

Patient Fact Sheets

Total Eyebright-M™ Nutritional support for Healthy Eyes and Healthy Macula

by

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For people over 55-years-old, macular degeneration is the leading cause of severe vision loss in both the United States and Europe. Macular degeneration is the third leading cause of loss of vision among those over 65. Macular degeneration is a condition where the macula, the central area of the retina, deteriorates, resulting a loss of sharp vision. There are two kinds of macular degeneration: wet macular degeneration and dry macular degeneration. Loss of vision is accompanied by leaking of fluid from tiny blood vessel networks that develop under the center of the retina. This condition results in scarring and eventual loss of vision.

Macular degeneration can be caused by free-radical damage similar to the damage that induces cataracts. Factors linked to macular degeneration include nutritional deficiencies, reduced absorption of nutrients, atherosclerosis, high blood pressure, environmental toxins, excessive ultraviolet and infrared light damage, and aging. Structural factors that affect poor vision can include bone pressure on the nerves to the eyes, neck tension, neck vertebrae position, and pressure on lobes of the brain interfering with messages getting to visual centers, for which Craniol Sacral and Chiropractic therapies have been helpful.

Loss of vision usually appears slowly and progresses slowly, but may appear suddenly. Color and peripheral vision are not affected.

Dietary factors that are known to help prevent the appearance and progression of macular degeneration include avoiding alcohol with the possible exception of moderate wine consumption, avoiding tobacco, all refined sugars, reducing saturated fats, avoiding fats and oils that are heat-processed, fried foods, hamburgers, luncheon meats, and roasted nuts. These dietary habits deplete nutrients essential to eye health and promote excessive free-radical damage to the eyes.

Include organic, unrefined, whole foods, especially legumes, yellow-orange vegetables, spinach, and amaranth. Cold pressed, extra-virgin olive oil will multiply your intake of lutein from spinach 4-fold. Eat plenty of raw fruits and vegetables rich in vitamins E and C. Especially add flavonoid rich blueberries, blackberries, and cherries.

Vitamin C is one of the most important antioxidants in the eye. Excessive exposure to ultraviolet and infrared portions of sunlight are linked with oxidative damage to the eye, which in turn can cause macular degeneration. Supplements help lower risk of oxidative damage to the eye. People with the highest blood levels of vitamin C have a 70% reduced risk of developing macular degeneration.

Vitamin E is a powerful antioxidant that protects cell membranes, especially important in eye health for the protection of arteries feeding the eye and the circulatory system itself. People with the highest blood levels of vitamin E have a 70% lower risk of developing macular degeneration.

Vitamin A deficiency results in night blindness, and supplementation counteracts night blindness. Vitamin A helps in many eye disorders and counteracts eye weakness.

Vitamin B2 helps vision and alleviates eye fatigue. B2 deficiency can lead to cataracts.

Selenium activates a protective antioxidant enzyme. People with the highest blood levels of the antioxidants of selenium, vitamins C, and E have a 70% lower risk of developing macular degeneration. Supplements of selenium and vitamin E have improved visual sharpness.

Zinc is essential for normal eye functioning and adaptation to darkness. Deficiency can lead to cataracts. Two important enzymes in the retina require zinc. Studies show zinc supplements prevented vision loss by 42% in those with macular degeneration.

Lycopene is a potent antioxidant capable of helping prevent eye damage.

Lutein (with Zeaxanthin) are found in high concentrations in the part of the retina where macular degeneration takes place. Lutein and zeaxanthin both help protect the retina from damage caused by excessive sunlight.

Lipoic acid plays an important role in the body's use of carbohydrates and blood sugar.

Grapeseed extract contains powerful antioxidants that work to help stabilize the critical proteins found in blood vessels, connective tissue, and muscle.

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

Bioflavonoids block sorbitol that is 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 and are supportive in macular degeneration, disorders of the retina, night blindness, cataracts, and circulation.

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

Beta Carotene is a powerful antioxidant that lowers risk for developing macular degeneration.

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

Betaine HCL helps digest proteins in the stomach, reduce bacteria the stomach, and increases the absorption of minerals and other nutrients. Reduced absorption of nutrients is linked with people advancing age.

Trypsin (chymotrypsin) are protein digesting enzymes.

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

L-Taurine is a part of bile, essential in absorbing fats and fat soluble vitamins such as vitamin A.

L-Glutathione helps counteract the cross-linking effects and cellular damage of free radicals.

Eyebright helps maintain the health of the whole visual system, improves weak eyesight, and reduces eyestrain.

Ginkgo Biloba improves arterial blood flow and has antioxidant activity, which help prevent degenerative changes in the eyes.

Milk Thistle helps block the entrance of harmful toxins into the liver and help remove them from liver cells. It is a powerful antioxidant that helps regenerate injured liver cells.

Spinach (with Zeaxanthin) is a rich natural source of lutein and zeaxanthin, which are found in high concentrations in the part of the retina where macular degeneration takes place. Acting as filters for damaging forms of light, lutein and zeaxanthin both help protect the retina from damage caused by excessive sunlight. People who eat significant amounts of spinach and kale have experienced a 57% lower risk of macular degeneration.

Green Pea is one of the best food sources of lutein, which protects against macular degeneration.

Bilberry (25% anthocyanosides) contains special antioxidants that act in the retina of the eye and strengthen capillaries.

Blueberry helps improve night vision, adaptation to the dark, visual sharpness, capillary integrity, and can reduce leaking in diabetic retina disorders.