










NATURAL HEALTH DOSSIER

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Natural Health Dossier

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Preserve Your Vision—and Your Independence—in 3 Easy Steps

Sue was 61, independent, and enjoying life. She was looking forward to the road ahead. Then, during a routine eye exam, her future fell apart right before her eyes.

Sue's optometrist delivered the news. She had macular degeneration.

Macular degeneration can hit anyone, anywhere—at any time. But it is much more common in older people. Still, no one ever sees it coming... and neither did Sue.

Her doctor told her that it was incurable. And that as it progressed, a blurry area would block the center of her vision... Eventually, she wouldn't be able to drive, work, care for herself, or even live alone.

Sue was devastated. She was finally at that place in her life where she could spend her time doing what she wanted...traveling, visiting friends and family, seeing the places she had always dreamed of. Now she would never see any of it.

Sue's optometrist wasn't much help. He sent her off with a print-out on how to monitor her vision loss at home. That was it.

And that's when she decided to take matters into her own hands.

She researched everything she could. She dug through forums and websites with advice. She came across some nutritional recommendations and decided to give them a shot. She also started eating a healthy diet.

Every day, she took her vitamins. She stuck with her diet. And she did her best to stay positive.

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One year later, the doctor examined her carefully. Ran tests. Reviewed Sue's results from the year before...and finally looked at Sue, amazed, and said, "You don't have macular degeneration."

Macular degeneration is not "supposed" to be curable. Today, Sue is still doing great. She monitors her vision closely and keeps up on her diet and vitamins.

Her doctor even let her insurance company know she was clear to drive. The future Sue thought was ripped from her is looking bright again... All thanks to some specific dietary choices—and a handful of highly effective nutrients.ⁱ

But these things don't just help with vision...

They can help you reverse some of the most common health problems around. We'll give you all the details you need in a moment.

But first, here's what you need to know to start protecting your eyesight today...

The Plague Blinding Americans

About 7 million Americans are legally blind. Half are men ages 18 to 64. Their blindness is a result of common eye diseases... And they could have been prevented.ⁱⁱ

Macular degeneration, retinal damage, cataracts, and glaucoma... Together they steal vision from millions of people every year.ⁱⁱⁱ But you don't have to be blind...

Many folks suffer with a visual disability. That means they still need help doing things that normal-sighted people do on their own. Even with glasses or contact lenses.^{iv}

You probably know a few people like this. Friends or relatives that won't pass their next driver's license eye-exam... Who just pretend to read the paper... Whose homes are starting to look a little worse for wear... Who don't get out that much anymore...and can't do the things they used to enjoy.

Taking your vision for granted can lead you into a life of isolation. It can even land you in assisted living.

The truth is you *can* prevent vision issues. You can greatly reduce—even reverse—they. But that means taking important steps right now.

In this special *NHD* Vision Issue, we outline everything you need for strong, lifelong vision. And we'll share the same advice that helped Sue cure herself.

You'll also meet Dr. Marc Grossman. He's a holistic Doctor of Optometry in New York.

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He is the author of several books on how to take care of your eyes *naturally* and prevent vision loss. Dr. Grossman also shared with *NHD* several of his own strategies for preserving your vision.

Back in your January 2013 issue of *Natural Health Dossier* we told you about three of the most common eye conditions that affect vision:

- Age-related macular degeneration (ARMD)
- Cataracts
- Glaucoma

We also told you about some natural, non-surgical, drug-free ways to prevent and treat them.

In this special edition we'll update you on what researchers have learned since then... We'll also cover a fourth condition: retinal damage. You'll learn why some people—especially men—have a higher risk for it...and what to do about it.

You'll find out about promising non-surgical, non-drug treatments for ARMD. And we'll let you in on a secret that researchers say can help prevent—even heal—retinal damage.

Finally, we created an exclusive new sight-saving protocol. The *NHD 20/20 Protocol* gives you effective, simple solutions that can help save your eyesight.

But first, let's take a closer look at these eye dangers...so you can understand better how you're going to prevent them.

Age-Related Macular Degeneration: You Can Beat the Odds

ARMD is the leading cause of blindness in the United States.

There are two types: wet and dry. Both are common in people over 50.^v Dry ARMD is more common. It develops slowly. But it can progress to the wet type. This rapidly damages your vision. Even worse, wet ARMD is harder to treat.

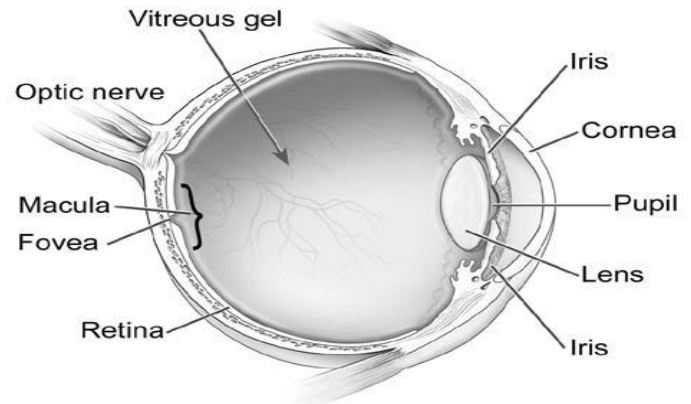


Image: Courtesy National Institute of Health

ARMD causes central vision loss. That means you're only able to see what's to the side of you. You may be blind to what's directly in front of you. It leaves a blurry, cloudy, dark area. And it stops you from seeing fine details.^{vi}

This was one of Sue's greatest fears...and for good reason. You can't drive, read, enjoy art, or experience a lot of other things if you can't see what is right in front of you.

In your January 2013 issue, we showed you what your vision might look like on the Amsler Grid if you are getting ARMD... You can find Amsler Grids online that you can print out to help monitor your eyesight at home.^{vii}

When you have ARMD, fatty and protein materials collect on the macula. These are called drusens. As they build up, your vision blurs.

Researchers believe that drusens accumulate when the eye is not able to clean itself properly. Poor circulation may play a role.

But you can control many of the common risk factors all on your own:

- **Smoking:** It triples your risk. Smoking depletes oxygen in your blood. Your eye tissues need nourishing blood to function at their best.
- **Poor Nutrition:** Diets high in the wrong fats can create plaques. They can also lead to blocked blood flow in macular vessels. Another issue is sugar. It causes systemic inflammation that harms your entire body...especially your eyes. Dr. Grossman adds that many nutritional deficiencies can also lead to ARMD.
- **Obesity and Hypertension:** Lack of activity and weight gain can cause hypertension. This aggravates ARMD.
- **Age:** Your risk of ARMD shoots up to 30% just by being over 75.
- **Light Skin and Eye Color:** People with lighter eye color get ARMD twice as often as others.
- **Heredity:** Having immediate family members ups your risk.
- **Severe Farsightedness:** The shape of your eye can change as you get older. This can affect retinal and macular function.^{viii}
- **Drug Damage:** Certain drugs can also cause harm. These include Plaquenil, Catapres, NSAIDs, and acetaminophen.^{ix}

You may have several of the risk factors. But you're not doomed to getting it. New research shows that diet and lifestyle changes have a huge impact on your risk.^x They did for Sue.

We'll map out everything for you in our *20/20 Protocol*. Here are just a few of the areas that show promise for ARMD.

Nutritional Supplementation: Vitamin therapies—like the AREDS formula—that include lutein and zeaxanthin can help cut your risk.^{xi} But there are more:

Saffron: It's a popular spice. But it's also an antioxidant. You'll see it a lot in Indian, Spanish, and Italian cuisine. And research from Italy shows that saffron helps eye cell function. That's because it's also a potent anti-inflammatory and fatty cell regulator. It may help slow—even reverse—ARMD.^{xii}

Bilberry: Improves night vision. 100 mg daily.

Cineraria: A homeopathic eye drop formula that may prevent cataracts by clearing fibrin from the lens.

Grape Seed Extract: A powerful antioxidant and anti-inflammatory that prevents free radical damage in the eye. It also improves night vision.^{xiii} 100 mg.

Pycnogenol: This flavonoid is effective at treating glaucoma and reducing eye pressure.^{xiv} 100–200 mg daily.

Quercetin: A powerful anti-inflammatory and antioxidant that protects against UV ray damage. It also helps prevent cataracts by blocking sugar-alcohol formation in the eye.^{xv} 100 mg daily.

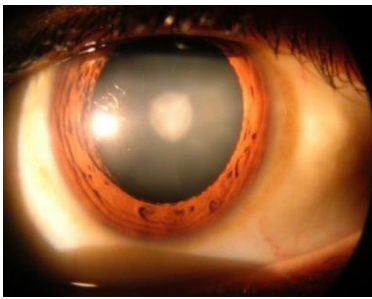
Non-Drug, Non-Surgical Treatments:

Photodynamic vision therapy (PVT) can help macular degeneration. It does this by sealing leaking retinal blood vessels. Dr. Grossman says that PVT is a safer alternative to laser treatments.^{xvi}

Research from the Naval Operational Medicine Institute found that poor circulation can lead to a lack of oxygen. It can result in several diseases of the retina. And that includes ARMD. It's why short-exposure hyperbaric oxygen treatments (HBOT) are an effective treatment for both the wet and dry ARMD.^{xvii}

New research in *Eye and Brain* shows that Low-Level Light Therapy (LLLT) has an antioxidant effect on retinal eye cells. It uses red to near infra-red light to boost metabolism in your retinal cells.^{xviii}

As you read this, Stanford University is perfecting silicon-diode eye implants. These implants receive infrared signals that help boost eye function. They also help the retina process visual information.^{xix}



The Hidden Causes of Cataracts

Cataracts are a clouding of the lens of the eye.

As Dr. Grossman shared with *NHD*, “It may seem as if you’re looking through a hazy cloud. Many people first experience a blurring of vision, requiring more light to read by.”

This clouding of the lens occurs because of oxidation... And it only gets worse as you age.

But there are unexpected factors that can lead to cataracts. They degrade your vision. Like sunlight. If you’re out in the sun without good UV-ray blocking sunglasses, you’re at even greater risk.

Another problem is “dry eye” syndrome. It’s a common problem for 75% of older people. The

main causes are hormonal changes and too much caffeine. But spending time in dry or overheated rooms may also cause it.

Other risk factors include dehydration, wearing contact lenses...even spending too much time at the computer.^{xx} But there are things beyond your control that also raise risk.

Chemical fumes, aerosol sprays, and environmental toxins—like smog, automobile exhaust, and cigarette smoke—also up your chance for developing cataracts.^{xxi}

Surprisingly, Dr. Grossman says that allergies and food sensitivities—especially soy, wheat, and dairy—are also culprits.

Even certain medications can up your risk for cataracts. A 2003 study in the *British Journal of Ophthalmology* found that people who use steroid-based inhalers have a 70% higher risk for cataracts.^{xxii}

Diet is also a factor. A 2014 study in *Molecular and Cellular Biochemistry* recommends a diet high in antioxidant-rich foods to prevent these conditions.

But new research has also turned up a surprising cause of cataracts...

Your *Waistline* may be the Culprit

The UK’s Medical Research Council recently uncovered an overlooked risk factor for cataracts: The size of your waistline.

The threat begins with a waistline of 40.2 inches or larger in men. For women, it’s just 34.6 inches.^{xxiii}

You might be wondering what connects waist size with cataracts... Well, that same UK team found that 7% of overweight men with large waists developed type 2 diabetes. And it happened within 10 years. Overweight women with large waists had

almost half the risk. Only 4% developed type 2 diabetes in 10 years.

Diabetes puts both sexes at higher risk for eye disease. That includes cataracts, retinal disease, ARMD, and glaucoma.^{xxiv}

Metabolic Syndrome is a group of conditions that include:

1. **Central obesity:** This is when you hold a lot of belly fat around your midsection. People with central obesity also often have high blood sugar. This is commonly called “diabesity.”¹
2. **Dyslipidemia:** It’s an imbalance of fats in your blood...a dangerous ratio of bad (LDL) cholesterol to good (HDL) cholesterol. High LDL puts you at risk for developing dangerous plaques in your coronary arteries. This can lead to less blood flow throughout your entire body—including your eyes. If you don’t get enough oxygen rich blood to your eyes, they begin to starve. This speeds up the oxidation that causes cataracts and other eye disease. Men are at much higher risk for atherosclerosis.¹
3. **Hypertension:** High blood pressure can be the result of plaque buildup. It narrows your arteries. This restricts blood flow and causes higher pressure.¹
4. **Inflammation:** If you have high C-reactive protein (CRP) and myeloperoxidase (MPO) that means you have too much inflammation. This often points to arterial damage throughout your body...including your eyes.

An earlier study in the *Journal of Clinical Nutrition* looked even deeper into the risk of cataracts for men.^{xxv}

The researchers found that a high amount of belly fat was a “strong risk factor for type 2 diabetes and high blood pressure.” These both share a link with metabolic syndrome (MetS). It’s a strong predictor of who will develop cataracts.

Australian researchers followed 49 people with metabolic syndrome for over 10 years. By the five year mark, participants had a high rate of two common age-related cataracts.^{xxvi} The researchers found that metabolic syndrome is an accurate predictor of cataract risk.

The research is undeniable. If you’re overweight—especially if you’re a man with a lot of belly fat—you may be setting yourself up for metabolic syndrome, diabetes...and cataracts.

Retinal Damage: Prevent the Conditions that Aggravate It

There are many retina conditions that can threaten your vision. But retinal detachment may be the most frightening. It is most common in white men over 50.^{xxvii}

This happens when the retina tears away from other tissues—namely the vitreous humor. The vitreous humor is a jelly-like substance. It fills the spaces between the retina and the lens of the eye. This gel becomes more and more liquid as you age. It can start to move around more as well. This puts pressure on connective tissues. And it pulls them away from the retina.

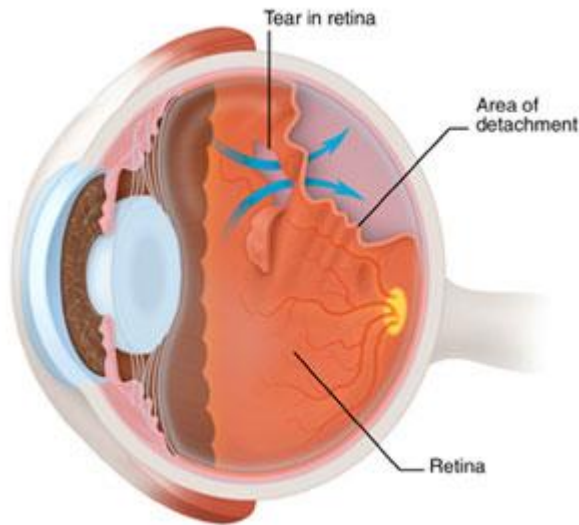
If your retina detaches, you’ll likely develop a “floater.” The official term for these “floaters” is Posterior Vitreous Detachments (PVDs).^{xxviii} PVDs are little pieces of broken off vitreous humor gel.

They show up as a black dot or thin threads in your vision.

In the dark, you might notice little flashes of light... These may look like a firefly in your periphery. They are almost always harmless...nothing but a nuisance. Your body may even reabsorb them.

But if several dark floaters appear suddenly...or if you start seeing stronger flashes of light...it's time to see an ophthalmologist.

If the retina pulls away violently, it can detach. It usually happens because of an injury.



Credit: Wikipedia Commons

This results in a blurry, darkish “curtain coming down” effect that blocks your vision. Make no mistake: This is a medical emergency. You must seek immediate care to fix the retinal tear. This can ruin your vision permanently.

The Eye Institute of Florida says detachments are very common as we age. About 90% of all people will have some sort of detachment in at least one eye by age 60.^{xxix}

You can't prevent most of these. But you *can* prevent the conditions that put you at higher risk for having one.^{xxx}

We cover these—and ways to prevent them—in our *20/20 Protocol*.

Glaucoma: New Clues Lead to New Treatments

In your January 2013 issue, we revealed glaucoma is caused by too much pressure in the eye.

It's like having high blood pressure in your eyes. It builds up and damages your optic nerve. This can leave you blind.

They call glaucoma “the silent thief.” That's because it often steals your eyesight...without any symptoms. And if you've never had a tonometer test—that little puff of air into your eye—you *may have undiagnosed glaucoma*.

Researchers still don't know what actually causes it. But they've made progress. And they have found some of the underlying factors that may lead to glaucoma.

- **Age:** It rarely occurs before age 50. According to the Glaucoma Research Foundation, you are six times more likely to get it after age 60.^{xxxii} They also estimate that more than four million Americans have glaucoma. Although, only half of them know they have it.^{xxxiii}
- **Ethnicity/Family History:** It's five times more common in African-Americans and Mexicans. And it progresses faster—and earlier—in African-Americans. Your risk is also 10 times higher if a parent or sibling has it.^{xxxiii}
- **Vitamin D Deficiency:** Research in the April 2014 edition of *Public Health Nutrition* found that people with low vitamin D levels were more likely to develop glaucoma.^{xxxiv}

- **Sleep Apnea:** Recent research out of Taipei University found that people with sleep apnea were 1.67 times more likely to face this eye condition.^{xxxv}
- **Brain Disorder:** Surprising new research out of the Wills Eye Institute in Philadelphia suggests that glaucoma may not be an eye condition. It could actually be a brain disorder. Researchers found that five brain structures were vastly different in participants with the disease than those without it. Each of these brain structures were involved with visual processing.^{xxxvi}
- **Calcium and Iron Overload:** The recent National Health and Nutrition Survey revealed that people who took 800 mg of calcium or 18 mg of iron had a much higher risk of getting glaucoma than those who didn't. Both minerals act as oxidants in eye, heart, and brain tissue. Researchers are looking further into the role that these play in developing glaucoma.^{xxxvii}

Other research shows that men in particular may be prone to iron overload. This means higher risk for glaucoma.^{xxxviii} And with all the calcium fortified foods on the market, some researchers believe that people are overloading on calcium as well.^{xxxix}

You're up to date with the latest research. But now you need to know how to prevent these independence-robbing eye diseases.

As Dr. Grossman told us, "My goal is to show people how to become active participants in their own vision care: Empowering them to make informed decisions on nutrition, diet, and lifestyle."

With that goal in mind—and some suggestions from Dr. Grossman—we have built a

comprehensive plan. It can help you preserve your sight, and your independence...

The *NHD 20/20 Protocol*

Our *20/20 Protocol* will help you lower your risk of developing the sight-stealing conditions in this issue... But if you already suffer from one, making even just a few of these changes could help improve your condition. Here are the clear, simple steps to take today towards better vision.

Step 1—Exercise:

The first step is always the most important. And this alone can help improve your insulin levels. It also lowers blood pressure and cuts inflammation in the body. Not to mention it can help you lose weight.

The Cleveland Clinic reports that losing just 5–10% of your body weight can help you use insulin properly again.^{xi}

Resistance training lowers hemoglobin A1C levels better than standard aerobic exercise.^{xii} This is a blood marker for diabetes.

We also recommend High Intensity Interval Training (HIIT). HIIT workouts consist of short bursts of intense exercise followed by brief periods of rest. This type of exercise helps you burn fat. But it also helps you build muscle. It also helps boost your metabolism, lung, and heart capacity.

On top of all that, HIIT can lower hemoglobin A1C levels. It also improves how your body uses insulin.^{xiii} A consistent routine can help you rapidly enhance your health. You may also be happy with how it helps your appearance (See the sidebar for HIIT basics).

In addition, research appearing in the *Journal of Neuroscience* reveals that exercise helps preserve

retinal nerve cells after damage. It also helps slow down retinal deterioration.^{xliii} Researchers at Emory University found that physical training can improve photoreceptor and general retinal function in lab animals.

HOW TO DO A HIIT WORKOUT

1. Pick any exercise you enjoy doing. You don't need any special equipment. Even simple jumping jacks and squats make great HIIT routines.
2. Warm up for 5–10 minutes. Then do a thorough stretch before starting.
3. Begin with a high-intensity burst of exercise. Move as fast as you safely can, for one minute. You should be huffing and puffing when you finish. Then slow down to an easy pace for two minutes. You can even stop if you need to.
4. Repeat this cycle five times. Then finish with a cool down and another stretch.
5. As you progress you should increase the intensity of your bursts by adding speed and/or resistance.
6. Aim to do HIIT three times a week to start.

These animals' retinas were more responsive to light. They also had higher levels of brain derived neurotrophic factor (BDNF). It's a protein that promotes health and growth. This research could lead to treating retinal diseases with specific exercise routines.

Further research shows that exercise is comparable to glaucoma medications for reducing eye pressure.^{xliv}

Step 2—Dietary Changes:

You're going to be hungry after your workout... But you have to make the best food choices possible. Remember, diabetes is a major risk factor for eye disease... That's one more reason we recommend against eating foods like sugar and grains.

You don't have to be at risk for diabetes to benefit from cleaning up your diet. This quick fix alone may be enough to start improving your eyes.

Eat a Paleo-centric diet. It should be rich in wild-caught fish, free-range meats, and organic vegetables. And don't leave out healthy fats.

Omega-3 fatty acids are vital for eye health. Be sure to get plenty of cold water fish—like salmon and black cod—in your diet. You can also supplement with high quality fish oil. Limiting alcohol is another must. Your body metabolizes it as sugar. So it is best to stick to one drink a day for women and two a day for men...at most.^{xlv}

If you're a coffee drinker, we've got good news... Research from Cornell University finds that just one cup per day could help you prevent retinal damage, glaucoma, and cataracts. Just be sure not to drink more than a cup or two... Caffeine can also dehydrate you. And that wreaks havoc on the eyes.^{xlvi}

Just as important are the things you should stay away from:

- Avoid all processed and "diet" foods...especially ones with artificial sweeteners like aspartame.
- Stay away from processed fats like corn, safflower, vegetable, and canola oils.
- Keep clear of trans-fats found in margarines and other processed foods. They'll appear

as “hydrogenated” or “partially hydrogenated” oils on labels.

- Avoid monosodium glutamate (MSG), a powerful retina-toxin.^{xlvii}
- Skip commercial fat blockers like Olestra. These impair your absorption of carotenoids that protect your eyes.

Who is Dr. Grossman?

Dr. Marc Grossman is a holistic Doctor of Optometry. He’s also a licensed acupuncturist in the state of New York and the co-founder of Natural Eye Care, Inc.

Dr. Grossman is the author of several books on vision. You may be familiar with his international best seller *Magic Eye Beyond 3D: Improve Your Vision* and *Natural Eye Care—Your Guide to Healthy Vision*.

His practice helps people maintain healthy vision and improve their eyesight.

He uses a multidisciplinary approach that includes nutrition, eye exercises, lifestyle changes and Traditional Chinese Medicine (TCM).

Researchers from Harvard Medical School found that a daily multivitamin can lower risk for cataracts and AMD in men by 13%.^{xlviii}

Here are some critical nutrients to seek out for eye health. You may even find them in the same formula:

Alpha-Lipoic Acid: A potent antioxidant that helps preserve eye health. 200 mg daily.

Magnesium: This mineral helps fight inflammation that weakens the eyes. It also protects nerve cells. Magnesium deficiency can lead to spasms and keratitis—inflammation of the eye tissues.^{xlix} 500 mg a day.

N-Acetyl Cysteine: Helps prevent inflammation of the eye.^l 300 mg daily.

Vitamin B12 and Folate: These B vitamins help with energy production within the eye. Deficiency in folate and B12 puts you at higher risk for ARMD.^{li} 1,000 mcg of B12 and 800 mcg of folate daily.

Vitamin C: This powerhouse antioxidant fights free radical damage to your DNA that results in disease. Vitamin C is especially good at preventing oxidative damage to the eyes. It also reduces cataract formation by 60%.^{lii} At least 500 mg a day.

Vitamin E: Another potent antioxidant proven in the ARED study to protect the eyes against AMD and cataracts. At least 50 IU of natural mixed tocopherols daily.

AREDS Formula: Researchers found that taking high levels of carotenoids—like beta carotene, lutein, and zeaxanthin—and zinc may cut your risk of ARMD by 50%.^{liii}

N-Acetyl Carnosine (NAC): These are potent antioxidant eyedrops developed by Russian doctor

Step 3—Supplements:

Exercise and diet are a great start. But you may not be getting the nutrients your eyes need from just what’s on your plate.

Adding at least a good multivitamin to your routine every day can help both men and women cut cataract risk. They can be especially helpful for men.

Mark Babizhayev, MD. NAC eye drops may reduce—or completely dissolve—cataracts.

Applying NAC drops directly to your eye tissues allows them to get the full antioxidant benefit of carnosine. And fast. You may see improvement within weeks.

“Bonus” Step—Eye Protection:

You’re giving your eyes the support they need... But now you need to help protect your eyes from outside damage:

Guard Against UV Damage: UV rays are a major cause of eye damage. Sunglasses with UV 400 protection are best. Wrap-around lenses add even more protection. A recent study from Johns Hopkins University found that up to 20% of the sun’s UV rays hit your eyes through open-side eyewear.^{iv} Look for UV-A and UV-B protective lenses when possible.

Avoid Environmental Toxin Exposure: It speeds up damage to your eyes. Guard your eyes against aerosol sprays. Avoid smog and air pollution if possible. If you have to go out in smoggy areas, rinse your eyes with clear saline after.

Cigarette smoke is also an environmental toxin. Avoid it. Studies show that cigarette smoke doubles your risk for cataracts. And it triples your risk for macular degeneration. It can also cause inflammation in your eyes. This more than doubles your risk of damage to your iris and retina.^{iv}

Medications: Many drugs can hurt your vision. These include steroid inhalers, antibiotics, antihistamines, cholesterol, and blood pressure drugs... Just to name a few.

You need to know which ones can damage your vision. Dr. Grossman’s website has a large list. See under *Medicines That Can Harm Your Eyes*, <http://www.naturaleyecare.com/FAQ/questions-about-drugs-that-harm-eyes.asp>

Be Proactive to Drop Your Eye Disease Risk

Our senses are precious. Without them we lose touch with the world around us. We lose connection. We miss out on experiencing life the way we want to.

That’s why it is so important that you take steps now to prevent losing your vision.

Remember:

#1. Try incorporating some HIIT routines. In less than an hour every week, you could be on your way to healthier eyes.

#2. Cut back on sugars and grains.

#3. We know our list of vitamins is extensive. But in the very least, invest in a quality multivitamin.

Holding on to our vision means holding on to our independence. Use the information here to protect your eyes for years to come.

Keep reading for more...

The Secret Antioxidant Combo for Ultimate Eyesight

Maybe restaurant menus are starting to look less sharp. Or you're in a full-on battle against AMD. Whatever the case, the *NHD 20/20 Protocol* can help.

But there's something you can do to make it work even better... Enlist these two little-known—but potent—antioxidants.

As an *NHD* insider, you may already be savvy to these cutting-edge health solutions... But you may not know about their vision-supporting power. Your doctor definitely doesn't. Neither do most optometrists.

In this report, you'll learn about these effective antioxidants—what they are and where to get them.

We'll also tell you why getting them from the wrong places may be more than just a waste of money.

You'll find out why these two antioxidants can help get other critical nutrients into your eyes quickly and easily... And the nutrients you'll want to make sure are on hands when this happens.

Most important of all, we'll reveal the *NHD Ultimate Eyesight Protocol*. It'll help you take the *NHD 20/20 Protocol* to an even higher level—and give you results you can see.

But first you need to know all about these vision-saving antioxidants—what they are and how they can help you—how to start putting them to work for you today.

When you think of nutrients that boost eye

health, you probably think of beta-carotene. You might also think of vitamin A. These may help you... But this is your vision we're talking about. You want real results. And fast. That's where astaxanthin (AX) comes in.

Strange Name, Serious Power

It's the compound that gives crab, shrimp, and lobster their color. But vibrant, wild salmon packs the most of it. Without this, these fish would never have the energy to swim upstream. This is only part of the reason why experts call it the "king of the carotenoids."^{lvi}

Astaxanthin isn't like other antioxidants... Unlike zeaxanthin and other common carotenoids, you won't come across it in vegetables.^{lvii} But it's 65 times more powerful than vitamin C. And 54 times more potent than beta-carotene.

Here are just a few of the ways AX can boost your eye health:

- Can get directly into cells with the help of fats
- Can cross the blood-retina barrier
- Reduces inflammation
- Prevents DNA damage

Another important function of AX is that it prevents docosahexaenoic acid (DHA) oxidation. In other words, it preserves the DHA in your eye. This is key. Your eye consists of about 30% DHA.^{lviii}

It's no surprise AX helps improve diabetic retinopathy, eye fatigue and strain, focus, and even macular degeneration...^{lix} In fact, it's powerful enough by itself to help make your vision clearer than it has been in years.

But there's another essential antioxidant you can add for even better results...

The “Master” Antioxidant

It may be the most important antioxidant of them all... That's because other antioxidants can't function in your body without this. It's called glutathione (GSH). Every single one of your cells produces its own supply of GSH...and for good reason.

Glutathione absorbs toxins like a sponge. It can even help remove heavy metals from your body. According to Dr. Mark Hyman, GSH is “necessary to treat everything from autism to Alzheimer's disease.”^{lx} But one of the most noticeable effects it has on your health is enhancing vision.

The healthier the eye, the more GSH you'll find in it. That's because just about every part of the human eye relies on this antioxidant to work at its best.

The aqueous fluid in your inner eye is prone to free radicals and oxidative stress. But GSH helps fight this. It also helps keep the fluid flowing. This stops it from building up and causing vision problems.^{lxi} GSH also helps protect your lenses.

Your lenses need GSH to help keep them clear. The problem is that levels decline with age. And these levels start dropping rapidly right before cataracts start forming.^{lxii} People with cataracts have as little as a tenth of the GSH found in a healthy lens.^{lxiii} But it's not just these patients that are at risk for low ocular GSH...

Levels can also drop because of diabetes and prescription medication use. Imagine being an aging diabetic taking multiple drugs in a day. It's a recipe for disaster.

But don't settle on the first AX or GSH supplement you can find. Getting these antioxidants in the wrong form—or from the wrong source—can be ineffective. It can also be dangerous...

Finding the Right Form

There's no question that these antioxidants are powerful. But getting them naturally—and in high amounts—can be challenging.

Certain foods will provide you with AX and GSH... Some even give your body the raw materials it needs to make its own GSH. But this may not be enough to lead to the quick, lasting results you're looking for.

The solution should be simple then: Get what you can from natural organic foods and get the rest from a quality supplement. But it's not that easy.

The “secret” is starting to get out. Most supplement manufacturers are falling over each other to put out the cheapest, most marketable versions of these compounds.

And some of these companies—especially the ones under the control of Big Pharma—will put profits before quality.

Just look at astaxanthin. Its popularity exploded after celebrity doctors praised its benefits. Like green tea extract and raspberry ketones before it, AX is going to be the next big moneymaker in health supplements. But that might not be enough for some companies. They may want to squeeze even more profits out of you—and at the expense of your health. Right now there are only natural AX supplements on the market. But that could change before you know it.

Synthetic astaxanthin (S-AX) is about 75% cheaper to make than natural AX from algae. It also requires less than half the amount of land and about 20% of the energy to produce. But there are two major flaws...

Natural AX's ORAC—or antioxidant—value is nearly 70% higher. This means more antioxidant power for your eyes. But the second and biggest problem is that S-AX isn't safe for human consumption. Making S-AX involves highly-processed petrochemicals. And they may cause cancer in humans.^{lxiv}

So if you can't buy S-AX as a supplement, no need to worry about it...right? Wrong. If your salmon isn't wild-caught, you're eating S-AX. That's because farmed salmon isn't the same color as natural salmon. So to make their product look real, farmers add S-AX to their fish.

Remember, this stuff isn't safe for human consumption. When you eat these fake salmon, you could be indirectly consuming these carcinogenic chemicals. You're also getting a form of AX that's 50 times—not percent—less effective than the real thing.^{lxv}

And when it comes to GSH you have to be just as vigilant...

Be sure to get L-glutathione. This is the natural structure of GSH.^{lxvi} **If you don't see the "L," don't waste your time.** But that's not the only thing to be on the lookout for.

Most GSH supplements don't absorb well. They don't do a good job of crossing your intestinal mucosa. Instead of getting GSH to your individual cells, your body breaks these supplements down into smaller amino acids.

But some GSH supplements are liposomal. This means they are in high-quality fats. These help get GSH to cells that need it most.

The quality of the source of these antioxidants is paramount. If you don't use high-quality forms of GSH and AX, they may not be able to carry out their most important functions...

The Nutritional Floodgates

There's no doubt that AX and GSH are impressive on their own... But they actually help other nutrients perform better. That's because these antioxidants have the unique ability to open the "floodgates" of nutrition... especially when it comes to your eye health.

Studies show that taking just 6 mg of AX can get blood flowing to your eyes 12% faster. And it can happen in just 10 days.^{lxvii} So as powerful as AX is when it comes to eye health, it also helps get nutrient-rich blood to your eyes faster. And that's where GSH comes in.

One of the key functions of GSH is that it recycles antioxidants. It makes those like vitamins C and E more resilient against oxidative stress.^{lxviii} So GSH doesn't just detoxify by itself... It also gives other substances the means to do their job better. The process looks like this:

- Antioxidant effects from GSH and AX
- GSH helps other critical antioxidants work more efficiently
- AX helps get more blood—now rich in these enhanced antioxidants—to your eyes faster
- Better vision and healthier eyes

Even with just AX or GSH, you'll be supporting your eye health... But combining these two powerhouse antioxidants can take your results to the next level. Here's how to do it...

The NHD Ultimate Eyesight Protocol

Now that you know what GSH and AX can do to help your vision, you'll need to know the best way to start putting them to work.

That's why we developed our supplemental *NHD Ultimate Eyesight Protocol*. It'll help deliver these antioxidants in the optimal amounts—and from a variety of natural sources.

Here's what you'll need to do:

Eat Sulfur-Rich Foods: Your body needs sulfur to help make its own GSH. So eat plenty of kale, garlic, cauliflower, broccoli, watercress, onions, asparagus, peppers, grass-fed beef, avocados, and even grapefruit. But cooking them may reduce their sulfur content.

Try gently steaming—and draining—your leafy greens to cut back on oxalic acid. This will also help you absorb other nutrients from them. Add some avocado or raw garlic to your steamed mixed greens and you'll help make up for any sulfur you lost.

Add More Salmon: Farm-raised salmon are inflammatory. They're higher in omega-6 fatty acids and carcinogenic dioxins.^{lxix} But wild-caught salmon is rich in natural AX. It's safer and more potent than the S-AX that ends up as a coloring agent in farmed salmon. It will also give you the omega-3 fatty acids your eyes need to stay moist. These fats will even help you better absorb other critical nutrients in this protocol.

Get Active: Studies show that exercise helps boost natural levels of glutathione. And the best result comes from doing both aerobic and weight training.^{lxx} Engaging in HIIT-style aerobic exercise and high-intensity weight training gives your body maximal stimulation in minimal time. It also helps prevent the increase in oxidative stress brought on by excess exercise.^{lxxi} This will help keep your natural level of GSH from depleting before it has the chance to do its job.

Take the Right Supplements: Taking AX and GSH supplements will help give you quantities you just can't get from food. But you have to make sure you're getting the most out of them. For AX, aim for 4–6 mg from *Haematococcus pluvialis*. This is the natural, algal form.

For GSH, you have two choices... You can take a liposomal GSH supplement that already comes packed in fat. This helps your body absorb the GSH without it getting broken down before it has a chance to work. But they tend to be pricey. You can also get a reduced GSH supplement that uses L-glutathione—the natural form instead. Just be sure to take it with krill oil.

The phospholipids in krill oil are what most liposomal GSH supplements use anyway. But the krill oil will give you more of them. You'll also get the added benefit of getting some natural AX in each dose.

You can take these two supplements together with krill oil—or a meal—first thing in the morning. And unless you're dangerously deficient in GSH, you don't need to take it every day...especially if you're eating a diet high in sulfur-rich foods.

Our supplemental *NHD Ultimate Eyesight Protocol* is easy, effective, and won't cost you a fortune. It will help take your results from the *NHD 20/20 Protocol* even further. And you can start today.

Even if you have to order your AX and GSH supplements online, you can start eating more of the right foods while you await delivery. And if you're up to the challenge you can even start your HIIT routine after reading this.

Your vision is something that may take a lifetime to deteriorate... But you can reclaim it at your own speed by following the steps in this issue of *NHD*.

Let us know how the *20/20* and *Ultimate Eyesight Protocols* work for you! Simply send your reply to editor@inhresearch.com. Thank you!

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