

10 ESSENTIALS TO IMPROVING YOUR EYESIGHT

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One of the most precious gifts you receive when you are born is your eyesight. Weakened vision reduces your quality of life. Loss of your drivers license, loss of independence, unable to read, watch tv or see your children/ grandchildren. All of these things reduce your quality of life, and creates difficult across all aspects of your life: The last thing any of us probably wants is to become a burden on others.

I have practiced ophthalmology for over 30 years and feel that patients need to become aware of the critical information they can use to save their precious gift of sight. That is why I put together the following tips about how to protect and to enhance your vision.

As you may already be discovering, vision frequently deteriorates as you age. But there are steps that each of us can take to fend off that process and potentially reverse it. Over the following pages you will find some of the ways that you may be able to protect one of your most valuable gifts: your eyesight.

To your good health and clear vision,

Dr. Edward Kondrot

10 Essentials to Improving Your Eyesight

#1: The Most Commonly Prescribed Vitamin Formula For Your Eye Lacks This Key Ingredient!

Most naturopathic doctors and nutritionists recommend taking 20 mg of lutein daily for the treatment of macular degeneration. Lutein is a carotenoid found in dark green leafy vegetables, such as spinach, corn and various fruits. Another source of lutein is egg yolks. Lutein's importance to your vision stems from its concentration in the macula, the small area of the retina that is responsible for central vision. Lutein aids your vision by filtering the high-energy, blue wavelengths of light from the visible-light spectrum within the eye. Blue light, in both indoor lighting and sunlight, induces oxidative stress and free-radical damage in the eye, as well as the skin.

Lutein in Your Diet

Lutein is a natural part of the human diet when fruits and vegetables are consumed. There are many lutein-fortified foods available, including: kale, spinach, garden peas, zucchini, brussels sprouts, pistachio nuts, broccoli, Maize/corn, kiwifruit, turnip greens, romaine lettuce, collard greens and eggs. In the case of elderly people with a poorly absorbing digestive system, a sublingual spray also is available to supplement what is missing from daily nutritional intake.

Caution When Buying Lutein Supplements

While 20 mg of lutein a day is recommended for the treatment of macular degeneration, many of the leading vitamins prescribed by most ophthalmologists only contain 2 mg of lutein! This is a problem because lutein probably is the most important supplement to help in the treatment of age-related macular degeneration (ARMD).

I should also caution you when looking at supplement labels and the amount of lutein listed in the ingredients list. Many supplements list the ingredients deceptively in **micrograms (mcg)**, not **milligrams (mg)**. For example, 200 mcg is actually only 2 mg!!! Further, roughly 60% of patients have lutein deficiencies, even though they are taking it as a supplement!

#2: Excess Copper In Our Diet, Along With The Reduction Of This Mineral's Content In Our Foods, Has Caused A Major Deficiency Of Zinc.

Another problem many people experience is a zinc deficiency. As many as 60% of people are deficient in zinc -- even those that might be taking it as a vitamin supplement! Just as zinc is needed in batteries to hold a charge, this mineral is required for the cells of our body to hold a charge and to function optimally. A deficiency of zinc is a red flag that there probably are nutritional deficiencies in other vitamins and minerals.

Simple One-Minute Zinc Test

There is a simple, one-minute taste test to determine if you are deficient in zinc. The test is based on the knowledge that your ability to taste and smell is dependent upon having a sufficient level of zinc in your body. Thus, if zinc is deficient, then your sense of taste will diminish.

To conduct the test on your own, purchase zinc in liquid form at a health food store or online. Place 10 milliliters (ml), or roughly two teaspoons, of the liquid zinc in your mouth. Hold the liquid in your mouth for about 10 to 15 seconds. If you have a sufficient level of zinc, you will sense an immediate bitter taste. In contrast, if you are somewhat zinc deficient, you will sense a taste ranging from nothing to a mildly bitter taste.

Here are some specifics to keep in mind when you take the test to assess zinc deficiency:

- If you have a major deficiency of zinc, then the liquid will taste like plain water.
- A moderate deficiency will result in no immediate taste response, but within 10 seconds, you will detect a dry or metallic taste.
- If you have sufficient levels of zinc, you will detect an immediate, strong and unpleasant taste.

#3: How Water Can Be Your Best Medicine To Regain Lost Eyesight!

At the Healing the Eye and Wellness Center that I head near Phoenix in Cave Creek, Arizona, we emphasize three essentials to help regain your eyesight and health: proper diet, sufficient hydration and stress reduction. According to many naturopathic doctors and Dr. F. Batmanghelidj in his book “Your Bodies Many Cries for Water,” dehydration is a major contributor to chronic disease. “You are not sick, you are thirsty,” Dr. F. Batmanghelidj wrote. “Don’t treat thirst with medications.”

Most people are in a dehydrated state, which prevents proper detoxification of the body and leads to an accumulation of harmful toxins in the body. These toxins contribute to degeneration of the body, including your eyes. The basic rule when it comes to water is to drink half of your body weight in ounces each day. So, if you weight 160 pounds you should drink 80 ounces of water a day. And remember, that’s 80 ounces of **water a day**. Not only do things like coffee and soda not count towards those 80 ounces, but they actually increase your dehydration levels.

Not All Water is Safe

The water you drink daily ideally should be fresh, pure spring water. Avoid tap or processed water at all costs! Reports have found that the nation’s water supply now is contaminated with various antibiotics, phytoestrogens and estrogenic steroids! These products have the potential to produce deleterious side effects in humans! Proper hydration is one of the key essentials to reducing our toxic load and enabling our bodies to regain our health. But plastic water bottles are NOT the answer. Scientists have found that Polyethylene terephthalate (PET) plastics -- the kind used to make water bottles, among many other common products -- may harbor hormone-disrupting chemicals that leach into the water.

Install a Home Water Filtration System

Installing a “reverse osmosis unit” in your home is a great way to ensure that you are getting quality water without any contamination. Reverse osmosis removes virtually every known particle, including pharmaceutical contaminants. A drawback to reverse osmosis -- or distilled water -- is that essential minerals are removed from the water. What I recommend is placing a pinch of Himalayan salt, dried kelp or seaweed in your water. These products have most of the trace minerals necessary for our body to function.

#4: Cataract Surgery Often Makes Macular Degeneration Worse And Should Be Avoided Unless Absolutely Necessary!

In the October 2011 issue of the peer review journal *Ophthalmology*, an article focused on age-related macular degeneration (ARMD). That article highlighted what happens after extracapsular cataract extraction (ECCE) and related intraocular lens implantation. ECCE is a surgical procedure that removes the cataract and the front portion of the lens capsule, also known as the anterior capsule. In that procedure, the back of the lens capsule, known as the posterior capsule, is left inside the eye to keep its vitreous gel in the back of the eye from oozing forward through the pupil. The posterior capsule also helps to keep the intraocular lens implant in proper position. In this study, progression of ARMD occurred more often in the surgical eyes, compared with other eyes. In fact, there was a 44.4% increase in ARMD compared to eyes that did not have surgery!

The Blue Mountains eye study, “Cataract Surgery and the 10-Year Incidence of Age-Related Maculopathy,” published by the American Academy of Ophthalmology in 2006, concludes that eyes that have undergone cataract surgery had a three-fold risk of developing late-stage ARMD.

If you have cataracts, you should delay your surgery until it is absolutely essential due to the risk of limiting the functioning of your eye. In addition, you should do everything possible using alternative therapies to slow and possibly reverse this condition.

Natural Solutions to Cataracts

There have been many large-scale studies to show the effectiveness of vitamins on reducing the incidence of cataracts. A Canadian study showed that patients over the age of 55 who consumed vitamin C and E supplements reduced their risk of developing cataracts by more than 50%. A double-blind study involving 30,000 patients performed at the University of Helsinki also demonstrated the beneficial effects of vitamins. The lens of the human eye is bathed in a vitamin C-rich aqueous solution that is 30 times more concentrated than human blood. It appears that this vitamin C acts as an ultraviolet filter that prevents the harmful effects of ultraviolet light. With age, the levels of vitamin C begin to decrease and may contribute to the formation of the senile cataract. There are several studies which have shown that high dosages of vitamin C (1000 mg/ day) will reverse the development of some cataracts.

Studies also show that a loss of glutathione occurs in all forms of cataracts. Since 1912, research has found that reduced levels of glutathione precede the development of cataracts. As you age, the levels of glutathione content in lens of your eyes decrease by four to 14 times. High levels of glutathione have been shown to keep the human lens clear and prevent the development of cataracts. Glutathione supplements are available, but questions have arisen about whether this large molecule can pass through the digestive tract and be absorbed into the bloodstream.

Fortunately there is another option. N-acetyl-cysteine, a stable amino acid, has been shown to raise the levels of glutathione. Cysteine is found in protein-rich eggs, so completely avoiding eggs may rob the body of this amino acid, which may have anti-cataract properties. Riboflavin is also critical, as it helps to make a substance called flavine adenine dinucleotide, which is necessary for the production of glutathione. In one study, 81% of patients with cataracts were deficient in riboflavin.

Homeopathy and Cataracts

Homeopathy is a scientific method of therapy, based on the principle of stimulating the body's own healing processes from within, aimed at producing a cure. The basic system was devised and verified by Samuel Hahnemann, a German physician, nearly 200 years ago. Homeopathy's astounding success rates in both chronic and acute diseases has resulted in not only standing the test of time, but rapidly achieving widespread acceptance in Europe, India and South America.

Let me start my explaining the meaning of homeopathy. “Homeo” is Latin for the word “similar.” Consider that each of us is a complete individual. The mental, emotional and physical aspects of us cannot be separated from each other. In homeopathy, each patient is evaluated as a whole person who is assessed mentally, emotionally and physically. The

remedy prescribed for each person is based on the unique patterns found on all three levels. This means that you would be given a remedy that would stimulate your particular body to heal.

For this reason, 10 people with cataracts might receive 10 different homeopathic remedies. Homeopathy has been carefully researched and its effectiveness has been reported in the following, well-respected national medical journals: Jacobs J, "Treatment of Acute Childhood Diarrhea with Homeopathic Medication." *Pediatrics* 1994; 93:719-7255; Reilly DT, "Is Homeopathy a Placebo Response?" *Lancet* 1986; Oct: 881-886; and Kleijnen J, "Clinical Trails of Homeopathy." *British Medical Journal* 1991; 302: 315-323.

These journal articles explain that there is good reason to select a homeopathic remedy to treat medical conditions, such as cataracts.

#5: Why Some Sun Glasses Actually Can Harm Your Eyes!

It has long been speculated that exposure to sunlight might be associated with the development of age-related macular degeneration (ARMD). Animal and cell culture studies have shown that visible light can cause damage to retinal photoreceptors, especially in eyes that have had cataract surgery, coupled with an intraocular lens implant.

It is no mystery that the sunglass industry has caught onto this theory and built it into a massive industry. However, many sunglasses are nothing more than a dark lens, which reduces the light intensity, but does not block harmful ultraviolet A and B light. This dark lens will enlarge the pupil and permit more harmful ultraviolet light to enter the eye!

In order for sunglasses to have any protective effect, they must have ultraviolet A and B blocking properties. These blocking properties have nothing to do with the darkness of the sunglasses. In fact, you can have 100% UV blocking with a clear lens!

I strongly recommend that all patients with macular degeneration, especially those that have had cataract surgery, invest in a pair of blue-blocking glasses. There are many companies that produce blue-blocking lenses, but one that is very effective is the Corning CPF-511. Make certain that your glasses have a blue blocker to help you maintain your vision!

But Don't Wear Your Sun Glasses All the Time!

I am not suggesting sun gazing as a treatment of macular degeneration, but I believe moderate exposure to sunlight can be the best medicine for our eyes. My suggestion is to spend at least one hour a day outdoors with exposure to sunlight. Remove your sun glasses and even your eye glasses or contact lenses if you wear them. Do not look directly at the sun but absorb the reflected light from the sun into your eyes. Even on a cloudy day, there will be benefits.

Caution! If you have had cataract surgery, than this recommendation is NOT for you! Those who have had cataract surgery have lost the protective benefit of the human lens and need to reduce the exposure to UV light and protect your eyes with sunglasses at all times.

#6: A Simple, Non-Invasive Treatment Can Wake Up Dysfunctional Retinal Cells And Greatly Improve Your Vision!

Micro-current stimulation (MCS) has been used in recent years to treat macular degeneration. Favorable reports have been published in the Townsend Letter for Physicians, the 2nd Opinion, Dr. Williams Newsletter and Lions Club International. Even the non-profit organization, The Macular Degeneration Org, recommends MCS as treatment. In most studies, more than 60% of patients received a benefit. I have been using MCS since 1999 for the treatment of glaucoma. Key advantages of the treatment are three-fold: improved blood flow; stimulation of cellular activity; and reduction of inflammation and scar tissue.

Reduction of Inflammation

One of the most important aspects of treating any disease is to reduce inflammation, which can be classified as either acute or chronic. Acute inflammation is the initial response of the body to a toxin, an infection or an injury. This stimulus causes the area of the body to produce an increase in plasma and leukocytes to fight the attack. This initial reaction then produces pain, swelling and redness. As the inflammation progresses, the local vascular and immune system participates in this process.

Prolonged inflammation, known as chronic inflammation, leads to a progressive shift in the type of cells that are present at the site of inflammation. If the inflammation persists, then chronic tissue changes take place and lead to the death of the cell. The result is scar tissue.

Quick and gentle elimination of the inflammation is the best way to prevent the chronic changes. Many allopathic (traditional) treatments do not address the underlying cause, but simply reduce the swelling. These treatments are not homeopathic and go against natural laws of healing.

Microcurrent can be valuable in reducing inflammation. At the same time, microcurrent stimulates cellular activity and regeneration. There are several articles that support this point of view.

The first article is “Anti-inflammatory effects of interferential frequency-specific applied microcurrent.” This was an animal study, measuring the effects of microcurrent in reducing swelling of mice ears by applying arachidonic acid. This study demonstrated that when specific frequencies of applying arachidonic acid were used, there was a 70% reduction in ear swelling.

The second article is “Cytokine changes with microcurrent treatment of fibromyalgia associated with cervical spine trauma.” In this study, 49 patients with fibromyalgia were treated with microcurrent. Five patients did not tolerate the treatment. The remaining 49 patients reported reduction in pain on a 10-point scale of 7.3 to 1.3 with the first treatment. Thirty-one patients reported symptomatic relief from fibromyalgia, following an average of eight treatments. Interleukin levels dropped from 330 to 80 picograms (pg) / ml, reflecting the reduction in inflammatory response. During the same time period, beta-endorphin and cortisol both increased from an average of 8.2 to 71.1 pg/ml (factors necessary to help the body to heal).

MicroCurrent Treatment and the Eye

There now is research evidence that shows microcurrent treatment has a protective effect on the optic nerve. Why is this important? The problem with glaucoma is not so much the pressure in the eye, but the effect the pressure has on blood flow to the optic nerve. Patients with glaucoma have a compromised optic nerve. Elevations in pressure can cause the blood flow to the optic nerve to be reduced. Consequences include damage to the nerve and loss of vision. This is why microcurrent treatment can be so beneficial to patients with glaucoma. It helps to increase blood flow, stimulates cellular activity and potentially may produce a neuro-protective effect.

#7: Application Of A Skin Lotion Can Reverse Years Of Aging Changes In The Eyes Caused By Heavy Metal Exposure!

Dr. Robert Rowen, in his 2nd Opinion newsletter, recently has reported on skin lotion called TD-DMPS that is able to remove heavy metals from the body, a process called chelation. Your skin is rich in nerves, which transport the DMPS backward into the central nervous system and into your brain and eyes. This new treatment eliminates intravenous chelation treatment and there is some evidence that it is far more effective in the removal of heavy metals.

Chelation Therapy and Macular Degeneration

Chelation also has been used to reverse macular degeneration since ARMD is caused, at least in part, by the blockage in the choroid capillaries. Those capillaries deliver blood to the macula. In 1994, the Journal of the Advancement of Medicine published a case of a 59-year-old woman who had ARMD and used nutrition, along with chelation, for her condition. After undergoing a recommended series of chelation, her vision improved to 20/25 in one eye and 20/20 in the other to greatly enhance her central vision. One year later, her vision improvement remained.

Dr. Merrill Lipton, of Belton, Texas, tells a compelling story of his experience with chelation and macular degeneration:

“I was injured during World War II, at the age of twenty, by an explosion above my head,” Dr. Lipton recalled. “Large pieces of shrapnel lodged in my head, near my ear and behind my eye. This left me with increased pressure in my right eye, which resulted in glaucoma. Several years later, the same condition developed in my left eye. It was controlled with drops. In 1991, I thought I had cataracts. It turned out to be macular degeneration. I took forty chelation treatments and maintain follow-up treatments twice a month. My vision returned to 20/20 with correction, and my high blood pressure of twenty years’ standing was cured. A few years later, I had my cataract removed, and complications resulted in increased intra ocular pressure again. Back on chelation, this problem resolved to the extent that, at 75 years of age, I read without glasses and drive.”

How Chelation Works

The word “chelation” is taken from the Greek word “chele,” meaning claw. This describes the way the molecules of the chelating agent grab onto the molecules of heavy metal, such as lead, iron and copper, before moving them to the kidneys, via the bloodstream, for excretion. The process of chelation also binds calcium, which can exist in excessive amounts in cells, to interfere with arterial health. Calcium is responsible for the build-up of plaque that causes blockages in the blood vessels. None of the calcium chelated and released during chelation is the calcium from bones and teeth. Chelation lowers serum ionized calcium, which decreases clotting, reduces spasm and softens “hardening” of the arteries. A further benefit to overall health is that ethylenediamine tetraacetic acid (EDTA) reduces the amount of low-density lipoproteins (LDL) cholesterol, also known as ‘bad’ cholesterol, in the liver and the plaque that forms in the arteries.

Despite its success, scientists do not know for certain how chelation works. One theory is that it reduces free radicals, which are the harmful byproducts of metabolic processes. A related theory is that since heavy metals cause an increased production of free radicals, reducing them in the body cuts the numbers of free radicals. Yet another understanding of how chelation works focuses on the relationship between calcium and magnesium as intracellular and intercellular components. As excess calcium is bound in the bloodstream, the calcium/magnesium balance is favorably affected.

#8: Most Laser Surgery For Macular Degeneration Will Make Your Vision Worse!

The journal Ophthalmology reported in May 2001 on the results of 225 patients treated with the visudyne laser. The study found that 54% of the patients treated with laser lost at least 15 letters of vision when viewing an eye chart, while 67% of patients not treated with the laser lost vision. The bottom line is that more than half of patients who were treated with laser lost vision and there was only a comparatively small difference between the treatment and non-treatment groups. Why would you agree to undergo a laser treatment when alternative therapies are available to improve your eye sight?

#9: Many eye problems are caused by an abnormality of the cranio-sacral pump and this can be corrected by a painless, five-minute treatment!

Dr. Robert Boyd, an osteopathic physician from Ireland, first described a condition called the Bowling Ball Syndrome. He characterized the head as a bowling ball and explained that because of its heavy weight, it shifts to stay in balance. When there is an injury to the neck or the skull, this trauma can cause a misalignment of the head resting on the atlas or the top cervical vertebra.

This change in position can affect the flow of cerebral spinal fluid and even block the craniosacral pump. Many problems have been linked to the abnormality. Those maladies include chronic headaches, sinus infections, Tempromandibular Joint Syndrome and blockage of the optic canal which leads to the onset of glaucoma.

Dr. Boyd has reported that abnormalities in the cranio-sacral pump can cause obstruction in the ocular canal, which leads to increased intraocular pressure and decreased visual fields. However, there is a simple, five-minute procedure that can correct this abnormality painlessly.

I first learned of the Bowling Ball Syndrome (BBS) in 2006 during a lecture by Dr. Jerry Tennant. He is a well known alternative eye doctor and I was very curious when he made the comment that some cases of glaucoma can be cured, since this treatment will address the underlying problem of elevated eye pressure. Dr. Boyd developed a complex osteopathic manipulation to correct this defect. But the technique was limited, since it required advanced osteopathic skills to use. Dr. Tennant has developed his own technique using electrical stimulation provided by a device called the biomodulator. This instrument is used to correct the abnormal position of the skull and cervical vertebrae by applying current to the trapezius muscle. In a matter of several minutes, the electrical current resets the position of the head and quickly corrects the syndrome.

#10: Poor Digestion And Absorption, Not Poor Diet Are The Main Cause Of Nutritional Imbalances!

It is estimated that 70% of patients past the age of 60 have a decrease in digestive enzymes and hydrochloric acid. These reductions are responsible for poor absorption of food and nutritional supplements. If your vitamins are not being absorbed, you will not have any nutritional benefit. This is why the macular degeneration formula is recommended. It contains digestive enzymes, probiotics and supplemental hydrochloric acid to make certain that these vitamins are absorbed into your body. Another product called Ocular Function Spray delivers key nutritional products orally to facilitate their absorption through the capillaries of the tongue into the blood stream.