Avoiding Serious Eye Problems:
The Secret To Improving Your Vision Within Weeks ... Naturally!

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Dr. Mark Rosenberg received his undergraduate degree from the University of Pennsylvania and graduated from Georgetown University School of Medicine. He then completed his residency in emergency medicine in San Antonio, TX at Brooke Army Medical Center, where he won the award of “Teacher and Resident of the Year.”

In 1997, Dr. Rosenberg became a diplomat of the American College of Anti-aging Medicine. He has since become a highly sought-after speaker and lectures frequently on topics such as integrative cancer therapy and anti-aging medicine. In 2009, Dr. Rosenberg will be regularly lecturing in Asia, Europe, and the Middle East.

Dr. Rosenberg has published a physician’s guide to the treatment of drug toxicities and served as a consultant to several hospitals for the treatment of drug overdoses. In addition to drug research, Dr. Rosenberg is avidly involved in supplement research, and has served as the Chief Science Officer for several supplement companies including VitalMax Vitamins.

Dr. Rosenberg has spent much of his time over the past few years studying cancer. He has developed a novel protocol that integrates standard chemotherapeutic regimens with non-toxic natural supplemental regimens. Dr Rosenberg was featured on Fox News for inducing remission on a patient with cancer that had spread from the lungs, to the liver and spine. Wake Forest University is now currently beginning a study using this protocol.
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When you worry about failing health as you age, you probably think about cancer or Alzheimer’s disease or heart problems. How often do you think about your eyes?

But consider what your life would be like if your vision failed…

You’d have to change the way you read, the way you go to the store, the way you walk through your own living room. You wouldn’t be able to see the blue of the sky, the sunset, or the way your grandchild’s face changes as he grows up.

Going blind is a nightmare that you may never have considered, but millions of American’s are blind from causes they could have prevented.

There are many threats to your vision as you age. Macular degeneration, glaucoma, and complications from diabetes steal the vision from tens of thousands of people every year.

In the next 15 years, eye doctors project that more than 3 million Americans will lose their eyesight. Most of these people could prevent blindness if they begin taking the right steps now. ¹
That’s the good news! You can take steps to keep your eyes healthy throughout your whole life. And for the most part, these steps are easy. They are akin to most of the advice you receive to protect your health in general—eat good foods, exercise regularly, and get enough of the right kinds of nutrients.

This report is all about showing you how easy it is to protect your eyes.

Read on to find out how you can give your eyes the nutrients and strength they need to greatly reduce your lifetime risk of suffering from severe visual impairment or from even going blind.

Inside this report you’ll learn what really threatens your vision and how you can decide if you are at risk. You’ll learn what steps you can take to reduce your risks… and what things you should be doing even if you’re not at risk.

From supplements to exercise to prudent safety measures, you’re about to discover everything you need to know to take good care of your eyes.

**The Three Vision Thieves That Can Make You Blind**

During your everyday life, your body undergoes a number of complex processes to stay in good repair. It removes toxins. It generates new cells. It works to maintain the many delicate chemical balances required to keep you at your best.

As you age, sometimes your body has a difficult time keeping up with this daily maintenance. When that happens you begin
to notice health problems. This can happen to your eyes just as it can with your heart, your liver, your kidneys, or your brain.

**The Number One Cause Of Blindness… And How You Can Stop It**

Age-related macular degeneration (AMD) is the number one threat to your vision. Over the next fifteen years, eye doctors project that 3 million Americans will lose their vision because of it. ²

As you age, certain cells in your retina can begin to break down. There are two kinds of AMD—wet and dry. Ninety percent of AMD cases are dry. The cells in the center of the retina, an area called the macula, break down and affect your vision, but this form rarely leads to blindness. Instead of the cells breaking down, abnormal vessels leak blood and fluid into the retina. The fluid causes inflammation and vision loss. Wet AMD is responsible for 90% of the blindness due to AMD.

Fortunately, you can slow down the progress of macular degeneration… if you catch it early.

Medical professionals don’t yet fully understand the risk factors for AMD. Doctors and researchers do believe that oxidation plays a role in its development. The eye is especially vulnerable to oxidative stress. It uses a lot of oxygen and it receives direct visible light. This makes the cells within the eye more prone to damage from free radicals. In addition to oxidation damage, smoking, a lighter-colored iris, and the density of the lens in the eye all seem to play a role in the risk for AMD. ³
Preventing Macular Degeneration: An Action Plan

1. Wear Good Sunglasses

Many doctors and researchers agree that wearing sunglasses may help to prevent or slow AMD. Since evidence does suggest that the amount of visible light reaching the retina can contribute to macular degeneration, it makes sense to wear good sunglasses when you go out on a sunny day. Choose sunglasses that will protect your eyes from ultraviolet light. The hours of peak sun are usually between 10 am and 2 pm, so take extra care to remember your sunglasses during these hours.

2. Schedule an Annual Eye Exam

Since the early stages of AMD do not present any symptoms, it is important to visit your eye doctor for an annual exam. You can take steps to slow the progress of AMD, but it helps to catch it in the early stages. Your eye doctor can do that.

3. Nutrients to Protect Your Eyes from AMD

Avoid Foods High on the Glycemic Index (GI): Foods like white rice, prepackaged snack cakes or cookies, potatoes, corn, and white bread are all high GI foods. Research shows that a diet packed with foods that are high on the glycemic index may nearly triple your chances of developing age-related maculopathy, a precursor to AMD.

Foods high on the Glycemic Index often contain refined starch and simple sugars. These foods cause a chain reaction in your body that raises blood sugar and insulin levels. High blood
sugar and high insulin levels both can damage delicate systems like your eyes.

Instead choose whole, unprocessed foods like fruits and vegetables and good quality protein from things like eggs and fish.

**Lutein and Zeaxanthin:** These two nutrients, found in dark green and yellow vegetables, are both critical to the health of your eyes. The macula—this is the center of your retina—contains concentrated amounts of both compounds. Scientific findings show that people who get the most lutein and zeaxanthin from their diets often have a lower incidence of AMD.  

To boost your intake of lutein and zeaxanthin, try spinach, mixed green salads, herbs like basil, yellow squash and zucchini, and hearty, leafy vegetables like Swiss chard and kale.

**Vitamins C, E, Beta Carotene, and Zinc:** These four antioxidants slow the progression of AMD. Recent research shows they also help to prevent it. In a large study, researchers found that people who get high levels of these four nutrients from their diet and from supplements have a 35% lower risk of developing AMD.

Good food sources of *Vitamin C* include citrus fruits, strawberries, tomatoes, broccoli, sweet potatoes, cantaloupe, and dark leafy greens. For *Vitamin E*, try olives and olive oil, nuts, and spinach. *Beta Carotene* is abundant in carrots, sweet potatoes, broccoli, spinach and pink grapefruit. For *Zinc*, turn to protein, especially from beef and pork. Dark meat chicken is also a good source of zinc. So are peanuts. If you take a good-quality multi-vitamin you will get additional amounts of each of these nutrients, but remember that a multi-vitamin
can’t substitute for a good diet rich in foods that contain these nutrients.

4. Quit Smoking

Researchers estimate that smoking plays a role in about 60% of AMD cases. In fact, smoking is the best-understood, modifiable risk factor for AMD. If you smoke, you need to work on finding a way to quit. Talk with your doctor about the options. There’s no more important step you can take for your health.

By taking these four steps you can help to prevent age-related macular degeneration or to slow its progress if you’re already fighting it.

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Four Steps to Beat Macular Degeneration

1. Wear good sunglasses
2. Visit your eye doctor annually
3. Choose foods rich in Lutein, Zeaxanthin, Vitamin C, Vitamin E, Zinc, and Beta Carotene – eat foods low on the glycemic index as these foods are low in simple carbohydrates.
4. Stop smoking
Diabetes Puts Your Eyes At Risk—You May Be In Danger And Not Even Know It

Twenty thousand Americans each year lose their sight because of retinopathy, a complication of diabetes. Retinopathy affects five million Americans with diabetes. Retinopathy can be treated, provided you catch it early enough… but the best treatment is to prevent retinopathy in the first place.

To fully understand how retinopathy damages your eyes, you must first understand how diabetes affects your body. More than 20 million Americans have diabetes… and nearly a third of them don’t even know it.

Adult onset diabetes is a condition where your body no longer uses insulin efficiently. Your body uses insulin to move blood sugar from your blood into your cells, where it turns to energy. A chronically high level of blood sugar (usually from the foods you eat and lack of exercise) causes your body to produce more insulin. Eventually, a cycle of high blood sugar and high insulin levels result in insulin resistance, where your body becomes less responsive to insulin.

When this happens, you begin to develop chronically high levels of blood sugar and insulin, which lead to diabetes.

Too much blood sugar and too much insulin are both toxic to your body. They damage your systems, often starting with the most delicate… like the small blood vessels in your eyes.

Under the stress of too much blood sugar, these tiny vessels in your eyes can begin to degenerate. They literally start to fall
apart, leaking blood and fluid into your eyes. This develops into focal weakness and can eventually lead to blindness.

The best way to prevent diabetic retinopathy is to manage your blood sugar and to see an eye doctor each year for a thorough exam.

**The Keys To Saving Your Eyes From Diabetes**

1. **Get Good Eye Care**

The risk of developing retinopathy grows over time. Research shows that one of the risk factors of retinopathy is simply how long you have had diabetes. When you live with diabetes, your risk of retinopathy is ongoing and increases with time. The best way to deal with this risk is to develop a good relationship with your eye doctor and to attend your annual eye exam religiously.

2. **Choose Foods That Will Manage Your Blood Sugar**

The single most important change you can make toward managing your blood sugar is to choose whole foods rather than processed foods. No matter what, the less processing, the better the food. A peeled whole orange is better than a glass of orange juice. A grilled chicken breast is better than packaged chicken fingers. A slice of whole wheat bread is better than a slice of white bread.

**Carbohydrates:** Carbohydrates are your body’s source of energy—they are what puts glucose into your blood. Naturally if you have diabetes, you need to be careful about your
carbohydrate intake. Fruits and vegetables are your best source of carbohydrates, rather than grains, which are starchy and dense.

Research finds that eating more fruits and vegetables lowers the risk factors associated with metabolic syndrome, a precursor for diabetes. If you decide to include grains in your diet, remember that not all grains are created equal. Whole grains may help reduce the risks of developing diabetes and may help to keep the condition from progressing, while refined grains contribute to diabetes.

**Protein:** Protein is your body’s main building block. While your body burns carbohydrates for energy, it converts protein into things like muscle and other tissues. Protein is also an important component for maintaining your diabetes. In one study, researchers found that a diet rich in protein and lower in carbohydrates helped people with diabetes lower fasting blood sugar levels, when compared to people on a low-fat, low calorie diet.

**Fat:** Because of the increased risk of heart disease in diabetic people, the amount of fat intake gets a lot of attention. The important thing to remember is that not all fats are created equal. Trans fats and saturated fats increase insulin resistance, while omega-3 and omega-6 fatty acids improve insulin response. Include good fats in your diet.

3. Exercise to Reduce Blood Sugar

The cells in your muscles burn more energy when you work them harder, which means that when you exercise you will use more blood sugar and reduce the amount remaining in your blood stream. It also makes sense that exercise focusing on
larger muscle groups like in the legs and back will burn more energy than smaller muscle groups. Research shows that leg-centered exercises like walking or running can burn off 25% more glucose than to your resting rate. 15

4. Get Some Extra Help From These Powerful Supplements

Chromium combined with Biotin: Chromium is an important mineral for keeping your blood sugar levels normal. The B-vitamin biotin helps to increase the effectiveness of chromium. In one study, a chromium/biotin combination reduced fasting blood sugar levels in people with diabetes by 26 mg/dL. Seventy percent of participants experienced a significant benefit. 16 Try taking 600 micrograms (mcg) of chromium combined with 2 mg of biotin.

Alpha Lipoic Acid: Alpha lipoic acid, a powerful antioxidant, helps to prevent or reduce insulin resistance. In animal studies using rats fed a high glucose diet, ALA supplements helped prevent the development of insulin resistance and reduced cellular damage normal in the presence of chronically high glucose and insulin levels. 17 Further human studies have produced similar results. 18 For the best protection from damage due to diabetes, take 200 mg of ALA three times a day.

Cinnamon: Recent research shows that just a quarter teaspoon of cinnamon each day can lower your blood sugar levels by 30%. In one study, every single participant showed improvement in his or her blood glucose levels after 40 days of regularly using cinnamon. 19

By following these four steps, you can better manage your blood sugar levels. This is the best protection you can give
your eyes if you have diabetes. Remember, the best way to preserve your vision is through good health and prevention.

**Four Steps To Beat Diabetic Retinopathy**

1. Visit your eye doctor annually.
2. Control your blood sugar by choosing whole foods low in carbohydrates and higher in quality protein and good fat.
3. Control your blood sugar by exercising regularly.
4. Take chromium with biotin, alpha lipoic acid, and cinnamon for additional blood sugar control.

**Glaucoma: The Silent Vision Thief**

Another common cause of blindness in older Americans is glaucoma. Three million Americans have it, and more than 100,000 have lost their vision because of it.

To maintain their shape, your eyes produce a fluid that surrounds them. This fluid is constantly refreshed with new fluid replacing the old and old fluid draining off. When the duct your eye uses to drain this fluid becomes clogged, or your eye begins to overproduce fluid, things begin to back up, and pressure begins to slowly build in your eye. This pressure damages the sensitive optic nerve.
Without some sort of response, the pressure will continue to mount over time. In three to fifteen years, you could be blind.

Glaucoma, like other conditions that threaten your vision, can be slowed or even prevented if you take the proper measures. When detected early, your doctor will usually prescribe eye drops that help to regulate how much fluid your eye produces. These eye drops do often have side effects including headaches, dry eyes, and stinging eyes. There are several different types of drops, so let your doctor know about any side effects you experience—a different medicine might work better for you.

If glaucoma is in a later stage when diagnosed, surgery may be necessary to relieve some of the pressure on the eye.

The main risk factors for glaucoma are age and a family history. High blood pressure, a lack of physical activity, being overweight, and being diabetic can all increase the overall pressure in the eye and make glaucoma’s progress worse.  

**Natural Ways To Prevent Glaucoma And Save Your Eyes**

1. **Visit Your Eye Doctor**

It’s repetitive, but so important that it bears repeating. Like diabetic retinopathy and age-related macular degeneration, glaucoma starts out without symptoms. In many cases, by the time a patient sees their eye doctor, the disease has already made significant progress. By scheduling a yearly eye exam after the age of 40, you can help ensure that any developing problems in your eyes will be caught early on.
2. Take Control of Your Fitness Level

This is most important if you have a family history of glaucoma. Maintaining a healthy body weight and an active lifestyle won’t prevent glaucoma, but they can help slow its progress. Glaucoma is all about the pressure in your eye, building and doing damage. Regular exercise and a healthy body weight both reduce pressure in the eye. Research shows that doing weight resistance exercise immediately, although temporarily, reduces pressure in the eye by as much as 14%. ²¹

In another study, regular exercise over the course of three months brought overall pressure down by 20%. To maintain the benefit of exercise, you have to make an ongoing commitment—pressure levels climbed to pre-study levels within three weeks in patients who stopped exercising. ²²

3. Help Your Eyes With These Important Nutrients

**Gingko Biloba:** Some researchers speculate that increased blood flow to the eye can help treat glaucoma. Patients given 40 mg of ginkgo biloba three times a day over the course of two days showed significantly improved blood flow to their eyes when compared with a placebo group. Researchers did not observe any adverse side effects. ²³ Another study found that ginkgo biloba actually improved the visual field in glaucoma patients with existing damage in their eyes. ²⁴

**Thiamine:** One of the B-vitamins, clinical research shows that there is a correlation between low thiamine levels and the development of glaucoma. ²⁵
Alpha Lipoic Acid (ALA): The same supplement that helps improve blood sugar in people with diabetes can also help people with glaucoma. In a study of the affects of ALA, as many as 58% of patients taking 150 mg each day for a month experienced improvement in their glaucoma.  

4. Learn to Relax

When you’re stressed, your body produces a hormone called cortisol. It’s commonly called the stress hormone. In the right amounts, cortisol does some good things in your body, but you tend to accumulate cortisol in your system as you get older. Studies show that people with glaucoma tend to have more cortisol in their blood.

You can help to counteract the build up of cortisol in your body by learning to relax and cope with stress better. If you have big issues in your life causing you stress, you might consider talking with a therapist, or at least a trusted friend. For smaller, daily stresses try meditating, taking up Yoga, or finding a hobby that you love. Sometimes de-stressing is as simple as breathing deeply from your diaphragm.

Four Steps To Beat Glaucoma

1. Visit your eye doctor annually.

2. Maintain a healthy body weight and physical fitness level.

3. Supplement with gingko biloba, thiamine, and alpha lipoic acid.

4. Learn to relax.
Enjoy Healthy Eyes
Your Whole Life Through

Your eyes are the primary way you experience the world around you. Even if you don’t show any signs of these vision-stealing diseases, you should still take good care of your eyes.

By eating the right foods, not smoking, exercising your eyes, and taking the right supplements, you can help your eyes to stay healthy. Some of these same steps can also give your overall health a boost, so you’ve got nothing to lose and a lot to gain.

First and foremost, after the age of 40, you should have your eyes checked each year. The three biggest threats to your eyes won’t give you any clues that they are at work in the early stages. Each of these diseases—diabetic retinopathy, age-related macular degeneration, and glaucoma—almost always start out slowly and painlessly. There’s no way for you to know what’s happening. A professional eye doctor can catch the early signs and help you take steps to prevent a disease’s progression. This is very important and could preserve your vision for years to come.

If you wait until you experience symptoms—your vision beginning to blur or your eyes beginning to ache—it might be too late. If it isn’t too late to save your vision, the treatment will almost certainly be more drastic than if the disease had been caught earlier.

A yearly eye exam is one of the most important preventative measures you can take to protect your vision throughout your life.
Good Nutrition Equals Good Health For Your Eyes

Besides going in for your yearly eye exam, the best thing you can do for your general eye health is to give your eyes the nutrients they need. The best foods for your eye health are fresh, whole foods rich in antioxidants. Your eyes need antioxidants because their delicate nerve cells are more prone to oxidative damage than most other cells in your body.

The best way to get a wide variety of antioxidants is to choose foods that come in a wide range of colors.

Orange and yellow foods like cantaloupe, sweet potatoes, yellow squash, yams, and carrots are rich in beta-carotene and other carotenoids. Carotenoids are the compounds that give many fruits and vegetables their vibrant colors. In the body, some carotenoids are converted to vitamin A, and others work as antioxidants.

Dark green vegetables are an excellent source of the carotenoids lutein and zeaxanthin. Your eye’s macula, the central area of the retina where light is collected and focused, contains concentrated amounts of lutein and zeaxanthin. Research shows that 20 mg of lutein and 10 mg of zeaxanthin either through diet or a supplement help to keep your macula healthy. 28
Besides eating lots of colorful fruits and vegetables, you can help your eyes by taking a number of supplements. Here are just a few that will give your general eye health a boost.

**B Vitamins:** The B vitamins, thiamin and riboflavin, help to prevent cataracts. 29 The B vitamin folate may help to prevent age-related macular degeneration. 30 Take 25 mg of riboflavin each day and 200 mg of thiamine. Take between 200 and 400 mcg of folate each day. (It is best to combine a folate supplement with a B12 supplement because folate can mask a B12 deficiency.)

**Vitamin C:** Your eyes need antioxidants, and vitamin C is a powerhouse antioxidant. Research shows that people with the highest intake of vitamin C are only one third as likely to develop increasing opacity associated with cataracts. 31 Take at least 500 mg of vitamin C each day.

**Vitamin E:** Vitamin E, another powerful antioxidant, also helps to prevent cataracts. 32 Take 400 IU of mixed tocopherol vitamin E each day.

**Coenzyme Q10:** When taken with omega-3 essential fatty acids and l-cartinine, CoQ10 significantly slowed the progress of macular degeneration in patients diagnosed as being in the early stage of the disease. After a year of supplementation with these three nutrients, only 1 patient in 48 experienced worsening symptoms compared with 9 of 53 patients in the control group. 33 The recommended dosage of CoQ10 is 60 mg twice each day combined with a fish oil capsule and 500 mg of l-cartinine.
Magnesium: In animal studies, a diet rich in magnesium significantly delayed the onset and severity of cataracts. Take 400 mg of magnesium each day.

Important Note: These recommended daily dosages should include both sources from your diet and your supplements. Take care not to over do it. Most vitamins are safe, even in large amounts, but some do have side effects. By taking a close look at your average daily vitamin intake from the foods you eat, you’ll be better able to take supplements in dosages that best meet your needs.

An Easy Way To Strengthen Your Eyes And Improve Your Vision

Clinical research on the impact of eye exercises is slim, but there is some evidence that regularly exercising your eyes can make them stronger. For example, some people suffer from a condition called convergence insufficiency. The clinically proven treatment for convergence insufficiency is eye exercises directed by your optometrist.

The evidence proving that eye exercises will improve your vision doesn’t yet exist except in anecdotal form. However, eye exercises can’t hurt, and they only take a few minutes a day, so give them a try and see if you notice a difference.

Exercise 1: Close your eyes and circle them both to the right. Start at the top of your eye and go all the way around. Do ten circles to the right and then ten to the left.
Exercise 2: With your eyes still closed imagine a clock face on the inside of your lids. From the center of the clock move your eyes to the one position and then back to center. Next go to the two position and back to center, and so on and so forth all the way around the clock. Repeat three times.

Exercise 3: Open your eyes. Focus on an object at the far end of the room. Now let your eyes unfocus for a moment and then refocus. Repeat five to ten times.

Exercise 4: If you work at a computer, set an alarm each hour. When it goes off, get up and move to the window. Look at something far away. Doing distance focusing like this will help you to avoid eyestrain from staring at a computer screen all day long.

You Can Prevent Sports-Related Eye Injuries

Playing a sport is an enjoyable, smart way to maintain your physical fitness. However, did you know that every year there are 40,000 sports-related eye injuries? The vast majority of these are preventable if you wear proper eye gear when you play. For most sports, a pair of polycarbonate goggles will do the trick. Protecting your eyes when you play sports is the smart thing to do.

The Most Expensive Eye Problem In America

As you age the protective covering over your eyes may turn from clear to cloudy and yellow. The result is cataracts. The
internal parts of your eye works fine, but the layer meant to protect your eye no longer allows light to pass through, so working eyeball or not, you can’t see as well.

Every year, doctors perform 350,000 cataract surgeries. These surgeries successfully restore vision, which is wonderful… but they are also costly.

It’s safer and less expensive to take steps to prevent cataracts. The best way to do this is to make sure you get the right kind of nutrition. Antioxidants play a key role in preventing cataracts. Riboflavin, thiamine, vitamin C, and magnesium all help to prevent cataracts. Check the dosages listed in the previous section of this report and make sure you’re getting enough of these important nutrients every day.

**Enjoy A Lifetime Of Clear Vision**

Like the rest of your body, your eyes need good nutrition, exercise, and a bit of rest and relaxation to keep them in tip-top shape. By better understanding your own risk factors for different eye diseases, you can make sure you get the nutrition and take the healthiest measures for your eyes. Taking care of your eyes now means you’ll keep seeing clearly into the future.
References:


