



Platinum Health Products

Your Body Deserves the Best

Glaucoma Battle Plan

What is Glaucoma?

Glaucoma is a condition where pressure increases in the eye. This happens when the flow of fluid that normally drains into and out of the eye is obstructed. This fluid is called aqueous humor.

Causes of Glaucoma:

*Poor collagen integrity and function: Collagen provides support to all eye structures. When collagen structures weaken, the eyeball isn't properly supported. This blocks the flow of aqueous humor and pressure within the eye is elevated.

*Corticosteroid drugs (used in sever allergic and inflammatory conditions) weaken the collagen structures. Frequent use of cold and allergy medication increases intraocular pressure.

Facts you should know:

- 1). Glaucoma is the 2nd leading cause of blindness in adults.
- 2). There are over 7 million known cases of Glaucoma in the world.
- 3). 25% of people in the United States that have Glaucoma are unaware that they have it.
- 4). Glaucoma is typically more common in women than in men.
- 5). You are at a higher risk for Glaucoma after age 40.

Signs and Symptoms:

<i>Acute Glaucoma</i>	<i>Chronic Glaucoma</i>
Increased pressure within the eye (typically one side)	Usually no symptoms in the early stages
Severe throbbing	Gradual loss of peripheral vision resulting in tunnel vision
Pupil moderately dilated and fixed	Larger areas of vision loss occur in advanced stages
Nausea and vomiting is common	Hardening of the eyeball
Blurred vision	Intense headaches
	Blind spots and poor night vision

Treatment and Prevention:

- 1). Diet
 - Eliminate food allergens
 - Diet rich in fruits and vegetables (especially those containing vitamin C)
 - Regular consumption of cold-water fish (Omega-3 fatty acids)
- 2). Nutritional Supplements

- **C From Nature** contains natural vitamin C that improves collagen integrity and effectiveness in lowering intraocular pressure. Take 9 capsules daily (3 capsules 3 times a day)
- **Bio Fruit** and **ApotheCherry** contain bioflavonoid that enhance the effect of Vitamin C, improve capillary integrity and stabilize the collagen matrix by preventing free radical damage. They both also contain anthocyanidin compounds that work to improve collagen integrity and reduce inflammation. Take 1 TBS of Bio Fruit powder twice daily and 1 oz (2 TBS) of ApotheCherry prior to bed each night.
- Green Juices like **Organic Barley Green Juice** and **Organic Kamut Blend** contain magnesium that relax arteries and improve blood supply to the eye area. Use any of our Green Foods 3 times each day.
- **Flax Advantage** whole blonde flax seeds are a rich vegetable source of Omega-3 oils. Studies suggest Omega-3 oils may lower intraocular pressure. Take ½ cup of fresh whole flaxseeds ground daily.
- **Heart Aid** contains ginger, grapeseed extract, cayenne powder and garlic; all help improve circulation, ginseng to increase oxygen uptake, and cilantro to assist in the chelating of heavy metals. Take 3 capsules twice daily.
- **Hair Skin & Nails** contains several collagen-building compounds. Take 3 capsules twice daily.
- **Revive It All** contains ginkgo biloba that has been shown to improve collagen integrity. Revive It All also contains SOD which is a potent antioxidant. Take 2 capsules daily.
- Chromium increases sensitivity of cells' insulin receptors to blood sugar

3). Herbs

- Marijuana can reduce intraocular pressure to alleviate the pain and slow—sometimes stop—damage to the eyes.
**Use only if legal by the state and prescribed by a doctor*
- Warm fennel herb eye baths alternated with the herbs chamomile and eyebright are helpful, or use an eyedropper and apply three drops to each eye three times a day.

Recommendations:

- 1). Avoid prolonged eye stress; watching television and reading for long periods of time.
- 2). Avoid smoking, coffee, alcohol, nicotine and caffeine.
- 3). Drink only small amounts of liquid at any given time.
- 4). Test your eyes daily: Refer to the Tibetan Eye Chart attached on next page.

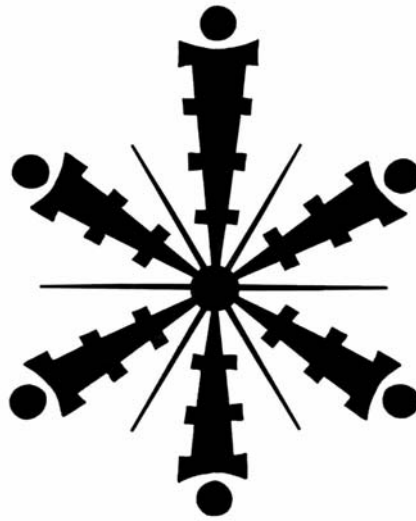
Protocol for PHP Supplements:

Take the green food on an empty stomach. Follow label instructions.

You can mix your ground flax seed with one of the two servings of Bio Fruit.

Take the capsule products with any drink throughout the day.

Tibetan Eye Chart



Stand facing the chart with the tip of your nose touching center circle.

Keeping your head level and moving only your eyes, look up towards the top circle, then start to rotate your eyes clockwise looking at each of the circles until you reach the top circle again.

When you reach the top repeat the same exercise but counter-clockwise.

Do not be concerned if you can't see all of the circles, just attempt to, but don't strain.

You may want to enlarge the eye chart on a photocopier if necessary.

These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent any disease.