

Total Eyebright-CTM Nutritional Support For Eyes and Cataracts

by

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Cataracts are the number one cause of blindness worldwide and the leading cause of impaired vision and blindness in the United States. A cataract is a condition where the lens of the eye thickens, becomes cloudy or opaque, and it becomes unable to focus and admit light normally.

Cataracts are believed to be caused by free-radical damage from ultraviolet and infrared light, fluorescent lighting, radiation from TV and computer monitors, aging, diabetes, heavy metal poisoning, injury to the eye, free radicals in water and food, fried and processed foods, the use of many drugs, smoking, and poor digestion. The greatest single cause of cataracts is linked to the body's inability to cope with sugar: Milk sugar is the worst offender, followed closely by refined sugars.

Much of this eye damage may be preventable by nutritional supplements and the wearing of protective eyeglasses.

Vitamin C is important for healthy vision. Vitamin C is one of the most important antioxidants in the eye protecting from excessive sunlight. Vitamin C lowers sorbitol, a sugar that can damage the eyes, nerves, and kidneys of diabetics. Supplementing with vitamin C is linked to lower risk of developing cataracts.

Vitamin D3 aids in assimilating vitamin A, which is essential to eye health. Deficiency of vitamin D has been linked to visual problems.

Vitamin E helps prevent cataract formation by protecting cell membranes and arteries feeding the eye. Vitamin E helps protect blood vessels from damage in diabetes.

Vitamin B1 is important for eye metabolism and essential to the body's use of carbohydrates, fat, protein, and the production of energy.

Vitamin B2 helps improve vision and alleviate eye fatigue. Supplementation of B2 and B3 helps protect older people against cataracts.

Vitamin B6 helps digestion, helps assimilate protein and fat, and reduces photosensitivity to sunlight. Many diabetics have low levels of B6, even lower in diabetics with nerve damage. B6 improves sugar tolerance in women with pregnancy induced diabetes, and B6 helps sugar intolerance caused by birth control pills.

Folic Acid is essential for enzyme reactions involving homocysteine, a damaging oxidant associated with symptoms of eye, nerve, circulatory system disease.

Selenium helps improve visual sharpness and protects against free radical damage.

Zinc is essential for normal eye function and adaptation to darkness. Deficiency may lead to cataracts. Zinc helps people with Insulin Dependent Diabetes lower blood sugar levels.

Chromium helps the body maintain normal blood sugar levels. Chromium has improved sugar tolerance and been useful in treating diabetes.

Lycopene has potent antioxidant activity capable of helping prevent eye damage.

Lutein (with Zeaxanthin) helps lower risk for cataracts. Lutein and zeaxanthin both have been reported to protect the retina from damage caused by excessive sunlight.

D-Saliva Beta Carotene and vitamin A help lower the risk for cataracts. Beta carotene converts to Vitamin A which helps in many eye disorders and counteracts eye weakness.

SOD helps revitalize cells and reduce the rate of cell destruction by protecting against free-radical damage of superoxide. SOD helps deactivate fatty acid oxidation, enhance immune system function, and helps eliminate the heavy metals lead, cadmium, mercury, and aluminum from the body.

Quercetin helps protect cholesterol from oxidation damage that potentially leads to blocked arteries and capillaries. It also blocks excessive sorbitol, which has been linked to eye, nerve, and kidney damage in diabetes.

Lemon Bioflavonoids block the sugar linked with damage to the eyes and nerves in diabetes. They are also known as natural blood thinners that protect blood vessels and reduce blood stickiness. Bioflavonoids can help in cataracts, macular degeneration, retina disorders, night blindness, and circulation.

Bromelain helps digest protein and prevent blood stickiness.

Pancreatin contains protein-digesting enzymes, and other enzymes that help digest fat and carbohydrates.

Lactase helps digest milk sugar in milk products. The greatest single cause of cataract formation has been linked to inability to digest milk sugar.

N-Acetyl Cysteine helps prevent degenerative changes in eyes, has antioxidant activity, and may prevent cataracts.

Rutin helps protect capillary health, reduce blood stickiness, and protect cholesterol from oxidation damage.

Betaine HCL helps digest proteins, reduce bacteria in the stomach, and enhance the absorption of minerals and other nutrients. Aging is linked with reduced absorption of nutrients.

Oxbile provides bile that helps emulsify fats so that they can be more easily digested.

Amylase-Diastase are carbohydrate digesting enzymes that help prevent the depletion of the body's own stores of enzymes and reduces stress on the body.

Pancrelipase helps split fats into essential nutrients.

Trypsin (chymotrypsin) help break protein into useable forms for the body.

Papain helps digest protein.

L-Taurine helps absorb fats and fat-soluble vitamins such as vitamin A, D, and E.

L-Glycine helps enhance digestion, eliminate poisons, and neutralize free radicals.

L-Glutamic Acid helps fuel the cells lining the bowel, which support absorption of nutrients.

L-Methionine helps breakdown fats and improve digestion. Methionine also helps the body detoxify heavy metals linked to cataract formation.

Lipoic Acid helps carbohydrate metabolism and the body's use of blood sugar.

L-Histadine helps the secretion of gastric juices and reduces indigestion from lack of stomach acid.

Caution: should not be used by people showing symptoms of manic depression, a condition associated with high histamine levels.

L-Phenylalanine deficiency can result in cataracts and bloodshot eyes. *Caution:* should not be taken by people with phenylketonuria.

Eyebright helps maintain the health of the whole visual system, helps improve weak eyesight, and relieves eyestrain.

Bilberry (25% anthocyanosides) extract contains powerful antioxidants that act in the retina of the eye to strengthen capillaries and improve blood flow.

Ginkgo Biloba helps improve blood flow and has antioxidant activity. It is known for its antiaging properties, which may help prevent degenerative changes in the eyes.

Siberian Ginseng helps people with diabetes reduce the level of cortisol in the blood, which interferes with the function of insulin. *Caution:* should not be used by those with high blood pressure

Gymnema Sylvestre helps lower blood sugar and helps the pancreas produce insulin.

Turmeric helps treat poor vision by protecting against free radical damage, reducing blood stickiness, and improving circulation.

Bilberry fruit helps reduce the risk of cataract formation by protecting both the lens and retina from oxidative damage. It helps in adapting to bright light and night vision.

Bitter Melon can help people with diabetes lower blood sugar levels.

Compliments Of:

References for all statements are available from Nutri-West, call 307 358 5066

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