

# COMMON EYE DISORDERS - TREATMENT PLANS

6/15

There are normally 2 ways to treat disorders of the body and eyes:

- 1) **MEDICALLY** (Prescription Medicine and Surgery)- helps treat disorders
- 2) **NATURALLY** (Nutrition and Hands-on Therapy) - helps prevent & treat disorders

## For BEST RESULTS – Use BOTH

**Glaucoma** – optic nerve damage due to high eye pressure which can lead to total blindness without early symptoms.

**Prescription Medicine** lowers eye pressure by opening drainage areas or slowing production of fluid in the eye.

**Surgery** lowers eye pressure by cutting, removing or destroying tissue to open drainage areas.

**Nutrition** can strengthen vessels and nerves making it harder for high eye pressure to damage the optic nerve.

**Macular Degeneration** – a deterioration of the macula (the central retinal nerves) due to the growth and leakage of abnormal blood vessels in the macula. This causes difficult to treat, irreversible central vision blindness.

**Prescription Medicine** is injected into the eye to stop or slow the growth of abnormal blood vessels.

**Surgery** is by laser to remove fluid to stop or slow the growth of abnormal blood vessels, but is rarely used .

**Nutrition** strengthens macular nerves, blood vessels and cells to *help prevent* the deterioration of vision.

**Diabetic and Hypertensive Retinopathy** – damage to blood vessels causing poor circulation and nerve damage and leaking vessels which may lead to scarring and cause varying degrees of blindness.

**Prescription Medicine** is used to lower blood sugar & blood pressure levels to slow blood vessel damage.

**Surgery** by laser destroys nerves outside the central vision to stop leakage & growth of abnormal blood vessels.

**Nutrition** helps improve circulation and strengthens nerves and vessels to *help prevent* retinopathy.

**Cataracts** – a clouding of the crystalline lens caused by oxidation which can cause very blurry vision.

**Prescription Medicine** is not used for prevention or treatment except after cataract surgery.

**Surgery** is the only way to remove cataracts.

**Nutrition** reduces oxidation and slows the clouding process to *help prevent* cataracts.

**Nutritional Treatments** may work well enough for borderline to mild cases.

**Nutritional Treatments** can help Prescription Medicine work more effectively.

**Nutritional Treatments** should also help you recover faster after surgery.

**Nutritional Treatments** can strengthen blood vessels and nerves making them more resistant to damage.

**Nutritional Treatments** can improve circulation lowering the risk of Neuropathy in Glaucoma and Diabetes.

## Nutritional Options & Recommendations

**Fruits & Vegetables** – a wide variety eaten daily– fresh and preferably as raw as possible – especially **dark green leafy vegetables** (rich in antioxidant nutrients). If you can't eat 7 or more per day, **add** one or both supplements below.

**Whole Food Nutritional Supplements** – concentrated food with thousands of nutrients (antioxidants, vitamins, minerals, and phytonutrients). **Juice Plus**, for example, contains several select, vine-ripened *Fruits and Vegetables* with fiber, digestive enzymes and probiotics. **Take** the *Orchard & Garden Blends* (for a baseline foundation) and/or the *Vineyard Blend* (with very potent antioxidants). (Sold by distributors like us, but not in stores. For more information call us at 731-635-3026 or see explanations & several videos at [BrooksHarris.JuicePlus.com](http://BrooksHarris.JuicePlus.com) & read several articles under the "Wellness" tab at [www.BiblicalReliability.com](http://www.BiblicalReliability.com))

**Eye Vitamin & Mineral Supplements** – with the **AREDS 2 Formula** such as **PreserVision** (sold in stores). Take 2 capsules every day once you develop an eye health disorder or you are at high risk for developing one. The AREDS 2 Formula contains potent antioxidants (the Vitamins **C & E**, the minerals **Zinc & Copper**, and the phytonutrients **Lutein & Zeaxanthin**) which have been shown to slow deterioration of eye tissue and help preserve vision.