugar in them. For example, a can of baked beans has as much as eight teaspoons of sugar. To learn more about the negative impact sugars and starchy carbohydrates have on your health, I recommend going to www.ReallyHealthFoods.com to discover more.

What it comes down to is this: if you want your life to change, you will need to change your life. As difficult as it may be, I ask that you leave these foods out of your diet for a few months—or at least seriously cut down on them—until you give your eyesight the best possible chance to recover. I have provided the information you need in the Data Sheets in the Appendix, and you can always write to us for further help and information.

Steps 3 and 4 Proper Nutrition and Diet Actions — These may be the most difficult actions to implement, but you can make slow, steady changes for continual progress and recovery.

1. Cut down completely, if possible, or at least significantly on all breads, grains, cereals, biscuits, pastries, potatoes, pasta, corn, sugars, and processed foods for at least the period of your 10 Step™ Plan. Note: sprouted wheat bread is permitted.
2. The ideal nutrients for your eyes are contained in vegetables and fruit, nuts, seeds, and beans. All of the proteins, carbohydrates and sugars your body needs are contained in these foods. I also recommend our “Eyesight Soup” as a substitute for breakfast or lunch (see the Appendix for the recipe and also www.ReallyHealthFoods.com).

10 Step™ Eye Health Plan - Step 5

Oxygen and Exercise

Oxygen and exercise go together perfectly to help your eyes for a number of reasons. You read earlier that you need nutrients, such as ATP which helps energize cell regeneration and cleans out your system. Your body also needs oxygen, the most critical element for your health and survival. You need to improve your oxygen uptake to help the regeneration of cells and your eye recovery by exercising and learning to breathe correctly.

Exercise also improves the movement of the fluids in your lymphatic system, helping to get rid of the waste as your cells regenerate. Your whole metabolism will speed up. Your heart will get healthier, and you will feel better (honestly). For your eyes' sake, do it. Get a friend to exercise with you. Relearn diaphragmatic breathing from a singing teacher or yoga class, which is very beneficial for your eyes. You may also want to get the "Breath of Life." (See the Appendix for a supplement to improve your oxygen uptake called OxySorb, especially if you cannot exercise.)

Step 5 Oxygen Actions

Actions include exercise and breathing, either one of which will help you. Together, they can transform your future quality of life at any age. This was proven with 85-year-old residents of a nursing home.

1. Learn your new breathing pattern and practice it often. Every hour (when you're drinking your glass of water) count 100 breaths to get—and stay—in practice. This will help prepare you for aerobic exercise.
2. Exercise for up to 1 hour, 4 times per week. Do exercises that will raise your heart rate to your target heart rate, or 180 beats per minute, less your age. For example, if you are 75 years old, your target heart rate is 105 beats per minute ($180-75=105$). (The "Rebounder" is a very easy home exerciser. See the Appendix for details.)
3. The very least you should do is to take up fast walking and build up to 2 to 3 miles every day.

“
I have much more color and my eyes seem better
Mr. Nicholis
”

10 Step™ Eye Health Plan - Step 6

Other Recommended Nutrients

Other recommended nutrients proven to help for all eye diseases are listed below. While they may not be considered critical, it is very difficult not to recommend them, when a person's eyesight is at stake.

They include:

A - Gingko and Bilberry—These are already contained in the Lutein formula described earlier, but you may buy these separately. The main benefit is support for your veins and arteries, especially when they have been “leaking,” and your body needs to rebuild the wall of its veins.

B - Vitamin A as Beta Carotene and Vitamin C are particularly good, compatible nutrients. Studies have shown they help the health of the eyes (especially regarding cataracts). Although they are in the “Multi Vitamins and Minerals formula” listed in the Appendix, people with eye problems will need extra Vitamin C (2-4 grams per day) and Vitamin A (25,000IU per day), both of which should be built-up slowly in divided doses.

C - R-Alpha Lipoic Acid (ALA)—Studies show particularly good results with ALA in the treatment of glaucoma, diabetic neuropathy, and cataracts. It also helps protect your cells from glycation (glucose poisoning). (Take as directed.)

D - Dietary Enzyme Supplements are essential for good digestion as you get older. Studies show that 70-year-olds have only 20% of the enzymes found in a typical 20 year old. Supplementation, as well as improving the digestion of nutrients, also increases glutathione synthesis and helps protect against free radical ravages. You need to take a good digestive enzyme complex before each cooked meal. Follow the labels when taking them, but make sure the ones you choose are derived from plant—not animal—sources.

E - Lycopene (another carotenoid, primarily found in cooked tomatoes or juice) is known to protect eyes against age-related disease. This is also found in the more colorful vegetables that are red, yellow, orange, and green and can be also be taken as a helpful supplement.

10 Step™ Eye Health Plan - Step 7

Detoxify and Cleanse

Detoxifying and cleansing your body is vital to improving the quality of your health. For thousands of years, just about every great physician used herbs (or fasted) to cleanse and support the body's organs.

Step 7 Detoxify and Cleanse Actions

Include avoiding starchy and dairy foods. By increasing the number of vegetables and fruits you consume, you will start to clean out your body. There are some basics you can easily implement to help your liver as well. We do not recommend fasting, unless under the supervision of an experienced practitioner. Once every year, you should cleanse your system.

1. Take an herbal cleanse that will clean out all the organs of your body over a 2-3 month period (one month for future cleanses). Any detoxifiers/cleanses that promise results in less than 30 days should be avoided. An example of a good herbal formulation can be found in the Appendix.
2. You will need to take another herb for about a month or so to help support and to heal your liver. This well known herb is called Milk Thistle. More details can be found in the Appendix.
3. Last, but not least, you need to restore your digestive system's natural immune system. This inefficiency is why elderly people are sometimes more susceptible to food poisoning. You will need to supplement with "friendly bacteria," which are sometimes called probiotics. These are the healthy bacteria living in your intestines and are responsible for numerous functions, including helping the absorption of taurine, killing food poisoning bacteria, and many others. Details on the friendly bacteria are in the Appendix, along with a sample product recommendation.

10 Step™ Eye Health Plan - Step 8

Homeopathy

Homeopathy has been used for over 100 years to treat eye diseases, as well as many other conditions. It does not conflict with any of the steps here and is relatively easy. We suggest you go to a qualified practitioner and find out specifically what you need. They will ask you several questions about yourself, before suggesting the best solution for you. The good news is that when they find your individual solution, it will work quite quickly, usually within a few weeks.



Remember!

ARMD usually starts in one eye and then may affect the other at a later date. Significant loss of vision can occur in as little as 3-6 months. Early action with lifestyle changes is essential—even before you get a date for a medical consultation. Looking after your health can only be considered sensible.

“
My mother is doing marvellously; the black spot in the center of the eye finally disappeared this morning, and she can see color.

Mrs. Bridgeman

”

10 Step™ Eye Health Plan - Step 9

Chelation Therapies

Chelation therapies (oral and intravenous) deal with the treatment and prevention of diseases involving the blood vessels of the body, which directly affects your vision and causes ARMD.

Other diseases related to the blood vessels of the body include coronary artery disease, cardiovascular disease (precursors to stroke), peripheral vascular disease (a diabetes side effect and a precursor to gangrene), eye diseases, and cerebral-vascular disease (precursor to stroke and dementia). These are the major causes of disability and death in the world today.

The traditional approach to these diseases relates to surgery and drugs. However, a case of severe hardening of the arteries need not lead to bypass surgery, heart attack, amputation, stroke, or senility. Oral chelation therapy utilizes a serrapeptase/nattokinase formulation that is gaining popularity due to its ability to clean out the arteries in about three to four months. It is also famous for stopping inflammation of all kinds, particularly in the veins and arteries.

This, combined with the lifestyle changes we indicate in this book, should result in a fast clearing of all blockages to your circulatory system, particularly in the eyes.

The second regime includes the use of ozone and/or a chemical called EDTA (ethylene diamine tetracetic acid) and has been used to help treat diseases mentioned herein.

Intravenous chelation therapy, administered by a properly trained professional and given in conjunction with lifestyle and dietary modification, is an option to be seriously considered by those suffering from coronary artery disease, cerebral vascular disease, brain disorders resulting from circulatory disturbances, generalized atherosclerosis and related ailments that lead to senility and accelerated physical decline.

Clinical benefits from chelation therapy vary with the total number of treatments received and with the severity of the condition being treated. More than 75% of patients treated have shown significant improvement from chelation therapy. More than 90% of patients receiving 35 or more treatments have benefited, when they have also corrected dietary exercise and smoking habits (both of which are known to aggravate arterial disease). Symptoms improve, blood flow increases to diseased organs, the need for medication decreases, and the quality of life improves.

10 Step™ Eye Health Plan - Step 10

MicroCurrent Stimulation or Electronic Acupressure

MicroCurrent stimulation or electronic acupressure are simply different terms for, basically, the same technique which has been used in Europe by the medical profession and natural health practitioners for the past 50 years. The general public in the UK, Europe, and the USA have used them for the past 25 years, often with remarkable results. Electronic Acupressure is being used daily both in Europe and the USA for such diverse treatments as arthritis, sinusitis, asthma, and stroke recovery. It is famous for its good results with eye diseases, thanks to the pioneering work by doctors in the USA, who spotted its potential and got very excited when quite remarkable results were experienced.

In addition to its use for treating eyesight problems, there are 160 different conditions/ailments listed in the book "Simply a Safer Way," which is included with the MyHealthPoint™.

Step 10 - MicroCurrent Stimulation Actions – It is important, but not necessary, that you consider purchasing a MicroCurrent Stimulator. You can then start treating your eyes, as well as any other conditions from which you may be suffering.

To treat your eyes with this device is quite simple. It is a matter of moving a probe around the edge of the eye socket to find the points that give a tingle. The recommended device is called MyHealthPoint™. Full details are given in the Appendix, both for ordering the device and instructions for its use. You will find, as have many thousands of others, that once you start using MyHealthPoint™, it becomes a friend with whom you do not want to part.

Treat the acupuncture points around the eye shown in the data instruction sheets in the Appendix. These can be treated 1-3 times per day. Each point gets treated for approximately 15-30 seconds.

Treat the major acupuncture points shown on the face and the rest of the body. These can be treated, preferably, once a day (or twice a week minimum).

“

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

Mrs. Holden

”

“

“ I 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. Holden

”

“

“ 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. Bolland

”

“

“ One of my mother’s eyes has improved substantially, although the other is still blind. She feels much better now that there is a solution for her eyes. ”

Mrs. Williams

”

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Action plan for:

Macular Degeneration (Wet or Dry)

Take as many as your budget allows

MaxiFocus™ - A powerful liposomal formula with 26 eye supporting nutrients, including lutein and zeaxanthin. This liquid sublingual product quickly and effectively delivers exceptional nutritional and antioxidant benefits to the eyes.
Recommended dosage: Take 2ml (4 pumps) or 1/2 teaspoon twice daily.

MyHealthPoint™ - An electronic acupressure kit for home use. Uses a gentle cotton bud to stimulate the essential acupressure points around the eyes, stimulating cellular energy and regeneration.

Taurine™ Spray - Taurine helps protect the eyes from oxidative damage caused by sunlight. It helps remove cellular debris that accumulates in the retina. Liquid taurine provides better absorption than capsules.
Recommended dosage: Take 5-10 sprays per day orally.

The Krill Miracle™ - Essential Fatty Acids - A rich source of ultra-pure Omega 3 fatty acids (DHA/EPA). Omega 3s are essential for healthy eyes and reducing the risk of developing eye diseases.
Recommended dosage: Take 1 capsule, twice daily.

AstaXanthin With DHA™ - With AstaREAL® astaxanthin, a carotenoid pigment and the most potent antioxidant found in nature. It is combined with plant-sourced DHA to support and maintain optimal eye health.
Recommended dosage: Take 3 capsules daily.

PureC+™ - Liposomal Vitamin C with Quercetin - This liquid supplement encapsulates the ingredients in liposomes for greater bioavailability. It effectively delivers these essential nutrients into the cells, providing antioxidant and anti-inflammatory benefits.
Recommended dosage: 6mls daily (1.2 teaspoon).

Advanced Cellular Glutathione® - Glutathione is one of the body's most important antioxidants. This fast-acting spray helps protect cells from free radical damage, essential to keep the eyes' lenses healthy.
Recommended dosage: Take 4 sprays, 4 times daily.

Alpha Lipoic Acid-R - This valuable antioxidant nutrient helps repair oxidative damage, supports liver function, blood glucose levels and peripheral nerve and endocrine function. Beneficial for eye conditions, including diabetic retinopathy.
Recommended dosage: Take 2 capsules daily.

MSM+Silver Drops™ - These can help soften membranes, allow fluids to pass through tissues optimally, improve cellular nutrient absorption, and clear debris. It is recommended for all eye conditions.
Recommended dosage: Take 2 drops, 3 times per day.

ActiveLife™ Capsules - A full-spectrum multivitamin/mineral formula containing 130 nutrients in one capsule, including lutein, zeaxanthin, L-taurine and bilberry. Acts as a good foundation for optimal eye and full-body health.
Recommended dosage: Take 3 capsules, twice daily.



Action plan for:

Glaucoma *Take as many as your budget allows*

MaxiFocus™ - A powerful liposomal formula with 26 eye supporting nutrients, including lutein and zeaxanthin. This liquid sublingual product quickly and effectively delivers exceptional nutritional and antioxidant benefits to the eyes.

Recommended dosage: Take 2ml (4 pumps) or 1/2 teaspoon twice daily.

Serranol® - A powerful formula with serrapeptase (160,000iu), curcumin (250mg), D3 (1000iu) and ecklonia cava extract (50mg), providing anti-inflammatory, antioxidant and circulatory support. For optimal eye and full-body health.

Recommended dosage: Take 1 capsule, 3 times per day.

MyHealthPoint™ - An electronic acupressure kit for home use. Uses a gentle cotton bud to stimulate the essential acupressure points around the eyes, stimulating cellular energy and regeneration.

Alpha Lipoic Acid-R - This valuable antioxidant nutrient helps repair oxidative damage, supports liver function, blood glucose levels and peripheral nerve and endocrine function. Beneficial for eye conditions, including diabetic retinopathy.

Recommended dosage: Take 2 capsules daily.

The Krill Miracle™ - Essential Fatty Acids - A rich source of ultra-pure Omega 3 fatty acids (DHA/EPA). Omega 3s are essential for healthy eyes and reducing the risk of developing eye diseases.

Recommended dosage: Take 1 capsule, twice daily.

AstaXanthin With DHA™ - With AstaREAL® astaxanthin, a carotenoid pigment and the most potent antioxidant found in nature. It is combined with plant-sourced DHA to support and maintain optimal eye health.

Recommended dosage: Take 3 capsules daily.

ActiveLife™ Capsules - A full-spectrum multivitamin/mineral formula containing 130 nutrients in one capsule, including lutein, zeaxanthin, L-taurine and bilberry. Acts as a good foundation for optimal eye and full-body health.

Recommended dosage: Take 3 capsules, twice daily.

MSM+Silver Drops™ - These can help soften membranes, allow fluids to pass through tissues optimally, improve cellular nutrient absorption, and clear debris. It is recommended for all eye conditions.

Recommended dosage: Take 2 drops, 3 times per day.



Action plan for: Cataracts

Take as many as your budget allows

Can-C™ Drops - These drops contain N-Acetyl Carnosine which helps lubricate the eyes and has traditionally been used to protect against cataract development. Use with Can-C Plus™ Capsules for enhanced treatment.
Recommended dosage: 1-2 drops in each eye, 1-4 times daily.

PureC+™ - Liposomal Vitamin C with Quercetin - This liquid supplement encapsulates the ingredients in liposomes for greater bioavailability. It effectively delivers these essential nutrients into the cells, providing antioxidant and anti-inflammatory benefits.
Recommended dosage: 6mls daily (1.2 teaspoon).

CurcuminX4000® - Highly bioavailable Meriva® curcumin is up to 45x better utilised than ordinary Curcumin 95%. Curcumin exhibits potent anti-inflammatory and antioxidant benefits for optimal eye and whole-body health.
Recommended dosage: Take 1 capsule, 3 times daily.

Advanced Cellular Glutathione® - Glutathione is one of the body's most important antioxidants. This fast-acting spray helps protect cells from free radical damage, essential to keep the eyes' lenses healthy.
Recommended dosage: Take 4 sprays orally, 4 times daily.

MyHealthPoint™ - An electronic acupressure kit for home use. Uses a gentle cotton bud to stimulate the



Action plan for:

Diabetic Retinopathy

Take as many as your budget allows

Cinnamon27™ - A unique blend of seven powerful ingredients to support a healthy blood sugar balance whilst providing antioxidant and anti-inflammatory benefits. It includes Ceylon cinnamon and chromium picolinate.

Recommended dosage: Take 3 capsules, twice daily. Take for 27 days, stop for at least 3 days then resume.

Taurine™ Spray - Taurine helps protect the eyes from oxidative damage caused by sunlight. It helps remove cellular debris that accumulates in the retina. Liquid taurine provides better absorption than capsules.

Recommended dosage: Take 5-10 sprays per day under the tongue.

MaxiFocus™ - A powerful liposomal formula with 26 eye supporting nutrients, including lutein and zeaxanthin. This liquid sublingual product quickly and effectively delivers exceptional nutritional and antioxidant benefits to the eyes.

Recommended dosage: Take 2ml (4 pumps) or 1/2 teaspoon twice daily.

MyHealthPoint™ - An electronic acupressure kit for home use. Uses a gentle cotton bud to stimulate the essential acupressure points around the eyes, stimulating cellular energy and regeneration.

The Krill Miracle™ - Essential Fatty Acids - A rich source of ultra-pure Omega 3 fatty acids (DHA/EPA). Omega 3s are essential for healthy eyes and reducing the risk of developing eye diseases.

Recommended dosage: Take 1 capsule, twice daily.

ActiveLife™ Capsules - A full-spectrum multivitamin/mineral formula containing 130 nutrients in one capsule, including lutein, zeaxanthin, L-taurine and bilberry. Acts as a good foundation for optimal eye and full-body health.

Recommended dosage: Take 3 capsules, twice daily.

Alpha Lipoic Acid-R - This valuable antioxidant nutrient helps repair oxidative damage, supports liver function, blood glucose levels and peripheral nerve and endocrine function. Beneficial for eye conditions, including diabetic retinopathy.

Recommended dosage: Take 2 capsules daily.

MSM+Silver Drops™ - These can help soften membranes, allow fluids to pass through tissues optimally, im-



Action plan for:

Floaters

Take as many as your budget allows

Serranol® - A powerful formula with serrapeptase (160,000iu), curcumin (250mg), D3 (1000iu) and ecklonia cava extract (50mg), providing anti-inflammatory, antioxidant and circulatory support. For optimal eye and full-body health.
Recommended dosage: Take 1 capsule, 3 times per day.

MaxiFocus™ - A powerful liposomal formula with 26 eye supporting nutrients, including lutein and zeaxanthin. This liquid sublingual product quickly and effectively delivers exceptional nutritional and antioxidant benefits to the eyes.
Recommended dosage: Take 2ml (4 pumps) or 1/2 teaspoon twice daily.

Dr Grossman's Revision Formula - Based on a classic Chinese formula, this tincture helps support the liver, blood circulation and eliminate stagnant energy to the eyes. It is beneficial for a range of eye conditions.
Recommended dosage: 15 drops in water taken orally 2-3 times daily.

MSM+Silver Drops™ - These can help soften membranes, allow fluids to pass through tissues optimally, improve cellular nutrient absorption, and clear debris. It is recommended for all eye conditions.
Recommended dosage: Take 2 drops, 3 times per day.



Action plan for:

Retinitis Pigmentosa *Take as many as your budget allows*

MaxiFocus™ - A powerful liposomal formula with 26 eye supporting nutrients, including lutein and zeaxanthin. This liquid sublingual product quickly and effectively delivers exceptional nutritional and antioxidant benefits to the eyes.
Recommended dosage: Take 2ml (4 pumps) or 1/2 teaspoon twice daily.

MyHealthPoint™ - An electronic acupressure kit for home use. Uses a gentle cotton bud to stimulate the essential acupressure points around the eyes, stimulating cellular energy and regeneration.

Taurine™ Spray - Taurine helps protect the eyes from oxidative damage caused by sunlight. It helps remove cellular debris that accumulates in the retina. Liquid taurine provides better absorption than capsules.
Recommended dosage: Take 5-10 sprays per day orally.

The Krill Miracle™ - Essential Fatty Acids - A rich source of ultra-pure Omega 3 fatty acids (DHA/EPA). Omega 3s are essential for healthy eyes and reducing the risk of developing eye diseases.
Recommended dosage: Take 1 capsule, twice daily.

AstaXanthin With DHA™ - With AstaREAL® astaxanthin, a carotenoid pigment and the most potent antioxidant found in nature. It is combined with plant-sourced DHA to support and maintain optimal eye health.
Recommended dosage: Take 3 capsules daily.

PureC+™ - Liposomal Vitamin C with Quercetin - This liquid supplement encapsulates the ingredients in liposomes for greater bioavailability. It effectively delivers these essential nutrients into the cells, providing antioxidant and anti-inflammatory benefits.
Recommended dosage: 6mls daily (1.2 teaspoon).

Advanced Cellular Glutathione® - Glutathione is one of the body's most important antioxidants. This fast-acting spray helps protect cells from free radical damage, essential to keep the eyes' lenses healthy.
Recommended dosage: Take 4 sprays by mouth 4 times daily.

Alpha Lipoic Acid-R - This valuable antioxidant nutrient helps repair oxidative damage, supports liver function, blood glucose levels and peripheral nerve and endocrine function. Beneficial for eye conditions, including diabetic retinopathy.
Recommended dosage: Take 2 capsules daily.

MSM+Silver Drops™ - These can help soften membranes, allow fluids to pass through tissues optimally, improve cellular nutrient absorption, and clear debris. It is recommended for all eye conditions.
Recommended dosage: Take 2 drops, 3 times daily.

ActiveLife™ Capsules - A full-spectrum multivitamin/mineral formula containing 130 nutrients in one capsule, including lutein, zeaxanthin, L-taurine and bilberry. Acts as a good foundation for optimal eye and full-body health.
Recommended dosage: Take 3 capsules, twice daily.



Action plan for: **Conjunctivitis**

Take as many as your budget allows

MaxiFocus™ - A powerful liposomal formula with 26 eye supporting nutrients, including lutein and zeaxanthin. This liquid sublingual product quickly and effectively delivers exceptional nutritional and antioxidant benefits to the eyes.

Recommended dosage: Take 2ml (4 pumps) or 1/2 teaspoon twice daily.

MSM+Silver Drops™ - These can help soften membranes, allow fluids to pass through tissues optimally, improve cellular nutrient absorption, and clear debris. It is recommended for all eye conditions.

Recommended dosage: Take 2 drops, 3 times per day.

MyHealthPoint™ - An electronic acupressure kit for home use. Uses a gentle cotton bud to stimulate the essential acupressure points around the eyes, stimulating cellular energy and regeneration.

The Krill Miracle™ - Essential Fatty Acids - A rich source of ultra-pure Omega 3 fatty acids (DHA/EPA). Omega 3s are essential for healthy eyes and reducing the risk of developing eye diseases.

Recommended dosage: Take 1 capsule, twice daily.



Action plan for:

Multiple Sclerosis Eye Problems

Take as many as your budget allows

MaxiFocus™ - A powerful liposomal formula with 26 eye supporting nutrients, including lutein and zeaxanthin. This liquid sublingual product quickly and effectively delivers exceptional nutritional and antioxidant benefits to the eyes.
Recommended dosage: Take 2ml (4 pumps) or 1/2 teaspoon twice daily.

Serranol® - A powerful formula with serrapeptase (160,000iu), curcumin (250mg), D3 (1000iu) and ecklonia cava extract (50mg), providing anti-inflammatory, antioxidant and circulatory support. For optimal eye and full-body health.
Recommended dosage: Take 1 capsule, 3 times per day.

MyHealthPoint™ - An electronic acupressure kit for home use. Uses a gentle cotton bud to stimulate the essential acupressure points around the eyes, stimulating cellular energy and regeneration.

Alpha Lipoic Acid-R - This valuable antioxidant nutrient helps repair oxidative damage, supports liver function, blood glucose levels and peripheral nerve and endocrine function. Beneficial for eye conditions, including diabetic retinopathy.
Recommended dosage: Take 2 capsules daily.

The Krill Miracle™ - Essential Fatty Acids - A rich source of ultra-pure Omega 3 fatty acids (DHA/EPA). Omega 3s are essential for healthy eyes and reducing the risk of developing eye diseases.
Recommended dosage: Take 1 capsule, twice daily.

AstaXanthin With DHA™ - With AstaREAL® astaxanthin, a carotenoid pigment and the most potent antioxidant found in nature. It is combined with plant-sourced DHA to support and maintain optimal eye health.
Recommended dosage: Take 3 capsules daily.

ActiveLife™ Capsules - A full-spectrum multivitamin/mineral formula containing 130 nutrients in one capsule, including lutein, zeaxanthin, L-taurine and bilberry. Acts as a good foundation for optimal eye and full-body health.
Recommended dosage: Take 3 capsules, twice daily.

MSM+Silver Drops™ - These can help soften membranes, allow fluids to pass through tissues optimally, improve cellular nutrient absorption, and clear debris. It is recommended for all eye conditions.
Recommended dosage: Take 2 drops, 3 times per day.



Action plan for:

Computer Fatigue Syndrome

Take as many as your budget allows

MaxiFocus™ - A powerful liposomal formula with 26 eye supporting nutrients, including lutein and zeaxanthin. This liquid sublingual product quickly and effectively delivers exceptional nutritional and antioxidant benefits to the eyes.
Recommended dosage: Take 2ml (4 pumps) or 1/2 teaspoon twice daily.

MSM+Silver Drops™ - These can help soften membranes, allow fluids to pass through tissues optimally, improve cellular nutrient absorption, and clear debris. It is recommended for all eye conditions.
Recommended dosage: Take 2 drops, 3 times per day.

Eye Lubricants - Any good eye lubricants from the pharmacy.

MyHealthPoint™ - An electronic acupressure kit for home use. Uses a gentle cotton bud to stimulate the essential acupressure points around the eyes, stimulating cellular energy and regeneration.



Action plan for:

Dry Eyes/BLEPHARITIS

Take as many as your budget allows

MaxiFocus™ - A powerful liposomal formula with 26 eye supporting nutrients, including lutein and zeaxanthin. This liquid sublingual product quickly and effectively delivers exceptional nutritional and antioxidant benefits to the eyes.
Recommended dosage: Take 2ml (4 pumps) or 1/2 teaspoon twice daily.

Eye Lubricants - Any good eye lubricants from the pharmacy.

MyHealthPoint™ - An electronic acupressure kit for home use. Uses a gentle cotton bud to stimulate the essential acupressure points around the eyes, stimulating cellular energy and regeneration.

The Krill Miracle™ - Essential Fatty Acids - A rich source of ultra-pure Omega 3 fatty acids (DHA/EPA). Omega 3s are essential for healthy eyes and reducing the risk of developing eye diseases.
Recommended dosage: Take 1 capsule, twice daily.

Dr Grossman's Vision Boost Formula - Based on a classic Chinese formula, this tincture aims to relieve tired eyes, help circulation and boost your overall vision. It is beneficial for optimal eye health.
Recommended dosage: 1/2 dropperful by mouth 1-8 times per day.



Action plan for:

General Eye Health

Take as many as your budget allows

MaxiFocus™ - A powerful liposomal formula with 26 eye supporting nutrients, including lutein and zeaxanthin. This liquid sublingual product quickly and effectively delivers exceptional nutritional and antioxidant benefits to the eyes.

Recommended dosage: Take 2ml (4 pumps) or 1/2 teaspoon twice daily.

MyHealthPoint™ - An electronic acupressure kit for home use. Uses a gentle cotton bud to stimulate the essential acupressure points around the eyes, stimulating cellular energy and regeneration.

MSM+Silver Drops™ - These can help soften membranes, allow fluids to pass through tissues optimally, improve cellular nutrient absorption, and clear debris. It is recommended for all eye conditions.

Recommended dosage: Take 2 drops, 3 times per day.



1. Recommended Nutrition Data Sheet

MaxiFocus™

MaxiFocus™ is a liposomal formula that offers a complete spectrum of 26 nutrients for all your eye health needs. All ingredients are delivered using our advanced liposomal delivery system for superior bio-availability, with absorption up to 9x greater than tablet alternatives.

MaxiFocus™ includes lutein, zeaxanthin and astaxanthin - all potent 'carotenoids' identified as vital nutrients for lens and macular health.

This super formula includes riboflavin to help maintain normal vision, plus vitamins A, C, E, zinc and copper as recommended in the AREDS study.

MaxiFocus™ uses nutrients in their most biologically active forms, such as methyl folate and the active forms of Benfotiamine (a bio-available form of thiamine) and Riboflavin (as co-enzyme B2), enhancing their utilisation even further.



Taurine™ Spray

Taurine™ Spray goes directly under the tongue to ensure fast and superior absorption, compared to tablet and capsule equivalents.

L-taurine is found in high levels in the retina and offers protection against macular degeneration and other eye conditions. Taurine helps protect the eyes from oxidative damage caused by sunlight. It also helps remove cellular debris that accumulates in the retina.

Our bodies can convert taurine from other amino acids - methionine and cysteine - plus it is found in foods such as meat and fish. However, the biosynthesis of taurine may not always be efficient. Therefore, taurine supplementation is essential for many people.



The Krill Miracle™

The Krill Miracle™ delivers omega-3 fatty acids using the next generation of krill oil concentrate: Superba Boost™. Extracted exclusively from Antarctic krill, Superba Boost™ is free from contaminants and offers higher amounts of EPA and DHA, phospholipids and choline.

Compared to other marine omega-3s, Krill's phospholipids increase omega-3 uptake in the blood, where they are more efficiently absorbed and incorporated into cell membranes.

Omega-3s are essential for healthy eyes and reducing the risk of developing eye diseases, such as macular degeneration and glaucoma. They may also be beneficial for dry eye syndrome.

Superba Boost™ is certified sustainable by the MSC and uses Eco-Harvesting® technology to eliminate bycatch and reduce environmental impact.



AstaXanthin With DHA™

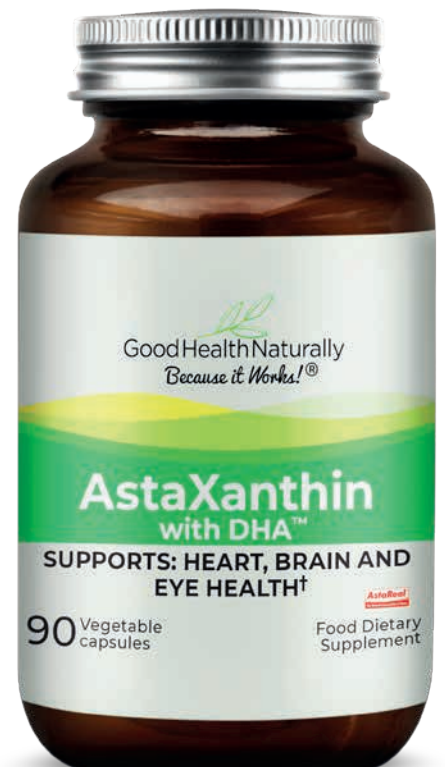
Astaxanthin, a red-orange carotenoid pigment, is known to be one of the most potent antioxidants and free radical scavengers found anywhere in nature.

Research suggests that the antioxidant activity of Astaxanthin is far higher than other antioxidants like vitamin E and beta-carotene.

Astaxanthin provides superior protection against UVA light-induced oxidative stress, thus protecting the eyes from sunlight. It also scavenges free radicals from other sources that cause damage to the eyes and other organs.

AstaXanthin with DHA™ includes AstaReal® AstaXanthin, the world's most studied astaxanthin cultivated in a state-of-the-art and fully enclosed biosystem for maximum control and purity.

It is combined with plant-sourced DHA to support and maintain optimal eye health.



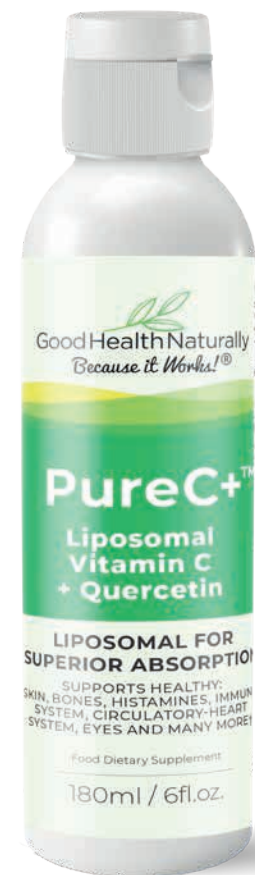
PureC+™ Liposomal Vitamin C with Quercetin

PureC™ + Quercetin includes 1000mg of Vitamin C, 175mg C Support (citrus bioflavonoids, quercetin), plus 1000mg phosphatidylcholine per serving - the best way to supplement vitamin C orally.

PureC + Quercetin uses a liposomal delivery method to enhance the absorption of these vital nutrients. Phosphatidylcholine effectively encapsulates the ingredients delivering them into the cells, providing antioxidant and anti-inflammatory benefits.

Using a liposomal delivery method overcomes the common problem of losing vitamin C through digestion, as liposomes can permeate the phospholipid membrane of our cells and increase blood concentrations far quicker than eating vitamin C-rich foods or taking tablets. PureC™ also allows you to achieve high doses while avoiding the problem of any gastrointestinal upset associated with vitamin C tablets or powders.

The addition of quercetin with vitamin C further enhances the antioxidant benefits of PureC™, supporting optimal eye health.



Advanced Cellular Glutathione® Extra Strength

Glutathione is not only one of the body's most important antioxidants, but it also helps regulate all other antioxidants.

This fast-acting spray helps to prevent damage from reactive oxygen species, such as free radicals and peroxides, caused by factors such as stress, exercise and smoking and those produced naturally by the body's detoxification process. This is essential to keep the eyes' lenses healthy and protect against cataract formation.

ACG Glutathione® Extra Strength from Results RNA also contains Alpha Lipoic Acid, Milk Thistle and more, to help naturally support glutathione absorption and action. Notoriously difficult to supplement significantly, this spray has been proven by independent clinical research to effectively increase intracellular levels of glutathione by an impressive amount of over 10% in only 7 hours.



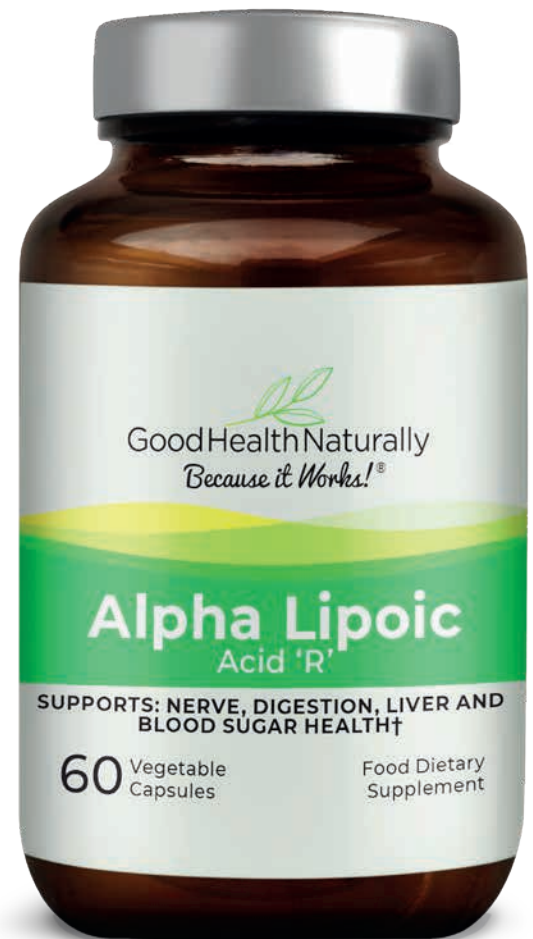
Alpha Lipoic Acid 'R'

Alpha Lipoic Acid 'R' uses Bio-Enhanced® Na-RALA, significantly more bioavailable than the 'free acid' form of R Lipoic Acid (RLA). It is thought to have up to 40x higher plasma concentration than unstabilised RLA.

ALA is a water-soluble and fat-soluble antioxidant, acting inside the cell and intracellular spaces. Its protective effects extend to virtually every cell in the body.

ALA has a unique ability to regenerate other antioxidants (such as vitamins C & E) back to their active states, which prolongs their benefits within the body.

This valuable antioxidant nutrient helps repair oxidative damage, supports liver function, blood glucose levels and peripheral nerve and endocrine function. It is beneficial for eye conditions, such as diabetic retinopathy.



MSM+Silver Drops™

MSM+Silver Drops™ are a unique blend of OptiMSM®, Hydrosol Silver (10ppm), N-Acetyl-L-Carnosine and Colloidal Zinc (10ppm).

These drops can help soften membranes, allow fluids to pass through tissues optimally, improve cellular nutrient absorption, and clear debris. MSM+Silver Drops™ provide the necessary nutrition to make outer tissues soft and permeable, allowing the body's organs to function correctly.

They are non-toxic and may also act as an anti-microbial with the addition of Hydrosol Silver.

Safe and easy to use, MSM+Silver Drops™ are recommended for all eye conditions.



Active Life™ Capsules

Active Life™ is a broad-spectrum multivitamin/mineral formula containing 130 nutrients in one capsule, including vitamins, minerals, trace minerals from fulvic acid, amino acids, antioxidants and much more.

By including nutrients such as Lutein, Zeaxanthin, L-Taurine, and Bilberry, ActiveLife™ also acts as a good foundation for both optimal eye and full-body health.

All ingredients are selected in their most biologically active form, including Quatrefolic® Folate (5-MTHF) and L-OptiZinc®.

While there is no substitute for a healthy diet, it is essential to supplement the vital nutrients missing in our food supply due to modern farming methods and soil depletion. There may also be a higher requirement for certain nutrients because of poor digestive health and nutrient absorption, stress or a busy lifestyle, restrictive diets, age etc.

ActiveLife™ Capsules provides a simple solution to bridge this gap.



Serranol®

Serranol® is a powerful combination of four key ingredients, with each capsule providing 160,000iu serrapeptase, 250mg CurcuminX4000™, 1000iu vitamin D3 and 50mg full strength ecklonia cava extract.

Serrapeptase is a proteolytic enzyme originally derived from the intestine of the silkworm, now naturally cultivated for both vegetarian and vegan suitability. By helping to prevent and remove dead tissue and unhealthy inflammation, it allows the body's naturally healthy processes to function.

CurcuminX4000® uses high-quality, bioavailable Meriva® Curcumin for enhanced absorption. Curcumin is a natural anti-inflammatory and antioxidant, well studied for its therapeutic properties.

Ecklonia Cava Extract (ECE) is an edible marine algae with rich polyphenolic content. The polyphenols in ECE are unique, not found in land-based plants, and are approximately 10 to 100 times more potent than other polyphenols.

Vitamin D3 is a critical micronutrient, which, together with its metabolites, plays an essential part in regulating genes involved in cell growth, differentiation, and proliferation.



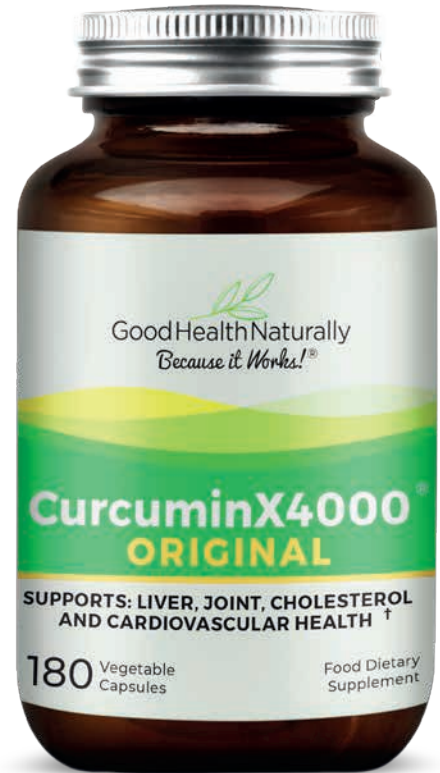
CurcuminX4000® Original

CurcuminX4000® uses Meriva® (root) *Curcuma longa* extract to significantly improve absorption. Meriva® is the most clinically studied curcumin on the market, providing patented sustained release technology for long-lasting effectiveness.

Curcumin is derived from turmeric, one of the earliest recorded medicinal plants. The turmeric spice extract has been studied for over 250 years and used for millennia in Ayurvedic medicine. Curcumin is the health-promoting chemical compound in turmeric responsible for giving the spice its deep, golden, yellow colour.

As an inhibitor of the COX-2 enzyme responsible for pain and inflammation, studies of curcumin show it can also improve oxidative stress and reduce free radical damage.

Curcumin's potent anti-inflammatory and antioxidant benefits support optimal eye and whole-body health.



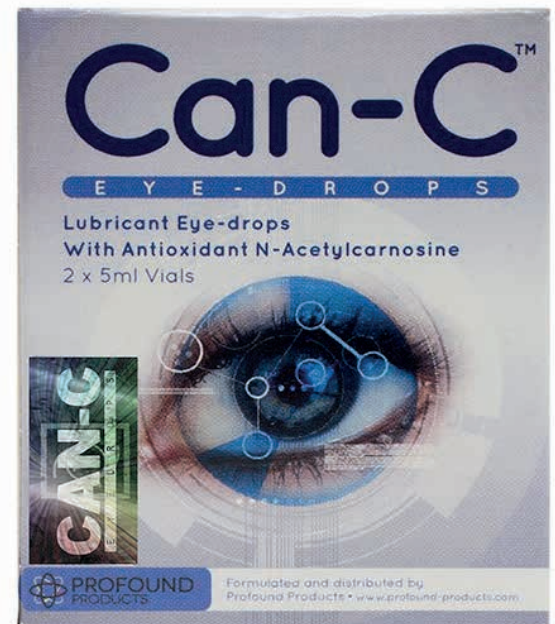
Can-C™ Drops

Can-C™ Drops drops contain N-Acetyl Carnosine (NAC) which helps lubricate the eyes and has traditionally been used to protect against cataract development.

Can-C™ Drops deliver NAC into the aqueous humour of the eyes, where it acts as an antioxidant, protecting structural lens proteins from free radical oxidation. Clinical trials show that high dose carnosine can reverse the cross-linking of the lens crystallin and aids in the reduction and possible eradication of cataracts.

Use with Can-C Plus™ Capsules for enhanced treatment. Can-C Plus™ helps increase the length of time NAC is held in the eyes, increasing its action and potency when used alongside the drops.

Can-C™ Drops are 100% hypoallergenic and 100% sterile.



Cinnamon27®

Cinnamon 27® is a unique blend of seven powerful ingredients to support a healthy blood sugar balance. It combines Cinnamon Bark Extract (Ceylon), Chromax® Chromium picolinate, Nopal Cactus, American ginseng, Bitter Melon, Gymnema Sylvestre and Fenugreek Seed Extract. All are carefully sourced and backed by science.

For thousands of years, the fragrant spice cinnamon has been prized for its many health benefits. Made from the inner bark of Cinnamomum trees, it was traditionally used to help calm digestive problems. More recently, research has focused on supporting blood sugar balance.

While benefitting a more balanced blood sugar, Cinnamon 27® also acts as a potent anti-inflammatory and antioxidant formula. It benefits whole-body health, especially eye, heart and brain health.



Dr Grossman's ReVision Formula

Dr Grossman's ReVision Formula is based on a classic Chinese herbal formula designed to help support the liver, blood circulation and eliminate stagnant energy to the eyes.

ReVision Formula includes bilberry, dandelion root, eyebright, ginkgo biloba and many more.

This tincture may be beneficial as part of a regime for glaucoma, macular degeneration, floaters, vitreous detachment and other conditions.

This formula is to be taken by mouth. It is not an eye drop.



Dr Grossman's Vision Boost Formula

Dr Grossman's Vision Boost Formula is based on a classic Chinese formula, which aims to relieve tired eyes, help circulation and boost your overall vision.

It is beneficial for those experiencing tired eyes or eye strain due to computer or close-up work.

By taking a natural herbal remedy for eye health, it's possible to improve energy, focus, alertness and relieve tired eyes.

Vision Boost provides a natural herbal formula without artificial stimulants. It is beneficial for optimal eye health.

This formula is to be taken by mouth. It is not an eye drop.



2. MicroCurrent Stimulator Data Sheets

MicroCurrent Stimulation/Electronic Acupuncture

FOR HELPING AGE-RELATED MACULAR DEGENERATION AND OTHER EYE DISEASES

MicroCurrent stimulation (or electro-acupuncture) has been used for the past fifteen years to treat Macular Degeneration and other eye diseases. The initial results obtained by individual doctors in the USA indicate that 70% of patients with the dry or wet form of macular degeneration will have a significant improvement of vision.

There are many factors related to the condition known as Macular Degeneration. The most common cause is the circulation problems that increase as we age. In order to function properly, the macula has a very high requirement for proper nutritional elements, oxygen, and the elimination of waste products. Circulation problems reduce the supply of oxygen and nutrients to the macula and will cause a dysfunction in the macula and ultimately cause degeneration. Electronic stimulation is a therapy in which a weak electric current is used, through points known as acupuncture points, to stimulate the retina and the diseased macula to restore sight.

Dr. Merrill Allen and Dr. Leland Michael published their preliminary study in 1993, on the rate of development of ARMD in people using nutritional supplements and simultaneous therapy with electronic stimulation. Dr. John Jarding reported his results in 1997, after treating 35 macular degeneration patients with a controlled electronic stimulation applied to eight points around the eye—all 35 patients reported an improvement in their vision.

AN EXCITING NEW DEVELOPMENT

An electronic device, researched over 12 years by a leading British doctor, is designed to provide all the benefits of MicroCurrent Stimulation, as well as Electronic Acupuncture (without needles). MicroCurrent stimulation is used by health professionals in many hospitals and is designed to be used safely and effectively by the public for self-treatment.

THIS DEVICE WORKS IN TWO WAYS:

1. With the help of its unique searching system, it enables you to quickly become expert at precisely locating therapy points.
2. The device then applies electrical pulses to these points, enabling you to treat any condition that acupuncture can help.

It is safe, drug-free, has no side effects, and is easy to use.

You will know you are on the correct point when you FEEL a distinct sensation. Mild electric pulses then stimulate these points.

THE EFFECTS OF THIS THERAPY ARE:

- An immediate and long lasting relief from at least 60% of the symptoms.
- With continuing therapy, promotion of healing and tissue regeneration.

The recommended device is MyHealthPoint™. (Call the help line, shown at the end of the book, for more information.)

History of MicroCurrent Stimulation

By Larry Ratliff, President & CEO Dove Alliance USA, Inc.

Back in the late 1960s Dr. Julian Kenyon, a UK surgeon and Master Acupuncturist, had a vision of putting the healing power of acupuncture into the hands of the lay person—and as a consequence, improving the effectiveness of acupuncture.

After twelve years of research, the result was the EPS. As the first MicroCurrent device of its kind, the EPS incorporated a locating system that allowed the user to locate acupuncture points with 100% accuracy and then stimulate that point with a very minute electronic pulse. When coupled with traditional acupuncture protocols, the results were remarkable and repeatable.

Dr. Kenyon's research was founded on the works of Robert Becker and others that had been researching the electrical properties of the human body. In the course of his study, Dr. Kenyon recognized an amazing connection between this western research and eastern medicine.

Western research had identified specific channels of electromagnetic energy that correspond exactly to the eastern description of meridians. Also small points exist, in exactly the same location as described acupuncture points, which are 10-40 times more conductive than the surrounding skin. When stimulated electrically, these points demonstrate a direct correlation to the electromagnetic fields in the meridians. The voltages in the meridians can be readily measured and change in relation to health or lack of health. Although the western researchers were not aware of it, they had confirmed the theory of eastern medicine.

Now Dr. Kenyon had a tool to work with and a method of cause and effect evaluation. From this beginning, Dr. Kenyon went on to refine and define the most effective electrical properties and procedures to use when treating the body. It was found that bipolar MicroCurrents, in a range of less than 50 micro-amps, having a square waveform and frequency of 10 hertz, would trigger the body's natural healing system and promote tissue regeneration.

The current generation of the EPS is called MyHealthPoint™ (or HealthTouch) and has been successfully used in clinics and by lay people around the world for over 20 years.

During the same period of time, it had been discovered that stimulating the body with currents in the milli-amp range could provide relief from some types of pain. As a result, western research was moving forward on devices having much higher output currents. Based on the "gate theory" of pain control, an electrical current is applied to the nervous system and interferes with the transfer of information from one nerve cell to another, preventing a signal from reaching the brain. The pain is there, the condition is there, but the body does not acknowledge it. These high current devices are termed TENS devices and are widely used today for the treatment of many painful conditions.

Continued research has brought information leading to improvements in the hardware and techniques of TENS treatment. This refinement has broadened the field of use of TENS stimulation and, interestingly, reduced the usable output currents down into the micro current range. One of these researchers is Dr. Joel Rossen, an acupuncturist and veterinarian, who had a desire to improve the treatment of animals and had started building his own TENS devices. As always, necessity is the mother of invention. By 1976 all of the ingredients for a breakthrough in Macular Degeneration treatment were in place, but existed separately and apparently unrelated in an arena that was spurned by leading researchers:

1. Dr. Kenyon had joined microcurrent stimulation with acupuncture.
2. TENS research had brought outputs down into the area of microcurrents.
3. Advances in nutrition research were bringing the focus from corrective medicine to preventive lifestyle and good health practices.

Then, in 1979, Grace Halloran entered the picture. Having a great desire to cure her eye problems, an unlikely chain of events transpired to bring about a miracle cure. Grace had hereditary Retinitis Pigmentosa (RP) and, at the time, was working for a football team as a consultant, specializing in alternative treatment of injuries. Her friend, a physiotherapist, introduced her to Dr. Joel Rossen, who was conducting training classes on the use of his TENS devices. Grace worked with Dr. Rossen for several years refining the unit design. Then a successful treatment for a serious injury to her son prompted her to try the micro-current device on her own eye condition—with some success. Grace continued to refine the treatment procedure, founded the Integrated Visual Healing program, and has been spreading the word ever since.

In 1985, while presenting seminars, Grace came into contact with Dr. Leland Michael and Dr. John Jarding, who conducted a 25-patient study. Then, in 1992-1999 came doctors Wallace, Miller, Khouri, Chee, Kondrot, and Nagel. The word is spreading. Grace is still conducting seminars.

Studies.

Early studies were simply clinical trials where the treatment was administered and results recorded. This started with Grace Halloran and continues today with every doctor that provides this treatment protocol. All reports are very consistent in results and safety. In 1993, Dr. Michael published a paper covering treatment of 25 ARMD patients over a seven year period. (Dr. Michael died shortly after publication and his practice was taken over by Dr. John Jarding). Dr. Jarding then conducted an investigative trial over a period of seven years, concluding in 2000.

In 1998, Dr. Miller published a statistical analysis of ARMD patients treated with the microcurrent protocol.

Dr. Rossen and the Macular Degeneration Foundation are currently conducting an FDA study.

The Doctors.

1976—Dr. Julian Kenyon, 1979—Grace Halloran, 1979—Dr. Joel Rossen, 1985—Dr. Leland Michael, 1985—Dr. John Jarding, 1992—Dr. Jerry Wallace, 1997—Dr. Harry Miller, 1998—Dr. George Khouri, 1998—Dr. Percival Chee, 1998—Dr. Edward Kondrot, 1999—Dr. James Nagel

WITH THE KNOWLEDGE WE NOW HAVE—THERE IS HOPE!

Using a combination of nutrition and microcurrent stimulation, a 60% to 80% improvement in visual acuity on 80% of the patients treated and stoppage of progression has been consistently achieved, with no adverse side effects.

Vision loss can be reversed in the majority of cases, and the progression of the eye disease stopped in the rest. Research goes on, and progress is being made. Reports continue to come in about amazing successes and discoveries.

Treatment Overview

Cotton Bud Instructions

The cotton bud probe provides a comfortable means of stimulating the points around the eye shown on the following pages. For all other body points use the remote gold probe.

1. Twist Cotton Bud plug into the extension socket on MyHealthPoint™, ensuring that the cotton is in contact with the metal inner.
2. The person being treated holds the stainless steel plate on the MyHealthPoint™.
3. Switch MyHealthPoint™ On.
4. Set Timer switch to Manual.
5. Dip Cotton Bud in a small dish of saline (salt water or small saline dropper bottle from the chemists) made with sea salt.
6. Touch the wet cotton bud to the stainless steel plate and you should get a high-pitched sound if a good contact is made.
7. If good contact, set timer switch to Constant.
8. Treat general points around the eye as per instructions for 30 seconds on each point.
9. Treat other points shown on specific points page for 30 seconds.
10. Each eye point should create a retinal flashing (or away from eyes a small tingle). If the sensation is too strong around the eyes, slide the Intensity switch down to suit.
11. Treat once per day minimum and twice preferably.
12. You cannot overtreat.
13. When renewing the cotton bud, cut the tip off close to the start of the cotton.



Call the help line, shown at the end of the book, for support.

BASIC EYE POINTS TO STIMULATE FOR ALL EYE CONDITIONS

Treatment Points

Treat the ring of 10 points shown in Fig. 1. There are 7 just on the edge of the eye socket and three around the eyebrow (see description below). Use the Cotton Bud Probe as shown in fig. 3 on page 69.

POINT 1 Is on the bony edge of the eye socket, central with the centre of the eye.

POINT 2 Is on the bony edge of the eye approximately halfway to the outer eye corner from Point 1.

POINT 3 Is on the bony edge of the eye approx. 1/2" from the outer edge of the eye.

POINT 4 Is on the bony edge of the socket directly above Point 2

POINT 5 Is on the bony edge of the eye socket directly above Point 1

POINT 6 Is on the bony edge of the eye approx. 1/2" from the inner corner of the eye and Point 5.

POINT 7 Is on the bony edge of the eye socket directly below point 6.

POINT 8 Is in the centre of the eyebrow directly above Point 5

POINT 9 Is slightly above the inner end of the eyebrow.

POINT 10 Is slightly below the inner end of the eyebrow.

Treatment of additional points

Hold machine in one hand, with your fingers on the steel plate and your thumb over the test/treat button (do not press yet) as shown in Figs 2 and 4 and slide tip over skin until you find the points detailed in pages 70-77. You should feel a stinging sensation, which is reduced by sliding the intensity switch down. Full instructions are included with the **MyHealthPoint™**.

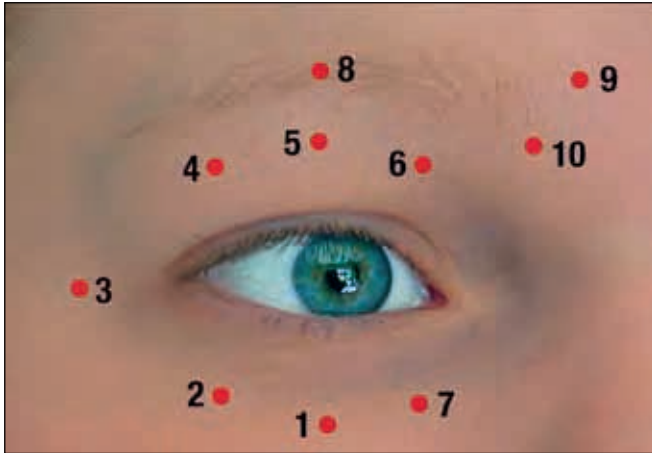


Fig. 1

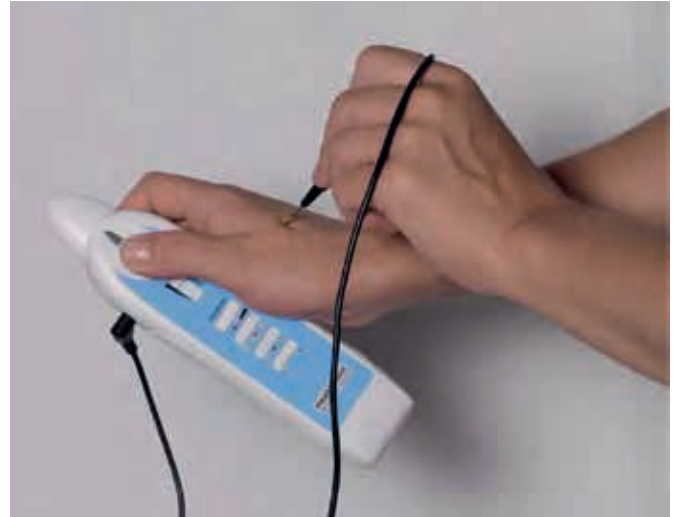


Fig. 2

The gold probe is used for the additional points away from the eyes



Fig. 3

Using the cotton bud probe as shown here is the preferred method for treating around the eyes

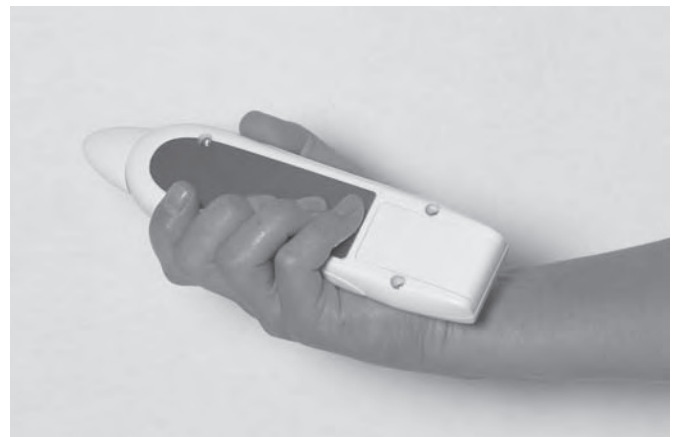
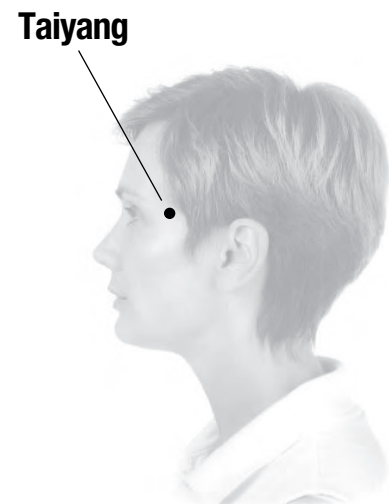
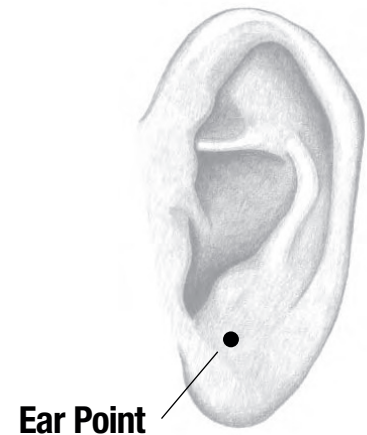
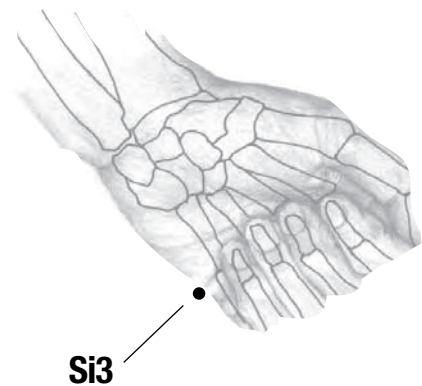


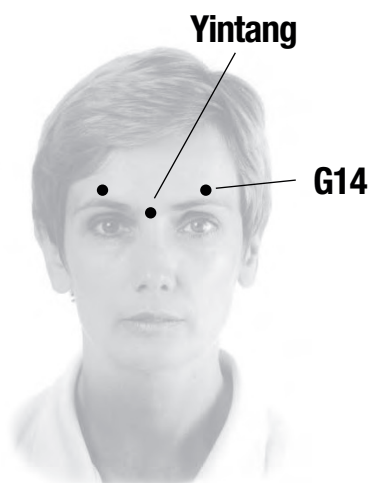
Fig. 4

MACULAR DEGENERATION or DIABETIC RETINOPATHY - EXTRA POINTS

First treat the Basic Points, then treat the following additional points:

- G14** This lies one thumb's width above the mid point of the eyebrow.
- G20** Just below the skull bone and outside the muscle bulge.
- Li4** This lies on the side of the bone which runs from the forefinger knuckle down towards the wrist.
- Liv3** This lies in between the tendons of the big toe and the first toe, two thumb's width towards the top of the foot from the web.
- S36** This lies three thumb's width below the joint under the kneecap lying on the outer side of the knee. One finger's width back from the sharp edge of the shin bone.
- Si3** With the fist clenched, this lies at the end of the main crease of the palm at the junction of the red and white skin (It is easier to locate unclenched).
- T5** This lies on the back of the wrist, two thumb's width towards the elbow from the wrist crease.
- Taiyang** This lies one thumb's width behind the outer edge of the eye. It lies in the centre of the temples.
- Yintang** This lies directly between the eyebrows, just above the bridge of the nose.
- Ear** Ear point (2-3 in the general area)





CATARACTS - EXTRA POINTS

First treat the Basic Points, then treat the following additional points:

G14 This lies one thumb's width above the mid point of the eyebrow.

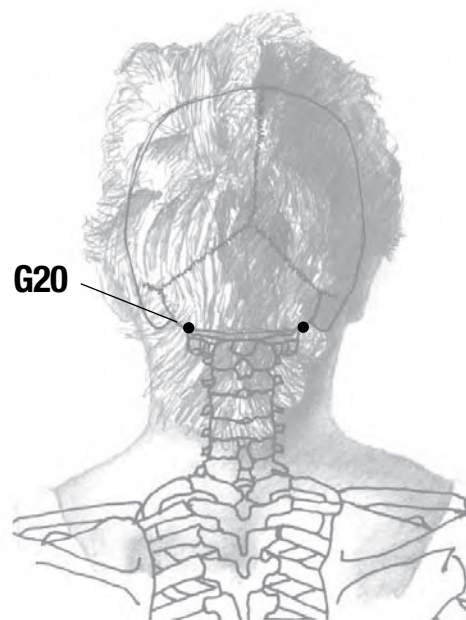
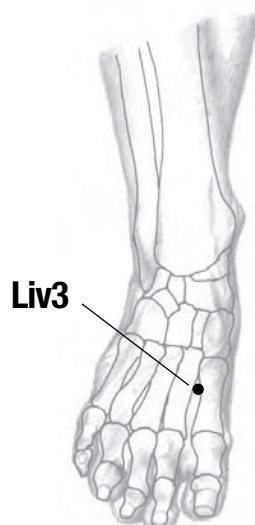
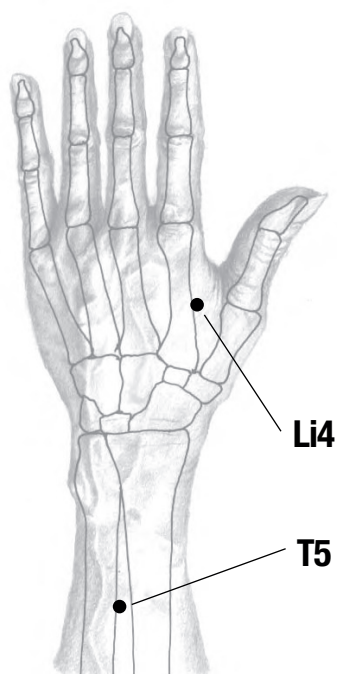
Li4 This lies on the side of the bone which runs from the forefinger knuckle down towards the wrist.

Liv3 This lies in between the tendons of the big toe and the first toe, two thumb's width towards the top of the foot from the web.

S36 This lies three thumb's width below the joint under the kneecap lying on the outer side of the knee. One finger's width back from the sharp edge of the shin bone.

Si3 With the fist clenched, this lies at the end of the main crease of the palm at the junction of the red and white skin (It is easier to locate unclenched).

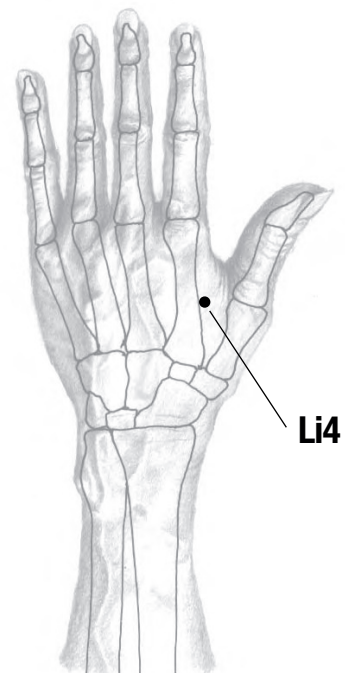
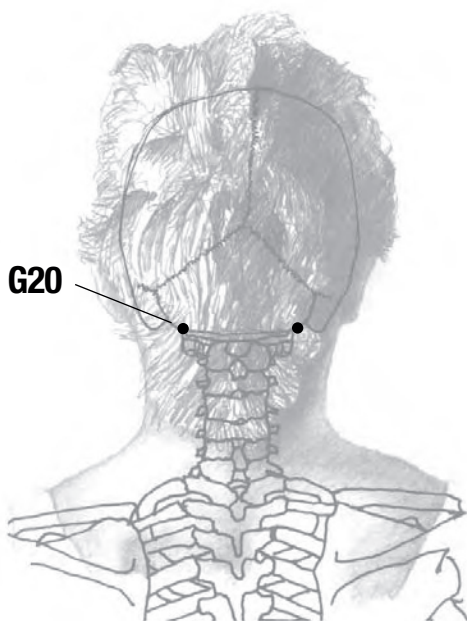
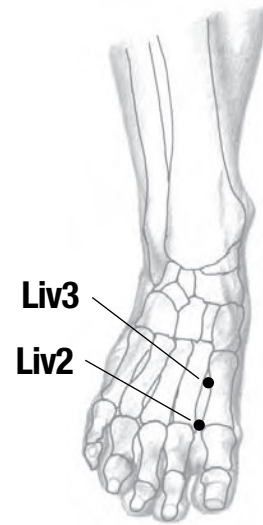
Ear Ear point (2-3 in the general area)



CONJUNCTIVITIS - EXTRA POINTS

First treat the Basic Points, then treat the following additional points:

- G14** This lies one thumb's width above the mid point of the eyebrow.
- G20** Just below the skull bone and outside the muscle bulge.
- Li4** This lies on the side of the bone which runs from the forefinger knuckle down towards the wrist.
- Liv3** This lies in between the tendons of the big toe and the first toe, two thumb's width towards the top of the foot from the web.
- S36** This lies three thumb's width below the joint under the kneecap lying on the outer side of the knee. One finger's width back from the sharp edge of the shin bone.
- Yintang** This lies directly between the eyebrows, just above the bridge of the nose.
- Ear** Ear point (2-3 in the general area)





GLAUCOMA - EXTRA POINTS

First treat the Basic Points, then treat the following additional points:

G20 Just below the skull bone and outside the muscle bulge.

K3 This lies midway between the tip of the inner ankle bone and the achilles tendon (in the hollow)

Lj4 This lies on the side of the bone which runs from the forefinger knuckle down towards the wrist.

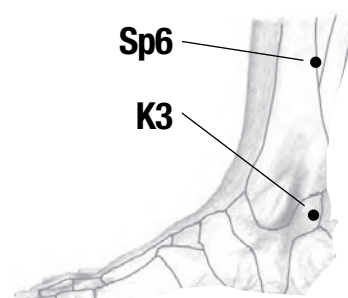
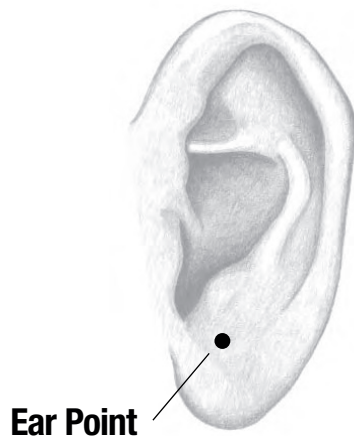
Liv2 This is one finger's width up from the web between the big toe and the second toe tendons.

Liv3 This lies in between the tendons of the big toe and the first toe, two thumb's width towards the top of the foot from the web.

S36 This lies three thumb's width below the joint under the kneecap lying on the outer side of the knee. One finger's width back from the sharp edge of the shin bone.

Sp6 This lies one hand's width (four fingers) up from the inner ankle joint. It lies just behind the tibia bone at this point.

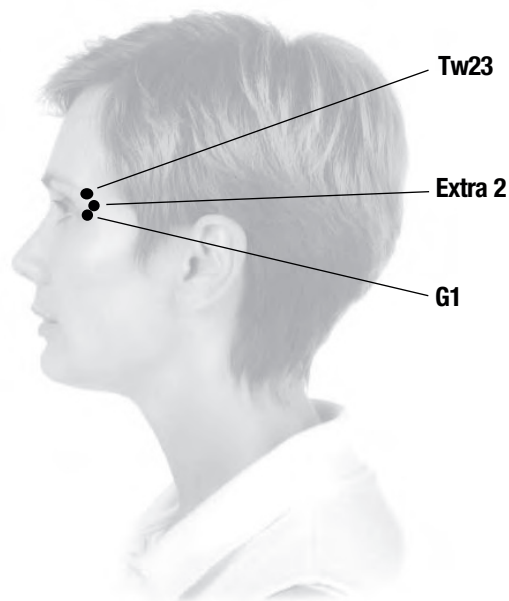
Ear Ear point (2-3 in the general area)



SQUINT - EXTRA POINTS

First treat the Basic Points, then treat the following additional points:

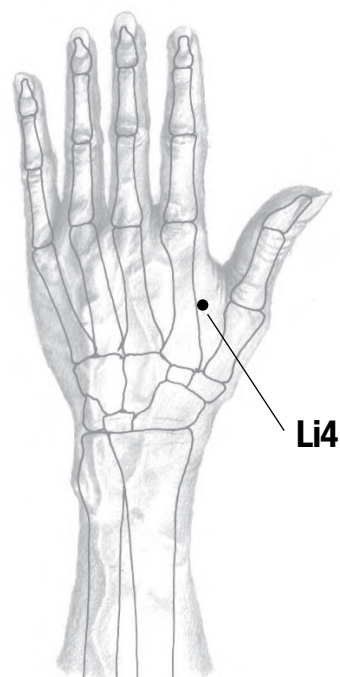
- G1** This lies half a finger out from the outer corner of the eye
- G20** Just below the skull bone and outside the muscle bulge.
- Li4** This lies on the side of the bone which runs from the forefinger knuckle down towards the wrist.
- Ear** Ear point (2-3 in the general area)

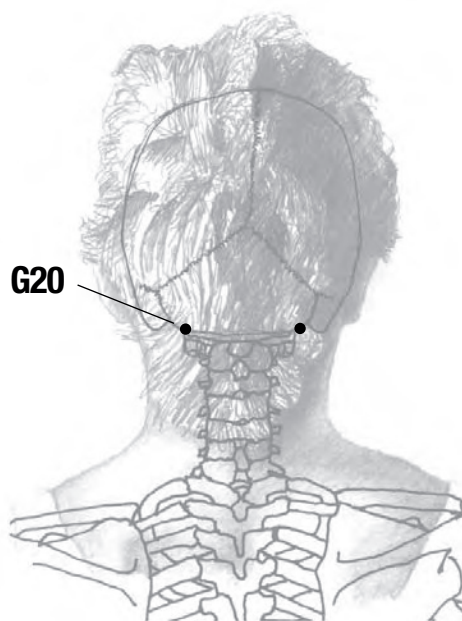
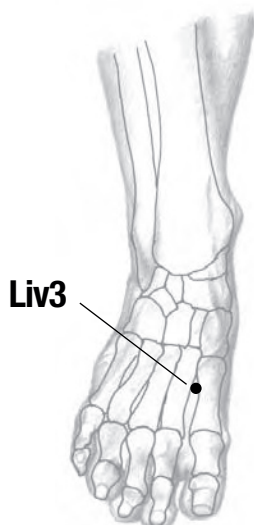
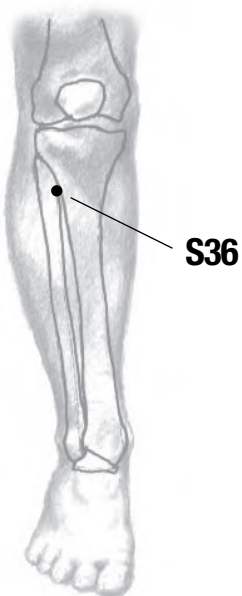
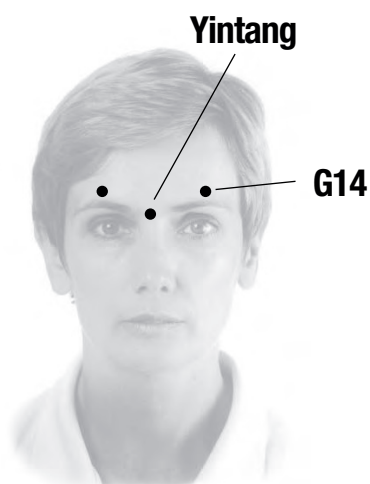


'MS' EYE PROBLEMS - EXTRA POINTS

First treat the Basic Points, then treat the following additional points:

- Extra 2** A finger behind a line drawn between the outer end of the eyebrow and the outer corner of the eye.
- TW23** This is located at the outer end of the eyebrow.
- Ear** Ear point (2-3 in the general area)





FLOATERS - EXTRA POINTS

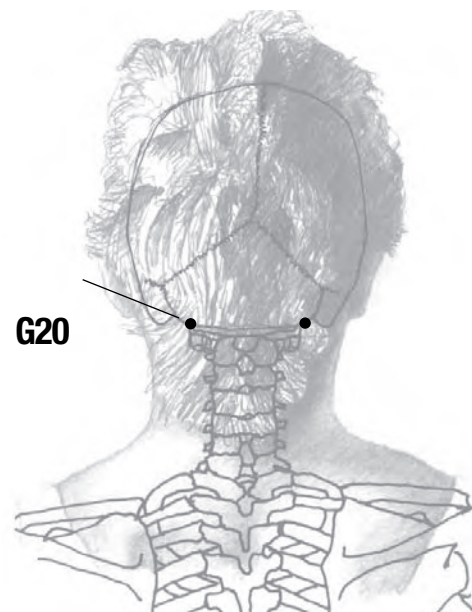
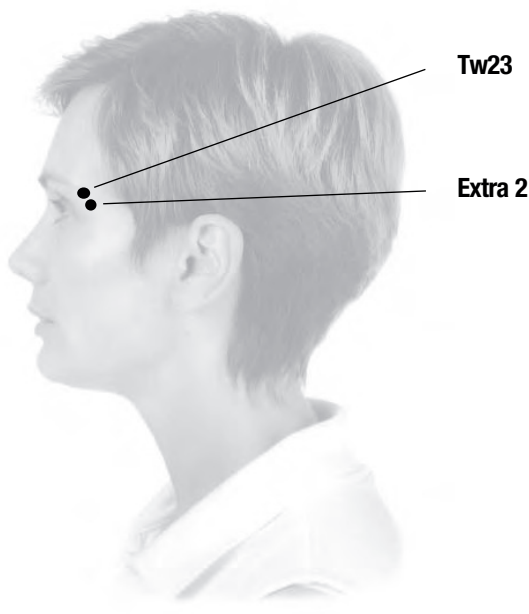
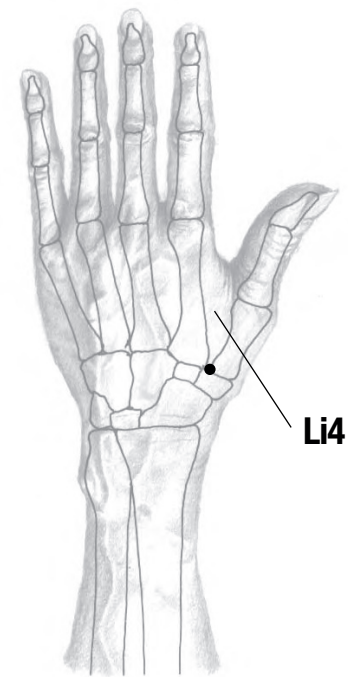
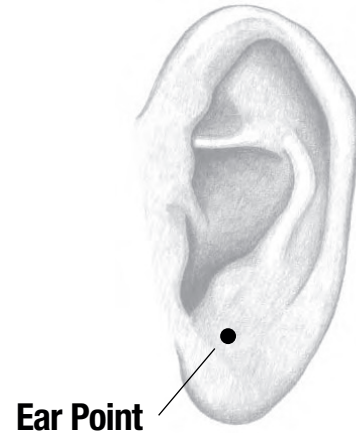
First treat the Basic Points, then treat the following additional points:

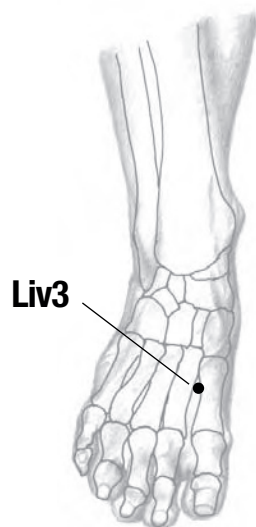
- G14** This lies one thumb's width above the mid point of the eyebrow.
- G20** Just below the skull bone and outside the muscle bulge.
- Li4** This lies on the side of the bone which runs from the forefinger knuckle down towards the wrist.
- Liv3** This lies in between the tendons of the big toe and the first toe, two thumb's width towards the top of the foot from the web.
- S36** This lies three thumb's width below the joint under the kneecap lying on the outer side of the knee. One finger's width back from the sharp edge of the shin bone.
- Yintang** This lies directly between the eyebrows, just above the bridge of the nose.
- Ear** Ear point (2-3 in the general area)

COMPUTER EYE SYNDROME - EXTRA POINTS

First treat the Basic Points, then treat the following additional points:

- G14** This lies one thumb's width above the mid point of the eyebrow.
- G20** Just below the skull bone and outside the muscle bulge.
- Li4** This lies on the side of the bone which runs from the forefinger knuckle down towards the wrist.
- Liv3** This lies in between the tendons of the big toe and the first toe, two thumb's width towards the top of the foot from the web.
- S36** This lies three thumb's width below the joint under the kneecap lying on the outer side of the knee. One finger's width back from the sharp edge of the shin bone.
- Yintang** This lies directly between the eyebrows, just above the bridge of the nose.
- Ear** Ear point (2-3 in the general area))





DRY EYES - EXTRA POINTS

First treat the Basic Points, then treat the following additional points:

- G14** This lies one thumb's width above the mid point of the eyebrow.
- G20** Just below the skull bone and outside the muscle bulge.
- Li4** This lies on the side of the bone which runs from the forefinger knuckle down towards the wrist.
- Liv3** This lies in between the tendons of the big toe and the first toe, two thumb's width towards the top of the foot from the web.
- S36** This lies three thumb's width below the joint under the kneecap lying on the outer side of the knee. One finger's width back from the sharp edge of the shin bone.
- Yintang** This lies directly between the eyebrows, just above the bridge of the nose.
- Extra 2** A finger behind a line drawn between the outer end of the eyebrow and the outer corner of the eye.
- TW23** This is located at the outer end of the eyebrow.
- Ear** Ear point (2-3 in the general area))

3. Water Data Sheet

I wrote earlier that water is one of the three essential components of maintaining life and good health. This is born out by the fact that you can only live a few days without water (or water containing food).

I guarantee you are not drinking enough. Many natural health practitioners have found that a major part of the epidemic of degenerative diseases is dehydration from not drinking enough water. Water helps all the major organs to function more efficiently. The kidneys, liver, lymphatic system, arteries and veins all need adequate supplies of water to work at their optimum.

One of the most notable side effects of drinking 12 glasses of water a day is your skin, which is about 70% water. You will get complimented often on your skin when you increase your intake of water. Watch the cells plump up and wrinkles disappear... really! Headaches will also be reduced dramatically.

According to Dr. Susan Shireffs, of the Biomedical Services Department at Aberdeen University “By the time you are thirsty, you are already dehydrated. Even small levels of dehydration can cause headaches, lethargy, an overall lack of alertness and changes in mood.”

So how can you tell if you are dehydrated? One way is by checking your urine. If it's bright yellow then you're probably dehydrated. Once you are rehydrated, it will become very pale and clear. Results, however, depend upon the quality of the water you consume. I'd suggest staying away from, or at least cutting down on, fizzy drinks. All those little bubbles are carbon dioxide, and I am sure we can all remember how photosynthesis works. We expel the carbon dioxide while breathing out, as it's poison to the body. So why do we choose to put it back in again in the form of carbonated drinks? Probably because we didn't know any better... but we do now!

Fizzy drinks like cola not only dehydrate you, but may also contain around eight cubes of sugar per can—even worse are the diet colas with huge amounts of chemicals like aspartame...UGH! Steer clear of these if you want good health.

We are walking around dehydrated... just think of a dried prune, and you've got the picture! Muscles store about 16% of our water, so no wonder they are not able to function when dehydrated. They become flabby and soft and find it harder to hold the skeleton in its correct position. Once we have rehydrated our muscles, you may be surprised to see your posture change, as they are now able to hold the skeleton in place much more easily. This is where you often find that backache, and general aches and pains disappear.

The brain too, is mostly water, and dehydration shows as poor memory, inability to think quickly, and a general sluggish thought process. All of these symptoms are much improved by drinking lots more water—lots more than you think you need. Remember, we have to rehydrate first. It's interesting to note that the Hypothalamus, the master of the endocrine system, houses both the receptors for thirst and hunger close together, so often these signals get confused. When we think we are hungry, we may in fact be thirsty and a glass of water will do the trick. The secret is not to wait until you feel thirsty, as by that point your body is telling you that you are already dehydrated.

You need to drink more water. Tea, coffee, juices, and specifically soft drinks, cannot be classified as water. Only water is water (and do not drink it regularly iced or chilled). The very best water in a clean

natural environment is rainwater. If you have ever washed your hair in rainwater you will know what I mean. The other recommendations are listed below.

How Much to Drink? If you are not traveling and have regular access to the bathroom then the following is ideal:

- Drink 1 pint immediately on waking up in the morning. Do not eat or drink anything else for 30-60 minutes. If you are suffering from constipation (defined as less than 2 bowel movements per day) then make this 2 pints for a week and then try just 1 pint.
- Do not drink liquid with meals, as this will dilute your digestive juices. Then, to help your digestion even more, try to wait 30 minutes before you have a drink after your meal. The rest of the day drink 1 glass (1/2 pint) every waking hour until 7pm. This should be 10-12 glasses per day, as well as the first pint. If you have bladder or prostate problems, this water is even more important and you should also call the “helpline” for the action plan to solve that problem urgently.

The best available water filter that can be plumbed in is the “Reverse Osmosis” filter. These also come as a counter-top unit and are the least difficult to look after.

Another good water filter is a water distiller. These come in two forms: the counter top, 1 gallon Distiller and a plumbed-in unit that fits in a cupboard. Both are only obtainable from specialist suppliers.

The next best filter is the carbon block filter or ceramic block filter. Both of these are normally plumbed-in but can come as “counter top” units that you fill up.

The most common of the “counter top” filters is the Jug filter that can be bought at most health stores or chemists. These are the best (except for determined health participants). I really do recommend that you start with one of these and move on to the other options when you have established your action plan for good health. The downside of it is that the filter needs changing every 2-4 weeks to remain effective. You can always keep this as a travel filter.

Unfortunately, most tap water does not meet EPA regulations and, even after using a water filter, traces of poisons such as aluminum, lead, cadmium, iron, arsenic and nitrates are still likely to be there. Anna Selby, the author of “H2O: Healing Water for Mind and Body” states that about 800 chemicals have been found in drinking water.

The best way to filter your water is by fitting a filtering system that purifies your tap water and removes impurities including minerals, fluoride, e-coli bacteria and nitrates. A portable water filter does filter out the worst of the bacterial contaminants and is better than tap water—just remember to change the filter regularly.

When you are out traveling, bottled “still” water is acceptable as a temporary substitute. Important note—if your tap water comes from underground wells (water company or private), then you should seriously look at a good filter as the inorganic minerals can cause problems. If you are determined to go with the tap water, then fill a jug with boiling water and leave it to stand for an hour before using it to allow the chlorine to evaporate. Try not to drink it from the tap.

4. Foods & Recipe Data Sheets

After taking a few extra nutrients, such as Lutein and Multi Vitamins and Minerals, you will soon notice the difference in your eyes and how well you feel. Then you may be convinced that you need to look at your food to also help in your health recovery plan. What can you do?

There are a number of problems to overcome:

1. The fact is that the food we eat is low in the correct nutrients for your eye.
2. Even if you have enough, that nutrition may be blocked from being absorbed by eating too many starchy foods.
3. Your digestive system almost certainly does not function as well as it did when you were younger, which will stop absorption of the nutrients.
4. You are not getting enough digestive enzymes to digest and assimilate your food (remember a 70 year-old has only 20% of the enzymes compared to a 20 year-old).
5. Genetically, we may be incapable of absorbing the essential nutrients (which is why our plan works for those who have been told their problem is genetic).

What is the answer?

A: Low nutrient foods—all foods are now low in nutrients and this can only be solved by taking extra nutrition as detailed in this book. All nutrients detailed in this book have been proven in clinical use, as well as clinical studies. An example is Lutein Liposomal formula, which bypasses the digestive tract and enters the bloodstream under the tongue, reaching the eyes within a few minutes. No matter how bad your digestive tract, Lutein will always be available to your eyes.

B: Grains, cereals, and other starchy foods, such as potatoes, are not natural healthy foods for humans (or animals). Eaten to excess, they have been proven in scientific studies to be a factor in poor health and the low uptake of nutrients. This also provides the perfect breeding ground for unfriendly bacteria and yeast in the intestines. As well as blocking nutritional uptake, damaging your eye cells through Glycation and replacing real food in your diet, they also cause the friendly bacteria that reside in your intestines to die off as the unfriendly bacteria increases. Friendly bacteria are called Probiotics, and they ensure that your intestines can deal with any food poisoning and manufacture B vitamins. They also help the uptake of various nutrients, especially the amino acid, Taurine, that are essential for healthy eyes and brain. You will need to re-establish your friendly flora, and you can read about this in the “Other Nutrients,” Section 6. You will improve your chances of regaining your eyesight by cutting out all grains, cereals, potatoes, and other starchy foods for a few months, until you have recovered your health. Later, you can include a small amount of wholegrains in your diet. I know this is the most difficult change covered in this book, but I cannot over-stress that the benefits will be worth it. You will lose all excess fat, start to build lean muscle, every part of your body will reverse its premature aging process, and you will feel more energetic.

C: Everyone is aware that their digestive system is the source of good health, yet very few people (or doctors) pay it much attention. A few tips are:

- a: Drink a small glass of Apple Cider vinegar before each meal to stimulate your digestive juices.
- b: As well as cutting down on grains and cereals, cut down dairy products and meat (replace meat with various fish dishes)

- c: Take Digestive Enzymes (see Other Nutrients in Section 6)
- d: Do not drink liquid just before or after your meals.
- e: Chew each mouthful of food at least 20 times (or blend if you have difficulty chewing).
- f: Take longer to eat your meal, and eat only when relaxed.
- g: Eat three meals every day, and only eat fruit between meals.

D: No food will be digested without Enzymes; no food will be assimilated without enzymes. Many natural practitioners just prescribe enzymes, water, and nutrition, and health recovery follows very quickly. If you cannot bear to eat your food raw, then you can only digest and assimilate it with additional enzymes taken before each meal.

E: When we eat a large amount of grains and cereals we do not realize we are missing out on foods that contain high levels of nutrients—there are very few nutrients (proportionately) in grains and cereals that are not found in real foods, as well as many more. What are real foods? Vegetables (mainly plants, with only a few root vegetables, as these may be high in starch), fruits, nuts, seeds, and beans. An example is the following list that shows the amount of Lutein per serving. There is none in grains and cereals.

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

Include kale and a selection every day in your diet. See “Eyesight Soup” later in this section.

I explained earlier that excess glucose in the bloodstream causes Glycation. This is where the body’s cells are damaged by this excess glucose and, unless you are a marathon runner, you will almost certainly be overdosing on glucose if you eat the standard amount of carbohydrates and starchy foods that has become the habit in the modern diet.

Where do we get this excess glucose? The foods that cause this unhealthy rise in glucose are called High Glycemic foods.

Glycemic Index

The Glycemic Index (G.I.) is a numerical system of measuring how fast a carbohydrate triggers a rise in circulating blood sugar—the higher the number, the greater the blood sugar response. So a low G.I. food will cause a small rise, while a high G.I. food will trigger a dramatic spike. A list of carbohydrates with their Glycemic values is shown on the following pages. The list is ordered by the G.I., which makes it easy to locate high or low G.I. foods. Except as noted, each of the G.I. values shown is based on around 80 studies in the professional literature referenced in the G.I. Factor.

There are two Glycaemic indexes, based on:

1. White bread = 100 or
2. Glucose = 100.

The fact that there are two glycaemic indexes is confusing. I have shown the **Glucose Index**.

Scientists fed 50 grams of glucose to their test subjects. They saw that this amount of glucose raised their subjects' blood glucose to a certain level. They called that level 100, which became the base of the index. Then they tested their subjects with other foods. If, for example, one of those foods raised their test subjects' blood glucose level 70 percent as much on average as the glucose did, then they assigned an index of 70 to that food. And so on with other foods tested.

Try to substitute foods that are lower on the list for the higher Glycemic foods that you have been eating up till now. **OBVIOUSLY, THE LOWER THE BETTER**—in my opinion, less than 45 would be ideal.

DIABETES – By eating the low Glucose Index foods, you will also avoid or reverse Type 2 diabetes.

Food Type	Glycaemic Index	Warning
Fruits - Nopal prickly pear cactus	7	✓
Beans/Pulses/Grains - Lentils, green, canned	8	✓
Beans/Pulses/Grains - Soya beans, canned	14	✓
Yoghurt - Sheep's milk	14	✓
Nuts - Peanuts	15	Contains Fungus
Beans/Pulses/Grains - Soya beans	18	✓
Beans/Pulses/Grains - Rajmah (red kidney beans)	19	✓
Rice Bran	19	✓
Eggs (Organic)	20	Only naturally fed
Nuts - Almonds	20	✓
Nuts - Brazil Nuts	20	✓
Nuts - Pine Kernels	20	✓
Nuts - Walnuts	20	✓
Vegetables - Alfalfa Sprouts Etc,	20	✓
Vegetables - Dandelion Leaves	20	✓
Vegetables - Garlic	20	✓
Vegetables - Kale	20	✓
Vegetables - Lambs Lettuce	20	✓
Vegetables - Mushrooms	20	✓
Vegetables - Peas Mangtout	20	✓
Vegetables - Peas Petit Pois	20	✓
Vegetables - Peas Sugar-Snaps	20	✓
Fruits - Cherries	22	✓
Vegetables - Peas Dried	22	✓
Vegetables - Seaweed (Wakame, Noni, Etc)	22	✓
Vegetables - Fennel	23	✓
Sweets Milk, chocolate, artificially sweet	24	Never
Vegetables Beans Runner	24	✓
Breads—Sprouted Bread (Sunnyvale)	25	✓
Bread - Sprouted Organic Wheat Grass Bread	25	✓
Fruits - Bilberry	25	✓
Fruits - Blackberry	25	✓
Fruits - Grapefruit	25	✓

Fruits - Raspberries	25		✓✓
Fruits - Rhubarb	25		✓✓
Quorn	25	Not too much	✓✓
Vegetables - Root Radish	25		✓✓
Vegetables - Artichokes	25		✓✓
Vegetables - Asparagus	25		✓✓
Vegetables - Aubergines	25		✓✓
Vegetables - Bamboo Sprouts	25		✓✓
Vegetables - Broccoli	25		✓✓
Vegetables - Brussels Sprouts	25		✓✓
Vegetables - Cabbage Green	25		✓✓
Vegetables - Cabbage Savoy	25		✓✓
Vegetables - Cabbage White	25		✓✓
Vegetables - Cauliflower	25		✓✓
Vegetables - Celery	25		✓✓
Vegetables - Chillies	25		✓✓
Vegetables - Chinese Leaves	25		✓✓
Vegetables - Chives	25		✓✓
Vegetables - Courgettes	25		✓✓
Vegetables - Cucumber	25		✓✓
Vegetables - Curly Kale	25		✓✓
Vegetables - Lettuce	25		✓✓
Vegetables - Onions	25		✓✓
Vegetables - Sorrel	25		✓✓
Vegetables - Spinach	25		✓✓
Vegetables - Spring Onion	25		✓✓
Vegetables - Vine Leaves	25		✓✓
Vegetables - Leeks	26		✓✓
Pasta Spelt - Hemp oil enriched	27		✓✓
Vegetables - Endives	27		✓✓
Vegetables - Okra	27		✓✓
Fruits - Strawberries	28	Only in season	✓✓
Quorn/Tofu - Sausages	28	Only occasionally	✓✓
Beans/Pulses/Grains - Kidney beans	29		✓✓
Gooseberries	29		✓✓
Beans/Pulses/Grains - Spelt	30		✓✓
Bengal gram dal (chana dal)	30		✓✓
Breads Būrgen Oat Bran & Honey Loaf	30		✓✓
Cheese - Feta (unpasteurized)	30		✓✓
Cheese - Goats (unpasteurized)	30		✓✓
Fish - Cod	30	Not farmed	✓✓
Fish - Collee	30	Not farmed	✓✓
Fish - eel	30	Not farmed	✓✓
Fish - Haddock	30	Not farmed	✓✓
Fish - Kippers	30	Not farmed	✓✓
Fish - Mackerel	30	Not farmed	✓✓
Fish - Plaice	30	Not farmed	✓✓

Fish - Salmon (wild or Organic)	30	Not farmed	✓
Fish - Sardines	30	Not farmed	✓
Fish - Shellfish	30	Not farmed	✓
Fish - Trout	30	Not farmed	✓
Fish - Tuna	30	Not farmed	✓
Fruits - Avocado	30		✓
Soy Products Soy - Milk	30	Not babies	✓
Soy Products - Tofu	30		✓
Vegetables - Beans Mung	30		✓
Vegetables - Peppers - Red/Green/Yellow	30		✓
Fruits - Dried Apricots, dried	31		✓
Beans/Pulses/Grains - Lima beans, baby, frozen	32		✓
Beans/Pulses/Grains - Millet	32		✓
Goats Milk, skimmed	32		✓
Spreads Chocolate spread	32	Occasionally	✓
Sweets - Mars M&Ms (peanut)	32	Contains Fungus	✓
Vegetables - Split peas, yellow, boiled	32		✓
Beans/Pulses/Grains - Chickpeas	33		✓
Yoghurt - Goats milk	33		✓
Cheeky yam	34		✓
Sweets Milk, chocolate, sugar sweetened	34	Never Artificial	✓
Beans/Pulses/Grains - Black beans	35		✓
Beans/Pulses/Grains - Black Gram	35		✓
Beans/Pulses/Grains - Black bean seed	35		✓
Beans/Pulses/Grains - Black-eyed beans	35		✓
Beans/Pulses/Grains - Broad beans	35		✓
Beans/Pulses/Grains - Brown beans (Mexican)	35		✓
Beans/Pulses/Grains - Brown beans	35		✓
Beans/Pulses/Grains - Buckwheat	35		✓
Beans/Pulses/Grains - Bulgur Wheat	35		✓
Beans/Pulses/Grains - Butter beans	35		✓
Vegetables - Root Comfrey	35		✓
Vegetables - Root Kohlrabi	35		✓
Vegetables - Beans French	35		✓
Vegetables - Beans Green	35		✓
Vegetables - Tomatoes	35		✓
Vegetables - Water Chestnuts	35		✓
Vegetables - Watercress	35		✓
Beans/Pulses/Grains - Lima beans broth	36		✓
Yoghurt - unspecified	36		✓
Fruits - Pear, fresh	37		✓
Pasta - Spaghetti, wholemeal	37	Gluten and fungus	✓
Beans - Baked (Whole Earth Organic, Sugar Free)	38		✓
Beans/Pulses/Grains - Green gram (Mung beans)	38		✓
Beans/Pulses/Grains - Haricot/Navy beans	38		✓
Fish fingers	38	Only occasional	✓
Fruits - Apple	38		✓

Soups - Tomato Soup	38		✓
Soups - Vegetables & Beans HomesMade	38		✓
Beans/Pulses/Grains - Pinto beans	39		✓
Breads - Barley kernel bread	39		✓
Fruits - Plum	39		✓
Vegetable - Marrowfat Peas, dried	39		✓
Fruits - Damsons	40		✓
Fruits - Dried Apple	40		✓
Fruits - Dried Prunes	40		✓
Vegetables - Baby Sweet corn Whole	40		✓
Vegetables - Marrow	40		✓
Beans/Pulses/Grains - Chickpeas, curry, canned	41		✓
Fruits Juice - Apple juice	41		✓
Beans/Pulses/Grains - Chickpeas, canned	42		✓
Breakfast Cereals - All-bran	42		✓
Fruits - Peach, fresh	42		✓
Bengal gram dal with semolina	43		✓
Breads - Barley chapatti	43		✓
Puddings - Custard	43		✓
Sweets - Mars Twix Cookie Bars (caramel)	43	Occasional	✓
Fruits - Orange	44		✓
Fruits - Pear, canned	44		✓
Soups - Lentil soup, canned	44		✓
Sweets - Mars Chocolate	44	Occasional	✓
Vegetables - Root Sweet potato	44		✓
Vegetables - Root Turnip	44		✓
Beans/Pulses/Grains - Pinto beans, canned	45		?
Fruits - Figs	45		?
Yoghurt - Yakult (fermented milk)	45		?
Beans/Pulses/Grains - Romano beans	46		?
Fruit Juices - Pineapple juice	46		?
Fruits - Grapes	46		?
Lactose	46		?
Soups - Black bean soup	46		?
Fruits - Peach, canned	47		?
Fruit Juices - Grapefruit juice	48		?
Vegetables - Peas, green	48		?
Breakfast Cereals - Porridge (oatmeal)	49		?
Sweets - Chocolate 30 grams	49	Occasional	?
Vegetables - Root Carrots	49		?
Breads - Pumpernickel	50		?
Puddings - Ice cream, low fat	50		?
Horse gram	51		?
Vegetables - Yam	51		?
Beans/Pulses/Grains - Kidney beans, canned	52		?
Fruit Juices - Orange juice	52		?
Fruits - Kiwi fruit	53		?

Beans/Pulses/Grains - Lentils, red	54	?
Fruits - Banana	54	?
Snacks - Potatoes Crisps	54	?
Vegetables - Root Swede	54	?
Biscuits - Oatmeal cookies	55	?
Biscuits - Rich Tea cookies	55	?
Cereal Sweetcorn	55	?
Fruits - Fruit Cocktail (tin)	55	?
Rice - Brown	55	?
Snacks - Popcorn	55	?
Vegetables - Sweetcorn	55	?
Breakfast Cereals - Muesli	56	?
Fruits - Mango	56	?
Fruits - Sultanas	56	?
Vegetables - Root Potatoes white	56	?
Breads - Pita bread, white	57	?
Fruits - Apricots, fresh	57	?
Rice - Wild	57	?
Vegetables - Root Potatoes new	57	?
Cereal - Rice Basmati	58	?
Fruits - Paw Paw	58	?
Rice - Basmati rice	58	?
Rice - Vermicelli	58	?
Rice - White	58	?
Spreads - Honey	58	?
Beans/Pulses/Grains - Barley, cracked	60	?
Beans/Pulses/Grains - Barley, pearled	60	?
Breads - Pizza, cheese	60	?
Soups - Split pea soup	60	?
Biscuits - Muesli Bars	61	?
Breads - Barm Cake bun	61	?
Sweets - Mars Whole Grain Bars (choc chip)	61	?
Vegetables - Root Potatoes canned	61	?
Breads - Maize chapatti	62	?
Green gram dal with semolina	62	?
Vegetables - Root Potatoes Prince Edward	63	?
Beans/Pulses/Grains - Lentils, green	64	?
Biscuits - Shortbread biscuits (2)	64	?
Breads - Rye flour bread	64	?
Fruits - Apricots, canned, syrup	64	?
Fruits - Raisins	64	?
Pasta - Macaroni and Cheese	64	?
Vegetables - Beets	64	?
Beans/Pulses/Grains - Couscous	65	?
Cereal - Couscous	65	?
Fruits - Melon (Cantaloupe, Honeydew, Galia)	65	?
Vegetables - Root Potatoes steamed	65	?

Beans/Pulses/Grains - Barley, rolled	54	X
Drinks - Cordial, orange	66	X
Fruits - Pineapple	66	X
Soups - Green pea soup, canned	66	X
Breads - Croissant	67	X
Breakfast Cereals - Grapenuts	67	X
Gnocchi	67	X
Breads - Crumpet	69	X
Breads - Ryvita	69	X
Breads - Wholemeal	69	X
Breakfast Cereals - Shredded Wheat	69	X
Beans/Pulses/Grains - dried, P. Vulgaris	70	X
Breads - Melba toast	70	X
Breads - White	70	X
Breads - White Bread (1 Slice)	70	X
Breakfast Cereals - Weetabix (2)	70	X
Fruits - Banana, unripe, steamed 1 hr.	70	X
Vegetables - Root Potatoes mashed	70	X
Biscuits - Water Biscuits (5)	71	X
Breads - Wheat bread, white	71	X
Breakfast Cereals - Sultana Bran	71	X
Cereals - Millet	71	X
Breads - Bagel, white	72	X
Fruits - Watermelon	72	X
Vegetables - Root Swede	72	X
Vegetables - Root Potatoes boiled, mashed	73	X
Breads - Bread Stuffing	74	X
Breads - Wholewheat bread	74	X
Breakfast Cereals - Cheerios	74	X
Breakfast Cereals - Puffed Wheat	74	X
Snacks - Corn chips	74	X
Corn Bran	75	X
Vegetables - Root Potatoes Chips (French Fries)	75	X
Vegetables - Pumpkin	75	X
Breakfast bars	76	X
Breakfast Cereals - Waffles	76	X
Cakes - Donut	76	X
Biscuits - Vanilla Wafer Biscuits (6)	77	X
Breakfast Cereals - Coco pops	77	X
Jowar	77	X
Rice Cakes	77	X
Breads - Wheat bread, Wonder white	78	X
Green gram dal + paspalum scorbic.	78	X
Biscuits - Morning Coffee cookies	79	X
Sweets - Jelly beans	80	X
Breads - Puffed Crispbread	81	X
Puddings - Tapioca, boiled with milk	81	X

Snacks - Pretzels	81	X
Breakfast Cereals - Rice Krispies	82	X
Vegetables - Root Potatoes microwaved	82	X
Breakfast Cereals - Cornflakes	83	X
Vegetables - Root Potatoes instant	83	X
Vegetables - Root Potatoes baked	85	X
Breads - gluten free	90	X
Breads - Wheat bread, gluten-free	90	X
Rice - Bubbles	90	X
Rice - Instant, boiled 6 min	90	X
Spreads Jams and marmalades	91	X
Rice Pasta - brown	92	X
Breads - French baguette	95	X
Drinks - Lucozade	95	X
Drinks - Glucose	96	X
Vegetables - Root Parsnips	97	X
Glucose tablets	102	X
Fruits - Dates	103	X
Maltodextrin	105	X
Maltose	105	X
Puddings - Tofu frozen desert, non-dairy	115	X
Tofu Ice cream	123	X

Meal Ideas

Examples of recipes that include really high nutrient food, with low Glycemic numbers are at the end of this section.

Important Note: Do not microwave your food nor overheat. This will kill the enzymes that are vital for your good health.

Breakfast Ideas

- EyeSight Soup™ (See recipe later)
- Organic Eggs—Boiled, Poached (on spinach) Scrambled, with tomatoes, mushrooms and/or vegetable omelettes (no cheese).
- Occasional Porridge with Soya or skimmed Milk.
- Fresh Fruit salad—with Soya yogurt etc. (check previous table for low glycaemic fruits)
- Kippers and Tomatoes

Replace flour bread with Sprouted Wheat bread.

Lunch Ideas

- EyeSight Soup™ (at least once per day)
- Salads—Greek Salad, Avocado Salad, Salad Nicoise (no potatoes), Fish salad (Tuna, Herring, Salmon, Pilchards, or Sardines), or 3 Bean Salad. (Note: do not fill up on lettuce, consider instead, red/green/yellow peppers, onions, tomatoes, garlic, etc.).

- Sugar-free, organic baked beans, mushrooms and tomatoes etc.
- Raw veggie sticks with hummous or similar.
- Leftover food from previous night.

Evening Meal Ideas

- Vegetables - Stir-fried, Steamed, Flash-Boiled, Oven Roasted in olive oil.
- Tofu Chunks once or twice per week.
- Add Fish - (oily fish Salmon (not farmed unless organic), Sardines, Mackerel, Trout and Eel at least 3-4 times per week) in place of meat. Haddock and Cod etc, do not contain high enough levels of EPA and DHA to count.
- Meat once or twice per week.
- Potatoes once per week.
- Baked sweet potatoes twice per week.
- Vegetable Curry with Bean curry (Chickpea Dahl) etc. (if absolutely necessary, include very small amount of rice).
- Vegetable Chilli.
- Fish and Vegetable Stew.

“

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

Mrs. Ellis

”

Recipes

EyeSight Soup



Eat it most days at breakfast, lunch or evening meal.

Make enough to last for 3-4 days if you have room to keep it in the fridge. One idea is to put each day's soup into non-plastic containers, which may fit more easily into the fridge.

Vegetable Ideas (Choose 5-6 vegetables, only include 1-2 root vegetables).

Kale (important)	Red & Yellow Peppers	Carrots	Purple broccoli
Peas	Spinach	Broccoli	Cabbage
Green beans	Brussels Sprouts	Spring greens	Cauliflower
Asparagus	Watercress	Seaweed (<i>Noni, Kelp, Wakame etc.</i>)	

Plus

Onions (lots of)

Celery

Garlic

Tinned Tomatoes

Tinned Beans (Choose 2-3 types, e.g Haricot, Soya beans, kidney beans, Chickpeas, Ballotti, Lentils, Black Eyed beans. (all tinned, sugar-free, ready to use or dried and cook your own) etc.

Rock Salt / Celtic Sea Salt / Seasoning

Vegetable Stock Cube

Oil

Cooking

1. Put 2 tablespoons of oil in a large pan, chop onion, carrots and celery. Cook for approximately 5 minutes.
2. Add rest of chopped vegetables, tinned tomatoes and boiling water plus the vegetable stock cube and minced garlic.
3. Simmer for 5-10 minutes, until just cooked.
4. Remove from heat and then blend to suit your taste.
5. Return to pan and add pulses and beans.
6. Allow to cool and refrigerate in containers or pan.

Make enough to last 4-5 days if kept in fridge. It can be frozen, if necessary.

Fish and Vegetable Stew



Eat it 1-3 times per week with different fish.

Make enough to last for 1-2 meals, if you have room to keep it in the fridge (or longer in freezer). One idea is to put each day's meal into non-plastic containers, which may fit more easily into the fridge.

Ingredients Suggestions;

Kale (important)

Red & Yellow Peppers

Seaweed (*Noni, Kelp, Wakame etc.*)

Green beans Broccoli

Spinach

Sweet Potato

Cabbage

Muscles, Salmon (not fish-farmed)

Coley, Sole

Prawns, Mackerel

Clams, Any fish to taste

Plus

Rock Salt / Celtic Sea Salt

Garlic

Tinned Tomatoes

Tomato Puree

Seasoning

Vegetable Stock Cube

Oil

Cooking

1. Heat 2 tablespoons of oil in a large pan.
2. Fry onions for 2 minutes then take onion out leaving oil in.
3. Add diced fish to the oil and fry on high heat for 2 minutes to seal the fish.
4. Add the cooked onion and then the rest of the chopped vegetables.
5. Add Tomatoes, seasoning, minced garlic and stock (water) to taste.
6. Bring to boil, then reduce heat to gently simmer for 20-30 minutes.
7. Add any prawns or shellfish 5 minutes before end. (you can keep all of the previously cooked fish out until this point if you prefer chunkier pieces.)

5. Oxygen And Exercise Data Sheet

The most important element of life is Oxygen.

Eighty percent of all the energy in the body comes from oxygen, with the remaining 20% coming from fats and glucose. Just a few minutes without it means certain death or brain damage. A shortage of oxygen in our cells means we do not have enough physical and mental energy, (your brain takes 25% of all the available oxygen), our cells would not have enough energy to regenerate properly, and we leave ourselves open to infections and cancer. Oxygen does a fabulous job—when we get enough of it. Although it is very volatile and can (metaphorically) set our body on fire with free radicals, as long as we eat lots of vegetables and fruit that contain the famous antioxidants, everything can work in harmony.

Why do we not get enough Oxygen?

- Poor Breathing
- Sedentary Life
- Pollution
- Emotional stress or possibly from trauma
- Infections

In a nutshell:

- If we do not have enough oxygen in our body we degenerate rapidly.
- If we do not have enough vegetables and fruits in our diet to provide antioxidants to keep the oxygen-free radicals in check, we can degenerate rapidly.

The answer is simple, get more oxygen and eat more fruit and vegetables.

How do we get more Oxygen?

There are two things we need to do to improve available oxygen to our cells.

1. Breathing better

It seems so simple, but the fact remains that you almost certainly breathe from your chest instead of from your diaphragm. Those of you who have had singing training will know immediately what I am talking about. If I asked you to take a deep breath many people would immediately fill their chests with air and shoulders would rise. This is the wrong way to get more air into your body. The way to practice correct breathing is to take a deep breath and fill your diaphragm (or tummy) and then fill your chest. Hold this for the count of four and then exhale pulling your tummy in and underneath your rib cage. Hold it there for the count of four and then inhale.

You would take in 3 times more air (and 3 times more oxygen) than breathing into your chest and get a better balance of carbon dioxide. “Does it matter?” I hear you say. Well yes; if you breathe into your chest, then your body will consider this to be a signal that you are under stress and put your body into a stress mode. This mode includes closing down your capillaries (making your limbs colder), closing down your digestive system and upsetting your hormones.

What went wrong with breathing?

The main reason we start to breathe into our chest is because we allow our stomach muscles to become flabby and, particularly, the inside set of muscles that are essential for breathing out—or we were stressed for so long we forgot how to relax. If you do not breathe out fully by pulling your stomach in and up underneath your rib cage then of course you cannot get new air into your lungs. It could be said specifically “that breathing out is more important than breathing in.”

Practice your new breathing lying down first on your back, with your hands on your stomach level with your navel, and feel them rise and fall as you breathe.

2. Aerobic Exercise

The second and equally important way of improving oxygen availability is to exercise aerobically. That is, just enough to get our heart beating and our lungs working. Oxygen is needed to help regenerate your cells in your eyes and the rest of your body. It is also needed as the main tool of your immune system to fight germs. Do this by building up to 15 minutes, twice a day initially for a month and then 30 minutes daily for another month, and finally 45 minutes. When you exercise, do not sit down until your time is complete, even if you cannot exercise all of the time. This stops you from cutting your exercise time too easily.

Which exercise is best?

You choose what is good for you, but whatever you choose to be sure to elevate your heart rate and be active for one hour every day. Your ideal exercise should elevate your heart rate to 180 beats per minute less than your age. For example, a person of 60-years-old would have a heart rate of 120 beats per minute ($180-60=120$). Remember that it is important to keep that going for one hour every day. If you do not want to buy a heart rate monitor to measure your level of exercise, then you should exercise just enough to make it feel slightly uncomfortable. This is not the best way and you should really put a heart-rate monitor on your birthday present list.

The Best

Walking fast for 1 hour every day is the very best exercise that anyone can do. Your arms should be swinging and you should stride out as far as you can. This gets your lymphatic system working to get rid of toxins in your body. Your diaphragm and breathing will start to work in harmony, and this exercise will also strengthen your muscles. Dancing is, of course, a wonderful additional “fun exercise,” but remember it is “additional.”

2nd Best

Rebounding on a mini trampoline with a built in handrail to keep you steady. When you get stronger you can start to move your arms and legs.

3rd Best

Running on the spot and all the exercises that you did at school, e.g., jumping jacks and arm exercises.

4th Best

Swimming fast enough to make you breathless. I see many elderly people swimming breaststroke, up and down the pool, in a leisurely manner; and they think they are exercising. When they get out, they are never out of breath. What use is that? If you are not breathless, then you are not getting any extra oxygen into your body, and that is the whole point of aerobic exercise.

Note: You choose what is good for you, but whatever you choose to be sure to elevate your heart rate and be active for one hour every day. Your ideal exercise should elevate your heart rate to 180 beats per minute less than your age. For example, a person of 60-years-old would have a heart rate of 120 beats per minute (180-60=120). Remember that it is important to keep that going for one hour every day. Heart attacks are the most common reason for premature death.

What if I cannot exercise or I am immobile?

In the case of a person who has a genuine reason as to why they cannot exercise, then there are oxygen supplements that can be taken.

1. OxySorb

An enzyme derived from Seaweed that improves cell respiration and oxygen absorbance.

This is a nutritional supplement that has been the subject of many studies showing that it improves the oxygen level in the body. It is used by air travellers, flight crews, and athletic men and women. Sufferers of lung problems, such as emphysema, benefit by being able to give up their oxygen bottle.

While I really do recommend that exercise is the better way to improve the oxygen levels in the blood, if you cannot exercise then you must improve the oxygen by another method. OxySorb is a good and easy way to get that oxygen. You can read all about it in the “Other Nutrients” data sheets on the following pages.

2. Oxygen Drops

From stabilized double buffered oxygen.

These are taken in a glass of water and release oxygen into the intestines and eventually into the body.

Dynamo2 is the ONLY “stabilized oxygen” product that is DOUBLE buffered to continuously release its oxygen both in the acid environment of the stomach, and in the alkaline environment of the intestines—for improved intestinal functioning. Also offered enhanced with MSM to provide bio-available sulphur at the cellular level, to enhance immunity in the intestines. This is used worldwide, with over 1,000,000 servings sold.

Which should you take?

Try the first, and if you do not feel any great benefit, then try the second. Either way, you can get more oxygen in your body.

6. Other Nutrients Data Sheet

Probiotic14™

Benefits:

- Helps with Food allergies
- Helps with Chronic constipation
- Helps with Diarrhoea
- Helps with Chronic Fatigue Syndrome
- Helps with Prevent Herpes
- Helps with the Prevent Epstein Barr Virus
- Helps with the Cold
- Helps with 'Flu'
- Helps with Viral Infections
- Helps with Parasites
- Helps with Food Poisoning
- Helps with Fungus
- Improves uptake of Taurine (for eyes and brain)

Probiotic14™ plays a critical role in digesting undigested protein and other foods.

Lactobacillus acidophilus is a normal inhabitant of the intestinal tract and the most numerous of the lactobacilli. It is considered to be the most beneficial lactobacillus in the intestine. Some of the beneficial effects attributed to *Lactobacillus acidophilus* are: cholesterol reduction, inhibition of undesirable bacteria, improved lactose intolerance, reduced carcinogen production, and improved immune response.

Bifidobacterium bifidum is the natural component in the small intestine and is the predominant bacteria in the intestine of breast-fed infants. It is also part of the intestinal bacteria in adults. It produces acetic and lactic acid and may keep the pH low in the small intestine, which inhibits *E.Coli*. Often added as a Probiotic to milk or yogurt.

Bifidobacterium infantis is similar to *Bifidobacterium bifidum*, flourishes in breast-fed infants and is not usually found in adults. It manufactures B-vitamins, and may detoxify the intestines. Useful for children with food allergies.

Bifidobacterium longum stimulates the immune system by enhancing the activity of natural killer cells in the spleen. The mechanisms of immune support by *Bifidobacterium longum* have been studied in animals.

Lactobacillus bulgaricus is a high producer of Lactase which digests sugars in dairy products. Destroys pathogens in large intestine when introduced. May help alleviate painful arthritis.

Lactobacillus plantarum aids in the balance of beneficial bacteria in the large intestine and produces lactic acid that is vital to balancing the pH in the colon. It inhibits the translocation of bacteria from the gut to other organs such as lymph nodes and liver.

Intestinal toxicity leads to a low immune system. Accumulation of toxins in the colon diverticula causes Diverticulitis and other problems. L. Plantarum can be utilized throughout the whole gastrointestinal track, eliminating toxins and balancing the environment. The colonies continue to grow and produce a natural antibiotic effect, aiding the immune system in its fight against harmful agents in the body.

Streptococcus thermophilus *is a good source of lactase to aid digestion of milk sugar.*

Lactobacillus casei *is an inhabitant of the intestinal tract and has been demonstrated to have an immunostimulatory effect by the intestinal secretion of IgA and thus promoting the gut immune barrier. May reduce the severity of diarrhoea in children.*

Lactobacillus salivarius *has been proven to be capable of producing a high amount of lactic acid and could inhibit and reduce the inflammatory response of H.pylori.*

Fructooligosaccharides (FOS) *is an effective nutrient for intestinal Probiotic bacteria. The Probiotics have to have some good flora to enable them to work. Normal human enzymes cannot digest FOS, which allows it to enter the colon intact and become a nutrient for the good bacteria.*

Liver Balance Plus™

The health of your liver is closely linked to the health of your eyes and an unhealthy liver will quickly be reflected in the whites of your eyes and blurred vision. For example, excess alcohol damages the liver and you will notice that drunken people always screw their eyes up. The liver is responsible for processing and removing toxins from your body, converting beta carotene to Vitamin A, storing vitamins and much more. Liver Balance Plus™ provides a rich blend of herbs with a long tradition of supporting this major organ:

Proprietary Blend of:

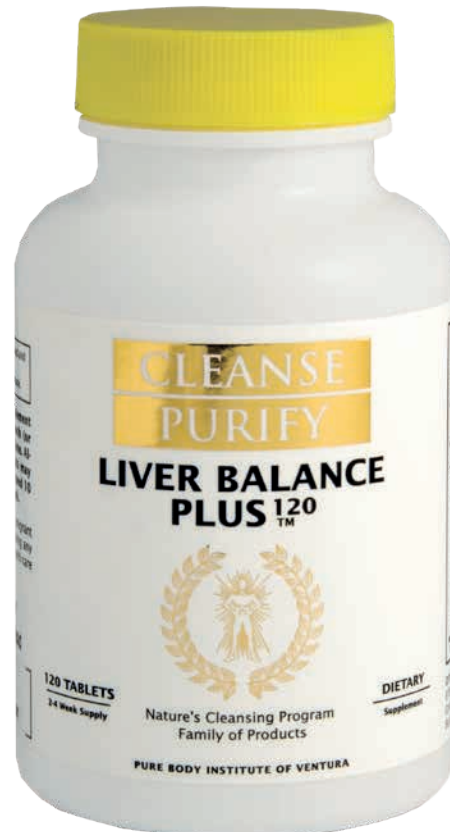
- Dong Quai Root
- Dandelion Root
- Peony Root
- Poria
- Cocos Root
- Chinese Mint Leaf
- Cayenne Leaf
- Bupleurum Root
- Tribulus Terrestris
- Atractylodes Root
- Ginger Root
- Licorice Root
- Hyssop Leaf
- Chamaelirum Luteum Root

Suggested Dosage:

By symptom: Take 5 tablets when you have liver symptom. Initially, this could be several times a day.

Intensive: Every 2 hours take 3-5 tablets. Cut off time is 7:00pm.

Please note: Always skip one day a week, can be take with or without food.



a

Essential Digestive Plus™

An example of a minimum formula; Plant enzyme activity (per capsules):

FrutaFit.IQ Inulin 150mg
Protease SP Blend 82,000 HUT
Amylase 8,000 DU
Alpha-Galactosidase 300 GLA
Glucoamylase 20 AGU
Lactase 1,0000 ALU
Cellulase 600 CU
Invertase 525 INVU
Pectinase 55 endo PGU
Lipase 1350 FIPL

Directions: Take 1 Capsule before each meal, or as directed by a health professional.

Children and pets may use Essential Digestive Plus™ under supervision. If there is any difficulty in swallowing the capsules, open them and mix the powder with the food.

Essential Digestive Plus™ when taken between meals may be beneficial in cases of food allergies, toxicity, and drug withdrawal.

- Supports friendly bacteria
- Helps with Food allergies
- Helps with indigestion
- Helps avoid Gallbladder stress
- Helps avoid Mal-absorption
- Helps avoid Intestinal toxemia
- Helps avoid Gastritis
- Helps avoid Gastric or Duodenal Ulcers
- Helps avoid Hiatus Hernia
- Helps avoid Constipation

Constipation

1. Cut down or cut out all bread, pastry, grains, cereals etc.
2. Drink 1-2 pints of water immediately on waking. Then wait 1 hour before eating breakfast.
3. Drink 1 glass of water every hour during the day.
4. Increase vegetables and fruit to 8 portions of vegetable and 3 fruit per day. Make homemade vegetable soup in large pan to last a few days. Include cabbage in the soup.
5. Walk very fast for 30-45 minutes every day.



General Information

- Vitamin 'E' is recommended at high doses, but build up slowly to 1200iu per day.
- Gingko is not absolutely necessary, if you are taking the Lutein product; but if you prefer to take it, then it is fine to do so.
- Bilberry is especially good, if you have leaky capillaries etc.,
- Lycopene is a recommended extra nutrient for the eyes and protection against cancer.
- Probiotic friendly bacteria is important for general health, as well as making sure that Taurine is absorbed properly. Taurine is recommended for healthy eyes and brain.

“

Can now see colors, especially the TV, which was only on black and white before. I am looking forward to be able to read again..

Mrs. Ellis

”

“

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

Mrs. Harrington

”

CurcuminX4000® Original

The most important Herb?

Turmeric has long been revered as the foundation of an herbal program for health. In Ayurvedic medicine, it has been recognized for thousands of years as a key balancing and detoxifying herb and is considered to be one of the very best all-round herbs for general well-being. Curcumin is the main biologically active part of Turmeric. It has been identified in pharmacology as: anti-bacterial, anti-viral, anti-fungal, anti-yeast, anti-allergenic, anti-inflammatory, anti-oxidant, anti-spasmodic, carminative, diuretic, and anti-tumor.

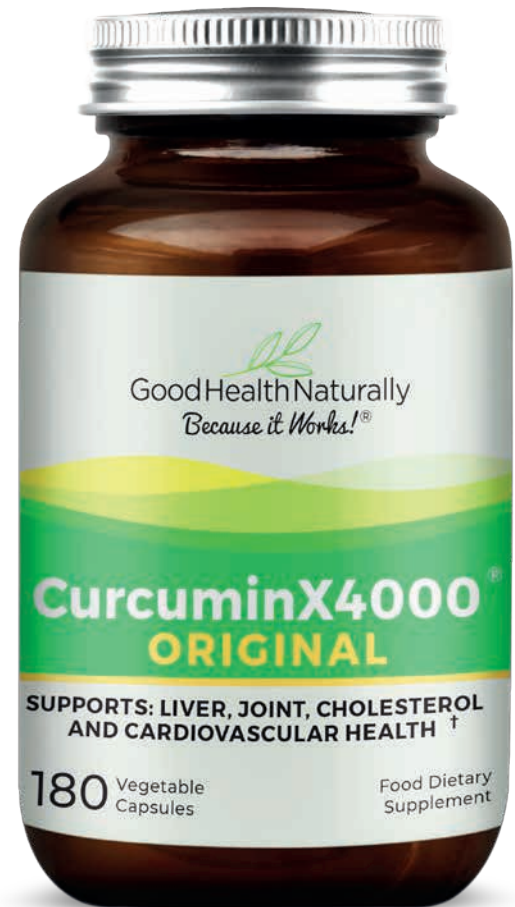
Curcumin Treating Eye Disorders

Curcumin is, apparently, more than your typical kitchen spice. It has been implicated in the treatment of certain eye diseases and conditions. One of those is known as chronic anterior uveitis (CAD), an inflammatory condition of the vascular layer of the eye, particularly the area comprising the iris. In one small study, Curcumin was given orally to 32 CAD patients who were divided into two groups. The first group received Curcumin alone, whereas the second group received a combination of Curcumin and antitubercular treatment. Amazingly, all of the patients treated with Curcumin alone improved, compared to a response rate of 86% among those receiving the combination therapy. The researchers concluded that Curcumin was just as effective as corticosteroid therapy, the only available standard treatment for chronic anterior uveitis at present, adding that “the lack of side effects with Curcumin is its greatest advantage compared with corticosteroids.”

Similar research using rats and rabbits found that Curcumin effectively inhibited chemically induced cataract formation, even at very low dietary levels. In one of the earliest studies examining Curcumin as a potential cataract therapy, researchers fed two groups of rats, diets that included corn oil, or a combination of Curcumin and corn oil, for 14 days. Afterward, their lenses were removed and examined for the presence of lipid peroxidation. The scientists discovered that “the lenses from Curcumin-treated rats were much more resistant to induced opacification than were lenses from control animals.”

- Awasthi S et al. Curcumin protects against 4-hydroxy-2-trans-nonenal-induced cataract formation in rat lenses. *Am J Clin Nutr* 1996 Nov;64 (5):761-6.
- Lai B et al. Efficacy of curcumin in the management of chronic anterior uveitis. *Phytother Res* 1999 Jun;13(4):318-22.
- Pandya U et al. Dietary curcumin prevents ocular toxicity of naphthalene in rats. *Toxicol Lett* 2000 Jun 5; 115(3): 195-204.

www.curcuminhealth.info



Read more about eye health

Other books about eye health from Robert Redfern



Free to download on www.NaturallyHealthyNews.info

Websites



www.EyeSight.nu



www.EyeSight.nu



www.NaturallyHealthyNews.info



NaturallyHealthyNews.info

7. Herbal Cleanse Data Sheet

Before I list the various herbal cleanse and liver supports, I must stress that drinking more water is even more essential when taking herbs. The herbs' detoxification action must be helped by drinking extra water to flush the body of the toxins that are released when the cleansing takes place. Your liver, kidneys, intestines, skin, bladder and lymphatic system will all be working overtime and need as much fluid as possible to dilute the toxins.

A powerful herbal cleanse may come in two parts. The example shown below is one called “**Whole Body & Colon Cleanse Program™**.”

“Whole Body & Colon Cleanse Program™”



Part 1.

Colon Cleanser that includes herbs that rid the small intestine and colon of all the putrid matter and mucous that will have built up over the years. The herbs are listed here and you should do your best to obtain one with as many of these herbs as you can find.

• *Cascara Sagrada Bark* • *Rhubarb Root* • *Calcium Carbonate* • *Buckthorn Bark* • *Psyllium Husk* • *Liquorice Root*, *Ginger Root* • *Fennel Seed* • *Golden Seal Root*.

Part 2.

Body Cleanser that includes herbs to cleanse the whole body including: Liver, Kidneys and Lungs.

• *Oregon Grape Root* • *Mullein Burberry Root* • *Calcium Carbonate* • *Black Cohosh Root* • *Dandelion Root* • *Fenugreek Seed* • *Prickly Ash Bark* • *Peppermint Leaf* • *Ginger Root* • *Irish Moss* • *Goldenseal Root* • *Liquorice Root* • *Cascara Sagrada Bark* • *Burdock Root* • *Sarsaparilla Herb* • *Gentian Root* • *Yellow Dock Root* • *Echinacea Root* • *Safflower Herb* • *Peach Leaves* • *Slippery Elm Bark* • *Chickweed Herb* • *Yarrow Flower* • *Capsicum Fruit*

The test of a good herbal program is how long you are recommended to cleanse. If it is recommended on the packaging that you need to cleanse for between 1-3 months, then you know you are getting good information, and it should indicate the quality of the products. Even if it includes Milk Thistle in the formulation, you are still recommended to continue with Milk Thistle support for a month or so after you have finished your cleanse. Please note that Milk Thistle should not be used whilst doing the cleanse program

The last stage is to support the liver. The most famous herb for this is Milk Thistle. Doctors and natural health practitioners have used this successfully to help regenerate the liver, when it has been abused and overworked (especially from fats and alcohol). You will see an example in the data sheets of a liver support program called Revision Formula, and there are many other good herbal formulas available.

As ever, the price will reflect the quality of the product, and you are advised not to buy the cheaper options. Ask for the best.

8. Homeopathy Data Sheet

Homeopathy has been used for over 100 years to treat eye diseases as well as many other conditions.

It may be beneficial because:

- It works in a good number of cases.
- It does not conflict with any of the steps here.
- It is relatively easy.
- You may get other benefits, especially for emotional issues that may be a concern.
- If the practitioner can find your solution it works very quickly (within a few weeks).

The downside is:

- There is not a simple list of homeopathic remedies that you can buy from the store.
- You need to get a qualified practitioner to find what you need specifically.
- They will ask you many questions about you to arrive at the best solution for you.

To find a homeopathic practitioner you can:

- Ask your doctor to refer you to a Homeopathic doctor.
- Search the Internet for the Society of Homeopaths for a listing in your area.

“

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.

Mrs. Legge

”

9. Chelation And Ozone Data Sheet

Oral Chelation—Serrapeptase

Natural Chelation - Anti-Inflammatory

A Gift from Silkworms

Serrapeptase has had wide clinical use, spanning over twenty-five years throughout Europe and Asia, as a viable alternative to salicylates, ibuprofen and the more potent NSAIDs. Unlike these drugs, Serrapeptase is a naturally occurring, physiologic agent, with no inhibitory effects on prostaglandins, and is devoid of gastrointestinal side effects.

Serrapeptase is a proteolytic enzyme isolated from the microorganism, *Serratia E15*. This enzyme is naturally present in the silkworm intestine and is processed commercially today through fermentation. This immunologically active enzyme is completely bound to the alpha 2 macroglobulin in biological fluids. Histologic studies reveal powerful anti-inflammatory effects of this naturally occurring enzyme.

Serrapeptase digests nonliving tissue, blood clots, cysts, arterial plaque, and inflammation in all forms.

The late German physician Dr. Hans Nieper used Serrapeptase to treat arterial blockage in his coronary patients. Serrapeptase protects against stroke and is reportedly more effective and quicker than EDTA Chelation treatments in removing arterial plaque. He also reported that Serrapeptase dissolves blood clots and causes varicose veins to shrink or diminish. Dr. Nieper told of a woman scheduled for hand amputation and a man scheduled for bypass surgery who both recovered quickly without surgery after treatment with Serrapeptase.

Dosage:

- Treatment of inflammation: 1-3 tablets three times per day on an empty stomach.
- Treatment for arterial blockage: 1-3 tablets twice daily.

Uses:

- | | |
|---------------------------|--------------------------------------|
| 1. Cardiovascular Disease | 5. Eye Problems |
| 2. Arthritis | 6. Runny Nose and sinusitis problems |
| 3. Rheumatoid Arthritis | 7. Sports Injuries |
| 4. Lung Problems | 8. Inflammation of any kind |

Intravenous Chelation

After more than fifty years of beneficial use on millions of patients in Europe, ozone has been proven to be an effective remedy in the treatment of cancer, arthritis, AIDS, cardiovascular disease, systemic Candidiasis, mononucleosis, hepatitis, herpes, and any other condition of micro-bial contamination. Ozone has also helped improve the nervous system and brain function in senility, multiple sclerosis, Alzheimer's, and Parkinson's disease.

Direct exposure of the blood to ozone can be carried out in a number of ways. The most common and the most popular among German physicians is "Autohemotherapy." A small amount of blood is drawn from the body into a vacuum bottle, after which O₃ is infused into the bottle. The bottle is then shaken, and the "ozonated" blood re-infused. Air, which contains nitrogen, never enters the body, so an air embolus cannot occur. In fact, ozone is now carried in ambulances in Germany and administered directly by intravenous injection in patients having just suffered a CVA (stroke). It appears that when ozone is administered within 24 to 48 hours of a stroke, much of the paralysis and other post-stroke complications can be avoided. The use of ozone in spinal cord injury may also prove efficacious in preventing permanent paralysis, by reducing swelling around the spinal cord, but this has yet to be explored.

Laboratory studies have shown that when ozone is introduced into the blood in microgram doses, it is immediately converted into Hydroperoxides, which are free radical scavengers; Glutathione, Catalase, Super Oxide Dismutase, etc. They have shown remarkable anti-bacterial and anti-fungal effects.

These Hydroperoxides actually seek out and destroy diseased cells and invading organisms and account for ozone's anti-tumor properties.

Infected cells have lower levels of enzyme activity and are less stable. The Hydroperoxides readily react with the cell membrane lipids. Through reaction of ozone with the Phospholipid chains in the cell membrane, Lipoperoxides are introduced into the cell and influence its metabolism; in particular, polyunsaturated fatty acids whose peroxides have a selective Cytotoxic effect and have growth inhibiting effects in human lung, breast, and prostate cancer cells.

Ozone therapy has been in use for many years by thousands of West German doctors who have proven in hundreds of clinical studies that they are able to inactivate AIDS and other viruses through the use of ozone.

There are not very many doctors providing ozone therapy just yet, but if you are suffering from cardiovascular disease, you will benefit with some form of intravenous therapy. Without this treatment, the recovery of your eyes will be inhibited, and with it, your health will benefit generally.

9. Laser Treatments Data Sheet

Laser Techniques

These are still not proven and may only apply to a few select sufferers.

It should be considered as a last resort, because it can destroy healthy tissue along with the diseased retina.

If you are one of the lucky few that benefit, and the results are proven to work with no side effects (short or long term), good for you. You must still maintain the health of your eyes, as they will degenerate again and leave you no better off.

It is far better to delay laser treatment until you have given these steps a good chance.

If you are considering laser treatment then here are the questions you **MUST** ask your physician before **YOU** decide to proceed with this type of treatment. It is best that you write down the answers to these questions before you make your decision.

1. How many people have been treated nationally with this procedure over the past 5 years?
What was the outcome after 1 year? After 5 Years?
2. How many people have you personally treated with this treatment over the past 5 years?
What was the outcome after 1 and 5 years?
3. What are the side effects, and what can go wrong?
What percentage will suffer these?
4. If I do not have this treatment, will it cause me to be any worse off?
5. If I have this treatment, will it create any lasting damage to healthy tissue?

If you are not prepared to ask these questions, then take along a spokesperson that is happy to ask them for you.

Example Daily Action Sheet

7.00am on Waking up:

- With a pint of water, take your Herbal Cleanse.
- Take Probiotic14™ as per label.
- 15 minutes later, take 2ml (4 pumps) of MaxiFocus™.

Eat Breakfast 30-45 minutes after herbal cleanse. First take digestive enzymes, if you're eating cooked food.

With breakfast:

- 3 capsules of Active Life™.
- Astaxanthin see label (double dose for first month).
- Take essential fatty acids as per label.

After 1 hour:

- Drink ½ pint glass of water and a glass every hour until lunch.

Mid-morning:

- Eat a piece of fruit.

Lunch:

1 hour later drink, ½ pint glass of water and a glass every hour until 30 minutes before evening meal.

Mid-afternoon:

- Eat another piece of fruit.
- 15 minutes later take another 2ml (4 pumps) of MaxiFocus™.

½ hour before evening meal:

- Take Herbal Cleanse with 1 pint of water.

With Evening Meal take:

- 3 capsules of Active Life™.
- Take essential fatty acids as per label.

After 1 hour:

- Drink ½ pint of water every hour until 7pm.

Late evening snack, 9:30PM:

- Eat an apple.

Just before bed:

- Take Probiotic14™ as label.

If taking other nutrients such as Taurine please refer to the label.

Remember, dark chocolate is a reasonably healthy snack.

Research and Studies

Dietary Modification with a Lutein-rich Food Reverses ARMD Vision Loss, According to Optometric Researcher Dr. Stuart Richer

ATLANTA, Feb. 25 /PRNewswire/—Dietary modification with a Lutein-rich food can reverse the damaging effects of age-related macular degeneration (ARMD), the leading cause of blindness in people over age 65 in the United States, according to a report presented today by Stuart Richer, O.D. at the Southern Council of Optometrists 1999 annual meeting. Until this point, research only indicated that diet plays an important role in reducing disease risk.

“Patients demonstrated positive effects in visual function in one or both eyes, with the simple addition of Lutein-rich foods,” reported Richer, chief of the Optometry Section, DVA Medical Centre, North Chicago, IL. “This research supports the hypothesis that Lutein is associated with building macular pigment, a key indicator of ARMD risk and pathology.”

Richer supplemented the diets of 15 atrophic (dry) ARMD patients with an additional portion of five ounces of sauteed spinach four to seven times per week. Study subjects were given a battery of tests to establish baseline measurements of contrast sensitivity, low-luminance, low-contrast visual acuity, and glare recovery in each eye. Subsequent measurements were made at intervals ranging from two months to 12 months.

Richer observed improvements in visual function in as little as three months. Often striking improvements in vision were detected through follow-up tests, even when the patient did not report subjective vision changes. Partial or complete resolution of metamorphopsia (distorted vision) and scotomas (blind spots) was reported in seven of eight applicable cases.

Dietary treatment of ARMD should receive more attention, due to its simplicity, low cost and potential application in a broad range of ARMD cases, according to Richer. *“There is a preoccupation by clinicians and researchers with exudative (wet) ARMD and a continuing commercial and professional interest in higher-technology, expensive treatment approaches,”* said Richer. *“Such therapies are applicable to a small percentage of ARMD patients, and the disease must be detected early for treatment to be effective.”*

Prevent Blindness America, the nation’s leading eye health organization, estimates 13 million people in the U.S. have symptoms of ARMD, and the disease causes visual impairment in 1.2 million. Richer said this is particularly alarming, as the population over the age of 65 is projected to double by the year 2050.

Lutein and Zeaxanthin, related Carotenoids found in leafy green vegetables like spinach and kale, are concentrated in retinal macular pigment, and accumulation is dependent on dietary intake.

Macular pigment may filter blue light that damages photoreceptors and the retinal pigment epithelium. In addition, Carotenoids may limit oxidant stress resulting from metabolism and light, acting as antioxidants.

“There is hope for people who suffer from ARMD, as well as those at risk of the disease. This disease is preventable, and now may even be treatable with the right dietary modifications or intake of Lutein supplements,” said Richer.

Improved Nutrition Could Help Prevent Vision Loss

BOSTON—"Vision loss associated with aging may be preventable—even reversible—through improved nutrition," scientists at The Schepens Eye Research Institute said today.

"The traditional thinking is that as age increases, visual sensitivity decreases. But what we are saying is, maybe that's not inevitable," said D. Max Snodderly, Ph.D., head of the laboratory at The Schepens where the research was done. "Improved nutrition could help to retard the loss of visual sensitivity with age. Perhaps the gradual loss of vision in many older people is not an inevitable consequence of the aging process."

In the latest study, Schepens scientists have found that macular pigment in the retina—an accumulation of yellow compounds from fruits and vegetables—may prevent age-related vision loss.

The macula, about the size of a pencil eraser, is at the center of the retina and is responsible for acute vision. Age-related macular degeneration, the leading cause of blindness in people over age 65 in western industrialized nations, occurs when the aging process destroys the macula.

Snodderly, with coauthors Billy Hammond, a former post-doctoral associate now at Arizona State University, Phoenix, and Billy R. Wooten, Professor of Psychology at Brown University, report in *Investigative Ophthalmology & Visual Science* (Feb. 1998, Vol. 39, No. 2) that macular pigment or dietary factors associated with it appear to protect the retina from loss of sensitivity, when the eye is adapted for light as well as for dark. The National Institutes of Health, the Massachusetts Lions Eye Research Fund, and Kemin Foods funded the research.

Macular pigment is composed of two chemicals, Lutein and Zeaxanthin, that are part of the family of compounds known as Carotenoids. These compounds are contained in plants and protect them from light damage. Particularly high concentrations are contained in dark green and orange plants and fruits, like spinach, broccoli, green beans, corn and peaches, but not carrots. Although carrots are good for Vitamin A deficiency, the retina does not take up beta carotene, which is the main Carotenoid in carrots. "If you eat a lot of fruits and vegetables, you will be getting a lot of Carotenoids," Snodderly said. "This already fits in with public health recommendations for a wide range of health issues—increase intake of vegetables and fruits."

The scientists measured macular pigment and visual sensitivity of 27 healthy older subjects, ages 60 to 84, and compared them with ten younger healthy subjects, ages 24 to 36. Visual sensitivity is how much energy is required to detect photons. Low sensitivity usually associated with aging, means that it is more difficult to see light, and thus, there is some vision loss.

The researchers measured macular pigment density (how much light the pigment absorbs) by flashing blue and green lights in an alternate pattern so the lights appeared to flicker. The blue is absorbed by macular pigment, but not green. The amount of blue light required being equally as effective as the green yields the pigment density.

This technology, which could become an important tool in predicting the risk for macular degeneration, is the subject of a recently filed patent application.

As expected, visual sensitivity declined significantly with age. However, macular pigment was a clear determinant of visual sensitivity: Subjects over age 60 with high macular pigment density had the same visual sensitivity as the younger subjects. Older subjects with low macular pigment density had lower visual sensitivity than the younger subjects.

“The results show that high macular pigment density was associated with the retention of youthful visual sensitivity,” the authors write, “which suggested that macular pigment might retard age-related declines in visual function.”

Macular pigment density also appears to be correlated with factors that increase the risk of disease, such as age-related macular degeneration: for example, smoking, female gender, and blue irises all are risk factors for the disease, and people with those risk factors also have lower macular pigment density.

Conversely, people with higher macular pigment density are associated with factors that decrease risk, such as high blood concentrations of Carotenoids, high dietary intake of Lutein and Zeaxanthin, and dark irises.

“Taken together, the evidence suggests that macular pigment may protect against retinal disease by reducing damage that occurs as we age,” Snodderly said.

Further, macular pigment density may be useful as a predictor for overall ocular health, the researchers said, because macular pigment density correlates with preservation of clarity of the lens, as well as sensitivity of the retina. Since previous research by others showed that reduced visual sensitivity may predict development of advanced age-related macular degeneration, then, the researchers suggest, increasing macular pigment density might prevent people who are mildly impaired from advancing to the worst stages of the disease.

They write: “It is possible that, by improving protection, retinal or retinal pigment epithelial cells that may be damaged, but still viable, could recover.”

Said Snodderly, “It appears that people lose visual sensitivity before the worst stages of disease. But with the right nutritional program, you might prevent the low macular pigment group from getting worse, and in the best cases even recover some of the lost function.” The research also has resulted in a way to tailor dietary recommendations to an individual, the scientists said.

“Our studies have suggested that individuals differ in their ability to absorb nutrients from food into their tissues,” Hammond said. “Thus, some individuals can have relatively high intake of fruits and vegetables and high nutrient blood levels but actually low levels of retinal nutrients. The ability to easily measure macular pigment in vivo may allow us to identify such individuals and determine whether they are at special risk for disease. In the future we may be able to use such technology to tailor our dietary recommendations based on individual responses rather than relying on averaged effects.”

The three treatment groups (10mg Lutein, 10mg Lutein plus antioxidants and placebo) were matched for: age, years diagnosed with AMD, smoking/cardiovascular history, iris color, lens opacification, and nutritional status/physical activity level.

Average eye MPOD, as measured by heterochromic flicker photometry, increased on average by 0.09 log units (repeated factors ANOVA; $p < 0.05$), or 50% in both the Lutein and Lutein plus antioxidant treatment groups by 12 months. There was statistically significant concurrent improvement in some measures of visual function, including GR, CSF, and distance/near visual acuity in both treatment groups. Crossover, double crossover, and video-documentation of patient symptoms pre- and post-treatment were consistent with objective data. Inclusion of multiple nutrients (besides Lutein) appears to provide an added improvement to CSF.

Summary of the main outcome of the LAST relatively to the placebo group.

- Lutein—Macular Pigment Optical Density (MPOD)—50% increase by 12 months
- Lutein plus an Antioxidant—Macular Pigment Optical Density (MPOD)—50% increase by 12 months

Conclusions:

Reversibility of ARMD symptoms has important biophysical, physiological, and clinical implications. This population prospective clinical trial agrees with previous studies suggesting ARMD to be a nutrition-responsive disorder. The authors believe that low technology visual evaluation protocols, combined with Lutein-based nutritional intervention recommendations, may improve the eye health of older patients with the dry form of ARMD.

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 that many people are at risk of at least partial loss of eyesight and other vision problems.

The human eye is 1/6th 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 four main causes of vision impairment or disability, they are: Glaucoma, Diabetic Retinopathy, Cataracts, and 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 oxidize, the fatty substances that make up the outer segments or “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 aging, 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 defense, 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, and alleviating the problems of Cataracts and Macular Degeneration, are three members of the Carotenoid family:

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 colors. 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 color 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, 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 photooxidation, 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 center 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 and Zeaxanthin contribute to the density of macular pigment. 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 undergone 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. While 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
- ✓ Cataracts
- ✓ Breast Cancer
- ✓ LDL Cholesterol
- ✓ Diabetic Retinopathy
- ✓ Lung Cancer
- ✓ Glaucoma
- ✓ Heart Disease
- ✓ Colon Cancer
- ✓ Premature Ageing

Lutein, they discovered, is rapidly metabolized 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.

RECENT LUTEIN RESEARCH 1992-1997

1992— An association between eating foods high in Carotenoids, a high level of Carotenoids in the blood and a lower incidence of macular degeneration is established. (9) The Nurse's Health Study reported a high dietary intake of spinach and other greens with high levels of the specific Carotenoids Lutein and Zeaxanthin led to a 27-39% reduced risk of cataract formation. (10)

1993— Data suggested a reduced risk of neovascular AMD in persons with higher levels of serum Carotenoids. (11)

1994— Dr. Seddon found that eating foods high in Lutein led to a reduced risk for macular degeneration. (2)

1995— Dr. Yeum reported Lutein and Zeaxanthin as the only two Carotenoid antioxidants found in the lens and retina. (1)

1997— Studies were published showing a 30% reduced macular pigment density with AMD and cataracts. A correlation was found between reduced macular pigment density and increased lens density (cataracts) in seniors. (12)(13) With dietary and/or supplemental Lutein, macular pigment density can be increased. (14)

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GLAUCOMA STUDIES

1. In a study of open angle glaucoma patients who received 150mg of Alpha Lipoic Acid each day, 45-47% of the eyes had enhancement of colour visual fields and visual sensitivity when compared to controls using only topical medical therapy. More advanced cases had an even better response compared to their controls. Filina, et al., Vestn Oftalmol 1995 Oct-Dec;111(4):6-8
2. Pre-treatment with Alpha Lipoic acid has been found to reduce neuronal damage from excitotoxic damage from cyanide, glutamate and iron ions, demonstrating a strong neuroprotective effect for this substance in nerve tissue. It may be useful in treating glaucoma.-(Ed. Note: Recent evidence points to the importance of neuroprotection against glutamate in glaucoma patients, with many medications now heavily promoting this property!) J Cereb Blood Flow Metab 1995 Jul;15(4):624-30-Altern Med Rev 1998 Aug;3(4):308-11 (Other ALA/ Neuroprotective Studies)
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platelet activating factor inhibitory activity, and inhibits apoptosis and excitotoxicity - all factors in preventing glaucoma vision loss. (Ed. Note: magnesium also has been shown to decrease peripheral vasospasms, improving blood flow and is neuroprotective, as well.) Ritch R. *Med Hypotheses* 2000 Feb;54(2):221-35

13. The fatty acid DHA (abundant in fish oil), along with B Complex and vitamin E were shown to be helpful in preventing or delaying vision loss associated with glaucoma. Cellini M, et al., *Acta Ophthalmol Scand Suppl* 1998;(227):41
14. Ginkgo Biloba extract (40mg, three times daily), increased diastolic blood flow by 23% in the ophthalmic artery in glaucoma patients and may be helpful in protecting the optic nerve from further damage and subsequent visual field loss. Chung HS, et al. *J Ocul Pharmacol Ther* 1999 Jun;15(3):233-40-(NB: Ginkgo must be used with caution by those taking Coumadin, as it may increase its effect—possibly eliminating the need for it?)
15. Besides Alpha Lipoic Acid, other nutrients that are neuroprotective include vitamin E, ginkgo Biloba, pycnogenol (from grape seed extract or pine bark), and flavonoids. Kobayashi MS, et al. *Free Radic Res* 2000 Feb;32(2):115-24

DIABETIC EYE STUDIES

1. Alpha Lipoic Acid can significantly reduce diabetic cataract formation, as well as neuropathy, and would seem to be an ideal neuroprotective substance in the treatment of all oxidative brain and neural disorders involving free radical processes. Packer, L., *Ann N Y Acad Sci* 1994 Nov 17;738:257-64-Packer, L. *Free Radic Biol Med* 1997;22(1-2):359-78-
2. Vitamin E significantly improved glucose tolerance in non-insulin dependent diabetics, which should very likely result in fewer diabetic complications. Paolisso, G, et al. *Am J Clin Nutr* 1993; 57:650-56.
3. Diabetic patients with high serum magnesium levels were less likely to develop severe diabetic retinopathy compared to those with low levels. *Diabetes* 1978 Nov;27(11):1075-7.
4. Chromium, high-dose vitamin E, magnesium, soluble fibre, and possibly Taurine appear likely to lessen risk for macrovascular disease (retinopathy) in diabetics. McCarty, *Med Hypotheses* 1997 Aug;49(2):143-52.
5. Bioflavonoids, including those from bilberry extract, were found to normalise blood vessels' permeability in diabetic patients, probably reducing the risk of diabetic retinopathy. Valenci, et al. *Diabet Med* 1996 Oct;13(10):882-8.-Detre, et al. *Clin Physiol Biochem* 1986;4(2):143-9
6. Seven of fifteen patients with Type I diabetic retinopathy who were given vitamin B12 along with their daily insulin injections were found to have complete regression of retinal signs after 12 months. Kornerup T, Strom L. *Acta Paediatr* 1958.
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10. Low serum Carotenoid levels were found to be directly related to an increased risk for developing insulin resistance and diabetes. Ford, et al. *Am J Epidemiol* 1999 Jan 15;149(2):168-76
11. Both Panax and American ginseng was shown to normalise glucose tolerance tests, and reduced blood sugar spikes in Type II diabetics after consumption of a sugar solution. Vuksan V, et al., *Arch Intern Med* 2000 Apr 10;160(7):1009-13
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CATARACT STUDIES

1. Subjects taking vitamin C supplements for more than 10 years had a 45-77% lower risk of early lens opacities (cataracts) and 83% lower risk of moderate lens opacities. The higher the serum levels, the lower the risk of cataracts. Jacques, et al. *The American Journal of Clinical Nutrition*, Oct. 1997. S.E. Hankinson, et al. 1992. *BMJ*: 305: 335-339.-Simon JA, Hudes ES *J Clin Epidemiol* 1999 Dec;52(12):1207-11
2. Vitamin E, vitamin C, alpha-Lipoic acid, and Taurine appear to offer protection against lens damage caused by low-level radiation. Bantseev, et al. *Biochem Mol Biol Int* 1997 Sep;42(6):1189-97.
3. Dietary Lutein and cryptoxanthin were associated with 70% lower risk of nuclear cataracts in those under age 65. Lyle, et al. *Am J Clin Nutr* 1999 Feb;69(2):272-7.
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5. Vitamin E taken with bilberry extract stopped the progression of senile cortical cataracts in 97% of the eyes of human subjects. *Ann Ottalmol Clin Ocul*, 1989.
6. Low blood levels of vitamin E were associated with approximately twice the risk of both cortical and nuclear cataracts, compared to median or high levels. Vitale, et al. *Epidemiology* 1993 May;4(3):195-203-
7. Smokers were 2.6 times as likely to develop posterior sub capsular cataracts than nonsmokers. Hankinson, et al. *JAMA* 1992 Aug 26;268(8):994-8
8. Patients with senile cataracts were found to have significantly lower blood and intraocular levels of the mineral selenium than controls. Karakucuk S, et al.-*Acta Ophthalmol Scand* 1995 Aug;73(4):329-32
9. Alpha Lipoic acid can help prevent cataract formation as well as nerve degeneration and radiation injury. Packer, et al. *Free Radic Biol Med* 1995 Aug;19(2):227-50

RETINITIS PIGMENTOSA STUDIES

1. Patients with retinitis pigmentosa appear to have faulty cellular uptake of the amino acid Taurine. Disturbed utilisation of vitamin A also appears to play a part in retinitis pigmentosa, and a subgroup of patients benefit from supplementation of this vitamin. Head KA, *Altern Med Rev* 1999 Oct;4(5):342-59
2. The essential fatty acids alpha-Linolenic acid and DHA may be required for those with retinitis pigmentosa to support normal functional development of the retina. Uauy R, et al. *Lipids* 1996 Mar;31 Suppl:S167-76-
3. A diet high in polyunsaturated fats (e.g. corn oil), and low in vitamin E, selenium, sulphurcontaining amino acids (e.g. Taurine, methionine),-and chromium were related to a build up of pigment that mimics one type of retinitis pigmentosa. Katz, et al. *Invest Ophthalmol Vis Sci* 1978

4. Lutein supplementation in high doses improved both visual acuities and visual fields after 2-4 weeks of treatment in 16 subjects, and was especially effective in blue-eyed individuals. Dagnelie G., et al-Optometry 2000 Mar;71(3):147-64

Alpha Lipoic Acid REFERENCES

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Doctors Reports

Dr Ed Kondrot, a leading ophthalmic surgeon in the USA, believes Lutein and microcurrent 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 microcurrent 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 Website of Damon P. Miller II, M.D., N.D.—Results of the first 120 people he treated with Microcurrent Stimulation:

“We have been treating people with retinal disease in this office for two years now, and have just analyzed the results from the first 120 patients that we treated. The results have been quite gratifying. One surprise that we find in analyzing 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.”

Carnosine Study

Moscow Helmholtz Research Institute of Eye Diseases, Russian Federation.

The naturally occurring compound N alpha-acetylcarnosine (NAC) is proposed as the prodrug of L-carnosine (C) resistant to enzymatic hydrolysis by human serum carnosinase. Rabbit eyes were treated with 1% NAC, C, or placebo and extracts of the aqueous humor from the anterior eye chamber were analyzed for imidazole content by reverse phase analytical high performance liquid chromatography (HPLC), thin-layer (TLC) and ion-exchange chromatographic techniques. The topical administration of pure C to the rabbit eye did not lead to accumulation of this compound in the aqueous humor over 30 min in concentration exceeding that in the placebo-treated matched eye. NAC showed dose-dependent hydrolysis in its passage from the cornea to the aqueous humor, releasing C after 15-30 mins of ocular administration of prodrug in a series of therapeutical modalities: instillation < or = subconjunctival injection < or = ultrasound induced phoresis. Different treatment techniques showed excellent toleration of 1% NAC by the eye.

Once in the aqueous humor, C might act as an antioxidant and enter the lens tissue when present at effective concentrations (5-15 mmol/l). The advantage of the ophthalmic prodrug NAC and its bioactivated principle C as universal antioxidants relates to their ability to give efficient protection against oxidative stress both in the lipid phase of biological membranes and in an aqueous environment. NAC is proposed to treat ocular disorders which have the component of oxidative stress in their genesis (cataracts, glaucoma, retinal degeneration, corneal disorders, ocular inflammation, complications of diabetes mellitus, systemic diseases).

PMID: 8894306 [PubMed—indexed for MEDLINE]

Clin Chim Acta. 1996 Oct 15;254(1):1-21. Related Articles, Links Erratum in: Clin Chim Acta 1997 Mar 18;259(1-2): 199-201.

N-alpha-acetylcarnosine is a prodrug of L-carnosine in ophthalmic application as antioxidant.

Babizhayev MA, Yermakova VN, Sakina NL, Evstigneeva RR Rozhkova EA, Zheltukhina GA

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- Helping Multiple Sclerosis, By The Book
- Helping Osteoporosis, By The Book
- Helping Pneumoconiosis, By The Book
- Helping Pulmonary Tuberculosis, By The Book
- Helping Rheumatoid & Juvenile Arthritis, By The Book
- Helping Stroke, By The Book
- One Missing Mineral Can Transform Your Health: Iodine
- The HealthPoint™ Facelift: The Anti-Aging Secret
- The Magnesium Manual (The Forgotten Mineral)
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