

# Fuchs' Dystrophy

## What Is Fuchs' Dystrophy?

Fuchs' Dystrophy or Fuchs' Corneal Endothelial Dystrophy (FECD) is an eye disease where the cells that line the inner surface of the cornea begin to slowly start dying off. It usually affects both of the eyes, and symptoms can include eye pain, sensitivity to light and glare, foggy or blurred vision, colored halos around lights, and vision that gradually worsens throughout the day.

## What Causes Fuchs' Dystrophy?

Fuchs' can be inherited; if one of your parents had the disease, the chances of developing Fuchs' Dystrophy are 50%. The condition can also occur in people who have a family history of the disease.

Primarily, the condition is more commonly found in women than men. It affects people over the age of 50 more frequently, although doctors won't be able to see any sign of the disease until a person reaches their 30s or 40s.

The thin layer of cells around the back of the cornea is affected the most by Fuchs' dystrophy, as these cells help to pump out any excess fluid from the cornea. When more of the cells are lost, fluid starts to build up in the cornea, resulting in swelling and clouding of the cornea. This fluid may build up only during sleep at first, or when the eyes are closed, but as the disease becomes worse, small blisters can start to form. When these blisters become bigger, they can start to break off—the cause of which is eye pain. Fuchs' dystrophy can also change the cornea's shape, resulting in more vision problems.

## Fuchs' Dystrophy FAQ

**Q: My Fuchs' Dystrophy is getting worse, and I'm facing surgery soon if it doesn't get any better according to my eye doctor. Please can you offer any advice?**

A: You need to follow my Fuchs' Dystrophy Health Plan. The MSM+ Silver™ Drops will soften tough leathery tissue, helping in the removal of floaters. They contain a combination proprietary blend: OptiMSM®, Hydrosol Silver, L-Carnosine, and Colloidal Zinc. Curcumin contains antioxidant properties that can provide powerful support for eye health, and the Glutathione Spray is important to stop free radical damage.

Krill Oil can help to protect cell membranes, and Active Life Capsules (which are a blend of essential nutrients) can help maintain healthy blood vessels, essential for improving vision. Other recommendations include CAN C NAC Drops, Liposomal Vitamin C, and HealthPoint™. Try the supplement plan and stick to a healthy diet... Let me know the results.



**“My Fuchs' dystrophy has improved greatly since taking your Serrapeptase. I had the condition in one of my eyes, but since taking your supplement, I am beginning to see clearly again... The clouding is nearly gone, and the pain is gradually beginning to reside after months of discomfort...Many thanks for all that you do.”**

**- Ann, Manchester, UK**



*Follow the Health Plan as recommended for the best results:*

## FUCHS' DYSTROPHY HEALTH PLAN

The following health plan is designed to provide relief for Fuchs' dystrophy sufferers. When combined with a naturally healthy lifestyle, it's possible to improve Fuchs' dystrophy symptoms and achieve improved overall eye health.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern  
Supplements to support healthy eyes - in order of priority:*

- [MSM + Silver™ Eye Drops](#) - Softens tough leathery tissue, equalises pressure and repairs damaged membranes. Take 4 eye drops, 3 times daily.
- [Curcuminx4000](#) - Take 1 capsule, 3 times daily. Curcumin contains antioxidant properties which can provide powerful support for eyes.
- [Glutathione Spray](#) - Take 4 sprays under the tongue, 4 times a day. Stimulates glutathione, which is crucial in stopping free radical damage.
- [Active Life Capsules](#) - Essential vitamins, folic acid, 77 trace minerals and elements, electrolytes, and 18 amino acids to help replenish storages in your body that are naturally depleted each day. Take 3 capsules, twice daily.

### **Other Recommended Products**

- [CAN-C NAC Drops](#) - Take 1-2 drops in each eye, 1-4 times a day. N-Acetylcarnosine delivers L-Carnosine into the aqueous humor of the eye (the fluid surrounding the lens), where it acts as a natural and comprehensive antioxidant, protecting structural lens proteins from the free-radical induced oxidation process.  
**Liposomal Vitamin C - Use Liposomal Vitamin C or its alternative:**
- [Liposomal Vitamin C](#) - For best results, Take 5 ml daily (1 teaspoon) or as directed by your healthcare professional.
- [Altrient-C](#) - Highly potent Vitamin C for maximum absorption, highly potent for cells. For best results, snip or tear the notched end off the packet, squeeze into one or more ounces of your favorite natural juice or water, drink on an empty stomach, and wait at least 15 minutes before eating.
- [HealthPoint™](#) - Treatments per day for the first 2-4 weeks and once per day thereafter. Stimulates ATP and cellular regeneration and has been shown in studies to improve the overall success of recovery. **(See [www.dovehealth.com](http://www.dovehealth.com) for more information.)**