

Reversing Macular Degeneration

Improve your vision in 30 days
without laser or surgery!

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Macular Degeneration is a serious disease that can lead to blindness if not treated properly. Please agree to continue care with both a qualified eye doctor and qualified alternative medicine practitioner. This will afford you the best chance of preserving and improving your vision. **DO NOT** discontinue any treatment or medication unless you have properly discussed these options with your eye doctor.

To your good health and clear vision

Dr. Edward Kondrot

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INTRO

Age-related macular degeneration is the most common cause of irreversible blindness in people over the age of 65. It is a slow progressive disease that affects the central area of the retina called the macula. This is the location of the retina responsible for central vision or the vision which gives us the greatest detail in our sight.

The exact cause of macular degeneration is not known but the earliest changes occur in the choroid (vascular layer of the eye) and pigmented retinal epithelium. These changes begin as thickening of Bruch's membrane, which is the layer of the choroid next to the retina. These thickened areas become raised and have the appearance of warts. These changes produce loss of pigment and cell death of the functioning layers of the retina. It eventually leads to fluid accumulation, hemorrhage and scar tissue. Loss of central vision occurs but this rarely produces total blindness because the peripheral vision is preserved.

The disease commonly occurs over the age of 65 years but there are several hereditary conditions, which can lead to this disorder at a much earlier age. Patients usually complain of blurred vision and difficulty with close work. They can also develop wavy lines and distortion of linear targets. There is loss of color sense and the development of scotomas (small areas of blindness).

There is a higher incidence of macular degeneration with hypertension, arteriosclerotic vascular disease and diabetes.

There are several types of macular degeneration. The two common types described are the dry and wet types. The dry or areolar type consists of degeneration of the retinal pigment cells resulting in drusen (small wart like growth) hyper and hypopigmented areas in the retina with loss of rods and cones and generalized atrophy. The wet type or exudative type presents as vascular leakage with exudates and a detachment of the retina with loss of vision. A small percentage of these cases can be treated successfully with the argon laser.

There is another type of macular degeneration, which occurs in the diabetic. This results from leakage of small blood vessels, which leads to fluid accumulation under the retina and loss of central vision.

70/30 DIET AND LIFESTYLE PROGRAM GUIDELINES

Seventy percent (70%) of the foods consumed are organic, whole, raw, live, foods. The first three items (organic, whole, raw) describe these in detail. The other thirty percent (30%) are also organic, whole foods, which includes cooked foods (meat, dairy, eggs, fish and a few carbohydrates) and some minimally processed foods.

EAT CERTIFIED ORGANICALLY GROWN FOODS

Organic foods are foods that have not been treated with pesticides, herbicides, other chemicals, hormones, antibiotics, dyes, preservatives, GMO, nor irradiated. These chemicals have an adverse effect on our health and should be avoided. The point of the detoxification diet is to clear our bodies of these toxins and stop the input of toxins into the body. Our body's cells, including the cells in our eyes can be damaged by these toxins.

Look for foods with organically certified labels. Most grocery stores have organic food sections now. Farmers markets are also good sources for these foods. Your local co-op or health food stores are also an excellent source for organic foods. If you do not see these foods in your grocery store, request them.

EAT WHOLE FOODS

Whole foods are foods that are in their natural state. Whole foods would include all "one ingredient" foods (i.e. tomatoes, beans, fish, etc.) These foods are not extracted components of a food (i.e. sugar, corn starch, etc.) and certainly nothing artificial or chemical (i.e. artificial color, flavor, preservatives, additives or fillers.) Avoid canned foods and other processed foods. Refer to "Basic Nutritional Guide" included in the package.

Whole foods are fresh fruits, vegetables, greens, fresh herbs, meats, fish, nuts, seeds and grains. Once these foods are processed, they lose much of their nutritional value. Foods that have been dried at very low heats or dehydrated are still whole foods.

These foods can generally be found on the perimeter of grocery stores, farmer's markets, health food stores or cooperative stores.

EAT RAW LIVE FOODS

Raw live foods are foods that are very vibrant and alive. These include sprouted seeds, nuts and grains; fresh herbs, greens, vegetables. These foods are never cooked.

Key raw foods to include in the diet are:

- * Sprouts
- * Raw vegetables
- * Raw cultured vegetable better known as sauerkraut
- * Avocados
- * Presoaked Seeds and Nuts
- * Sprouted legumes (bean sprouts, sprouted chickpeas)
- * Sprouted grains (wheat and rye berries)
- * Seaweed also called sea greens or sea vegetables

Salads with fresh sprouts, herbs, greens and vegetables are one good example of raw live foods. These foods also have a hierarchy of nutritional value where sprouts provide the best value and anemic iceberg lettuce is of little value. Refer to the list of resources for recipes and further explanation. Just adding sprout to your salad is a good first step.

A word about seaweed. Seaweed is a very powerful detoxification vegetable. It is known to bond with radioactive substances, heavy metals and stagnated poisons to help eliminate these toxins. Daily consumption of small amounts increases metabolic rate, purifies the blood, aids in body cleansing, dissolves fats and mucous, strengthens the endocrine and nervous system. Dry seaweeds can be crumbled, mixed and used as a condiment, sprinkled on many foods.

EAT PASTURE RAISED MEATS, FREE RANGE POULTRY/EGGS AND WILD OCEAN FISH.

Animals raised on pasture land produce healthful meats with high quality essential fats. Biodynamic, free range or organic meats should be consumed. Avoid feedlot animals and farm raised fish. Fish to be consumed would include Wild Alaskan Salmon and small body fish such as sardines. Generally avoid fish or seafood that are bottom feeders such as catfish, clams, mussels and crab.

Generally, we encourage a largely vegetarian diet, minimizing meat and dairy products, but encourage consumption of fish and eggs.

Eat a diet rich in carotenoids. Eat colorful foods to maintain good color vision.

We encourage you to eat foods that particularly high in carotenoids. These are a class of compounds that are very benefits to the eye particularly lutein and zeaxanthin. These carotenoids give foods their bright colors. Lutein and Zeaxanthin are carotenoids, which make up the pigment in the macula of the eye. These are the pigments which give food their color. They are found in eggs, colored fruits and leafy green vegetables. The following are good sources of carotenoids: kale, spinach, mustard greens, pumpkins, eggs, corn, orange peppers and grapes.

They are needed to help maintain the macula lutea, the part of retina responsible for the sharpest vision. They also act as a filter to protect the eye against photo induced damage and they also protect the eye from free radicals. Studies show that animals deprived from this pigment develop macular degeneration in a few weeks. Eggs contain three times the concentration carotenoids because chicken are fed marigold to make the yolks more yellow. Marigold supplements and marigold tea have been proposed as a good source of this valuable nutrient.

A recent study by the national Institutes of health found that people who ate the highest amounts of food rich in carotenoids had a 43% lower risk of developing macular degeneration.

Carotenoid Rich Vegetables

<u>Vegetable (100 grams)</u>	<u>Beta carotene*</u>	<u>Lutein/Zeaxanthin*</u>
Raw carrots	7900	260
Kale	4700	21900
Brussel sprouts	480	1300
Raw spinach	4100	10200
Corn	51	780
Broccoli	700	1900
Green peas	350	1700
Green beans	44	740
Tomatoes	520	100
Leaf greens	1200	1800
Collard greens	5400	16300

*Amounts in micrograms.

Sources: Journal of the American Dietetic Association 1993: 284-295.

Eliminate coffee, aspirin, margarine, alcohol and stop smoking. Why?

Coffee should be reduced or eliminated. Studies have shown that coffee can produce a 13% reduction in retinal blood flow. This is especially important in patients that have existing retinal damage and who are losing vision.

Several studies shown that there is an increase risk of bleeding into the eyes in patients with macular degeneration who take aspirin. If you have been started on an aspirin program discuss this with your doctor.

Margarine interferes with the circulation and with the synthesis of gamma linolenic acid.

Avoid eating margarine, Crisco and hydrogenated fats. They are all toxic and they interfere with the synthesis of this essential fatty acid. Gamma linolenic acid along with selenium are needed to maintain normal vasculature of the retinal vessels. A study in Australia people who use margarine and sun bath have a 700% higher incidence of malignant melanoma than those who sun bath and use butter. There is also a higher incidence of lung cancer in smokers who use margarine compared to butter.

High alcohol consumption also reduces the levels of antioxidants and carotenoids. Avoid alcohol or severely limit your intake to maintain the proper levels of these important antioxidants.

If you smoke please do everything possible to stop. There is a 6.6 times greater risk of developing macular degeneration in smokers, even former smokers have a 3.2 greater risk. Each cigarette robs the body of 25 mg of vitamin C. Smokers have an increase in lipids (both fat and cholesterol) which increase the risk of severe cardiovascular disease. These factors produce narrowing of the retinal blood vessels that carry valuable nutrients to the eye.

CONSUME A DIET HIGH IN PURE FATS AND OILS AND ELIMINATE ALL CHEMICALLY PROCESSED OILS AND FATS.

Contrary to low fat diet trends, healthy fats are good for us, in fact they are essential to our good health. They provide essential fatty acids in the form of omega 3,6 and 9 which very living cell in our bodies must have.

Healthy fats include pure, unprocessed organic oils that have been cold pressed (i.e. not heated) such as olive oil, flaxseed, sesame, sunflower, safflower, almond oils and grapeseed oil. These oils are known as either polyunsaturated or monounsaturated fats which are fats in liquid form at room temperature. Avoid canola and peanut oils.

Healthy fats also include a limited number of solid fats (saturated fats) that come primarily from animal sources such as butter, ghee (clarified butter), cream and animal fats and some from plant sources such as coconut butter or palm kernel oil. These fats should be used in small amounts and in moderation.

Any Hydrogenated fats, Partially Hydrogenated fats or trans fats are toxic to our brain and liver, cause high cholesterol and many other health problems. Hydrogenated and trans fats are fats that have been altered and include margarine, shortenings, Crisco, Vegetable shortening, and harden oils. Also avoid all heated or refined oils.

REDUCE CARBOHYDRATE CONSUMPTION

Breads, pastas, cereals, oatmeal, crackers, starchy vegetables (potatoes, corn, sweet potatoes, parsnips, yams); grains (wheat, rice, oat, barley, millet, rye, corn), flours and baked goods, high carbohydrate fruits (bananas, grapes, dried fruits) fruit juices (bottled, canned or juice) should be removed or reduced from the diet. Carbohydrates are minimized because they support fungus which release neuro-toxins in the body. Reduction of carbohydrates help to get rid of the fungus and toxins within the body.

DETOX YOUR BODY

DRINK PLENTY OF FRESH PURE WATER.

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. He states that “You are not sick, you are thirsty. Don’t treat thirst with medications” Most people are in a dehydrated state which prevents proper detoxification of the body. This leads to an accumulation of toxins which contributes to degeneration.

This is the most important step in detoxification and healing the body. Good water sources include spring water, well water, purified waters. Avoid tap water and distilled water. Note, well water should be analyzed for bacteria and chemical pollutants. Drink at least one half of your body weight in ounces very day. So, if you weight 150 lbs., you would drink at least 75 ounces of water a day.

AVOID SUGAR, CHEMICALS, PRESERVATIVES AND ARTIFICIAL SWEETENERS

Read the labels. If you see anything with a number in it, a name you cannot pronounce or do not recognize as a food; it is a chemical additive. Many foods are laced with sugar which can be listed as sugar, sucrose, fructose, high fructose corn syrup, maltose, malto-dextrin. Avoid foods and beverages (diet drinks) with artificial colors, favors or artificial sweeteners, such as aspartimine, Equal, sorbitol, mannitol and Maltitol. Avoid MSG and other chemical additives.

AVOID OTHER CHEMICALS, TOXINS AND HEAVY METALS

This diet helps to clean and keep the body clean of chemicals and toxins that have accumulated. It is also important to become aware of where these toxins are coming from and remove as many of these sources as possible. We can no longer avoid the fact that we live in a toxic world and to maintain health now, we need to be responsible for keeping our bodies clean as well.

Toxins enter the body through ingestion (food, beverage and medicines), through breath (polluted air, scented products, chemical fumes, air fresheners), absorption through our skin (personal care products, clothing) and injection (drugs). Further explanation on how in minimize toxins is a listed below:

* Foods and beverages have been covered above. Avoid all chemicals, preservatives, artificial ingredients. Some large body fish (shark, swordfish, tuna) have higher concentrations of environmental toxins.

* Minimizing the toxins we breath in. If it smells chemical, avoid it. Avoid chemically scented products which include all air fresheners, perfumes, colognes, personal care products with added scents, laundry products, cleaning products, chlorine bleach, gasoline and other petrochemical products. Invest in a good air purification system for the home, office and auto.

* Avoid skin contact with chemical products. These include cleaning products, lotions, creams, ointments placed on the skin. Avoid petrochemical based products (i.e. Vaseline intensive care, vapor rubs, etc.) If you must use chemical cleaning products always protect your skin and get plenty of ventilation. Add a filter to your shower head to remove chlorine from the water. Wear clothing made of natural organic fibers (cotton, silk, linen, rayon & hemp) that have natural dyes, especially those areas in direct skin contact.

* Other sources of toxins include injections and heavy metals. Vaccination for flu, childhood vaccinations and tetanus contain trace amounts of toxins. Dental amalgam fillings (which contain mercury and leak mercury vapor in the body) should be replaced.

OTHER WAYS TO DETOXIFY THE BODY

The body can release toxins through the skin as well as through the digestive system. Some other means to assist the detoxification of the body are presented below.

DETOXIFICATION BATHS

Detoxification Baths also help draw out toxins out of the body through the skin. One of the best formulas for a detox bath is the following. Mix one cup of each of the following in a bath of hot water: one cup of sea-salt, one cup of baking soda, one cup of apple cider vinegar and one cup of Epsom salt. Check the temperature of the water before getting in. Often the temperature will feel comfortable to your hand but will much to hot for submersion of your body

1. Saunas are also an excellent way to release toxins through the skin, followed by a cool shower.
2. Microcurrent simulates the metabolic function of the cells which includes the release of waste products. Microcurrent can be programmed for

detoxification to help eliminate toxins from your body. (See chapter on Microcurrent)

SUMMARY OF 70/30 DIET AND LIFESTYLE PROGRAM

1. **EAT CERTIFIED ORGANICALLY GROWN FOODS.** (Food labeled organic are free of pesticides, herbicides, other chemicals, hormones, antibiotics, dyes, preservatives nor irradiated.)
2. **EAT WHOLE FOODS.** (foods that are in their natural state)
3. **EAT RAW LIVE FOODS.** (70% of diet should consist of living foods, includes sprouts, raw vegetables, herbs and green leafy foods, sprouted grains, legumes, seaweed condiment)
4. **EAT PASTURE RAISED MEATS, FREE RANGE POULTRY/EGGS AND WILD OCEAN FISH.**
5. **EAT FOODS HEALTHY FOR THE EYE** (This includes all of the above and brightly colored foods rich in lutein and zeaxanthin)
6. **CONSUME A DIET HIGH IN PURE FATS AND OILS AND ELIMINATE ALL CHEMICALLY PROCESSED OILS AND FATS.** (Use Cold pressed oils and avoid margarine, Crisco and Vegetable shortening or anything hydrogenated)
7. **REDUCE CARBOHYDRATE CONSUMPTION** (breads, pastas, grains, baked goods, high carbohydrate fruits and vegetables and fruit juices)
8. **AVOID SUGAR, CHEMICALS, PRESERVATIVES AND ARTIFICIAL SWEETENERS**
9. **DRINK PLENTY OF FRESH PURE WATER.** (1/2 of body weight in ounces of spring water, tested well water or pure drinking water; avoid tap water)
10. **ELIMINATE ALCOHOL, COFFEE, ASPIRIN AND STOP SMOKING**
11. **AVOID OTHER CHEMICALS, TOXINS AND HEAVY METALS** (Eliminate foods, beverages, household cleaning products, personal care products, perfumes, colognes with chemicals, synthetic fabrics, remove amalgam filling and avoid any unnecessary vaccinations)

DEVELOP AN EXERCISE PROGRAM

If you do not have a regular exercise program now is the time to start. You should begin slowly under your physician's supervision. Begin with 10 to 15 minutes several times a week. This should gradually be increased to 30 minutes of moderate exercise everyday. The ideal exercise will increase your heart rate a small amount without producing undue fatigue.

General guidelines are to exercise at 60% of your maximum heart rate. To calculate this number subtract your age from 220. This number is your maximum heart rate. 60% of this number will be your target heart rate. During exercise be sure to monitor your heart rate.

Example: Let say your age is 60.

First calculate your maximum heart rate

220-60 is 160.

Next calculate your target heart rate

60% of 160 is 96

A heart rate of 96 is therefore your goal when you exercise.

Find something that you enjoy and remember to continue your program.

Brisk walking is a favorite activity of many people. Other exercises to consider are swimming, aerobics, and cycling. If you are physically limited consult with your doctor on other activities.

Moderate exercise improves your cardiovascular system, helps keep off extra pounds, lowers cholesterol, reduces high blood pressure and improves retinal circulation. Exercise also helps to improve your mental outlook and reduces stress. These factors are important in helping the body fight disease. This is probably the best thing you will do for your health!

BEGIN A PROGRAM OF MEDITATION

Meditation is exercise for the mind. It is well known that there is a mind body connection in health and disease. Meditation will help reduce stresses that adversely affect our bodies. Studies have shown that meditation helps to lower blood pressure, slow the heart rate and produces a general feeling of well being.

There are many different methods to meditate depending on one's religious background. It can be a simple prayer, positive visualization, saying a positive affirmation or utilizing techniques to slow the breathing.

During this process it important and letting go of negative thoughts. Sometimes being in a very pleasant natural environment, such as a park or a walk in the country away from the stresses of the daily life will be like meditation. Meditation should be a daily practice to help reduce stress.

In 1920 Dr. William Bates introduced a series of eye exercises to reduce eyestrain, improve circulation and the function of the eye. These exercises have been used successfully by thousands of people with visual disorders.

Two books to learn more about the Bate's method are:

W. H. Bates, MD, *The Cure of Imperfect Sight by Treatment Without Glasses*, Health Research, Pomeroy, Washington, 1978

P. Mansfield, *The Bates Method*, Vermillion, London, 1992

PROTECT YOUR EYES FROM SUNLIGHT

UV and Blue Violet sunrays increase the risk of developing macular degeneration. Studies have shown that people who spend a great deal of time outdoors are twice as likely to develop macular degeneration. A good pair of sunglasses which block 100% of UVA and UVB and block at least 85% of blue violet sun rays are essential to protect the eyes from the harmful effects of the sun. On a sunny day a wide brim hat should also be worn.

Many sunglasses are nothing but a dark lens which reduce the light intensity but do 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 affect they must have ultraviolet A and B blocking properties. This blocking property has nothing to do with the darkness of the sunglasses, in fact you can have 100% UV blocking with a clear lens!

BEGIN A PROGRAM OF ANTIOXIDANTS

The 1958 Helsinki study proved those agents, which opened the blood vessels (Vasodilators), and that cleared blood vessel of plaques (Antioxidants) result in improvement of vision. In this study patients who received Vitamin A, Vitamin C and Heparin showed a 67% visual improvement.

The results of the Multicenter Ophthalmic and Nutritional Age Related Macular Degeneration Study in 1996 showed that AMD subjects who were given a broad spectrum antioxidant stabilized in their better functioning eyes. The subjects that used placebos (no vitamins) lost an average of one line of vision.

Important antioxidants:

Vitamin A

Vitamin C

Vitamin E

Beta-carotene

Glutathione

Important mineral antioxidants

Selenium

It is a vital antioxidant, which protects the immune system, preventing the formation of free radicals. It is especially important to combine Selenium with Vitamin E. They act together to aid in the production of antibodies and to help maintain a healthy heart, liver and eyes. Selenium is found in meat and grains. Since the content of Selenium is very low on much of American farm soil there has been a marked reduction in the levels found in meat and grains.

Zinc

The Archives of Ophthalmology reported a study that tested the effectiveness of Zinc in macular degeneration. Patients who took zinc supplements showed significantly less deterioration than patients who did not. It is now recommended that moderate dosages of Zinc may be beneficial in macular degeneration

80% of people will still be deficient in this vitamin even though they are taking it as a vitamin supplement! The problem is digestion and absorption of this critical mineral essential for most enzymatic reactions in the body.

Just like zinc is needed in batteries to hold a charge this mineral is needed for the cells of our body to hold a charge and to function optimally. There is a simple 1 minute taste test to determine if you are deficient! One dropperful of a 1% Zinc sulphate solution will quickly reveal a zinc deficiency. If your zinc is adequate the solution will taste very bitter.

Oysters contain more zinc per serving than any other food, but red meat and poultry provide the majority of zinc in the American diet. Other good food sources include beans, nuts, certain seafood, whole grains and dairy products

You can improve zinc absorption by taking zinc salts that have a higher absorption such as chelated zinc or zinc picolinate. Taking zinc with some diluted apple cider vinegar will also help the absorption.

TAKE HERBAL SUPPLEMENTS SHOWN TO STRENGTHEN YOUR EYE

Bilberry

Interest developed in this European plant, when World War II British Air Force pilots reported improved night vision after taking Bilberry. It is now used in Europe for many eye disorders including cataract, macular degeneration, retinitis pigmentosa and diabetic retinopathy. It contains anthocyanosides, which have been shown to stabilize collagen, increase intracellular vitamin C levels and decrease capillary fragility. Studies have also shown a decrease in platelet aggregation (similar affect as aspirin) and a reduction in blood sugar. Bilberry may improve oxygen delivery to the eye and act as an antioxidant.

Ginkgo Biloba

It is a tree that lives as long as 1000 years. Originally found in China, it was imported into the United States in 1784. The Ginkgo leaf extracts are now among the leading prescription medications in both Germany and France. The primary clinical application has been in the treatment of vascular insufficiency. Many studies have demonstrated improved circulation in patients with arterial insufficiency. In addition to improving retinal circulation, Ginkgo also has a protective affect against free radicals. Another study has shown that a combination of Ginkgo Biloba and Zinc may slow the progression of visual loss.

HOW CAN SLEEP HELP IMPROVE YOUR MACULAR DEGENERATION?

Recent studies have indicated that a very important part of a healthy eye is the melanin contained in the retinal pigment epithelium of the retina. Researchers have observed the earliest changes in macular degeneration occur in this layer of the eye. As we age changes in the pigment layer of the eye develop along with the development of Drusen. I like to describe drusen as waste material that accumulates as our retinal cells become sluggish. Even the slightest amount of light will reduce the melatonin production. During the night, sleep in complete 100% darkness.. Even remove the lighted LCD-display from the alarm-clock can reduce the melatonin production. Also be sure to get enough sunlight during the day.. With a good contrast of light (during the day) vs complete darkness (night), the pineal glands produce the most melatonin.

A recent article was published studying the effects of melatonin in macular degeneration by the New York Academy of Sciences. Effects of Melatonin in Age-Related Macular Degeneration Reversal of Aging: Resetting the Pineal Clock Volume 1057 published December 2005 Ann. N.Y. Acad. Sci. 1057: 384–392 (2005). CHANGXIAN YI et al. They proposed that the decrease in melatonin in the elderly may be an important factor in RPE dysfunction, which is a well known cause for initiation of AMD. 100 patients were given 3 mg of melatonin at night for a minimum of 3 months. Fifty-five patients were followed for more than 6 months. At 6 months of treatment, the visual acuity had been kept stable in general. The majority of patients had reduced pathologic macular changes. We conclude that the daily use of 3 mg melatonin seems to protect the retina and to delay macular degeneration. No significant side effects were observed.

BEGIN HOMEOPATHIC TREATMENT TO IMPROVE YOUR HEALTH

Homeopathy is scientific method of therapy based on the principle of stimulating the body's own healing processes in order to accomplish 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 not only stood the test of time, but has rapidly achieved widespread acceptance in Europe, India and South America.

In Homeopathy ("homeo-" means "similar"), each of us is a total complete individual, no aspect of which can be separated from any other. To be effective, any valid therapy must be based on a deep understanding of and respect for the uniqueness of each individual. In Homeopathy each patient is evaluated as a whole person- mental, emotional and physical. The prescribing remedy is based on the unique patterns found on all three levels. This means that each person is given a remedy that will stimulate his or her particular body to heal. Ten people with macular degeneration might receive ten 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.

Homeopathy can be a valuable adjunct in your treatment of Macular Degeneration

BEGIN MICROCURRENT THERAPY

As its premier research project, the newly announced Macular Degeneration Foundation plans to conduct a nationwide controlled clinical trial to define the vision-enhancing value of administering what it terms Micro-current Stimulation (MCS).

MCS is a non-invasive and inexpensive treatment adapted from a FDA approved therapy used to treat other disorders. In preliminary studies by the foundation this treatment has improved both visual acuity and color perception. Foundation researchers plan to use state of the art electrophysiology tests to measure the impact of MCS on macular cells. Individuals reporting a significant improvement in visual acuity after this therapy include legendary golfer Sam Snead.

The Foundation's two-year preliminary MCS trial involving 120 patients resulted in an average of: 68 percent improvement over pre-treatment vision for patients with dry macular degeneration and a 58 percent improvement over pre-treatment for those with the wet form of macular degeneration.

Treatment of patients with macular degeneration entails periodic administration of pulses of small amount of square-wave direct current at low voltages, delivered through electrodes in contact with the skin overlying key nerves around the eye. The mechanism is felt to be 3 fold; increasing the circulation to the eye, stimulating the function of the retinal cells and possibly in the regeneration of cells. The effects of 10 to 500 microamps on the cellular level have been documented by Dr. Cheng to increase ATP production by 500%, increase protein synthesis by 70% and increase cell transport by 40%.

I began using the Microstim 100 in 1998. This machine utilized a probe to treat 8 acupuncture points around the eye . 4 points were located above and 4 below each eye. Each point was treated for 12 sec. utilizing 4 different frequency settings (292 HZ, 30 Hz, 9.1 Hz and 0.3 Hz). The data from this instrument was published in my book Microcurrent Stimulation Miracle Eye Cure 2001 and the Townscent Letter (a peer review journal) in October 2002. In this publication the results indicated that 66% of the patients treated had up to 2.5 lines of improvement on the snellen eye chart.

This machine only had one channel and only 4 frequencies. It was postulated that the 2 higher frequencies (292 HZ and 30 HZ) reduced inflammation and

the two lower frequencies (9.1 HZ and 0.3HZ) improved cellular function. This machine delivered generic frequencies that were not specific to the eye but could be used anywhere in the body.

Frequency Specific Microcurrent in the treatment of macular degeneration

A new technique called Frequency Specific Microcurrent (FSM) has produced a dramatic improvement in treatment outcomes of macular degeneration. Instead of using basic generic frequencies which have a low level affect on the diseased eye tissue we now can use frequencies specific to the retinal tissue and the pathology. The energy is driven into the area needed for tissue repair. The roots of Frequency Specific Microcurrent (FSM) date back to the early 1900's from Dr. Albert Abrams, who was the first physician to use calibrated instruments capable of detecting the radiations of living tissue. Dr. Abrams concluded that all matter radiates electromagnetic energy and the characteristics of the radiation depends upon the unique molecular structure. Modern FSM utilizes hundreds of frequencies within the range of .01 to 999 Hz with varying intensities of 20 to 600 micro amps. Each tissue in the body has an individualized frequencies for example the retina has a frequency of 95 Hz and macula 137 Hz. Each type of pathology also has a frequency. Hemorrhage has a frequency of 18 and edema is 14.

FSM is "frequency specific" because the frequencies of the tissue and that of the pathology are "matched" with two frequencies. For example hemorrhage in the macula the FSM treatment would use 18 Hz and 137 Hz. This coupled frequencies then matches the exact abnormalities that are present in the damaged tissue. The desired effect is to neutralize those frequencies that are in disharmony.

COLOR THERAPY IN THE TREATMENT OF MACULAR DEGENERATION

Color therapy sounds like something that belongs to interior design and not in the doctor's office! You may be surprised that there is a long history of color in the treatment of eye disease. A 73 year old institution called the College of Syntonics has investigated color therapy in the treatment of eye disease. Evidence shows that disease is caused by an imbalance in the autonomic nervous system. The autonomic system has 2 parts the sympathetic and the parasympathetic. The sympathetic responsible for survival or "fight or flight" and the parasympathetic which is responsible for the body sustaining life, like digestion and healing disease. When you are running away from a grizzly bear your body does not care about digesting your food! Stress – yes we have heard of that word - STRESS certainly contributes to disease and stress can also be the fuel that sustains disease and prevents healing. The mechanism of stress is felt to over-stimulate the sympathetic nervous system and to suppress the parasympathetic. When the parasympathetic system is suppressed the body has a difficult time to heal disease. Healing will not take place unless there is a balance in the autonomic system. Color therapy can help. The red spectrum has been documented to stimulate the sympathetic system. No we do not want this since most of our life takes care of this very nicely! The color red has been associated with anger and increase heart rate and an increase in blood pressure. Blue on the other hand will relax the sympathetic system and stimulate the parasympathetic. This is the first step towards healing disease. Think about how relaxing the blue ocean water and blue sky can be! A vacation to the beach can be very healing. The College of Syntonics has investigated specific color wave lengths and has studied the affects on eye disease.

Color therapy can help to expand the visual fields, reduce inflammation and stimulate blood flow into the eye in patients with macular degeneration. Color therapy has become a very valuable treatment modality in helping patients improve their vision.

CHELATION THERAPY

Chelation is a safe, painless intravenous treatment using the synthetic amino acid EDTA, which has the ability to "latch onto" molecules of calcium, lead, mercury and other heavy metals. These heavy metals along with EDTA are then eliminated from the body into the urine.

Chelation therapy is used for patients with heavy metal poisoning, poor circulation due to arteriosclerosis and conditions related to these primary diagnoses. The causes of macular degeneration are many, but it is felt that arteriosclerosis (Hardening of the arteries) and the formation of free radicals contribute to this disease.

Chelation therapy has been documented to be helpful in treatment of both macular degeneration and heart disease. In arteriosclerosis, the blood vessels are damaged and then obstructed by the buildup of plaque. During and following chelation therapy, this plaque is dissolved very slowly and the blood flow throughout the body improves. Chelation more or less safely 'scrubs' the blood vessels in the same way "Drano" cleans out your bathroom pipes!

This in turn treats the "hardening of the arteries" that lead to macular degeneration by not only dissolving calcified plaques but also making the blood vessels more elastic. Chelation does not adversely affect the calcium in your bones--- rather, studies show it may actually make your bones stronger by increasing levels of parathyroid hormone (PTH), which increases osteoblastic ("bone-building) activity!

A chelation treatment requires a visit to a doctor's office where a substance is infused into your veins through an IV for the purpose of helping your body rid itself of toxic heavy metals and excess minerals. Chelation requires a course of treatment of several sessions per week for several weeks or months. ACAM recommends that patients undergo 30 chelation treatments in order to obtain the optimum effect, and follow these with a maintenance dose once a month. Each session lasts two to four hours. The frequency of the treatments depends on the severity of the condition and the way that the body is handling the excretion of the minerals. During the course of treatment, the doctor will monitor the health of kidneys as well as other organs to ensure that no undue stress is placed on the body. There is almost no discomfort with chelation and the side effects, which are rare, are

very minimal. Patients are instructed during this time in proper diet, stress management, and exercise regimens to support their overall recovery.

Chelation has been used very successfully to treat cardiovascular disease, diabetes, diabetic arterial disease, decreased mental functioning, intermittent claudication (leg pain on exercise), and a number of other conditions. Eye conditions such as glaucoma and cataract have responded to chelation therapy. It has also been used to reverse macular degeneration since ARMD is caused, at least in part, by the blockage in the choroid capillaries which deliver blood to the macula.

In 1994, the Journal of the Advancement of Medicine published a case where a 59-year old woman with ARMD used nutrition along with chelation for her condition. After undergoing the recommended series of chelation, her vision improved to 20/25 in one eye and 20/20 in the other. Her central vision was greatly enhanced. One year later, her vision improvement remained.

Chelation is administered by medical doctors who have been specially trained in this therapy and are accredited by the American College for the Advancement of Medicine (ACAM). This organization was founded in 1973 as a medical society to educate and update physicians on the latest in preventive and nutritional advances against disease. Although there may be other health practitioners who use chelation, I would strongly recommend that you work only with a doctor who is a member of ACAM. This means that he or she knows how to match the dose of EDTA to your particular condition and to monitor your overall health during the course of treatment. A list of doctors can be obtained by calling ACAM at (949) 583-7666 or visit their web page at www.acam.org.

LIPID EXCHANGE/ PHOSPHOLIPID THERAPY

Phosphatidylcholine (PC) is one of the most exciting therapies now available in our clinic. PC has only recently received increased clinical focus because of its ability to dramatically improve the outcomes of patients in a wide range of disorders such as ALS, Lyme, Parkinson's, Alzheimer's, MS, Fibromyalgia, Chronic Fatigue, Autism, Bipolar, Seizures, Hepatitis C, Environmental Illness, Cardiovascular disease and eye disease. There is good evidence that this therapy can be of value in restoring optic nerve function in patients with glaucoma. The eye ranks as one of the highest in lipid cellular complexity. There are over 100 million rods and cones in each eye and each one has up to 2000 layers of lipid membrane. Each membrane contains 140 million rhodopsin proteins which are responsible for capturing photons to produce sight. Each day a portion of this membrane and the rhodopsin proteins are sloughed off. Each cell discards about 7% of its lipid membrane stack each day. The entire photo-receiving structure is regenerated every 14 days!

PC directly up-regulates the fluidity of the membrane, improving its vitality which is essential for all of metabolism including neuronal transmission. Poor neuronal response is degraded in all the neurological disorders and is directly improved with Phosphatidylcholine (PC) therapy. Raising PC levels plays an important role in improving memory and recall, and has clinically shown to improve the flow of information of all the senses and most significantly eyesight. PC given either orally or intravenously helps restore the proper integrity of the cell membrane thereby restoring proper function of organ systems, especially the liver, the gut, the brain, immune system, heart, and hormonal system, which ultimately improves the total health of the individual.

VITAMINS AND HOMEOPATHIC PRODUCTS FOR MACULAR DEGENERATION

*** Macular Degeneration Nutritional Formula**

Vitamin, mineral and herbal formula designed for macular degeneration and retinal disorders. Contains antioxidants, bilberry, lutein and other key nutritional products.

(60 packets/ bottle) One packet twice a day with meals

*** Vision Spray**

A sublingual spray which delivers a more consistent and high level of key ocular nutrients. This product is to be used with the Macular Degeneration Formula a complete nutritional treatment for age related macular degeneration. Contains Bilberry, vinpocetine, L-lysine, zeaxanthin, lutein and Vitamin E. (1 fl. Oz.) 3 sprays under the tongue 4 times a day

*** Macular Degeneration Homeopathic Formula**

Homeopathic formula designed for macular degeneration and retinal disorders. Contains tissue salts and other homeopathic products.

(1 Oz.) 1 pellet under the tongue twice a day

*** Zinc Picolinate 50 mg.**

Suggested Usage: Adults take 1 capsule 50 mg capsule daily or as directed by physician

*** EPA-DHA 720**

Provides 720 mg of omega-3 essential fatty acids from cold water fish per softgel—eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA)—to help deliver greater support in fewer softgels. Supplies high levels of EPA and DHA, which have been shown to support healthy function in body systems including the retina and visual system

2 gelcaps twice a day with meals

*** BodyBio PC**

Of the tens of thousands of molecules that make up the life of a cell, Phosphatidylcholine (PC) stands apart; probably the most important one of all. It is also formulated with the essential lipids at a 4:1 ratio.

2 gelcaps twice a day with meals

Additional reading

Healing the Eye the Natural Way-
Microcurrent Stimulation: Miracle Eye Cure

To order these books or products call
1-800-430-9328
1-412-341-0830

Order online at
<http://www.nutritionalresearch.net>

For more info visit
www.healingtheeye.com

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