

# Preventing Vision Loss from Common Eye Disorders

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The most common eye disorders which can cause varying degrees of blindness are: **Cataracts, Glaucoma, Macular Degeneration** and **Diabetic Retinopathy**. So how do we prevent the effects of these disorders? Our society teaches us to wait until damage or signs and symptoms occur then seek medical treatment (medications and/or surgery). But what else can we do?

The body was designed to heal itself with proper care and nutrition (including taking antioxidants). Antioxidants can greatly reduce cell damage, strengthen blood vessels and red blood cells, improve circulation and remove **Free Radicals** which cause disorders of the body. Antioxidants slow down the aging process on the body. By protecting and healing the body, antioxidants can also help your medicines work more effectively and may lessen your need for some medicine. Less medicine could mean less medicine-induced side effects and lower pharmacy fees.

The body was also designed to stay healthy by using the nutrients in plants and the best source of these nutrients, as antioxidants, is a wide variety of fresh *Fruits and Vegetables* eaten every day – especially **dark green leafy vegetables**. The USDA recommends that we eat 7-13 servings per day of *Fruits and Vegetables*, preferably vine-ripened and raw. (Nutrients reach their peak when *Fruits and Vegetables* are allowed to ripen on the vine. Most supermarket *Fruits and Vegetables* are not vine-ripened. They are picked weeks before ripening – therefore they are less nutrient-rich. Cooking also destroys many nutrients.)

But most people cannot eat that much every day, so the next best thing to eating *Fruits and*

*Vegetables* is taking a high quality *Whole Food Nutritional Supplement* as **Juice Plus+**. **Juice Plus+** is not an old-fashioned multivitamin, it is concentrated food (17 select vine-ripened *Fruits and Vegetables* with fiber, digestive enzymes and probiotics) and like *Fruits and Vegetables*, **Juice Plus+** contains thousands of nutrients (antioxidants, vitamins, minerals, and other phytonutrients). Only a few nutrients are found in multivitamins. Taking **Juice Plus+** is like juicing several *Fruits and Vegetables* all at once but with much less mess, hassle, time and cost. (See Professional Videos and much more at [BrooksHarris.JuicePlus.com](http://BrooksHarris.JuicePlus.com))

It is also a good idea to take an *Eye Vitamin Supplement* with the **AREDS 2 Formula** (such as **PreserVision**) 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.

In addition, to maintain healthy eyes and a healthy body, get plenty of exercise and sleep and drink plenty of water and avoid things which cause **Free Radicals** as stress, smoke, alcohol, junk food, artificial additives and preservatives, caffeine, excessive sugar and fat. Also avoid U.V. radiation from the sun by wearing U.V. coated sunglasses and/or a hat. **Yearly Eye Exams** also help detect eye disorders early so proper treatment can be started before damage causes vision loss.

Please contact our office if you have any questions about these disorders or supplements and how to get **Juice Plus+** and **PreserVision** Supplements.