

Cataracts

What Is a Cataract?

A cataract is a clouding of the lens in the eye. When vision becomes dim or blurred, then light can't pass through the clouded lens to the retina in the back of the eye. This process sends signals via optic nerves to the brain, which in turn are interpreted into images.

The lens is a clear body behind the iris, otherwise known as the colored part of the eye. The lens' job is to bend light rays, transmitting a clear image towards the back of the eye, i.e. the retina. Since the lens is elastic, it changes shape and becomes fatter for objects close by and gets thinner when looking at objects in the distance.

What Causes a Cataract?

While cataracts can happen any time and at any age, they are most often the result of a lack of antioxidants within the diet that would otherwise counteract any free radical damage that occurs in the eye. Young people in particular may develop a cataract because of an injury, certain drugs, or long-standing inflammation in the form of illnesses like diabetes, the latter of which is subject to extra free radical damage due to high glucose levels.

Cataract FAQ

Q: Is Serrapeptase safe to use with alcohol? Is Serrapeptase safe to use after cataract surgery? Will it affect lens implants?

A: Serrapeptase should be taken with water 30 minutes before eating a meal. You can drink alcohol with the meal. It will not be a problem with the lens.

.....

“Life with cataracts was becoming unbearable. I was beginning to lose all hope that I could ever see clearly again. Then I found your site. The progress has been unbelievable, and I am now excited for what the future will bring once more. Thank you for all that you do.”

- Jennifer, Ormskirk

.....

Follow the Health Plan as recommended for the best results:

CATARACTS HEALTH PLAN

The health plan below is designed to improve cataracts and overall eye health. When combined with a naturally healthy lifestyle and if the supplement regime is followed consistently, it's possible to see significant improvements to cataracts and overall health, 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:*

- **Can-C (Nac) Drops** - Take 1-2 drops in each eye, 1-4 times a day. Prevents and reverses developing cataracts.
- **Advanced Cellular Glutathione Spray** - Take 4 sprays in the mouth, 4 times a day. Increases cellular components while preventing damage to important cellular components.
- **MaxiFocus™ 24 Nutrient Sublingual Spray** - Take 6-8 sprays under the tongue per day for the first 2 months, then 3 sprays per day, 1-4 times a day. Contains 24 super nutrients and antioxidants that support healthy eyes.
- **HealthPoint™** - Stimulates the appropriate microcurrent stimulation points. Treatments per day for the first 2-4 weeks and once per day thereafter. **(See www.dovehealth.com for more information.)**
- **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.

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.
- **Curcuminx4000** - Take 1 capsule, 3 times a day. Powerful anti-inflammatory and antioxidant that provides support for eye health, including cataracts.