

Retinitis Pigmentosa

What Is Retinitis Pigmentosa?

Retinitis Pigmentosa is the most well-known genetic eye disease. Many cases of severe eye disease in children, such as microphthalmos (small eye), cataracts, glaucoma and retinoblastoma, and eye tumour in childhood, are caused by genetic defects.

Many genetic diseases that affect several body systems also affect the eye, e.g. Marfan syndrome and neurofibromatosis.

What Causes Retinitis Pigmentosa?

It is increasingly recognised that many adult eye diseases, such as cataract, glaucoma, and diabetes, are modified by a person's genetic constitution, but diet is an important factor as well:

- **Orthodox Treatment:** There are some aspects of most genetic eye diseases that can be treated, but as yet, treatment to put right the genetic problem itself is not available for these conditions. There is a great deal of research being done into genetic disorders, and it is reasonable to expect advances in treatment in future years.

- **Alternative Treatment:** An alternative treatment for Macular Degeneration has found that Retinitis Pigmentosa is also responsive to this. The problem is considered to be a lack of nutritional uptake from within the digestive tract that prevents it from absorbing the right nutrients into the eye.



“My doctor and my optician both told me that I should be prepared to go blind from my retinitis pigmentosa. I felt unsure of what to do and knew that the drugs they offered weren’t going to have much effect. I came across your information on the web and have been amazed by the results I’m now having with your product recommendations. I’m so pleased, I’m going to tell everyone I know about your products.”

- Stuart, Cornwall



Follow the Health Plan as recommended for the best results:

RETINITIS PIGMENTOSA HEALTH PLAN

The following plan is designed to provide relief for Retinitis Pigmentosa. The eye condition can be vastly improved by following the supplement regimen below and combining this with a naturally healthy lifestyle for best results.

*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 12 sprays throughout the day.
- **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 per day.
- **Nascent Iodine** - Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray. A study published in JAMA Ophthalmology showed Retinitis Pigmentosa swelling due to CME to be inversely related to Iodine intake. The study was conducted by researchers from Massachusetts Eye and Ear, Harvard Medical School, and Boston University School of Medicine.
- **The Krill Miracle** - Krill oil replaces missing essential nutrients. Take 1 capsule, 2 times a 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.
- **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.)**
- **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.
- **Alpha Lipoic Acid-R** - Take 1 capsule, twice a day. Supports eye health and repairs oxidative damage, regenerating other antioxidants.
- **MSM + Silver™ Drops** - Softens tough leathery tissue, equalises pressure and repairs damaged membranes, allowing fluid to flow through to the optical tissues. Take two drops, three times a day.