

Age Related Macular Degeneration (Wet or Dry)

What Is Age Related Macular Degeneration (AMD)?

Macular degeneration is what happens when a small central portion of the retina, known as the macula, starts deteriorating. The retina is the light-sensing nerve tissue at the back of the eye. As the disease develops as a person starts aging, it's usually known as age-related macular degeneration (AMD). While macular degeneration is virtually never a totally blinding condition, it can be a source of significant visual disability.

What Causes AMD?

The delicate cells of the macula can sometimes become damaged and stop working. While it certainly seems like a kind of nutritional deficiency that can occur at any age, it tends to happen the most as people get older—which is why it's known as Age-Related Macular Degeneration.

AMD is the most common cause of poor sight among those over the age of 60. While it never leads to 100% sight loss, it may result in only 5% peripheral or side vision.

There are two main types of age-related macular degeneration:

1. Dry AMD: Around 90% of people diagnosed with AMD have dry degeneration. It occurs when the cells of the macula become malnourished and start to waste away, meaning that these cells can no longer function properly. Dry AMD is also called non-exudative AMD.

2. Wet AMD: This is less common (10% of cases) and occurs when tiny blood vessels grow between the retina and the back of the eye when blood flow is failing—again, from some sort of malnourishment or cardiovascular disease. These blood vessels leak and bleed as they grow, causing scarring of the macula. Wet AMD is also known as exudative or disciform degeneration.

AMD FAQ

Q: I'm a big fan of Serrapeptase (great for my knee)! My aunt has just been diagnosed with Wet AMRD. I'm putting her on a good A/O (with Lutein, etc.) and wondered if Serrapeptase would be a good addition?

A: You have come to the right place as I have been helping people to clear AMD for fourteen years. Three things will make it happen fast: 1. Supplements 2. HealthPoint™ and 3. Diet change. See my Age-Related Macular Degeneration Health Plan for more guidance and advice.

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"I was so scared that I would go blind. My AMD was bad, and I didn't know what to expect for the future. Thanks to your Serrapeptase and health plans, I am now looking forward to enjoying clear vision well into my old age."

- Judy, Southampton

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Follow the Health Plan as recommended for the best results:

AGE-RELATED MACULAR DEGENERATION HEALTH PLAN

The following plan is designed to provide relief for age-related macular degeneration. When combined with a naturally healthy diet and lifestyle plan, it's possible for results to be seen in just a few short weeks.

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

- **MaxiFocus™ 24 Nutrient Sublingual Spray** - Contains high levels of key carotenoids Lutein and Zeaxanthin, together with 22 vitamin and minerals identified in a major study as being essential for eye health. Take 4 sprays x 3 times per day for the first three bottles and then reduce to 2 sprays, 3 times per day.
- **Serranol** - Contains Serrapeptase, Curcuminx4000, Ecklonia Cava and Vitamin D3. These ingredients support eye health by providing better eye circulation, due to the Serrapeptase clearing inflammation. Curcumin contains anti-inflammatory properties that stimulate glutathione to protect the cells and the tissue from inflammation, while modulating the immune system. Take 2 x 3 times a day before eating, with water. Reduce to 1 x 3 after 1-2 months.
- **Taurine Spray** - Reduces oxidative damage to the eyes and delivers nutrients to the retina cells, along with assisting in the clean-up of removal products. Take 5 sprays under the tongue daily.
- **HealthPoint™** - Microcurrent Stimulation - Stimulates the appropriate microcurrent stimulation points. Stimulates ATP and cellular regeneration and has been shown in studies to improve the overall improvement of eye health. Treatments per day for the first 2-4 weeks and once per day thereafter. **(See www.dovehealth.com for more information.)**
- **The Krill Miracle** - Contains Omega 3, 6 and 9 oils that support protection of cell membranes, stabilization of blood sugar levels and protection for cell membranes. Take 1 capsule, 2 times daily.

As A Vegetarian Alternative To The Krill Miracle...

- **Hemp Seed Oil** - Contains Omega 3, 6 and 9 fatty acids from cold-pressed organic hemp. It can boost the immune system and support a positive mental state. Take 1 teaspoon x 2 times per day.
- **AstaXanthin** - Powerful biological antioxidant that supports and maintains healthy eyes. Take 2 capsules, 2 times a day (optional but strongly recommended)
- **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.
- **MSM + Silver™ Drops** - Softens tough leathery tissue, equalises pressure and repairs damaged membranes. Take 2 drops, 3 times a day.