

Week 36 (2016)

20 Years Out of Date?

Back in 1996 I started working with eye doctors in the USA to develop a nutritional program alongside my HealthPoint (bioelectronics stimulator) for what used to be called Aged Related Macular Degeneration, which I documented in my book, 'Turning a Blind Eye' first published in 2001.

Aged Related Macular Degeneration is now simply called, Macular Degeneration, partly because it is now being found in young and younger people. It used to be over the 65's who complained of loss of night vision and central vision but the diet of young people is so bad they are suffering younger and younger from aging diseases.

Not only Macular Degeneration was reversed in the majority of people who followed the plan but other conditions such as Diabetic Retinopathy and genetic eye diseases such as Retinitis Pigmentosa which is a more virulent form of Macular Degeneration.

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I find it both amusing and frustrating that with over 20 years of independent published studies and after helping many thousands to recover their eye health from Macular Degeneration that eye doctors are still 'discovering' this 20 year-old research.

I can honestly say I was simply amused to see this press release below for a TV program aired yesterday evening in the UK.

BBC Show Provides Evidence To Take Nutrients For Declining Eye Health

Declining eyesight is considered an inevitable consequence of ageing. Yet this widely held perception can be prevented and eyesight improved by taking certain nutrients.

According to a recent BBC article, based on the Trust Me I'm a Doctor TV programme, that focused on Michael Mosley and how he could improve his declining eyesight, on the recommendation of taking specific supplements.

After having an eye test from Professor John Barbur from City University in London, he discovered the results to be both 'fascinating and depressing'. His level of night vision and perception of details were poor, but consistent with people his age.

The Trust Me team then provided him with a 90 day diet of supplements containing concentrations of coloured plants, two of which are Lutein and Zeaxanthin. He also took a daily smoothie containing plenty of fruits and vegetables like kale and kiwi fruit, along with fats like milk and wheat germ oil.

Two weeks later they assessed whether taking the supplements had any effect or made much of a difference to his eyesight. They discovered that including Lutein, Zeaxanthin and Meso-Zeaxanthin in the diet led to significant improvements in the protection of the delicate macula, along with improving eyesight.

This example provides growing evidence that taking supplements may help to slow or even possibly prevent age-related macular degeneration – one of the leading causes of vision loss in the UK.

While there are calls for more studies into the benefits of these plant compounds and their many benefits for eye health, many people are already successfully improving their eyesight by taking the recommended formulations.

By following the plan in my FREE eBook Eye Health plan [here](#) and taking the recommended nutrients, it's possible to see significant improvements in declining eyesight.

The fact is Macula Degeneration like most diseases are optional given proper diet, lifestyle and nutritional supplements.

Download and read my FREE eBook to see all of the other lifestyle steps you can take to recover or simply protect your eyesight. The very basic nutrients that were used in the BBC TV show are found in:

