

## Nutrition for eye health

### Description

Dear Ones,

Since I have had good luck with reducing night blindness and have avoided Glaucoma, I thought you might be interested in the wellness wisdom in the world of alternative nutrition based prevention. I don't expect to have to stop driving any time soon. I believe it is the nutritional regimen I've been on for so many years. Supplements provide nutrition for eye health.

Here are a few testimonials from people whose eyes were giving them trouble.  
Accumulated from Team 21 and the Wellness Center by Shirley Koritnik

GLAUCOMA:

1. [VITAMIN E + SELENIUM](#): increases circulation to the eye; powerful free radical scavenger
2. [CAROTOMAX](#): necessary to heal & remove pressure from behind the eye
3. [GLA](#): involved in the regulation of circulation to the eye; anti-inflammatory
4. [VITAMIN C](#): prevents tearing of capillaries; detoxifies free radicals; anti-inflammatory
5. [OPTIFLORA](#): reduce toxin load
6. [ALFALFA](#): mineral content relaxes arterial muscles; anti-inflammatory
7. [HERBAL LAXATIVE](#): detoxifies body tissues
8. [DTX](#): reduce toxin load
9. [CoEnzymeQ10](#): powerful antioxidant

**10. [GINKGO BILOBA](#) (Shaklee MENTAL ACUITY): increase blood flow to the eyes**

From: Joanne K Skipper

I thought this might interest many of you.

We brag about our [Life Strip](#) or [Vitalizer](#) and see great things happen for people who spend \$80 – \$180 a month and go on it.

We had a customer diagnosed with glaucoma. It was after



the diagnosis she started on The Basics [now the [Vitalizer](#)].

The next time she went to the doctor — no glaucoma! So she decided to give it the test.

She quit taking The Basics. The next doctor's appointment she learned the glaucoma was back. So, she ordered more Basics and took them until her next appointment. What did she find?



Thats right – no glaucoma!

Joanne

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Date: Wed Feb 14, 2001 8:00 pm

Subject: Re: [Team 21] Glaucoma

Carotomax..my mom has had great results reversing the high risk numbers  
..she was taking 3 each day (with each meal)..now that her numbers are more  
normal she takes 2 daily. GREAT !

## Carolyn Moss

From: HealthierChoices@...

Date: Sat Aug 24, 2002 8:03 pm

### OCCULAR HISTOPLASMOSIS TESTIMONY:

Do Shaklee supplements work? I believe you can SEE the difference!

I can vouch for that. The last two eye check-ups I've had, have resulted  
in my vision getting better, which means new glasses – but with a weaker  
prescription both times. (My wife's optometrist says that is unheard  
of!!!!)

Many of you know that I have ocular histoplasmosis in both eyes and have a  
great possibility of going blind because of the condition. Since there  
isn't anything medically that can be done to prevent or treat the  
disease, I decided to use a nutritional approach to hopefully curb the  
disease.

I've steadfastly stayed on a regime of Shaklee Protein, Vita-Lea,



Alfalfa, B-Complex, Vita-C 500, Vita E and Formula I. I have also taken [CartoMax](#) and Mental Acuity sporadically but not on a consistent basis.

Bottom line is YOU CAN SEE the difference with Shaklee Nutritional Supplements. There is an old axiom in Shaklee..."The only way Shaklee Nutrition won't work for you is – If you don't take them at all or if you don't take enough."

To Your Health  
Eugene Danner  
LE14083  
Augusta, GA

PS. Macular Degeneration and Cataracts, even Glaucoma can be stopped and sometimes even reversed with the proper nutritional program:

Heavy on CarotoMax (6-8 per day), and Zinc (6 per day—seems like alot, but people with eye problems need more), CoQ Heart, Vita E, and SR C.  
Vita Lea, B-Complex and Energizing Soy Protein round of the program.

Subject: Glaucoma  
Date: 5/21/2001 5:48 PM Eastern Daylight Time  
From: HealthMatters4U  
Message-id: (AOL Shaklee Board)

Q. HI, I am looking for any testimonies on glaucoma. My father in law is currently taking the Basics, EPA (8/day) & carotomax (2/day).

All input appreciated.  
Thanks,

HealthMatters  
Lisa Sugrue  
HealthMatters4U@shaklee.net  
<http://www.shaklee.net/healthmatters4u>

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Subject: Re: Glaucoma  
Date: 5/22/2001 1:28 PM Eastern Daylight Time

From: Truhealth5

Message-id:

Large doses of Vita C, along with the other supplements already taken is suggested.

Medical science regards severe eye-strain and prolonged working under bad lighting conditions as the chief cause of glaucoma. But, in reality, the root cause of glaucoma is a highly toxic condition of the system due to dietetic errors, a faulty life style and the prolonged use of suppressive drugs for the treatment of other diseases. Eye-strain is only a contributory factor.

Glaucoma is also caused by prolonged stress and is usually a reaction of adrenal exhaustion. The inability of the adrenal glands of produl treatment for glaucoma is through surgery which relieves the internal pressure in the eye due to excess fluid. This, however, does not remove the cause of the presence of the excess fluid. Consequently, even after the operation, there is no guarantee whatsoever that the trouble will not recur, or that it will not affect the other eye. The natural treatment for glaucoma is the same as that for any other condition associated with high toxicity and is directed towards preserving whatever sight remains. If treated in the early stages, the results are encouraging. Though cases of advanced glaucoma may be beyond cure, even so, certain nutritional and other biological approaches can prove effective in controlling the condition and preserving the remaining sight.

Certain foods should be scrupulously avoided by patients suffering from glaucoma. Coffee in particular, should be completely avoided because of its high caffeine content. Caffeine causes stimulation of vasoconstrictors, elevating blood pressure and increasing blood flow to the eye. Beer and tobacco, which can cause constriction of blood vessels, should also be avoided. Tea should be taken only in moderation. The patient should not take excessive fluids, whether it is juice, milk or water at any time. He may drink small amounts, several times a day with a minimum of one hour intervals.

The diet of the patient suffering from glaucoma should be based on three basic food groups, namely seeds, nuts and grains, vegetables and fruits, with emphasis on raw vitamin C-rich foods, fresh fruits and vegetables. Valuable sources of vitamin C are citrus fruits such as oranges, lemons, grape-fruits and limes ; green leafy vegetables like cabbages, beets and turnips.

Certain nutrients have been found helpful in the treatment of glaucoma. It has been found

that the glaucoma patients are usually deficient in vitamins A, B, C , protein, calcium and other minerals. Nutrients such as calcium and B-complex have proved beneficial in relieving the introcular condition. Many practitioners believe that introcular pressure in glaucoma can be lowered by vitamin C therapy . Dr. Michele Virno and his colleagues demonstrated recently in Rome, Italy that the average person weighing 150 pounds given 7000 mg. of ascorbic acid, five times daily , acquired acceptable introcular pressure within 45 days. Symptoms such as mild stomach discomfort and diarrhoea, resulting from the intake of large doses of vitamin C, were temporary and soon disappeared. It has been suggested that some calcium should always be taken with each dose of ascorbic acid to minimize any side-effects of the large dose.

The patient should avoid emotional stress and cultivate a tranquil and restful life style as glaucoma is considered to be a 'stress disease'. He should also avoid excessive watching of television and movies as also excessive reading as such habits can lead to prolonged straining of the eyes.

Sharon O'Donnell  
Shaklee.net – Truhealth5

P.S. Documentation states 7000 mg Vitamin C a day split between 5 servings. Start out slow and work up to that amount, such as 1 Vita C 500 mg, 5 times a day.

Sharon O'Donnell

## **Shaklee.net – Truhealth5**

From: <mklurk@...>

Date: Mon Aug 22, 2005 1:15 pm

Subject: Ocuville Versus Carotomax for Help with Glaucoma...Need Help!

Can you help me with this?

My father currently takes Ocuville on the advice of his physician. He has glaucoma. Lutein is the main ingredient that his doctor wants him to have. Our only product that contains Lutein (that I'm aware of) is CarotoMax. I would like to explain to my father why our product is better than his Ocuville but I can't explain why ours costs so much more than his. Also to get all the

ingredients in his Ocuvite, he would have to take Vita-Lea Gold and the CarotoMax which would cost 52.00. He currently pays only 12.00 for Ocuvite.

Thank you for any and all advice pertaining to this matter.

Sincerely,  
Mary Lurk

**mklurk@...**

Hi Mark,

... I know though that the Shaklee difference is more important than the cost. It is the bio-availability of the products that makes the difference. Secondly I would say if you look at the big picture, the cost of any one product becomes less significant.

Let say you just want to get your products free. If you Shakleeize your home and make a bonus check every month and teach six people to do the same thing, your products are going to be free. The chances are that the people you thought to do that are going to want to get their products free also and it is not long until you stop worrying about the cost of any one product.... Hope this helps.

Ken Wolff



## Category

1. Be Well health tips
2. Health and Fitness

## Tags

1. eye health
2. glaucoma
3. macular degeneration
4. night blindness
5. nutrition for eye health

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**Author**

betsyjbell