

Glaucoma

What Is Glaucoma?

Glaucoma is known as a collection of diseases that cause optic nerve damage:

- **Open Angle or Chronic Glaucoma** is the most common type. This responds well to nutritional intervention as per our recommendations.
- **Narrow Angle Glaucoma** is considered an ocular emergency. Symptoms may include a sudden, painful red eye; nausea; vomiting; headache; and visual halos. In the event of the symptoms above, seek medical help immediately.
- **Low Tension Glaucoma** is usually a sign of poor circulation. Heart problems, brain tumors, or toxic drugs can all produce optic nerve damage that may present as glaucoma. Natural Health Doctors are recommended for diagnosis and appropriate treatment.
- **Secondary Glaucoma** can develop secondarily to other conditions, due to inflammation, injury, blood in the eye, or drug side effects (such as from steroids). A Natural Health Doctor is recommended for diagnosis and appropriate treatment.
- **Glaucoma Suspects** are people with higher than normal eye pressure but who never develop glaucoma. These people should be monitored regularly. They often respond well to nutritional intervention as per our recommendations.
- **Congenital Glaucoma** may occur in the first few months of life. A Natural Health Doctor is recommended for diagnosis and appropriate treatment.

Glaucoma symptoms may include:

- Reduced peripheral vision
- Intraocular pressure (IOP) greater than 21, or where there is a large discrepancy in IOPs between the two eyes.
- Optic cup asymmetry

What Causes Glaucoma?

1. **High Level of Stress** - Results in poor breathing and digestion and comfort eating of starchy foods.
2. **Bad Diet** - Too many starchy foods like bread, pastry, biscuits, breakfast cereals, and high starch root vegetables (potatoes, parsnips, etc.). These all cause a damaging high level of glucose spikes in the bloodstream.
3. **Nutritional Deficiencies** - Often sufferers of glaucoma are deficient in some or many of the important nutrients, including essential fatty acids, Lutein, Zeaxanthin, Taurine, antioxidants, bioflavonoids, Zinc, Selenium, and Vitamin B complex.
4. **Drugs (Almost All Prescribed Drugs)** - Use of any prescribed drugs will have some side effect; for example, antibiotics are a prime culprit in poor digestion due to the killing of important stomach flora. This will inhibit Taurine as an important amino acid in the eye.
5. **Family History of Glaucoma** - Can be genetic or just simply living the same lifestyle.
6. **Other Chronic Diseases** that can raise IOPs include obesity, diabetes, cardiovascular disease (insufficient blood flow to the eyes), and thyroid disease (hyperthyroidism). These diseases are in the main caused by 1, 2, and 3.
7. **Being African-American** - Glaucoma is the leading cause of blindness among this population. This racial grouping is known to be unable to eat high starch food groups—again, in the main caused by 1, 2, and 3.
8. **Extreme Nearsightedness or Farsightedness** - At a higher level and a risk of angle closure. 1, 2, and 3 may cause this also.
9. **Steroid Use** - Often in the form of eye drops, nose drops, or inhalants (elevates IOL pressure mildly in approximately 16% of people on steroids).

Damage to the optic nerve can still happen with eye drop controlled pressures. Nutritional support, supplementation, and lifestyle changes can dramatically improve the condition of your eyes.



“Three years ago I was diagnosed with glaucoma. After reading your website about how Serrapeptase works, I intuitively theorized that it will help my glaucoma by dissolving the debris in my eyes’ sewage system over time. I stopped taking the medication from the hospital and focused on SerraEnzyme, Serranol and Blockbuster Allclear (mixing and interchanging them) up to 12 capsules daily...

I also improved my diet to emphasize vegetables and good oil (coconut and palm oils). Two weeks ago, I had my latest test, and the pressure in the eyes were 17 and 18. Unknown to the doctor, I have not taken any of his prescriptions for over two years now. I strongly believe the Serrapeptase plays a role in improving the eyes’ waste disposal system, and I know that my eyes are certainly healthier than they were three years ago.”

- Chris



Follow the Health Plan as recommended for the best results:

GLAUCOMA HEALTH PLAN

The following health plan is designed to provide relief for glaucoma and its symptoms. When combined with a naturally healthy lifestyle, the symptoms of glaucoma will improve, and it's possible to achieve better eye health in the long-term.

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

- **Liposomal Vitamin 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.
- **Re-Vision Formula** - Contains Bilberry, Bupleureum, Dandelion root, Eyebright, Gardenia, Ginkgo biloba and Milk thistle in a tincture formula. It helps improve health conditions relating to glaucoma, macular degeneration and floaters by improving blood circulation and stagnation of energy to the eyes. Take 1-2 droppers full, three times a day for the treatment and then 2 times a day for prevention.
- **Serranol** - Contains SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief. 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.
- **HealthPoint™** - Stimulates the appropriate microcurrent stimulation points. Stimulates ATP and cellular regeneration and has been shown in studies to improve overall eye health. Treatments per day for the first 2-4 weeks and once per day thereafter. **(See www.dovehealth.com for more information.)**
- **Alpha Lipoic Acid-R** - A network antioxidant that supports eye health, repairs oxidative damage, regenerates other antioxidants and chelate excess metals. Take 1 capsule, two times a day.
- **The Krill Miracle** - Krill oil replaces missing essential nutrients. Take 1 capsule per day, 2 times per day with food.

As A Vegetarian Alternative To Krill Oil...

- **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.