

Glaucoma Battle Plan

What is Glaucoma?

Glaucoma is a group of several diseases generally characterized by loss of peripheral vision, which is accompanied in many cases by an increase in pressure of the fluid within the eyeball. This happens when the flow of aqueous humor fluid (which normally drains in and out of the eye) is obstructed. The body cannot tell whether the flow has stopped and continues to produce the aqueous humor fluid. Eventually this leads to the hardening of the eyeball and to Glaucoma. It cannot be reversed but it is preventable.

Glaucoma is one of the more serious ailments of the eye and it causes permanent loss of vision. Adult Glaucoma comes in two forms, one that develops suddenly with a great deal of pain (*Acute* or '*Angle Closure*' *Glaucoma*), and another that develops slowly and rather inconspicuously (*Chronic* or '*Primary Open Angle*' *Glaucoma*).

Causes of Glaucoma:

- There is no exact cause- Glaucoma appears to afflict those with blood relatives that have it 4 times more frequently than those who do not. This may be due to the fact people in the same family tending to eat the same food and are exposed to the same damaging conditions. It is most often attributed to stress and poor nutrition.
- Poor collagen integrity and function: Collagen provides support to all eye structures. When collagen structures weaken, the eyeball isn't properly supported. The flow of the aqueous humor is then blocked and pressure within the eye is elevated.
- **WARNING:** Cortico-steroid drugs (used in severe allergic and inflammatory conditions) weaken the collagen structures. Frequent use of cold and allergy medication increases intraocular pressure.
- Diabetic medication can increase the rate of the onset of Glaucoma.
- People who are severely nearsighted, those over 60 may be more susceptible.

Facts you should know:

- Glaucoma is the 2nd leading cause of blindness in adults (worldwide) and the leading cause of blindness among African Americans.
- There are over 7 million known cases of Glaucoma in the world.
- 25% of people in the United States that have Glaucoma are unaware that they have it.
- Glaucoma is typically more common in women than in men.
- People over the age of 40 are at a higher risk for Glaucoma.
- The symptoms of Glaucoma are often associated with other ailments, leading patients to get misdiagnosed.

Signs and Symptoms:

Please note that there may be NO SYMPTOMS present to warn you.

Glaucoma

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
Sensitivity to light/ rainbows around lights at night	Blind spots and poor night vision

Treatment and Prevention:

1). Diet

- Eliminate food allergens such as wheat, dairy, yeast, corn, soy and refined sugars, flour and white potatoes.
- Consume a diet rich in fruits and vegetables (especially, but not limited to, those containing vitamin C, beta-carotene and vitamin A)
- Include regular consumption of cold-water fish (Omega-3 fatty acids). Tip: Sauté fish in organic coconut oil (try PHP's *Organic Tropic Oil*) and serve with cracked brown rice and a raw vegetable salad. *This is just one example of how you can follow these rules but still have a tasty meal.*

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 **Apothe-Cherry™** contain bioflavonoids 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 Apothe-Cherry™ 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 Food powders 3 times each day. Take one serving and mix it with 8 ounces of water and shake (if in container with lid snapped on tight) or stir until mixed completely.*
- **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- grind 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.*

- **Renew 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

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.

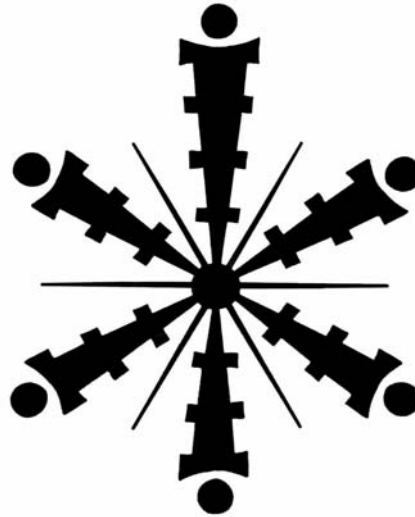
3). Herbs

- 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/nicotine, coffee/caffeine, and alcohol.
- 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).

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. This information should be shown to your doctor and discussed as an integrative solution to or possible lifestyle support for, the aforementioned conditions. Always seek the advice of a licensed qualified physician with an understanding of integrative therapies.