

# Week 03 (2017)

## Your Future Vision

25% of people over 50 will start to lose their eyesight from various causes but the majority will lose it from a condition called **Age Related Macular Degeneration (ARMD)**, as this remains the leading cause of vision loss in adults over 50 and the older you get, the more the risk increases.

The medical system has now renamed it to simply **Macular Degeneration (AMD)** because it is now being found in younger and younger people. The fact is it was never an old age disease but rather it is a fake nutrition condition...much the same as diabetic retinopathy suffered by those with Diabetes Type 2.

It is reaching epidemic proportions because the medical system is intent on finding a medical solution. The latest research is regarding a computer chip into the retina which is about the most stupid idea I have ever heard from these people...and I have heard some crazy things in my time.

Some ARMD sufferers are as young as the age of 20. The future for the majority of today's young people is failing eyesight from following a diet based on fake nutrition. You would think with social media and YouTube that they would be better informed but the unfortunate truth is that many younger adults choose not to "see" that far into the future. You may believe ARMD will not happen to you. You may consider ARMD a far-off risk that can be addressed once you reach retirement age. I repeat that the risk increases as time goes by.

ARMD is responsible for roughly 5 per cent of blindness around the world. The condition continues to progress; up to **196 million people** may suffer from age-related macular degeneration by the year 2020.

The International Agency for the Prevention of Blindness describes the condition as: "AMD is the third most important cause of blindness in the world and the leading cause of blindness in higher income countries with ageing populations."

**TIME IS NOT ON YOUR OR THEIR SIDE WHEN IT COMES TO PROTECTING EYESIGHT.**

### Taking Off The Blinkers

One of the main causes of Age-Related Macular Degeneration is an increased amount of free radical damage inflicted on the human body. Free radicals can be found anywhere. You may find them in sun exposure, fake foods, carbohydrates, sugar foods and drinks, pollution and environmental toxins. To make matters worse, the fake diet is sorely lacking in antioxidants and the specific carotenoids needed to protect our delicate eyes against the sun and this disease.

Powerful antioxidants called carotenoids in ample amounts can protect your eyes from degeneration. As free radicals attack your healthy eyes again and again, the macula becomes damaged. The macula is a small part of the eye that controls central vision. Small and mighty, the macula provides you with the ability to see crisp detail and vivid colours. It depends upon healthy nutrition and blood supply. A deteriorated macula resulting in ARMD usually starts in one eye and will soon affect the other eye, in most cases.

**Age-related macular degeneration may be broken down into two categories:**

**1. Dry:** The most common type of ARMD may develop slowly and will ultimately cause a loss of central vision, in 95 per cent of cases. The good news is that dry ARMD is largely reliant on nutrition and lifestyle

factors. It is possible to stop and reverse dry ARMD with an anti-inflammatory diet and eye-healthy nutrients.

**2. Wet:** Weak, malnourished blood vessels will result in wet ARMD. These deteriorating vessels are found behind the retina and will soon leak into the macula. Wet ARMD is very rare compared to dry ARMD, but it will result in a rapid loss of vision. It is harder to achieve full recovery for wet ARMD if laser treatment has been applied, though damage can be minimized with the right lifestyle choices.

## The Plan Is In The Book

ARMD described as a medical condition sounds complex, when the treatment really is simple. The problem has already been pinpointed as a lack of antioxidants in the diet. Many physicians agree.

According to Macular Degeneration International, patients with ARMD may be told that there is no treatment available to reverse or halt the condition. Patients may be “encouraged” to take antioxidant vitamins at a bare minimum.

I have been helping clients recover their eyesight since 1996 and over the years have developed a complete plan that works in the majority of cases. It really works.



## Will Your Doctor Agree?

Since your eye doctor has no training in nutrition it is unlikely they can offer knowledgeable advice and therefore it is only worth using them for eye tests. Before and after working my program will be sufficient...but here is a warning. When you get your eyesight back don't tell your eye doctor expecting a pat on the head. They could even be offended that you claim to know what they don't.

## The Plan

While antioxidant intake is essential, targeted nutrient use is key. Taking a run-of-the-mill antioxidant vitamin isn't going to improve or stop vision loss. Understanding which critical nutrients your eyes need to protect and restore sight can greatly reduce the risk of blindness.

### Two specific nutrients are responsible for protecting the macula from degeneration:

**1. Lutein:** Lutein is not made by your body. This powerful carotenoid must be gleaned in food and nutritional supplements to prevent permanent vision loss. An anti-inflammatory diet rich in fresh fruits and vegetables provides a foundation for healthy vision at any age. Up to 14 portions of fresh or frozen vegetables a day are recommended. Along with that, a daily lutein supplement can support eye, brain and full-body health.

**2. Zeaxanthin:** Like lutein, zeaxanthin is an antioxidant found in most fruits and vegetables; antioxidant levels are especially high in green, leafy vegetables. Zeaxanthin works alongside lutein to maintain the structural integrity of blood vessels that supply the macula to protect against photo-oxidation. Zeaxanthin in the diet and in supplement form is highly recommended.

Lutein and zeaxanthin are undeniably important to eye health. These potent antioxidants are known to be missing in sufferers of ARMD. In a review of more than 25 epidemiological studies that examined the dietary intake of carotenoids, lutein and zeaxanthin were found to be inversely associated with age related macular degeneration.

## HealthPoint™

Alongside essential nutrient support, HealthPoint™ electro-acupressure has been used to speed up the recovery of the macular to restore the health of the eyes. There are a number of factors that contribute to ARMD. One of the most common triggers, after free radical damage, is a lack of circulation associated with age.

In order for the macula to function in optimal health with crystal-clear vision; proper nutrients, oxygen, and detoxification are needed. Low circulation reduces antioxidant and oxygen supply to the eyes. This process will soon result in vision dysfunction and long-term degeneration.

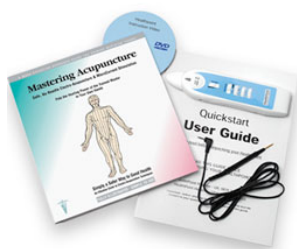
Electro-acupressure micro-current stimulation is an exciting new technology that can be used to treat macular degeneration. For both wet and dry ARMD, early clinical trials have shown up to a 70 per cent improvement in vision. Electro-acupressure therapy can stimulate the retina and degenerated macula using well-mapped acupressure points on the body. When used with antioxidant nutritional supplements, hope for recovery is available. Vision loss is not a natural part of the ageing process.

## Recommended Products

### MAXIFOCUS

MaxiFocus contains the essential carotenoids Lutein and Zeaxanthin plus a full range of essential vitamins and minerals to support the health of your eyes. These nutrients absorb at least 900 per cent better than their tablet equivalent and in most cases will be in the eye within two minutes.

[Shop Here for MaxiFocus](#)



### HEALTHPOINT™

HealthPoint™ This electronic acupressure kit for home delivers all the benefits of acupuncture but without the needles! Stimulate the important acupressure points for eye health with the help of this machine.

[Shop Here for HealthPoint](#)



## Other supplements shown to be beneficial for good Eye Health include:

- Taurine Spray
- AstaXanthin Capsules
- Fish Oil (Krill, Fish, Hemp etc)
- CurcuminX4000
- MSM+Silver Drops
- L-Carnosine Plus

Most of the eye doctors now use high definition cameras and can see if you have the start of AMD within a few minutes. If it is detected, don't waste your time being referred to an eye consultant as they have no solutions. You do. It is my plan that can improve your condition within 30 days. The worse the problem, the more critical it is that you apply the whole plan.