

AGE-RELATED MACULAR DEGENERATION (AMD)

The macula is the part of the retina that gives you the sharply focused area of central vision.

AMD is a common cause of failing eyesight. Once it has occurred it is often impossible to restore vision. However natural supplements are very successful at stopping the condition. The condition is largely caused by very active chemicals “free radicals”, poor circulation and damage from sunlight.

HOW TO PROTECT YOURSELF FROM AMD

1. Do not smoke

Limit exposure to UV light (wear sunglasses in bright light)

2. Luteins. Zeaxanthin Take 5-15mgs of Lutein, a yellow pigment, helps protect your eye from damaging blue/purple frequencies of sunlight. Zeaxanthin is similar to Lutein
3. Bilberry extract. Improves circulation to eyes and increases oxygenation. Increases tissue strength and stops free radical damage.

Astaxanthin

Eat yellow/orange vegetables. (squash, sweet potatoes, peppers, mangoes etc.)

Eat blue, purple and red berries (blueberries, blackberries, raspberries etc).

4. Green leafy vegetables (spinach, broccoli and kale)

Macular Degeneration is one area where natural medicine has proved to be a very effective preventative medicine.

A simple solution to taking the above supplements is to buy Higher Nature's 'Visualeyes' which is a multi-nutrient capsule containing nine ingredients including Lutein, Bilberry and Zeaxanthin.

Visualeyes' and Astaxanthin are available from the **Belper Natural Health Centre**.

This advice is not meant to replace specific medical advice. It is intended to provide general information only.

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