

Cataracts

Cataracts are white, opaque blemishes on the lens of the eye. It is caused by the damage of the protein structure of the lens. It is similar to the protein damage of an egg when it is boiled or fried. This damage can be the result of many different things such as, ocular disease, injury, surgery, diabetes, radiation, ultraviolet light, toxins, free-radical damage or natural genetics. They are one of the leading causes of impaired vision and blindness in the United States.

Heavy Metals

Tests reveal high concentrations of heavy metals in the lens of the eyes. In fact it is often three times higher in eyes with cataracts. They reveal the presence of heavy metals such as bromine, cobalt, cadmium and nickel. Cigarette smoke is a leading source of cadmium.

The majority of people over the age of 60 reveal cataract formations on the lens of their eyes.

TRADITIONAL TREATMENT

The most common and most recommended treatment of cataracts by Ophthalmologists is surgery. This involves removing the affected lens of the eye and replacing it with a plastic lens.

RECOMMENDED NUTRITIONAL SUPPLEMENTS

Antioxidants

Since free-radicals are one of the causes of cataracts, it is well to include among your supplements. The use of good antioxidants such as pycnogenol, which is one of the most powerful antioxidants you can find.

Vitamin C

A number of clinical studies have shown to halt cataract progression. One study showed that patients placed on 1 gram of vitamin C per day reduced the progression considerably. The lens requires high concentrations of vitamin C. Research recommends not less than 1,000 mg. per day.

Glutathione

Glutathione is a small protein (peptide) composed of three amino acids *glycine, glutamic acid, and cysteine*. The lens shows high concentrations of Glutathione. However, as we age, these levels drop off considerably, leaving the lens vulnerable to cataract formation. It is essential for the formation of a healthy lens. Glutathione works very close with vitamin C. Use real all natural vitamin C not the synthetic Ascorbic acid.

Selenium

Glutathione requires selenium to neutralize free-radicals. When selenium levels are down in the eye, cataract levels are up.

Folic Acid

In cataract cases, tetrahydrobiopterin is low, but since there are no supplements for this a person should take extra folic acid which increases the body's ability to produce tetrahydrobiopterin.

Other Suggested Nutrients

25,000 Units of Vitamin A
5,000 Units of beta-carotene
400-600 IU of tocopherol (Vitamin E)
1,000 mg. of Vitamin C
25-75 Mg of Zinc
40-100 mcg selenium
25-100 mg. 1-glutathione
Lutein as suggested.

REVERSE CATARACTS

According to Robert J. Rowen M.D. cataracts can be reversed and this is what he suggests doing:

Have a pharmacy prepare the following formulation:

- DMSO—6.25 percent
- Vitamin C—1.25 percent
- Glutathione—1.25 percent

Cataracts

Regular pharmacies usually do not do custom formulations, you will need to find a pharmacy that does custom formulations, if you do not have one locally, and the following pharmacy can make up this formulation for you: College Pharmacy (1-800-888-9358) a prescription is required from your doctor.

This formulation stings momentarily when applied to your eyes but it quickly passes.

Dr. Rowen uses this formulation himself as prevention.

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