

# **How to Reverse Your Cataracts Naturally: 5 Ways to Do It**

William Bodri  
*The Skeptical Nutritionist*  
*Naturopathic Educator*

## **Copyright**

Copyright © 2003, William Bodri  
All rights reserved in all media

First edition 2003.

Top Shape Publishing, LLC  
1135 Terminal Way Suite 209  
Reno, Nevada 89502

No part of this book may be reproduced, stored in a retrieval system, or transmitted by any means, including but not limited to electronic, mechanical, digital copying, printing, photocopying, recording, or otherwise without written permission from the author.

[www.MeditationExpert.com](http://www.MeditationExpert.com)  
[www.TheSkepticalNutritionist.com](http://www.TheSkepticalNutritionist.com)

### **Health Disclaimer!**

This information should not be construed as medical advice or instruction, and is not intended to replace the attention or advice of a physician or other health care professional. This information has not been reviewed or approved by the FDA. It is provided under First Amendment rights for educational and communication purposes only, and should not be construed as personal medical advice.

No actions should be taken based solely on the contents of this book. The information within should not be interpreted as a recommendation for a specific treatment plan, nor should this information be used in place of the medical opinion of a qualified health care professional. It is not intended to replace, supplant, or augment a consultation with a doctor or eye care professional regarding the reader's/user's own medical care.

Anyone who wishes to embark on any dietary, drug, exercise, or other lifestyle change intended to treat or prevent a specific condition should first consult with and seek clearance from their doctor and eye care professional; readers who fail to consult appropriate health authorities assume the full risk of any injuries. The author and publisher disclaim all liability for injury or damages that could result from the use of information obtained from this book or its website.

The author and publisher are not responsible for any errors or omissions in this book. Please call a health professional immediately if you think you may be ill.

## **Table of Contents**

***Introduction***

***Carnosine Eye Drops***

***MSM-DMSO-Glutathione Eye Drops***

***Chinese Herbal Supplements for Cataracts***

***Herbal Eye Drops***

***Your Diet, Food Allergies and Nutritional Supplements***

***Newsletters for Keeping Up to Date***

***Medications that Can Cause Cataracts or Harm the Eyes***

***Food Allergy Testing Coupon***

## Introduction

Cataracts are a leading cause of blindness around the world and a leading cause of vision loss in the US. Eighty percent – that's 80% -- of individuals age 75 and above will suffer from some form of cataracts.

But what exactly is a cataract?

A cataract is a clouding of the lens of the eye, which is normally crystal clear and used for focusing light to produce sharp visual images.

The lens of the eye is mostly composed of water and proteins. When the proteins in the lens age or become damaged, the lens starts to become cloudy which prevents all the light reaching the eye to come through. As a result, you cannot see clearly anymore which results in deteriorating vision. In time, a cataract can grow larger and cloud a larger portion of the lens, making it harder to see.

When you develop a cataract, it seems as if you are looking through a fuzzy or cloudy haze that blurs your vision. Cataracts can also affect your depth perception so that it becomes more difficult to judge distances, and they often require that you need more light in order to see things clearly.

When you have cataracts, it also often seems as if your glasses are always dirty and their presence can make your eyes get tired when you are reading or produce the phenomenon of seeing halos in the sunlight.

Cataracts usually develop quite slowly and can appear in one or both eyes. They're produced from a whole host of causes, such as:

- Free radicals, which cause oxidation and aging of eye tissue (similar to hardening of the arteries)
- Sunlight, whose UV content can cause cataracts
- Aging of the eyes, since a normal hardening of the lens occurs as we age
- Food allergies or sensitivities or poor nutrition and digestion, which can result in decreased nutrition to the eyes
- Pharmaceuticals, which can produce cataracts as a side-effect
- Smoking, which increases the risk of cataracts by 50%
- Diabetes, which increases the likelihood of cataracts
- Alcohol consumption, which can double the risk of cataracts

The fact that 80% of the elderly will get cataracts means that the question of cataracts occurring to you or not is probably not an “if” but a “when.” Therefore the big question is how to prevent them or reverse them if they’ve already started to form.

If you’re like most people, you’re probably not interested in prevention, but are reading this because you are probably seeking some sort of cure.

Doctors and pharmaceutical firms will tell you that there are no medications that can reverse cataract formation, but they’re wrong. They’re just not up-to-date with all the latest research and medical literature.

There are quite a few papers out that now show that cataract formation can be prevented, slowed and even reversed by natural therapies and minor lifestyle changes.

That’s what we’re going to go into, so let’s begin.

## **Carnosine Eye Drops**

Most people, including doctors and nutritionists, have never heard of carnosine because much of the research on the substance has been done in Russia, and until recently the substance wasn't available to western researchers.

Carnosine is simply a naturally-occurring dipeptide (a combination of two amino acids, which are the building blocks of proteins) that is proving to be a tremendous anti-aging supplement. In fact, one supplement manufacturer I'm friendly with told me that he's now taking carnosine religiously because of all the consistently positive research he's read on the substance (and he manufactures dozens of supplements, few of which he gets excited about).

He's absolutely convinced this supplement will increase his life span if any supplement can do that at all. In fact, quite a few people who do take carnosine as a supplement are often told they look younger.

Sounds like something you should be taking ... with or without cataracts.

So what's the scoop on this natural substance?

Basically, carnosine contains the amino acids histidine and alanine, and its highest concentrations are found in the longest-living muscle tissues of your body. Unfortunately, our muscle concentrations of carnosine decline substantially (63% in fact) from age 10 to 70. That suggests the need for supplementation.

What does carnosine do?

It's an antioxidant, it has neurotransmitter properties, it has radioprotective effects, protects against cancer, binds heavy metals and can scavenge free radicals in the body. It's used in the treatment of polyarthritis, trauma, stomach ulcers, heart damage and speeds wound healing.

Those are just a few of the non-ocular treatments. But what about cataracts?

Studies have also found that when animals have cataracts, the concentration of carnosine in the lens was found to be very low ... in fact, the lower the concentration of carnosine, the more severe the cataract.

In studies using rabbits and dogs, it was even found that the animals were protected against cataracts if they were given carnosine supplements.

Okay, but what about for humans? Does carnosine help prevent or reverse cataracts?

There are quite a few studies on the use of carnosine eye drops to treat cataracts. The abstract summaries from just two of them are reproduced below showing that it's very successful. In particular, the Wang study showed that carnosine eye drops have delayed vision senescence 100% of the time in cases of primary senile cataract and 80% of the cases of mature senile cataracts. The drops can enter both the lipid (fat) and aqueous parts of the eye and been shown to repair strand breaks in the DNA of the eye.

In short, carnosine eye drops have been successfully used to treat cataracts and other corneal diseases. Carnosine eye drops even help with glaucoma.

Here's another thing. In Russia, carnosine eye drops are approved for humans for use in the treatment of many eye diseases, so we know they're safe.

The only question remaining is where you can get some?

The **Life Extension Foundation**, a well known distributor of health products, sells a formulation called "**Brite Eyes**" that contains L-carnosine, cysteine ascorbate, riboflavin monophosphate, taurine and glutathione. The recommended dosage of these carnosine eye drops is 1-2 drops in each eye daily. The organization can be contact at 800-544-4400 or you can reach them through the web at [www.lef.org](http://www.lef.org) .

If you'd like to get more information, tune into this forum on carnosine and cataracts: <http://www.forum.lef.org/forum22/topic22203.html>.

"Medical application of carnosine."

A. M. Wang, C. Ma, Z. H. Xie, and F. Shen

Department of Biochemistry and Department of Neurobiology, Harbin

Medical University, Harbin 150086, PR China; E-mail:

Wangam@ems.hrbmu.edu.cn

From our investigations, we have reported that eye drops containing 20 mM carnosine were used to treat 96 patients aged 60 years old having



senile cataract of various degrees of maturity, with the duration of the disease from 2 to 21 years. The method is that after stopping the use of all other anti-cataract drugs, patients instilled 1-2 drops of the carnosine-containing solution in each eye 3-4 times each day for a period of treatment ranging from 3 to 6 months. The level of eyesight improvement and the change of lens transparency were considered as an evaluation index of the curative effect of carnosine. The result shows that carnosine gives a pronounced effect on primary senile cataract, the effective rate being 100%. For mature senile cataract, the effect rate is 80%, and positive effects were observed with other types of cataract. It is significant that no side effect has been found in the observed cases. During recent years, we have also applied carnosine drops containing the same content to nearly one thousand patients with senile cataract. Our research findings (ready to be published) show similar result.

In addition, we applied carnosine drops to patients aged 48-60 years with various degrees of eyesight impairment but without symptoms of cataract. The course of treatment is from 2 to 6 months. The results demonstrate that carnosine appears to alleviate eye tiredness and comparatively improve eyesight (obviously improve eyesight, giving more clear vision). Subjects reported that carnosine could brighten and relax their eyes. It is an important point that all the above research on medical application of carnosine has statistical significance.

*Peptides* 2001 Jun;22(6):979-94

**N-Acetylcarnosine, a natural histidine-containing dipeptide, as a potent ophthalmic drug in treatment of human cataracts.**

Babizhayev MA, Deyev AI, Yermakova VN, Semiletov YA, Davydova NG, Kurysheva NI, Zhukotskii AV, Goldman IM

Innovative Vision Products, Inc., 19810, County of New Castle, DE, USA

A study was designed to document and quantify the changes in lens clarity over 6 and 24 months in 2 groups of 49 volunteers (76 eyes) with an average age of 65.3 /- 7.0 enrolled at the time of diagnosis of senile cataracts of minimal to advanced opacification. The patients received N-acetylcarnosine, 1% sol (NAC) (26 patients, 41 eyes = Group II), placebo composition (13 patients, 21 eyes) topically (two drops, twice daily) to the conjunctival sac, or were untreated (10 patients, 14 eyes); the placebo and untreated groups were combined into the control (reference) Group I. Patients were evaluated upon entry, at 2-month (Trial 1) and 6-month

(Trial 2)-intervals for best corrected visual acuity (b/c VA), by ophthalmoscopy and the original techniques of glare test (for Trial 1), stereocinematographic slit-image and retro-illumination photography with subsequent scanning of the lens. The computerized interactive digital analysis of obtained images displayed the light scattering/absorbing centers of the lens into 2-D and 3-D scales. The intra-reader reproducibility of measuring techniques for cataractous changes was good, with the overall average of correlation coefficients for the image analytical data 0.830 and the glare test readings 0.998. Compared with the baseline examination, over 6 months 41.5% of the eyes treated with NAC presented a significant improvement of the gross transmissivity degree of lenses computed from the images, 90.0% of the eyes showed a gradual improvement in b/c VA to 7-100% and 88.9% of the eyes ranged a 27-100% improvement in glare sensitivity. Topographic studies demonstrated less density and corresponding areas of opacification in posterior subcapsular and cortical morphological regions of the lens consistent with VA up to 0.3. The total study period over 24 months revealed that the beneficial effect of NAC is sustainable. No cases resulted in a worsening of VA and image analytical readings of lenses in the NAC-treated group of patients. In most of the patients drug tolerance was good. Group I of patients demonstrated the variability in the densitometric readings of the lens cloudings, negative advance in glare sensitivity over 6 months and gradual deterioration of VA and gross transmissivity of lenses over 24 months compared with the baseline and 6-month follow-up examinations. Statistical analysis revealed the significant differences over 6 and 24 months in cumulative positive changes of overall characteristics of cataracts in the NAC-treated Group II from the control Group I. The N-acetylated form of natural dipeptide L-carnosine appears to be suitable and physiologically acceptable for nonsurgical treatment for senile cataracts.

PMID: 11390029, UI: 21287179

If you're looking for more information, you might check into the following three particularly relevant research papers:

Yuneva, M.O., Bulygina, E.R., Gallant, S.C. et al. Effect of carnosine on age-induced changes in senescence-accelerated mice. *J Anti-Aging Medicine*, 2: 1999, 337-342.

Maichuk, IUF, Formaziuk, VE, Sergienko, VI. Development of carnosine eyedrops and assessing their efficacy in corneal diseases. *Vestn Oftalmol*, 1997, 113(6): 27-31.

Baslow, MH. Function of the N-acetyl-L-histidine system in the vertebrate eye. Evidence in support of a role as a molecular water pump. *J Mol Neurosci*, 1998, 10(3), 193-208.

## **DMSO-Glutathione Eye Drops**

One of the big theories behind cataract formation is that it is due to damage caused by free radicals in the eye. When you are young your eyes contain a large concentration of natural antioxidants that protect them from cataracts, macular degeneration and other ocular disorders but as you get older the quantities of these antioxidants are reduced. That's when excessive free radical damage can occur to your eyes as well as to other area of your body.

Perhaps that's why so many people are destined to get cataracts in their life – because their levels of antioxidants fall.

Therefore, quite a few studies have been done to determine whether particular free radical-quenching nutritional supplements, namely antioxidants, could halt the progression of cataracts or even reverse the damage that free radicals have already done to the eye lens.

Using supplements as a preventative approach to cataract formation has been well documented – and proven – by ample medical literature.

Nonetheless, there's a big problem with treating cataracts with oral antioxidants in order to reverse them: preventing cataracts is one thing and reversing them is another. The main problem is that eating oral antioxidants doesn't guarantee that they will indeed reach the eye, so it's best if you can apply them to the eye directly.

Here's why.

There is very minimal blood circulation to the eye compared to other parts of the body and because of the minimal blood circulation, the subsequent low supply of oxygen and nutrients leaves the eye continually susceptible to free radical damage. Aging reduces the blood circulation to the eyes even further, which reduces the efficacy of ingested antioxidant supplements. Because nutrients containing possible antioxidants also have a hard time reaching the eyes, this means that cataracts can continue to worsen even if you start consuming them.

Researchers believe that levels of glutathione in the eye play a big role in preventing cataracts. As one of the body's most important antioxidants, an extremely high concentration of glutathione is found in the eye and dozens of research studies have found that low glutathione levels can affect eye health in many ways.

The idea is that a complicated mechanism of free radical damage to the aging lens, which involves hydrogen peroxide free radicals that destroy the glutathione levels in the eye, is part of the problem that leads to cataract formation. Another problem is the build-up of old proteins cross-linked by sugar molecules due to a process known as glycation.

The short of it is that low levels of glutathione are found in advanced stages of cataracts, and these are presumed to play a role in the process of cataract prevention and formation. I even read on a website – although the reference wasn't given -- that lenses with cataracts have 1/5 the amount of glutathione as compared to healthy lenses which gives credence to this theory.

One-fifth, or 20%, is a pretty low ... and convincing number.

To top it off my own nutritionist, Dr. Alan Pressman, is an expert on glutathione and wrote an entire book on it. In his book and on his radio program, he emphasizes over and over again that glutathione is a key ingredient for eye health and cataract prevention.

In The GSH (Glutathione) Phenomenon: Nature's Most Powerful Antioxidant and Healing Agent, Dr. Pressman writes that glutathione "helps in preventing and battling weight gain, hyperactivity, alcohol, sugar and caffeine addictions, allergies, arthritis, **cataracts**, and lung, skin, prostate and bladder cancers." [italics my own]

So now we know that glutathione is important to the eye, and that it would be nice to deliver it directly to the eyes if we could. As with carnosine, the logical question arises as to whether we can formulate eye drops containing glutathione that can reverse cataracts?

Before I answer this, I want to tell you about two very interesting sister substances ... DMSO and its derivative MSM. Both of these substances contain sulfur and they are used to make tissue membranes more permeable. That means they can readily penetrate your skin and carry other substances with them.

Because it contains sulfur, DMSO smells like rotten eggs, but if you put it on sprains it penetrates right through skin and helps to get rid of inflammation. It's a great muscle and joint pain reliever, and you can mix substances with it to help them penetrate into the skin because it helps substances pass through cell membranes.

MSM is the non-smelly sulfur-containing derivative of DMSO that you often find in nutritional supplements. In fact when DMSO enters the body, some of it turns into MSM. The sulfur within these substances is crucial for liver detoxification and especially for mercury detoxification, which is often a trigger of cataracts. Mercury commonly binds to sulfur in the protein of the lens and because the lens is the densest protein in the body, the mercury tends to reside there longer than in any other tissue.

Many researchers have questioned what happens if we put MSM into eye drops. You see, MSM can soften tissue membranes to allow fluids to pass through, so if its put on the eyes it can allow fluids to more easily pass through the optical tissues. When eye tissues become more permeable, this therefore provides a route for healing nutrients that would otherwise not exist due to the poor blood circulation of the eye.

You have to think of your eye as a water balloon. Normally the eye tissues act like a filter and allow fluids to flow through but the membranes can become tough like leather when cataracts form. Fluids then become trapped inside the eye and particles can build up so that the cataracts will make it seem as if you are looking through a frosted glass. This impermeability can cause the inside pressure of the eye to increase producing a condition called glaucoma.

If MSM eye drops are applied to the eye, however, the tough leathery membranes of the eye become more permeable allowing fluids to pass through more easily. If the optical membranes become permeable, nutrients are able to penetrate through the optical tissues and provide whatever is needed for the body to heal itself. In some cases this has helped assist the body in repairing this problem by stabilizing the pressure.

So now we know that if we have eye drops containing MSM, or DMSO since the two are interconvertable, they might provide a way to soften eye membranes so that a substance like glutathione can be delivered to the lens. But will this help?

While I have not been able to trace them down, I've been told that two unpublished studies have shown that DMSO eye drops **with glutathione** have been able to reverse cataracts after about 6 months usage. This news was reported on page 55 in the January 2002 issue of *Alternatives*, a popular health newsletter written by Dr. David Williams that I often recommend people buy.

You should buy it, too, as it's one of the two best newsletters out there.

The formula for making these eye drops is reported by Dr. Williams as follows:

1/2 oz. 99.99% DMSO  
1/2 oz. distilled water  
2-3 pinches finely ground glutathione powder

Williams writes:

Generally, the procedure involves a solution of 50 percent DMSO (use a 99.99 percent DMSO product for this portion of the solution) and 50 percent distilled water. Take about one fluid ounce of the solution and add a small amount of glutathione (two or three “pinches” of finely ground glutathione powder). The dosage used in this study was two or three drops of the well-shaken liquid in each eye, three times daily. You’ll probably experience a slight temporary burning from the DMSO and possibly a slight grittiness from the glutathione when applied to the eye. Participants in the study began to see results in from one to six months. All of the participants using the solution showed either complete resolution of their cataracts or significant improvement. No side effects were evident in the study, but it was a small study and we won’t be sure about side effects until larger studies are done. I think the procedure is a safe one; all the ingredients must be pure and the procedure shouldn’t be performed if you have any eye infections. If the discomfort is excessive, simply discontinue the procedure.

So there you have it.

You have a method of delivering one of the most powerful antioxidants in our bodies, to cataracts, which might be caused by an excess of free radicals due to the lack of glutathione.

The hope of this routine is that the glutathione, in penetrating the lens through the help of the DMSO, will then be able to reverse the damage of free radicals that caused the cataracts in the first place, and thus reverse the cataracts.

Dr. Williams reports that this does indeed work, although it takes time, so now you know of a second form of natural cataract reversal.

## Chinese Herbal Supplements for Cataracts

So far we've been going over a number of eye drops which you can put on your eyes in order to help reverse cataracts.

What about supplements you can **orally consume**?

For this we have to turn to Traditional Chinese medicine, which has been using the formulation called **Liu Wei Di Huang Wan** (Hachimi-jio-gan) for centuries to prevent cataracts. Research shows that **Liu Wei Di Huang Wan** actually increases the level of glutathione in the eyes and has also been shown to slow cataract formation in experimental animals.

The Chinese also use the herbal formulation called **Ming Mu Di Huang Wan** ("**Bright Eyes Rehmannia Pills**"), which is a variant of **Liu Wei Di Huang Wan** but named for its chief ingredient herb, Rehmannia glutinosa.

The formula is recommended for vision problems that originate from "internal heat" of the liver or from blood deficiency and poor circulation, which can cause cataracts according to the theories of Chinese medicine. The main herb, Rehmannia glutinosa, is known for its cooling, moistening and blood enhancing effects. Looking at computer screens too much is one factor which increases the "internal heat" that can cause cataracts.

Actually, the Chinese herbal formula that most Chinese take whenever there seems to be the initiation of cataracts is **Yi Chi Cong Ming Tang**, also known as "Ginseng, Astragalus and Pueraria combination."

In Chinese medicine it's used to "dispel wind and clear heat" in the body that rises into the brain and affects the eyes with cataracts or causes tinnitus or hearing loss. My friends in China say that this is actually their own medicine of first choice when there are any initial signs of cataracts, and it can easily be found through a web search.

Thus, now you have an anti-cataract product you can orally consume as well, used for thousands of years in Chinese medicine, instead of just eye drops. It makes sense to combat cataracts through both internal and external means.



## Herbal Eye Drops

For centuries people have washed their eyes with various herbal formulas. In fact, the practice became so popular that in the early 1900's, a variety of pharmaceutical companies produced a number of eyewash formulas to clean the eyes of dirt, dust and help with infections. They were common throughout America in drugstores and antique bottle collectors sometimes display these old formulas.

Separate from this, I have to tell you about a very famous American herbalist and naturopath, Dr. John Christopher, who created a number of very powerful herbal formulas for a variety of supposedly "incurable" conditions. In a way, Dr. Christopher (a naturopath rather than M.D.) can be favorably compared to the clairvoyant Edgar Cayce in that both individuals helped formulate the American herbal tradition.

Dr. Christopher formulated an eyewash formula with eyewash herbs that have been used for centuries for this purpose, and he became famous for various miraculous healings involving cataracts, glaucoma and even blindness for this formula.

The most famous contemporary student of Dr. Christopher is Dr. Richard Schulze, whose products can be purchased through the American Botanical Pharmacy (888-437-2362). One of Schulze's most famous formulas is based on the original Christopher formula for the eyes, and is called "**Eyebright**." The only major difference between this formula and Dr. Christopher's is the addition of cayenne pepper, which increases the blood circulation to the eyes and gives the tincture a sting.

There's no doubt about it, Eyebright definitely gives your eyes a sting when you try it. Usually people buy one of those small eye wash cups for about \$2-3 in a drug store, fill it with distilled water, and then put in 5-10 drops of Eyebright tincture which contains the following ingredients:

- Habanero Cayenne Pepper
- Eyebright flower and herb
- Goldenseal root
- Rue flower
- Mullein flower
- Red raspberry leaf
- Fennel seed

Because the ingredients can cause the eyes to burn a bit at first, this formula definitely increases the blood circulation to the eyes which helps to remove waste in and around the eyes and reverse eye diseases. People are advised to do eye exercises when using an eyecup of the solution by looking up, down and to the left and right while the eye is open.

The company does not make any medical claims for this formula – and neither do I - but there have been quite a few anecdotal reports over the years on how the increase in blood supply, caused by the reaction to cayenne pepper, has helped to dissolve away cataracts and reverse other eye conditions, so my job is to let you know about this information.

Another herbal formula for the eyes, known as **St. Lucia Eyedrops**, is derived from South American botanicals (the herbs Atel and Cugel) that have been found to help draw toxic accumulations out of the eye.

A homeopathic formulation, **Cineraria Cataract Eye Drops**, has also been clinically shown to help reverse existing cataracts. This is the traditional remedy used in India for decades to treat cataracts, and is prepared from the two herbs *Cineraria Maritima* (Dusty Miller) and *Euphrasia* (Eyebright).

India's Central Council for Research in Homeopathy, which is part of the Ministry of Health and Family Welfare, has stated that tincture of *Cineraria Maritima Succus* is the drug of choice to prevent the development of cataracts. The package insert of this formula is interesting because it says:

Clinical observation indicates the definite value of local applications of *Succus Cineraria Maritima* in checking, or even aborting existing cataracts. The benefits attained are obviously more satisfactory when treatment is instituted in the early stage of cataract. In cases of well advanced opacity, and where pathological changes caused by the deterioration of the metabolic functions have occurred, as is characteristics in senility, less favorable results can be expected.

The use of *Succus Cineraria Maritima*, however, is justified in certain cases well past the incipient stage, particularly when an operation is not contemplated or is indicated. It gives comfort to the patient to know that something potentially beneficial is being done. Clinical studies of advanced stages of cataract treated with *Succus Cineraria Maritima* indicated that in 22.5% of these cases beneficial results were obtained.

In many of the cases which did not show improvement the process of the opacity was retarded or checked. In certain cases Succus Cineraria Maritima only gives temporary relief or serves to postpone the surgical removal.

A number of folks sell both these formulas on the web, and although I cannot attest to their usefulness, you now have yet another one or two ways to start treating your cataracts naturally, including herbal and homeopathic formulas.

## **Your Diet, Food Allergies and Nutritional Supplements**

Quite a few antioxidants have been proven to help the eyes and vision. Naturally this includes the antioxidants vitamins A,C, and E which prevent free-radicals from damaging the protein in the lens and thus inhibit the formation of cataracts.

But let's put vitamins aside for the moment and talk about the diet first.

What type of diet has been shown to help prevent cataracts? ... That's a good question we should ask. This is what we know from nutritional studies:

- High salt and fat intake seems to increase your cataract risk
- A high intake of spinach, tomatoes, broccoli, cauliflower, citrus and melons seems to lower cataract risks
- Curcumin, which comes from tumeric, reduces the risk of cataract formation
- The Mediterranean diet is also associated with a lower risk of developing cataracts

Getting back to the vitamins, studies have shown that the higher your blood serum levels of vitamin C, the lower your risk of cataracts. In fact, people who take vitamin C supplements for more than ten years had a 45-77% lower risk of forming early cataracts and 83% lower risk of developing moderate cataracts. Many more studies show the usefulness of vitamin C in preventing cataracts.

Vitamin E scores a big hit as well. Low levels of vitamin E in the blood were associated with approximately twice the risk of cataracts as compared to medium or high levels of vitamin E. A four year study published in *Ophthalmology* found that vitamin E supplementation reduced the risk of cataracts by about 50% and another study showed that vitamin E taken with bilberry extract stopped the progression of senile cataracts in 97% of human subjects. Vitamin E seems to slow cataract progression and reduce the risk of cataracts in many studies.

Our friend, glutathione, is helpful in cataract prevention as well as N-acetyl-cysteine (NAC) which assists in the production of glutathione. Alpha-lipoic acid, which is the only fat (lipid) and water soluble antioxidant, is also used by the body as a precursor of glutathione production in the lens of the eye and appears to help prevent cataract formation. Since glutathione is an expensive supplement that is often destroyed before absorption, optical formulations for eye health should contain adequate

amounts of vitamins C, E and alpha-lipoic acid that indirectly raise the glutathione levels in the body.

Another set of special supplements for the eye include bilberry, lutein and zeaxanthin, which have been shown to help eye health and prevent cataracts. There are also various B vitamins (niacin, thiamine and riboflavin) and combinations of antioxidants along with quercetin and selenium taken together which have been shown to lower cataract risks.

I could easily cite over 50 studies showing the benefits of various antioxidants and vitamins and minerals in preventing cataract formation, and guess I will have to just to satisfy the skeptics in the audience, but in truth what's the point? You just want to know what to take to help make your eyes healthy, keep cataracts away or make them go away.

So what you really need is a good multivitamin/multimineral formula that contains many of these key ingredients.

There are quite a few great nutritional formulations out there to help with eye health – **Ocular Defense** by **PhysioLogics** and **OcuDyne** by **Allergy Research** and **Nutricology** are just two examples.

The key is to select a good formula – or even a great megavitamin such as the **SuperNutrition's Perfect Blend** – and stick with it to support your eye health.

The studies at the end of this chapter all add up to show that cataract formation can be slowed or prevented through adequate vitamin, mineral and antioxidant intake, so if you're working to reverse cataracts, it makes sense to be taking the optimal sort of nutritional support that can help support your efforts.

## Food Allergies, Sensitivities and Intolerances

There's one more thing that you might choose to do concerning diet. It may help your cataract situation and then again it may not. Nevertheless, it probably will be a boon to your general health.

But before I explain it, let me ask you a quick question. In fact two questions.

Do you know of someone who is allergic to alcohol or shellfish or some other food to the extent that eating just one bite ... one tiny bite ... can send them to the hospital?

Or, is there any food that you loved when you were younger but which you cannot eat now because it gives you perhaps a stomach ache, headache, makes you itch, causes pimples or hives or produces some other type of reaction?

If so, that's because you probably suffer from some sort of food intolerance -- perhaps because of your genetics or a weakened immune system and digestion -- and you're probably slightly allergic to the substance.

In fact, you might have been sensitive to that food when you were younger without knowing it because you were young and healthy and that overflow of robustness helped mask the reaction.

Or maybe it's just that your internal biochemistry has indeed changed with age. That biochemistry might even be contributing to cataract formation.

Regardless of the reasons, now that you're older and your immune system and vitality are declining, your body is broadcasting a highly recognizable lesson that can no longer be masked ... "Stay away!" it's saying. "That food is no good for you!"

Once you know of this food offender, does that mean you should eat *less* of that particular food until you reach the point where it seems like you no longer experience the reaction and can still enjoy it?

No.

It means you should avoid that food entirely, and not eat it at all!

What this scenario tells us is that some foods are bad for you and if they are bad for you, then no amount of those foods are good. Furthermore, if you can identify the particular foods that cause unfavorable reactions in your body due to your unique biochemistry, then avoiding them ... by eliminating those foods from your diet ... it will produce a tremendous improvement in your health condition. You might even turnaround a condition that no doctor has been able to help you with.

That condition does not have to be cataracts, but because this method is so important I'm letting you know about it. It can be the key to all sorts of pains and aches that come with aging.

The idea is that it is not only important to eat foods or vitamin-mineral-antioxidant supplements that can supply you with nutrients necessary for eye health. It's also important to avoid those foods that are a burden to your body, and which therefore contribute to deteriorating conditions.

Whether it's a food allergy, food intolerance or food sensitivity ... the rule to follow is to just avoid that particular food!

The existence of food offenders may sound like science fiction and certain doctors may snicker at this, but this is perhaps the biggest single thing you can do to correct your diet to get healthy. You must identify and then stop eating those foods to which you are innately sensitive.

If you follow this rule, you'll usually lose start to lose weight almost instantly – and look radiant -- since most people are actually intolerant of the very foods which cause them to gain weight.

The weight gain is often a reaction to eating the wrong foods!

Eliminating these foods, once they are identified, has also been known to totally eliminate high blood pressure, depression, arthritis, headaches, depression, even epileptic fits ... and none of this is science fiction. The results are often miraculous, but they are real and true and existent.

Just ask anyone who has a food allergy and then eliminated the offender from his or her diet. Let them tell you it was all in their head!

What are some of the most common food offenders? Dairy, wheat, corn, yeast, sugar, soy, peanuts, eggs and nightshades head the list. But this is such a long list to test that there should be a better way to determine what you're allergic to. In fact there's lots more foods to test than this, so how are you going to know?

When people normally follow an elimination diet that eliminates true food sensitivities, they usually report effortless weight loss, tremendous energy gain and an increase in mental acuity without any special efforts ... except the act of eliminating the food offenders from the diet.

So how do you find these foods you should avoid?

Through a lab test that checks your blood for an immune response, not through skin testing.

There's only one blood test I recommend in America for finding your food allergies, and there's only one laboratory I recommend you do it through to test for food intolerances. As an expert in the nutrition field, I recommend only this one particular lab because it's the only one in the entire United States whose quality control measures insure consistent lab results from test to test.

No other lab in America has such high quality standards and documented reproducibility like this one, so you can really trust the results it produces. In addition, the test is so effective in over 95% of cases that they even offer a guarantee!

If you want to find out the foods you should be avoiding, I strongly recommend you have your doctor order a special **ELISA IgG antibodies blood test** from **Immuno Laboratories** (contact Immuno Labs at 1-954-486-4500 or search [www.betterhealthusa.com](http://www.betterhealthusa.com) for information), and they will arrange to test your reaction to 115 different foods and scientifically identify the food intolerances you may have.

And we all have them!

As long as you avoid eating your own personal food allergens, then you won't be taxing your body as much and excess poundage will tend to fall off even if you eat more calories than usual. You'll feel better since you won't be taxing your body with the wrong foods, and you'll also be correcting internal biochemistry and immunological responses that might be contributing to aging and health conditions.

This is the one dietary investigation you should really perform in your life, especially if you have some sort of chronic condition, because eliminating identifiable food offenders will relieve a big burden on your immune system, and once that burden is lifted it will produce dramatic changes in your health.

No matter what diet you follow, you have to avoid the food allergens that cause trouble for your immune system. Food can be a medicine or a toxin, a poison or a cure, and this is the one sure way to discover which foods are toxins to your system.

The beauty of discovering what foods aren't good for you is that it doesn't just help you with arthritis and joint pain, but with all sorts of other conditions such as



unexplainable headaches, irritable bowel syndrome, skin problems, hyperactivity, depression, tiredness, sinus problems, problems with focus and attention, and being overweight.

Once people discover the foods they should avoid and then avoid them, time and again these and other unexplainable conditions disappear.

That's right. Disappear ... gone ... forever.

Think of the healing outcome in this way. If you stop taxing your body with immunological responses to foods it doesn't like, your immune system will finally be freed up enough to go after and then repair a whole host of other long standing health conditions.

But if your immune system is constantly engaged in producing reactions to foods it doesn't like, it'll get stretched thin and you'll experience a whole host of conditions that just shouldn't appear.

The second great benefit of this approach is that after you receive your **Immuno Laboratories** test results, you won't have to remember so many different dietary rules, but just the foods you should avoid because they're not good for your body.

In general, the diet rules to remember are: cut down on sweet tasting foods and sugars, eat fewer grain products and flour products, substitute good fats rather than bad fats, and avoid your personal food allergens.

Simple, isn't it?

I just saved you a bundle of diet books because this is what they're all about. Yes, they also talk about the necessity for exercise and eating discipline, but now you have the food component down pat.

If you really want to do something great about your health, then have your doctor order the **Immuno Laboratories** test so you can discover and then eliminate those foods that are provoking unhealthy reactions. It's another powerful thing that you'll be glad you did.

Honestly, the power of this test is hard to believe.

The **Immuno Lab test** is such a powerful factor for your overall health that I begged and pleaded with the owners of this famous lab to do something to tip you to get tested, and what a deal they are going to give you.

I had to chase these guys for months to get them to agree to something ... that's how much I like this test as a nutritionist and believe it will help you. It can do miracles for you if you indeed have a hidden food sensitivity that you're not aware of.

Unfortunately, a food tolerance test like this can cost six, seven, eight or even nine hundred dollars in a doctor's office, if they're even aware of it. **However, if you use the coupon provided at the back of this book when you call in, the firm will test you for their absolute rock bottom physician's price of \$546 (which is what physicians are charged before they add on their own fees), they will provide you with \* FREE \* nutritional counseling support for an entire year.**

It's not unusual for a visit to a nutritionist to easily cost \$50-125 for a single consultation. Even if you just avail yourself of 3 consults – the initial test results and two follow-ups, you'd have \$150-200 easily.

Here's the cool part.

They will even send someone to your own home or office to draw your blood for the test and they've agreed to waive the normal \$55 fee for this service!

For something like this that can radically affect your health, this is a great deal. If you're going to do something about your cataracts, you might as well take the extract step and do something about your overall health in general.

In fact, it's a fantastic deal and I encourage you to take advantage of it for yourself and your family because food is your best medicine ... or a poison ... and finding out which is which and acting accordingly is the best thing you can do to avoid or eliminate all sorts of illnesses.

This test is the equivalent of a miracle drug, and you should think of the test and the counseling as an investment that's going to keep paying you back over a lifetime!

Rarely will you find something more powerful than this for the potential good it can do for your health.

Why wouldn't you want to know which foods are secretly making you sick and contributing to low immunity, unexplainable aches and pains, and embarrassing weight gain that requires a whole new wardrobe and keeps you from the beach?

If you've ever wondered about what diet is right for you, please take my nutritionist's advice, do this one test and save yourself years of secret tears, grief and hassle. Just decide for yourself you're going to do something about this.

If your kids are having problems with acne or headaches or weight gain or study habits in school, try it as well. Remember that the results will last for a number of years, and that's what you're after. With so many parents not knowing what to feed their kids nowadays, at least this tells you what you shouldn't be feeding them because it will make them sick and decrease their performance.

Any type of performance activity – whether it's playing sports, doing academics, or playing an instrument – requires a healthy body and mental state that can be stabilized through the avoidance of food sensitivities.

This could be the one solution you've been looking for that none of the traditional doctors is going to tell you about, so I cannot keep recommending it enough. Go ahead and check the website out to find out more, and when you order be sure to mention this ebook to claim the special deal.

With that as my last bit of wisdom, I wish you good luck with your efforts.

#### **References:**

Abe M, Reiter RJ, Orhii PB, Hara M, Poeggeler B: Inhibitory effect of melatonin on cataract formation in newborn rats: evidence for an antioxidative role for melatonin. *J Pineal Res* 1994 Sep; 17(2):94-100.

Avunduk AM, Yardimci S, Avunduk MC, Kurnaz L, Kockar MC: Determinations of some trace and heavy metals in rat lenses after tobacco smoke exposure and their relationships to lens injury. *Exp Eye Res* 1997 Sep; 65(3):417-23.

Awasthi S, Srivatava SK, Piper JT, Singhal SS, Chaubey M, Awasthi YC: Curcumin

protects against 4-hydroxy-2-trans-nonenal-induced cataract formation in rat lenses. *Am J Clin Nutr* 1996 Nov; 64(5):761-6.

Bhat KS. Nutritional status of thiamine, riboflavin and pyridoxine in cataract patients. *Nutr Rep Internat* 1987; 36:685-92.

Blondin J, Taylor A: Measures of leucine aminopeptidase can be used to anticipate UV-induced age-related damage to lens proteins: ascorbate can delay this damage. *Mech Ageing Dev* 1987 Nov; 41(1-2):39-46.

Bravetti G. Preventive medical treatment of senile cataract with vitamin E and anthocyanosides: clinical evaluation. *Ann Ottamol Clin Ocul* 1989; 115:109.

Brockmoller J, Reum T, Bauer S, Kerb R, Hubner WD, Roots I: Hypericin and pseudohypericin: pharmacokinetics and effects on photosensitivity in humans. *Pharmacopsychiatry* 1997 Sep; 30 Suppl 2():94-101

Bunce GE, Kinoshita J, Horwitz J: Nutritional factors in cataract. *Annu Rev Nutr* 1990; 10():233-54.

Campisi A, Di Giacomo C, Russo A, Sorrenti V, Vanella G, Acquaviva R, Li Volti G, Vanella A: Antioxidant systems in rat lens as a function of age: effect of chronic administration of vitamin E and ascorbate. *Ageing (Milano)* 1999 Feb; 11(1):39-43.

Chasan-Taber L, Willett WC, Seddon JM, et al. A prospective study of vitamin supplement intake and cataract extraction among U.S. women. *Epidemiology* 1999; 10:679-84.

Creighton MO, Sanwal M, Stewart-DeHaan PJ, Trevithick JR: Modeling cortical cataractogenesis. V. Steroid cataracts induced by solumedrol partially prevented by vitamin E in vitro. *Exp Eye Res* 1983 Jul; 37(1):65-76.

Dilsiz N, Olcucu A, Cay M, Naziroglu M, Cobanoglu D: Protective effects of selenium, vitamin C and vitamin E against oxidative stress of cigarette smoke in rats. *Cell Biochem Funct* 1999 Mar; 17(1):1-7.

Dostert P, Strolin Benedetti M: [Aldose reductase inhibitors] *J Pharmacol* 1986 Oct-Dec; 17(4):483-96

Frederikse PH, Farnsworth P, Zigler JS Jr: Thiamine deficiency in vivo produces

fiber cell degeneration in mouse lenses. *Biochem Biophys Res Commun* 1999 May 19; 258(3):703-7.

Gershoff SN: Vitamin C (ascorbic acid): new roles, new requirements? *Nutr Rev* 1993 Nov; 51(11):313-26.

Glynn RJ, Christen WG, Manson JE, et al. Body mass index. An independent predictor of cataract. *Arch Ophthalmol* 1995; 113:1131-7.

Hankinson SE, Seddon JM, Colditz GA, et al. A prospective study of aspirin use and cataract extraction in women. *Arch Ophthalmol* 1993; 111:503-8.

Hankinson SE, Stampfer MJ, Seddon JM, et al. Nutrient intake and cataract extraction in women: a prospective study. *BMJ* 1992; 305:335-9.

Hiller R, Podgor MJ, Sperduto RD, et al. A longitudinal study of body mass index and lens opacities. The Framingham Studies. *Ophthalmology* 1998; 105:1244-50.

Jacques PF, Chylack LT Jr. Epidemiologic evidence of a role for the antioxidant vitamins and carotenoids in cataract prevention. *Am J Clin Nutr* 1991; 53:352S-5S.

Jacques PF, Chylack LT, McGandy RB, Hartz SC. Antioxidant status in persons with and without senile cataract. *Arch Ophthalmol* 1988; 106:337-40.

Jacques PF, Taylor A, Hankinson SE, et al. Long-term vitamin C supplement use and prevalence of early age-related lens opacities. *Am J Clin Nutr* 1997; 66:911-6.

Kahn HA, Leibowitz HM, Ganley JP, et al. The Framingham Eye Study: I. Outline and major prevalence findings. *Am J Epidemiol* 1977; 106:17-32.

Kamei A, Hisada T, Iwata S: The evaluation of therapeutic efficacy of hachimi-jio-gan (traditional Chinese medicine) to rat galactosemic cataract. *J Ocul Pharmacol* 1987 Fall; 3(3):239-48.

Kamei A, Hisada T, Iwata S: The evaluation of therapeutic efficacy of hachimi-jio-gan (traditional Chinese medicine) to mouse hereditary cataract. *J Ocul Pharmacol* 1988 Winter; 4(4):311-9.

Keller G, Leuenberger PM: [Aldose-reductase inhibitors and cataract formation (author's transl)] *Klin Monatsbl Augenheilkd* 1980 Apr; 176(4):514-5.

Kilic F, Handelman GJ, Traber K, Tsang K, Packer L, Trevithick JR: Modelling cortical cataractogenesis XX. In vitro effect of alpha-lipoic acid on glutathione concentrations in lens in model diabetic cataractogenesis. *Biochem Mol Biol Int* 1998 Oct; 46(3):585-95.

Knekt P, Heliovaara M, Rissanen A, et al. Serum antioxidant vitamins and risk of cataract. *BMJ* 1992; 305:1392-4.

Kushi LH, Lenart EB, Willett WC: Health implications of Mediterranean diets in light of contemporary knowledge. 1. Plant foods and dairy products. *Am J Clin Nutr* 1995 Jun; 61(6 Suppl):1407S-1415S.

Leske MC, Chylack LT Jr, He Q, Wu SY, Schoenfeld E, Friend J, Wolfe J: Antioxidant vitamins and nuclear opacities: the longitudinal study of cataract. *Ophthalmology* 1998 May; 105(5):831-6.

Leske MC, Chylack LT Jr, Wu SY. The Lens Opacities Case-Control Study. Risk factors for cataract. *Arch Ophthalmol* 1991; 109:244-51.

Leuenberger PM: [Diabetic cataract and flavonoids (first results) (author's transl)] *Klin Monatsbl Augenheilkd* 1978 Apr; 172(4):460-2.

Li ZR, Reiter RJ, Fujimori O, Oh CS, Duan YP: Cataractogenesis and lipid peroxidation in newborn rats treated with buthionine sulfoximine: preventive actions of melatonin [published erratum appears in *J Pineal Res* 1997 Nov; 23(4):230] *J Pineal Res* 1997 Apr; 22(3):117-23.

Lyle BJ, Mares-Perlman JA, Klein BE, et al. Antioxidant intake and risk of incident age-related nuclear cataracts in the Beaver Dam Eye Study. *Am J Epidemiol* 1999; 149:801-9.

Lyle BJ, Mares-Perlman JA, Klein BE, et al. Serum carotenoids and tocopherols and incidence of age-related nuclear cataract. *Am J Clin Nutr* 1999; 69:272-7.

Maitra I, Serbinova E, Trischler H, Packer L: Alpha-lipoic acid prevents buthionine sulfoximine-induced cataract formation in newborn rats. *Free Radic Biol Med* 1995 Apr; 18(4):823-9.

Malik A, Kojima M, Sasaki K: Morphological and biochemical changes in lenses of

guinea pigs after vitamin-C-deficient diet and UV-B radiation. *Ophthalmic Res* 1995; 27(4):189-96.

Mares-Perlman JA, Lyle BJ, Klein R, et al. Vitamin supplement use and incident cataracts in a population-based study. *Arch Ophthalmol* 2000; 118:1556–63

Metelitsyna IP, Kuz'menko IV, Drozhzhina GI, Mal'tsev EV, Leus NF, Donchenko GV : [Anti-cataract activity of a vitamin E analog] *Ukr Biokhim Zh* 1996 Sep-Oct; 68(5):64-9.

Mitton KP, Linklater HA, Dzialoszynski T, Sanford SE, Starkey K, Trevithick JR: Modelling cortical cataractogenesis 21: in diabetic rat lenses taurine supplementation partially reduces damage resulting from osmotic compensation leading to osmolyte loss and antioxidant depletion. *Exp Eye Res* 1999 Sep; 69(3):279-89.

Mohan M, Sperduto RD, Angra SK, et al. India-US case-control study of age-related cataracts. India-US Case-Control Study Group. *Arch Ophthalmol* 1989;107:670–6. [published erratum appears in *Arch Ophthalmol* 1989; 107:1288.]

Nadalin G, Robman LD, McCarty CA, Garrett SK, McNeil JJ, Taylor HR: The role of past intake of vitamin E in early cataract changes. *Ophthalmic Epidemiol* 1999 Jun; 6(2):105-12.

Ohta Y, Yamasaki T, Niwa T, Majima Y, Ishiguro I: Preventive effect of topical vitamin E-containing liposome instillation on the progression of galactose cataract. Comparison between 5-week- and 12-week-old rats fed a 25% galactose diet. *Exp Eye Res* 1999 Jun; 68(6):747-55.

Packer JE, Slater TF, Wilson RL. Direct observation of a free radical interaction between vitamin E and vitamin C. *Nature* 1979; 278:737–8.

Reddy VN. Glutathione and its function in the lens—an overview. *Exp Eye Res* 1990;150:771–8.

Packer L, Witt EH, Tritschler HJ: Alpha-Lipoic acid as a biological antioxidant. *Free Radic Biol Med* 1995 Aug;19(2): 227-50.

Palmquist B, Phillipson B, Barr P. Nuclear cataract and myopia during hyperbaric oxygen therapy. *Br J Ophthalmol* 1984; 68:113–7.

Prchal JT, Conrad ME, Skalka HW. Association of presenile cataracts with heterozygosity for galactosaemic states and with riboflavin deficiency. *Lancet* 1978; 1:12–3.

Reiter RJ, Melchiorri D, Sewerynek E, Poeggeler B, Barlow-Walden L, Chuang J, Ortiz GG, Acuna-Castroviejo D: A review of the evidence supporting melatonin's role as an antioxidant. *J Pineal Res* 1995 Jan;18(1):1-11.

Robertson JMD, Donner AP, Trevithick JR. Vitamin E intake and risk of cataracts in humans. *Ann NY Acad Sci* 1989; 570:372–82.

Robertson J McD, Donner AP, Trevithick JR. A possible role for vitamins C and E in cataract prevention. *Am J Clin Nutr* 1991; 53:346S–51S.

Rouhiainen P, Rouhiainen H, Salonen JT. Association between low plasma vitamin E concentration and progression of early cortical lens opacities. *Am J Epidemiol* 1996;144:496–500.

Salvayre R, Braquet P, et al. Comparison of the scavenger effect of bilberry anthocyanosides with various flavonoids. *Proceed Intl Bioflavonoids Symposium*, Munich, 1981, 437–42.

Sanderson J, McLauchlan WR, Williamson G: Quercetin inhibits hydrogen peroxide-induced oxidation of the rat lens. *Free Radic Biol Med* 1999 Mar; 26(5-6):639-45.

Schaumberg DA, Glynn RJ, Christen WG, et al. Relations of body fat distribution and height with cataracts in men. *Am J Clin Nutr* 2000; 72:1495–502.

Schocket SS, Esterson J, Bradford B, et al. Induction of cataracts in mice by exposure to oxygen. *Isr J Med Sci* 1972; 8:1596–601.

Seddon JM, Christen WG, Manson JE, et al. The use of vitamin supplements and the risk of cataract among US male physicians. *Am J Public Health* 1994; 84:788–92.

Sperduto RD, Hu TS, Milton RC, et al. The Linxian cataract studies. *Arch Ophthalmol* 1993; 111:1246–53.



Tavani A, Negri E, La Vecchia C. Selected diseases and risk of cataract in women. A case-control study from northern Italy. *Ann Epidemiol* 1995; 5:234–8.

Taylor A, Jacques PF, Nadler D, et al. Relationship in humans between ascorbic acid consumption and levels of total and reduce ascorbic acid in lens, aqueous humor, and plasma. *Curr Eye Res* 1991; 10:751–9.

Taylor A. Cataract: relationship between nutrition and oxidation. *J Am Coll Nutr* 1993; 12:138–46 [review].

Teikari JM, Virtamo J, Rautalahti M, et al. Long-term supplementation with alpha-tocopherol and beta-carotene and age-related cataract. *Acta Ophthalmol Scand* 1997; 75:634–40.

Trevithick JR, Creighton MO, Ross WM, et al. Modelling cortical cataractogenesis: 2. *In vitro* effects on the lens of agents preventing glucose- and sorbitol-induced cataracts. *Can J Ophthalmol* 1981;16:32–8.

Varma SD et al. Diabetic cataracts and flavonoids. *Science* 1977; 195:205.

Van Acker SA, van den Berg DJ, Tromp MN, et al. Structural aspects of antioxidant activity of flavonoids. *Free Rad Biol Med*1996; 20:331–42.

Wynn M, Wynn A: Can improved diet contribute to the prevention of cataract? *Nutr Health* 1996;11(2):87.

Xue AN, Cai QY, Wang SQ, Zhou AS Li WX, Fu P, Chen XS: Antioxidant status in persons with and without senile lens changes. *Biomed Environ Sci* 1996 Sep; 9(2-3):144-8.

Yeum K-J, Taylor A, Tang G, Russell RM. Measurement of carotenoids, retinoids, and tocopherols in human lenses. *Ophthalmol Vis Sci* 1995; 36:2756–61.

## **Newsletters for Keeping Up to Date**

I get perhaps three dozen health newsletters per month -- which doesn't even count the other publications I receive on other matters -- and for your own health I absolutely, positively recommend that you stay abreast of this field by subscribing to one or two of these newsletters. They often contain information on cataract prevention or reversal and other topics likely to be impacting your health.

Because I don't like you wasting your money, I've boiled down the list of recommended newsletters to only four or five you should ever consider:

### **[Dr. Julian Whitaker's Health & Healing/Healthy Directions](#)**

If money is not an issue, I advise you to immediately go right now and sign up for Dr. Julian Whitaker's [Health & Healing](#) newsletter.

If you're not already a subscriber then don't even think about it, but just go right now, click on the above link and subscribe to this newsletter right away. It's that good and you'll thank me for it.

Because you purchased this particular ebook, I can tell you that Whitaker's [Health & Healing](#) is the best source for the health topics particular to aging, memory and concentration, pain, energy ... and is the number one general health newsletter I'd recommend for your probable concerns.

Forget about those ads for health newsletters from famous universities you get in the mail because while these newsletters carry a university name, those folks rarely stick their necks out to let you know of something non-establishment that really works. I keep subscribing year after year hoping to find something useful in those newsletters, but all I usually get is just boiled down baby food. Even at only \$12 a year I usually consider the money I've spent a complete waste, which is a pretty rare comment from me.

### **[Dr. David Williams' The Alternatives Newsletter](#)**

If you like the hottest cutting edge news for new supplement discoveries that really work, as well as detailed intelligent discussions of topics that affect your health, then you should also sign up for Dr. David Williams' newsletter, [The Alternatives Newsletter](#). He's the one who told you about glutathione eye drops.

Dr. Williams, is the “Indiana Jones” of the health world who travels all over the globe to research health breakthroughs and interview people first hand about their health discoveries and their ramifications for our health.

A lot of the other health newsletter writers in the field simply copy whatever he finds, so he usually lets you know what’s proven and works before everyone else. Then it takes about ten years or more for the regular media to pick it up, but of course by that time it’s too late for a lot fo people.

So why did I mention Dr. Whitaker first? The Whitaker newsletter has less discussion but simpler protocols for the conditions you and your family are likely to encounter over a life time like heart disease, arthritis, obesity, cancer, diabetes, etc. It’s easier to digest.

The Williams newsletter, on the other hand, can go for many issues before touching upon a condition like this. However, the Williams’ information is far more insightful and better researched, and I prefer the Williams supplements to the Whitaker supplements.

### **Jonathan Wright’s Nutrition and Healing**

If you still want more, such as a newsletter where you like feel like you’re talking to a physician, then **Jonathan Wright’s Nutrition and Healing** is another newsletter I’d sign up for. This doctor has helped pioneer the field of using nutrients and nutritional supplements to cure disease, and we all owe him a lot.

Cataracts indicate a loss of antioxidant protection for your eyes, and aging in general. With aging comes all sorts of other health problems that can be addressed through alternative approaches other than surgery and drugs. By keeping abreast of the health field through these few newsletters, you’re on your way to avoiding the scalpel and medication side effects that put thousands of people in the hospital every year. By all means sign up for the Whitaker and Alternatives newsletter, because health is a precious thing to waste.

## **Medications that Can Cause Cataracts or Harm the Eyes**

When you take various medications, they often have side effects, some of which can harm your eyes.

If you want to help reduce the possible side effects of medications on your eyes, you should think about taking various antioxidants as vitamin C, vitamin E, vitamin A, selenium, alpha lipoic acid, glutathione and lutein which are known to help the eyes.

Even doing this, however, you cannot totally depend on antioxidants alone for protecting your eyes from the effects of various medications. If you know you have eye troubles, it is best to be wary of those medications proven to affect the eyes in the first place.

Did you know, for instance, that long term aspirin usage is associated with a 44% higher chance of cataracts? Remember that drugs are designed to produce beneficial actions as well as side effects whose occurrence needs to be balanced against the potential gains they may offer.

The following list contains the most common medications taken in the United States and their possible effects on the eyes:

### **The following drugs can cause or worsen cataracts:**

Photosensitizing drugs (which make your eyes more sensitive to sunlight) can actually make you more susceptible to cataracts. Here's a list of those drugs:

- Antihistamines
- Birth control pills
- Tranquilizers
- Sulfa drugs
- Oral anti-diabetic drugs
- Antidepressants
- NSAIDS (for example aspirin, ibuprofen, advil, meclufen)

- *Steroids* can produce posterior subcapsular cataracts after long-term usage and can increase the intraocular pressure of the eye leading to glaucoma. It's common for dense cataracts to develop in nearly 50% of people taking 10 -15 milligrams of prednisone daily for one to two years, which will not go away even after you stop the medication. If they develop they will have to be surgically removed.
- Fluroquinone, terbinafine, mefloquine type antibiotics
- Glucocorticoids (Prednisone)
- Eretinate, isotretinoin

**Drugs that can cause changes to the cornea:**

- Anti-malarial drugs such as Chloroquine, quinacrine, and hydroxychloroquine can cause corneal changes. Some of the symptoms may include seeing halos around lights, or heightened light sensitivity though there won't be any change in visual acuity. It's typical that once you stop taking these drugs, then these symptoms often disappear.

**The following drugs can damage the retina of the eye:**

- Plaquenil (hydroxchloriquine sulfate) for rheumatoid arthritis can cause irreversible retinal damage.
- Clonidine (brand name catapres) for lowering blood pressure can damage the retina
- Thioridazine for fighting infections can cause pigmentary retinopathy
- NSAIDS (aspirin, ibuprofen [Advil, Motrin, Bayer, Aleve], flurbiprofen, ketoprofen and naproxen sodium) can cause visual side effects such as cataracts, dry eyes, and retinal hemorrhages

**Drugs that can cause glaucoma and/or damage the optic nerve:**

- NSAID's
- Venlafaxine

- Steroids - cortisone prescriptions such as Prednisone are the most damaging drugs to the eyes of all the classes of prescription drugs. Ask your doctor if you can replace Prednisone with a natural cortisone such as hydrocortisone, and make sure you take ample antioxidants when on steroids such as Prednisone.
- Simvastatin
- Fenfluramine
- Mirtazapine
- Gastic antispasmodics
- Antidepressants

**These drugs can cause blood clotting or harm the blood flow to the eyes:**

- Androgen replacement with synthetic hormones
- Estrogen

## Food Allergy Testing Coupon

### Immuno Laboratories Food Allergy Testing Special Offer

Order this program through this **ebook** and you'll get a discount price, free blood draw and 365 days access to nutritional counselors who will help you interpret and use the results to get the results you want.

When you order today, you'll receive a **FREE** at home or office visit with a licensed professional to begin your testing, (the same people who perform physicals and lab tests for insurance companies) - a **\$55 value** - and, you'll receive a special toll free number to call during regular business hours for support from **certified nutritionists** for a whole year (this benefit alone is worth your entire investment!).

**Here are all the benefits which you'll receive...**

**115 foods tested** by Immuno Laboratories, Fort Lauderdale, Florida. - pinpointing which foods are toxic to your particular system and which foods blend harmoniously.

**Personalized service** from a licensed professional, scheduled at your convenience in your home or office.

**IMMUNO HEALTH GUIDE:** Your step-by-step guide on how to implement your program - includes recipes, food combining, tracking forms and much, much more.

**Handy reminder card:** A laminated (credit card size) card for your wallet or purse so you'll always know which foods to avoid wherever you may be.

A full year of nutritional support: Call toll free or email our **certified nutritionists**.

**Satisfaction guarantee:** Just give the 90-day program a fair chance - you'll significantly feel better and experience the relief you expected or your program fee is fully refunded.

**Call 1-954-486-4500**

*Please mention the "Reverse Your Cataracts Naturally" ebook  
when Ordering*