How to Get Rid of Eye Floaters

The Naturopathic Ways to Do It

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The author and publisher are not responsible for any errors or omissions in this book. Please call a health professional immediately if you think you may be ill, and if you become aware of new spots in your visions, please see your eye doctor to rule out serious problems. In a study done in 1992, Diamond studied 170 patients with floaters and found a more severe disorder in 2% of them! In 1994, Byer studied 16 patients with floaters and found that 7% also had retinal tears.

Those experiencing floaters should definitely see a retinal specialist, especially in case of diabetes or when seeing flashes in the eye at the same time, for they could be indicative of retinal detachment. Ignoring them could result in serious complications.
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Introduction

The eye is a complicated mechanism that not only contains the lens and retina but also a transparent jelly-like substance, called the vitreous, that fills the eye ball and makes up about 2/3 of its volume. The vitreous fluid maintains the shape of the eye, acts as a shock absorber and exerts a slight pressure in the eyeball to keep the retina attached to the back wall of the eye.

This vitreous gel is about 98% water, but it’s also about 2-4 times thicker than water because it contains other substances that make it more viscous. It is normally transparent so that light can be transmitted through it on to the retina, but as people reach middle age (usually starting around age 40), some of the vitreous fluid starts to dry out, thicken or clump and gel lumps begin to form in the fluid.

As this happens and as various other components of the eye tend to deteriorate due to age or lack of antioxidants (such as the collagen surrounding the vitreous), eye “floaters” begin to appear. In fact, over 50% of people over age 70 (63% to be exact) report experiencing floaters, and they are usually due to the clumped vitreous gel.

These floaters, which are also called “vitreous opacities,” are semi-transparent forms that float around in the eye’s field of vision. They take on all types of shapes – dots, squiggles, strands, strings and other figures like spider webs or chromosomes – and mostly are shadows cast on the retina due to the microscopic debris in the eye’s vitreous fluid.

Sometimes these floaters are simply the gel lumps in the vitreous fluid. Sometimes they are little spots of protein or red blood cells. They can appear due to an eye injury, after a cataract operation, due to eye inflammation or after laser surgery of the eye.

Nothing needs to enter the vitreous fluid to make these floaters, and since nothing is present to break them down, they can remain hanging or floating in the eye for many months. Usually they degrade or settle down over time but sometimes they persist while people get used to them.

Most people think there is nothing that can be done about vitreous floaters, but there are ways to reverse floaters and even prevent them through a proper diet and
antioxidants. Floaters are commonly found in nearsighted people and people with food allergies, so identifying those allergies can in some cases control or eliminate the problem.

If you’re like most people, you’re probably not interested in prevention, but are reading this because you are probably seeking some sort of cure. You’ve got floaters and you want to get rid of them.

Doctors and pharmaceutical firms will tell you that in all cases there is nothing you can do to reverse floaters, but they’re wrong. Yes, in some cases there is nothing you can do but in many other cases a variety of naturopathic approaches have been found to get rid of floaters.

Here’s your first possibility …

One possible remedy is to move your eyes up and down whenever a floater appears. The vitreous fluid in your eye may then shift, thus permitting the floater to move out of the line of vision.

There are quite a few approaches that address eye floaters so that they can be prevented, slowed and even reversed by natural therapies and minor lifestyle changes.

That’s what we’re going to go into, so let’s begin.

But one more thing before we do …

If you suddenly see new floaters or floaters accompanied by flashes of light, this could be due to diabetic retinopathy. Other possibilities are retinal hemorrhages or the beginning of a retinal detachment because the vitreous fluid is pulling away from the wall of the eye, which causes bleeding that appears as floaters.

Whenever there is a sudden or dramatic change in the quantity of floaters such as this, you’re advised to see your eye doctor immediately to make sure you’re not suffering retinal problems.
Colloidal Platinum – A New Discovery

There is no scientific proof as yet that the following first product I’m about to introduce can reduce eye floaters, except for the anecdotal evidence.

The manufacturer of the product didn’t even know that it had this effect until his customers started calling him to tell him of their personal experiences.

When he tried it on himself, he found that it did help his own floaters a bit, and then he reported that result to me. I tried the product myself and while my one floater did not completely disappear, it definitely did diminish in size … and it wasn’t my imagination.

It probably reduced in size by about 40%, but was still there.

What’s the product?


What’s colloidal platinum? It is a solution of platinum particles so tiny – just 1-3 atoms wide – that they float suspended in a solution of water. That’s what a “colloid” is.

Platinum atoms are usually found at the center of many anti-cancer compounds, and there have been reports of colloidal platinum being successfully used in anti-cancer treatment (especially brain tumors) because of its ability to kill cancer cells.

Why it should work for eye floaters I have no idea, but if you want to try a bottle you can order it from Purest Colloids on the web.

That’s one of the unexpected ways to treat floaters that may or may not work for you.

There is no “one guaranteed definite cure” for vitreous opacities, so remember that you must try various alternatives to see which one applies to your situation. Just as with arthritis, no one pharmaceutical medicine or naturopathic remedy works for all. For some people, ingesting vitamin C in high doses will work in getting rid of floaters,
and for others it will do absolutely nothing at all except create diarrhea. The point is, you have to try.

The important thing is that in this book you will find a variety of approaches others have found to work for their own situation. In every case, the “cure” required persistence, such as taking eye drops or altering the diet every day for a period of months until the positive effects could finally kick in.

The point is not to say “nothing works” or give something a “half-try,” but to give each remedy its due and keep with it until you can truly rule it out.

Most people give up too early with naturopathic or nutritional approaches to all sorts of health problems, and floaters are no different in requiring a determined consistency that most people are not willing to stick with. So once again, try what seems reasonable and stick with it rather than give it up after a short while.
Herbal and Homeopathic Eye Drops

For centuries people have washed their eyes with various herbal formulas. In fact, the practice became so popular that in the early 1900’s, a variety of pharmaceutical companies produced a number of eyewash formulas to clean the eyes of dirt, dust and help with infections.

They were common throughout America in drugstores and antique bottle collectors sometimes display these old formulas.

Separate from this, I have to tell you about a very famous American herbalist and naturopath, Dr. John Christopher, who created a number of very powerful herbal formulas for a variety of supposedly “incurable” conditions.

In a way, Dr. Christopher (a naturopath rather than M.D.) can be favorably compared to the clairvoyant Edgar Cayce in that both individuals helped establish the American herbal tradition.

Dr. Christopher formulated an eyewash formula, called *Eyebright*, containing vision friendly herbs that have been used for centuries, and he became famous for various miraculous healings involving cataracts, floaters, glaucoma and even blindness for this formula.

He stated that his formula would often eliminate floaters within three to four weeks. He insisted that most people weren’t “special cases” when his happened because it was just a matter of consistency in applying the formula.

The most famous contemporary student of Dr. Christopher is Dr. Richard Schulze, whose products can be purchased through the American Botanical Pharmacy (888-437-2362).

One of Schulze’s most famous formulas is based on the original Christopher formula for the eyes, and is called “*Eyebright*” as well. The only major difference between this formula and Dr. Christopher’s is that Schulze’s formula is stronger and contains the addition of more cayenne pepper, which increases the blood circulation to the eyes and gives the tincture a sting.
There’s no doubt about it, Eyebright definitely gives your eyes a sting when you try it. Usually people buy one of those small eye wash cups for about $2-3 in a drug store, fill it with distilled water, and then put in 5-10 drops of Eyebright tincture which contains the following ingredients:

- Habanero Cayenne Pepper
- Eyebright flower and herb
- Goldenseal root
- Rue flower
- Mullein flower
- Red raspberry leaf
- Fennel seed

Because the ingredients can cause the eyes to burn a bit at first, this formula definitely increases the blood circulation to the eyes which helps to remove waste in and around the eyes so as to reverse eye diseases. People are advised to do eye exercises when using an eye cup of the solution by looking up, down and to the left and right while the eye is open and exposed to the liquid.

The company does not make any medical claims for this formula, but there have been quite a few reports over the years on how the increase in oxygen and blood supply, caused by the reaction to cayenne pepper, has helped to dissolve away cataracts, pull out poisons from the eye and reverse other eye conditions such as floaters, so my job is to let you know about this information.

A number of folks sell both these formulas on the web, so you now have yet another one or two ways to start treating your floaters naturally.

**Similasan Natural Eye Drops #1** have also been suggested by an eye expert, Dr. Zoltan Rona, as "an ideal homeopathic product to use for a long list of benign eye conditions" including floaters.

Some people have recommended **MSM Eye drops** for floaters, but one company that manufactures MSM eye drops(Ultra Botanicals) recently recalled them due to possible bacterial contamination and lack of safety proof for their use on the eyes. Others say they bother their eyes.
Antioxidant Supplements and Nutritional Factors for Floaters and the Eyes

Typically, floaters are related to poor eye health and aging.

One thing you can do for your eyes to help with floaters is take antioxidants and other substances that have been found particularly beneficial for the eye.

You want to find a good eye formula that contains a variety of specialized ingredients for eye health, and in particular you want to be looking for the following substances which help with macular degeneration, retinal health and cataracts:

These substances include:

- Bilberry extract
- Lutein
- Zeaxanthin
- Carnosine
- Eyebright
- Lycium fruit (Wolfberry)

Any eye health supplement should also optimally contain the following vitamins and related substances:

- Vitamin A
- Beta-Carotene complex
- Vitamin C
- Vitamin E
- Glutathione
- Alpha lipoic acid
- NAC
- L-methionine

In particular, when you have floaters it makes sense to be taking alpha lipoic acid, which is the body’s major fat-soluble anti-oxidant. Though I know of no studies that prove its effectiveness in this respect, it is theoretically possible...
that it can penetrate the vitreous fluid and help attack floaters. Therefore you should look for a formula containing alpha lipoic acid and some of its related substances, such as NAC (N-acetyl-cysteine).

Alpha-lipoic acid, which is the only fat (lipid) and water soluble antioxidant, is also used by the body as a precursor of glutathione production, which is the major antioxidant used in the eye. Since glutathione is an expensive supplement that is often destroyed before absorption, optical formulations for eye health should contain adequate amounts of vitamins C, E, selenium and alpha-lipoic acid that indirectly raise the glutathione levels in the body.

Another reason to take a formula with alpha lipoic acid, however, is because it is especially useful for glaucoma and for those suffering diabetes, and there is a tie-in with diabetic retinopathy and floaters. **Jarrow Lipoic Acid Sustain** (300 mg) is the brand I recommend because time-released alpha lipoic acid keeps it in your system longer since it is flushed from the body quite rapidly.

As to supplements for eye health that contain many of the ingredients just mentioned, there are quite a few great nutritional formulations out there to help with eye health – **Ocular Defense** by PhysioLogics and **OcuDyne** by Allergy Research and **Nutricology**, **Ocupower**, **Maxivision Whole Body**, **Ocular Nutrition** and **Twinlab Ocuguard Plus** are just several examples.

If you are simply looking for a good multivitamin/multimineral formula that contains many of these key ingredients, rather than a formula particular to eye health, I suggest **SuperNutrition’s Perfect Blend**.

In any case, whenever you have floaters you definitely should be on some type of eye health or multimineral/multivitamin formulation, and not some cheap formulation you find at stores like GNC.

While there are no studies proving the role of antioxidants and vitamins in getting rid of floaters, plenty of anecdotal evidence suggests that they can play a positive role in eliminating the situation and they make good sense for general eye health. As with all the other natural remedies, this approach may work for certain types of floaters and not others, but you only find out by trying.

You get what you pay for when it comes to nutritional supplements, so if you want to try the vitamin/antioxidant approach, buy the best formula you can afford when you are testing the approach.
In a 1951 study by Dr. H. Eggers, “Lipotropic substances for the absorption of vitreous floaters,” found in the *New York Journal of Medicine*, Eggers suggested that lipotropic agents that help the liver with fat metabolism might help with floaters, so you might also look for formulas that contain choline, inositol and methionine.

Eggers did not know the optimal dosage of such factors, but suggested the following amounts to be take three times per day after meals, with results to be expected after several months.

- Inositol 200mg
- Choline 150mg
- Methionine 150 mg

Eggers reported, "when these substances(the above ingredients) are effective, the vitreous clears to a greater extent and at a much more rapid rate than is possible spontaneously … Although large strands and fibrillae usually do not disappear, frequently they shrink somewhat. On rare occasions, even large floaters disappear. "

While this study has never been duplicated nor its results verified, it’s mentioned for two reasons:

1. If you are going to buy a multivitamin/mineral/antioxidant formulation you would optimally want it to contain as many of the possible ingredients that can help floaters so that you can shop and cut down your purchase costs and
2. The mention of lipotropic factors brings up the point that in many cases floaters are produced because of liver problems, which is a tenet often stressed by Chinese medicine. In Chinese medicine, eye health is related to the liver and many eye problems are often cured by reducing “liver heat,” which refers to toxins and energies put out by a need-to-be balanced and detoxified liver. Various herbal approaches to floaters therefore involve various liver cleaning herbs such as milk thistle, dandelion, bupleurum and lipotropic combinations that help optimize its function.

Another paper, from the *American Journal of Ophthalmology* 42: 771-772, Nov 1956, (“Use of Iodo-niacin for retinal or vitreous hemorrhages and vitreous floaters”, by Ira Abrahamson Jr. and Ira Abrahamsion Sr.) reported on the use of iodine-niacin compounds for the treatment of vitreous floaters, which suggests that your supplement should contain niacin and iodine as well.
The summary of the article, which involved a prescription compound called Iodo-Niacin that was used to discharge mucus from the lungs, runs as follows:

The use of iodine niacin preparations for the purpose of absorbing intraocular hemorrhages and strengthening damaged vascular walls has been known and used extensively for many years, but for some reason has recently fallen into more or less disrepute. In fact the treatment of recurrent and massive vitreal and retinal hemorrhages and vitreous floaters has been relatively unsatisfactory with the drugs at our disposal. Damrau found that the iodides did prevent artificial arteriosclerosis in rabbits in which it had been produced by high cholesterol feedings. Feinglatt and Ferguson in 1955 reported a series of 59 cases of generalized arteriosclerosis which were treated with Iodo-Niacin in full dosage for over a year with considerable therapeutic benefit and no iodism or adverse effects. In a controlled clinical investigation using comparable group on placebo medication, Iodo-Niacin tablets provided successful results in a series of 22 cases of retinal or vitreous hemorrhages and 89 of vitreous floaters. The tablets contain potassium iodide 135 mg. and niacinamide hydroiodide 25 mg. The dosage was one tablet three times daily after meals. Iodo-Niacin was administered for periods of one to 13 months to an equal number of males and females between the ages of 18 and 87 years with various ocular conditions. The series included 12 cases of retinal hemorrhages and 89 of vitreous floaters. As compared with the control group, who received the placebo absorption of retinal hemorrhages, in the patients treated with Iodo-Niacin was much more rapid and complete. In a typical case of extensive retinal hemorrhages observed in the arteriosclerosis fundus of a patient with hypertension, Iodo-Niacin produced spectacular absorption in 18 days. In another case of angiospastic hemorrhages and edema involving the macula, substantial improvement was observed ophthalmoscopically after 25 days of treatment with Iodo-Niacin. The results have been recorded by before and after retinal photographs. Results in cases of vitreous hemorrhages were also dramatic. In four postoperative cataract cases, the condition cleared completely in three to four weeks. In a diabetic case which had resisted treatment for two years, the fundus was seen with 20/70 clarity after two months on Iodo-Niacin. Results were satisfactory in five other cases of vitreous hemorrhages due to diabetes or hypertension. Over 90 percent of the 89 patients with vitreous floaters who were treated with Iodo-Niacin showed subjective
improvement and 50 percent showed objective improvement. Large vitreous floaters appeared to diminish in size and some of the fine dustlike opacities disappeared entirely. In several cases the vitreous floaters disappeared completely; in others they were reduced in size ophthalmoscopically after treatment with Iodo-Niacin for one to six months.

While Iodo-Niacin is no longer available except through a compounding pharmacist and by prescription for trial purpose, and no recent studies have been done to confirm these indications, it is wise to make sure your supplement includes niacin (vitamin B3) or niacinamide (the no flush version of niacin). Increasing the consumption of seaweed in your diet (or taking iodine containing products such as Atomidine or Potassium Iodide) is a way to increase your iodine intake as well.
Hormonal Imbalances May Be Causing Eye Floaters

Chinese medicine teaches that one of the possible causes of eye floaters for young men … and older men … is “sexual exhaustion.” In other words, whether it’s due to sex or masturbation, men who lose their semen too frequently (and Chinese medicine tells you how often is okay) tend to form floaters in their eyes.

According to Chinese medicine, men can start to recognize when they have lost too much semen through sex because they will start to experience lower back pains, pains around the waist, or weak knees as a result. They will also tend to experience eye problems such as floaters, lack of concentration and failing memory.

All these symptoms are the results of hormone imbalances due to sexual exhaustion (loss of too much seminal fluid that results in overworked hormonal systems to keep up with semen production).

According to Chinese medicine, in conjunction with Western medical concepts, sexual exhaustion (excessive loss of semen through too many ejaculations) causes a deficiency in the brain's dopamine and acetylcholine levels that are involved with your visual and signal amplifying nerves. It also causes a deficiency of DHEA and androstenedione/testosterone in the lower back tissues and cerebrospinal fluids. Serotonin in the brain is also affected, which affects concentration.

That was so much information that we'll say it another way.

Chinese medicine states that over-masturbation and over-ejaculation for men can lead to the destruction of the visual sensing and amplification nervous circuits – and the production of eye floaters -- due to a severe depletion of cerebrospinal fluids and the neurotransmitters dopamine, acetylcholine, serotonin and GABA, plus the over-draining of eye-necessary vitamin A in the sperm and semen production.

Basically, according to Chinese medicine over-ejaculation causes a severe depletion of acetylcholine precursor neurochemicals and androgen hormones in the cerebrospinal fluids. This hormonal imbalance often results in eye floaters and when you restore that balance, the floaters often go away.
Newman Kunti Lin, who runs a site called www.actionlove.com, explains the tenets of Chinese medicine in regards to sexual exhaustion and how these principles link to the formation of eye floaters. Check it out – many men have gotten rid of their floaters through his methods.

Having lived in Asia and studied Chinese medicine for years, I can honestly say that Westerners scoff at these linkages but they really work and are really effective ways of explaining things. What you have to recognize is that Chinese medicine, which is thousands of years old, has worked out its own set of explanations and remedies for all sorts of medical conditions, including floaters, and we don’t have to agree with their explanations behind phenomena in order to reap the benefits of their remedies.

“Use what works,” is what I always say.

Lin explains,

“Over-ejaculation melts down the acetylcholine/parasympathetic nervous functions first and then the liver functions that release essential enzymes for the syntheses of the neurotransmitters acetylcholine, dopamine and serotonin and the chains of hormone production; it causes the brain and adrenal functions to perform excessive dopamine – norepinephrine - epinephrine conversion and turn the brain and body functions to be extremely sympathetic. It results in the brain's and nervous dysfunctions, stress, anxiety, impatience, eye floaters or fuzzy vision, buzzing (noisy) ears, cardiovascular irregularities, urinary incontinence, male and female "prostatitis," weak kidney functions, pain or cramp in the pelvic cavity or/and tail bone, weak muscles or ligaments, and so on.”

If it’s the case where are a man and you have these symptoms, according to Chinese medicine the cause could be due to having lost too much semen.

The most common formula recommended by Dr. Lin for getting rid of eye floaters is ViaPal-hGH-M, which contains 3 of his products, including 5-HTP, a nutritional product that converts into serotonin in the brain. Serotonin positively affects your mood, appetite, behavior and sleep … it helps you overcome obesity, depression, and sleep like a baby.

Lin explains that his formula is also very effective in dealing with a wide range of disorders which cannot be solved through conventional medicines and/or detected
by high-tech medical machines or in blood work either. That’s what Chinese medicine does.

His site is extensive and talks about the tie-ins between sexual exhaustion and floaters for men, so I suggest that you turn to his site, read the articles and then determine if this is an appropriate approach you might try for your condition.

I will say this: having lived in Asia I used to laugh and scoff at all sorts of medical treatments and cures, but when I got sick over there, often the Western treatments would not work whereas the Chinese cures would provide immediate solutions. Having studied homeopathy, massage, nutraceuticals, and naturopathy, I can honestly say that Chinese medicine is something to look into, including Lin’s tie-in between hormonal imbalance and the appearance of floaters.

Part of the explanation for floaters is the fact that an excessive loss of semen loses the water element of the body, produced by the kidneys, and that loss of the water element enables natural liver fire to blaze out of hand. When that happens, the noxious energies of liver fire rise to the head and affect the eyes, producing floaters. That’s why a number of Chinese formulas for floaters deal with subduing excess liver fire, but treat the cause of the situation by buttressing the energies of the kidney (hormonal secretions) which keep it in check.

In a following chapter we’ll cover this in more detail.
A Meditation to Assist You in Recovering Lost Vitality

While Prof. Lin offers herbal combinations to help men restore their vitality at www.actionlove.com, sexual restraint in conjunction with meditation can help accomplish the same thing because they help restore the energy lost through sexual exhaustion.

One of the common meditations to practice in this regards is the “So Cream meditation” transmitted to Zen master Hakuin of Japan by Master Hakuyu. The instructions for practicing this meditation, run as follows:

Let him visualize placed on the crown of his head ... celestial So ointment, about as much as a duck’s egg, pure in color and fragrance. Let him feel its exquisite essence and flavor melting and filtering down through his head, its flow permeating downwards, slowly laving the shoulders and elbows, the sides of the breast and within the chest, the lungs, liver, stomach and internal organs, the back and spine and hip bones. All the old ailments and adhesions and pains in the five organs and six auxiliaries follow the mind downwards. There is a sound as of the trickling of water. Percolating through the whole body, the flow goes gently down the legs, stopping at the soles of the feet.

Then let him make this meditation: that the elixir having permeated and filtered down through him, its abundance fills up the lower half of his body. It becomes warm, and he is saturated in it. Just as a skillful physician collects herbs of rare fragrance and puts them in a pan to boil, so the student feels that from the navel down he is simmering in the So elixir. When this meditation is being done there will be psychological experiences, of a sudden indescribable fragrance at the nose-tip, of a gentle and exquisite sensation in the body. Mind and body become harmonized and far surpass their condition at the peak of youth. Adhesions and obstructions are cleared away, the organs are tranquilized and insensibly the skin begins to glow. If the practice is carried on without relapse, what illness will not be healed, what power will not be acquired, what perfection will not be attained,
What Way will not be fulfilled? The arrival of the result depends only on how the student performs the practices.¹

Why are we going over a meditation? Will this help with floaters?

No. It’s presented for your general health.

Meditation simply gets your vital energies moving and when they flow to your head, they produce healing reactions of all sorts. Since your eyes are in your head, I’ve added this section to help any “liver fire” energies that affect your eyes to be subdued and decrease through the practice of this “hormonal water” meditation.

I have a site, www.MeditationExpert.com, that deals with these issues entirely but the reason we are introducing meditation is not for floaters themselves, but to help you regain your vitality that may be indirectly contributing to floaters if that is indeed a causative factor as Lin explains. As meditation is the anti-aging remedy par excellence, learning it may help you in all sorts of ways as well.

Here’s what you do to practice traditional meditation according to a variety of traditions:

Sit in a relaxed and upright posture, with straight spine, open chest, hands resting naturally on the thighs. To take such a posture already expresses the genuine dignity of being human. To remain in that posture during the ups and downs of our thought and emotional processes expresses the fundamental confidence of trusting in unconditional goodness. The eyes are open [or closed] with soft gaze, slightly down, and we take the same attitude to the other senses—open but not fixed or harshly string to experience something. As we sit there, we allow our minds to identify with the outgoing breath, to go out with it, and then to return to be attentive to the posture as the breath comes in. As thoughts, feelings, and physical sensations begin to pop up, we note them and let them be as they are, not trying to push them away, or holding onto them and indulging them. We begin to become mindful of the precise details of our thought and perceptual processes and also aware of the relationship between them. A thought or feeling arises, and then it goes away. Where it arises from and whence it goes, who can say? But occasionally we might catch a glimpse of non-

thought, of open mind. A glimpse can be tremendously refreshing. It is such a relief to realize that we can afford to let go of our conceptualizing process altogether. Such a glimpse of our basic nature of unconditioned goodness brings with it a sense of gentleness and tenderness toward ourselves.²

If you can practice meditation in this way, your vital energies throughout your body will start to harmonize and can assist in spontaneous healing.

Will it help for floaters directly? No one knows, but at least you now have a “free way” thrown into your book that tells you how to recapture lost vitality and heal in all sorts of ways as well.

Chinese Herbal Medicine
For Eye Floaters

Chinese medicine also traditionally says that floaters are indicative of congestion in the liver, kidney and colon. Therefore, by taking particular herbal combinations that clear out this congestion, you can improve your health and eliminate some of the underlying pathology that produces floaters.

Most doctors who naturopathically treat you for floaters understand this effect, and so they will concentrate on detoxifying your liver. They aim at “detoxifying” your liver whereas Chinese medicine calls this feat getting rid of “liver heat” or “liver wind.”

A Ming dynasty text on ophthalmology, the *Yinhai Jingwei* (Essential Subtleties on the Silver Sea), states that floaters are usually initiated because of a kidney condition, and this kidney condition is often produced by sexual excess (though it does not have to be). The text says,

> [Floaters] are a sign of weakness of the water of the kidney. The kidney is the mother of the liver. If the water of the kidney cannot nourish the wood element of the liver, the liver will experience “deficiency heat.” Since the gallbladder lies beside the liver, then when the wood element of the liver becomes withered and parched, the gallbladder chi will become insufficient. As a result, one will see floaters in the water of the eyes whenever one moves the head.

To regulate this condition, one must first employ the remedy called *Zhuling San* (Polyporus Powder) to calm the evil fire in one’s liver [that affects the eyes] and return the kidney to normalcy [kidney hormones].

Next, one should employ the *Heishen Tang* (Scrophularia Decoction) remedy to cool the liver. Then the conduit of the liver will no longer be invaded by evil heat.

Afterwards one employs *Bushen Wan* (Supplement the Kidney Pills), after which the floaters will disappear by themselves.
The basis of these Chinese medicines are to progressively “dispel wind and clear heat” that arises from the liver to detrimentally affect the eyes, and to restore the depletion of the kidney hormones that may have arisen through a number of causes.

The formula Revision, which can be found at www.visionworksusa.com, works on similar principles to help a number of eye conditions such as floaters, macular degeneration and cataracts.

The traditional Chinese patent formula for the eyes, Ming Mu Di Huang Wan, is one of the basic Traditional Chinese Medicine formulas for enhancing vision, including the side-effect of helping to clear up vitreous opacities as well. The principle action of the formula concentrates on helping the liver, just as do the herbs Milk Thistle and Dandelion, and the medicine can easily be ordered over the internet. Like anything else, however, you have to take the remedy for several months to see any results, and American manufacturers are to be preferred over Chinese manufacturers of the product.

A Chinese doctor can mix up for you Zhuling San, Heishen Tang or Sushen Wan, or the remedies can be found in a local China town or on the web. It’s preferable to go to a Chinese doctor who knows what they are doing, and can adjust the formulas according to your body type, but now you have the remedies in hand and know what to ask about.

Thus, now you have an anti-floater protocol of herbal remedies you can orally consume that has been used for hundreds of years in Chinese medicine. Instead of just eye drops, it makes sense to combat floaters through both internal and external means.

**Ingredients for Zhuliang San (Polyporus Powder)**
Ployporus 30 g, Akebia 30 g, Rhubarb 30 g, Gardenia 30 g, Cibotium 30 g, Talc 30 g, Polygonum 30 g, Plantago seed 15 g, Red atractylodes 15 g … one dose is 9 grams, to be consumed with water

**Ingredients for Heishen Tang (Scrophularia Decoction)**
Scrophularia 12 g, Scute 12 g, Raw rehmannia 12 g, Chrysanthemum 12 g, Red peony 12 g, Celosia 12 g, Tribulus 12 g … each dose is 12 grams, with the powder boiled in water briefly and then consumed

**Ingredients for Bushen Wan (Supplement Kidney pills)**
Ginseng, Hoelen, Poeny, Alisma, Acorus, Lycium, Cuscuta, Cistanche … these herbs are ground in equal doses and mixed with honey to form pills.
Eliminating Food Allergies, Sensitivities and Intolerances To Rid Yourself of Eye Floaters

As previously stated, floaters are often found in nearsighted people and people with food allergies. A possible cure is to therefore first identify those food allergies, and then avoid those foods!

This particular strategy may help your floaters and then again it may not, but it certainly, definitely will help your general health. All sorts of problems disappear – not just aches and pains – when people discover what foods they are sensitive to and eliminate them from the diet.

The problem is using the correct method to identify these foods, for what you may think is a correct method is usually highly suspect.

Before I get into this topic in detail, let me ask you a quick question. In fact two quick questions.

Do you know of someone who is allergic to alcohol or shellfish or some other food to the extent that eating just one bite … one tiny bite … can send them to the hospital in an ambulance?

Or, is there any food that you loved when you were younger but which you cannot eat now because it gives you a stomach ache or causes indigestion, constipation, diarrhea, a headache, makes you itch, causes pimples or hives or produces some other type of reaction?

If so, that’s because you probably suffer from some sort of food intolerance or sensitivity -- perhaps because of your genetics or a weakened immune system and digestion – and you’re probably slightly allergic to the substance.

In fact, you might have been sensitive to that food when you were younger, and did not recognize the fact because you were young and healthy and that overflow of robustness and vitality (your immune system was probably in peak shape back then) helped mask the reaction.
Maybe the results now are indeed due to the fact that your internal biochemistry has changed with age, because that can happen with time. Your biochemistry might even be contributing to the formation of vitreous floaters, or cataracts.

Regardless of the reasons, now that you’re older and your immune system and vitality are declining, your body is broadcasting a highly recognizable lesson that can no longer be masked …

“Stay away!” it’s saying. “That food is no good for you!”

Once you know of this food offender, does that mean you should eat less of that particular food until you reach the point where it seems like you no longer experience the reaction and can still enjoy it?

No!

It means you should avoid that food entirely, and not eat it at all!

What a reaction scenario tells us is that some foods are bad for you and if they are bad for you, then no amount of those foods are good. That’s why you should stay away.

Furthermore, if you can identify the particular foods that cause unfavorable reactions in your body due to your unique biochemistry, then avoiding them … by eliminating those foods from your diet … it will produce a tremendous improvement in your overall health condition.

All sorts of strange symptoms will go away after you remove food offenders from your diet. Blood pressure can drop, headaches disappear, energy rebound … you might even lose weight. It takes several months, but it does happen consistently.

You might even turn around a condition that no doctor has been able to help you with.

That condition does not have to be eye floaters, but because this method is so important I’m letting you know about all the possible good things that can happen when you remove food sensitivities from your diet.
Eliminating food allergies can be the key to eliminating all sorts of pains and aches that come with aging, including arthritis.

Yes, arthritis. Many people have arthritis due to dairy (milk), wheat or nightshade allergies. Get rid of those foods and the arthritis goes away, especially when you eliminate grains.

It is not only important to eat the special foods, herbs and vitamin-mineral-antioxidant supplements that can supplement you with nutrients necessary for eye health. It’s also important to avoid those foods that are a burden to your body, and which therefore contribute to deteriorating eye conditions.

You have to rule out food allergies or nutritional defects that might be causing your floaters!

Whether it’s a food allergy, food intolerance or food sensitivity … the rule to follow is to find the food offender and then just avoid that particular food!

The existence of food offenders may sound like science fiction and certain doctors may snicker at this, but this is perhaps the biggest single thing you can do to correct your diet to get healthy. You must identify and then stop eating those foods to which you are innately sensitive.

If you follow this rule, you’ll usually lose weight almost instantly and look radiant since most people are actually intolerant of the very foods which cause them to gain weight and rob them of energy.

The weight gain is often a reaction to eating the wrong foods! So is the lack of energy, as well as problems with digestion.

These are all typical problems that accompany aging.

Eliminating these foods, once they are identified, has also been known to totally eliminate high blood pressure, depression, arthritis, headaches, depression, even epileptic fits … and none of this is science fiction.

The results are often miraculous, but they are real and true and existent. They’ve been proven time and again, even by top allergists. Eye floaters are just one of the things that can improve.
Just ask anyone who has a food allergy and then eliminated the offender from his or her diet. Let them tell you it was all in their head!

What are some of the most common food offenders? Dairy, wheat, corn, yeast, sugar, soy, peanuts, eggs and nightshades head the list.

But this is such a long list to test that there should be a better way to determine what you’re allergic to. In fact there’s lots more foods to test than this, so how are you going to do it? How do you find these foods you should avoid?

Through a lab test that checks your blood for an immune response, not through skin testing.

There are a number of blood tests that can rule out food sensitivities (Allergies) or nutritional defects such as the RAST blood test, ELISA/ACT test and the DSP-1. However, there is only one blood test I recommend in America for finding your food allergies, and there’s only one laboratory I recommend you do it through to test for food intolerances.

As an expert in the nutrition field, I recommend only this one particular lab because it’s the only one in the entire United States whose quality control measures insure consistent lab results from test to test.

No other lab in America has such high quality standards and documented reproducibility like this one, so you can really trust the results it produces. In addition, the test is so effective in over 95% of cases that they even offer a guarantee!

If you want to find out the foods you should be avoiding, I strongly recommend you have your doctor order a special ELISA IgG antibodies blood test from Immuno Laboratories (contact Immuno Labs at 1-954-486-4500 or search www.betterhealthusa.com for information).

They will arrange to test your reaction to 115 different foods and scientifically identify the food intolerances you may have … and we all have them, so don’t think you don’t!

As long as you avoid eating your own personal food allergens, then you won’t be taxing your body as much and excess poundage will tend to fall off even if you eat more calories than usual.
You'll feel better since you won’t be taxing your body with the wrong foods, and you’ll also be correcting internal biochemistry and immunological responses that might be contributing to aging and health conditions, including vitreous floaters.

Since there is a tie-in between food allergies and floaters, eliminating those food allergies will help with the vitreous opacities.

This is the one dietary investigation you should really perform in your life, especially if you have some sort of chronic condition, because eliminating identifiable food offenders will relieve a big burden on your immune system, and once that burden is lifted it will produce dramatic changes in your health.

No matter what diet you ultimately follow, you have to avoid the food allergens that cause trouble for your immune system. Food can be a medicine or a toxin, a poison or a cure, and this is the one sure way to discover which foods are toxins to your system.

The beauty of discovering what foods aren’t good for you is that it doesn’t just help you with arthritis and joint pain, but with all sorts of other conditions such as unexplainable headaches, irritable bowel syndrome, skin problems, hyperactivity, depression, tiredness, sinus problems, problems with focus and attention, and being overweight.

I cannot stress this enough.

Once people discover the foods they should avoid and then avoid them, time and again these and other unexplainable conditions disappear.

That’s right. Disappear … gone … forever.

Think of the healing outcome in this way. If you stop taxing your body with immunological responses to foods it doesn’t like, your immune system will finally be freed up enough to go after and then repair a whole host of other long standing health conditions.

But if your immune system is constantly engaged in producing reactions to foods it doesn’t like, it’ll get stretched thin and you’ll experience a whole host of conditions that just shouldn’t appear.
The second great benefit of this approach is that after you receive your Immuno Laboratories test results, you won’t have to remember so many different dietary rules, but just the foods you should avoid because they’re not good for your body.

In general, the five diet rules to remember for life are:

- Cut down on sweet tasting foods and sugars
- Eat fewer grain and flour products
- Substitute good fats rather than bad fats in your diet
- Eat as close to organic and pesticide free food as possible, and
- Avoid your personal food allergens.

Simple, isn’t it?

I just saved you a bundle of diet books because this is what they’re all about.

Yes, they also talk about the necessity for exercise and eating discipline, but now you have the food component down pat.

If you really want to do something great about your health, then have your doctor order the Immuno Laboratories test so you can discover and then eliminate those foods that are provoking unhealthy reactions. It’s another powerful thing that you’ll be glad you did.

Honestly, the power of this test is hard to believe.

The Immuno Lab test is such a powerful factor for your overall health that I begged and pleaded with the owners of this famous lab to do something to tip you to get tested, and what a deal they are going to give you.

I had to chase these guys for months to get them to agree to something … that’s how much I like this test as a nutritionist and believe it will help you. It can do miracles for you if you indeed have a hidden food sensitivity that you’re not aware of.

Unfortunately, a food tolerance test like this can cost six, seven, eight or even nine hundred dollars in a doctor’s office, if they’re even aware of it. However, if you use the coupon provided at the back of this book when you call in, the firm will test you for their absolute rock bottom physician’s price of $546 (which is what physicians are charged before they add on their own fees), they will provide you with free nutritional counseling support for an entire year.
It’s not unusual for a visit to a nutritionist to easily cost $50-125 for a single consultation. Even if you just avail yourself of 3 consults – the initial test results and two follow-ups, you’d have $150-200 easily.

Here’s the cool part.

They will even send someone to your own home or office to draw your blood for the test and they’ve agreed to waive the normal $55 fee for this service!

For something like this that can radically affect your health, this is a great deal. If you’re going to do something about your floaters (or cataracts), you might as well take the extract step and do something about your overall health in general.

This test will pay off in spades. In fact, it’s a fantastic deal and I encourage you to take advantage of it for yourself and your family because food is your best medicine … or a poison … and finding out which is which and acting accordingly is the best thing you can do to avoid or eliminate all sorts of illnesses.

The older you get, the more important this test is to your health.

This test is the equivalent of a miracle drug, and you should think of the test and the counseling as an investment that’s going to keep paying you back over a lifetime! Rarely will you find something more powerful than this for the potential good it can do for your health.

Why wouldn’t you want to know which foods are secretly making you sick and contributing to low immunity, unexplainable aches and pains, and embarrassing weight gain that requires a whole new wardrobe and keeps you from the beach?

If you’ve ever wondered about what diet is right for you, please take my nutritionist’s advice, do this one test and save yourself years of secret tears, grief and hassle. Just decide for yourself you’re going to do something about this.

We’re veering from floaters a bit but I must tell you that if your kids are having problems with acne or headaches or weight gain or study habits in school, try it as well. Remember that the results will last for a number of years, and that’s what you’re after. With so many parents not knowing what to feed their kids nowadays, at least this tells you what you shouldn’t be feeding them because those offenders will make them sick and decrease their performance.
Any type of performance activity – whether it’s playing sports, doing academics, or playing an instrument – requires a healthy body and mental state that can be stabilized through the avoidance of food sensitivities.

This could be the one solution you’ve been looking for that none of the traditional doctors is going to tell you about, so I cannot keep recommending it enough. Go ahead and check the website out to find out more, and when you order be sure to mention this ebook to claim the special deal.

With that as my last bit of wisdom, I wish you good luck with your floater efforts.
Medical Journal Suggestions for Floaters

When you search US medical journals for treatments for floaters, all you will find are studies on surgical or medical treatments such as using the YAG laser or vitrectomy (a surgical procedure by which the vitreous of the eye is removed). There is nothing mentioned about naturopathic or nutritional studies on floaters.

However, a publication from Canada called Alive Advisor: Canadian Journal of Health & Nutrition.

Alive Advisor contains two articles on floaters. The June 91, Issue 110 contains an article by Dr. Zoltan Rona and Dr. Karen Schad Byers, and the April 90, Issue 100 also contains an article by Karen Schad Byers on floaters.

Together, these two researchers suggest a number of alternative (complimentary) medical options for treating floaters:

- **Alternate hot and cold compresses** over the eyes with a washcloth (always end with a cold compress rather than hot one) in order to increase the blood circulation


- **Spinal manipulation**, especially to the neck and mid-back, to improve blood flow to the eyes and head

- **Castor oil** or **honey eye drops** (1 drop 2x day)

- **Eyebright tea** internally (1-2 cups per day) and as an eyewash

- **Vitamin C** in very high doses (two grams every hour for 18 hours) - Dr. Schad Byers notes that this was written up as a personal report in the “Rodale Encyclopedia of Home Remedies,” and may not be effective for everyone or appropriate. However, dosages of approximately 1000-1500 mg of vitamin C have been reported by some individuals to help reduce their floaters, and this
amount can be found in a good multivitamin. In addition to water soluble vitamin C, a fat soluble form can be ordered and tried separately.

- "Other treatments that can generally help include acupressure, especially on the eye points, acute or constitutional homeopathy, a cleansing diet or fasting and taking digestive aids between meals to help the body clean up sludge (congestion from excess or wrong foods.)"

I consider these all minor recommendations that do not directly attack the problem, but it's the best published list you will find (perhaps the only one) from the alternative health field for floaters.

What you should note from this list are the several treatments we previously mentioned – eye exercises, eyebright tea, homeopathy, and a change in the diet.

All of them contribute to getting rid of floaters but most of them attack general body health and floaters through that mechanism.

What I would do from this list is change the diet, increase the blood circulation to the head, and the eye exercises since they make perfect sense no matter what your eye condition.

Here are the medical abstracts on the medical treatment of vitreous floaters should you decide to consider that option:

8,500 patients had been treated in the study clinic with the YAG laser and the paper did a 3-4 year follow-up on only 50 of those treated. Seven of the 50 patients were treated for floaters. Of these there was one case of transient intraocular pressure rise, and one case of transient vitritis. There was no development of cataracts, retinal holes or detachments in the 50 patients in spite of most of the 50 patients were treated heavily for vitreous membranes near the retina. She stressed the importance of using a magnifying contact lens for the surgery.

Dr. Fankhauser is considered the founder of the laser treatment of floaters. His paper consists of mainly cutting vitreous membranes, but there are 10 cases of floater disruption. There were no complications.

This study of 59 cases included 25 cases of floaters. No complications were listed for the treatment of vitreous opacities. They used a modified Coherent model 9900 laser. He stresses the importance of using contact lenses with magnification.

This study is a comparison of the two laser types mainly for cutting vitreous membranes. The treatment of 3 floaters, all severe, was reported. The Q-switched laser was used. All cases were successfully treated and there were no complications reported.

This is the only report in the literature containing only treatment of vitreous floaters cases. It reports 15 cases of obliteration of vitreous floaters with the Lasag Microruptor III YAG laser. All cases were successful and there were no complications. Patients were chosen because the floaters caused psychological symptoms. 13 of their cases had a PVD.
Health Newsletters for Keeping Up With Eye Health

I get perhaps three dozen health newsletters per month -- which doesn’t even count the other publications I receive on other matters – and for your own health I absolutely, positively recommend that you stay abreast of this field by subscribing to one or two of these newsletters.

They often contain information on eye health in general and other health topics.

Because I don’t like you wasting your money, I’ve boiled down the list of recommended newsletters to only three you should ever consider:

**Dr. Julian Whitaker’s Health & Healing/Healthy Directions**

If money is not an issue, I advise you to immediately go right now and sign up for Dr. Julian Whitaker’s *Health & Healing* newsletter.

If you’re not already a subscriber then don’t even think about it, but just go right now, click on the above link and subscribe to this newsletter right away. It’s that good and you’ll thank me for it.

Because you purchased this particular ebook, I can tell you that Whitaker’s *Health & Healing* is the best source for the health topics particular to aging, memory and concentration, pain, energy … and is the number one general health newsletter I’d recommend for your probable concerns.

Forget about those ads for health newsletters from famous universities you get in the mail because while these newsletters carry a university name, those folks rarely stick their necks out to let you know of something non-establishment that really works.

I keep subscribing year after year to those things hoping to find something useful in those newsletters, but all I usually get is just boiled down baby food. Even at only $12 a year I usually consider the money I’ve spent a complete waste, which is a pretty rare comment from me.
Dr. David Williams’ The Alternatives Newsletter

If you like the hottest cutting edge news for new supplement discoveries that really work, as well as detailed intelligent discussions of topics that affect your health, then you should also sign up for Dr. David Williams’ newsletter, The Alternatives Newsletter. He often has articles about eye health.

Dr. Williams, is the “Indiana Jones” of the health world who travels all over the globe to research health breakthroughs and interview people first hand about their health discoveries and their ramifications for our health.

A lot of the other health newsletter writers in the field simply copy whatever he finds, so he usually lets you know what’s proven and works before everyone else. Then it takes about ten years or more for the regular media to pick it up, but of course by that time it’s too late for a lot of people.

Why did I mention Dr. Whitaker first? The Whitaker newsletter has less discussion but simpler protocols for the conditions you and your family are likely to encounter over a lifetime like heart disease, arthritis, obesity, cancer, diabetes, etc. It’s easier to digest.

The Williams newsletter, on the other hand, can go for many issues before touching upon a condition like this. However, the Williams’ information is far more insightful and better researched, and I prefer the Williams supplements to the Whitaker supplements.

Jonathan Wright’s Nutrition and Healing

If you still want more, such as a newsletter where you like feel like you’re talking to a physician, then Jonathan Wright’s Nutrition and Healing is another newsletter I’d sign up for. This doctor has helped pioneer the field of using nutrients and nutritional supplements to cure disease, and we all owe him a lot.

Floaters come with aging and with aging comes all sorts of other health problems that can be addressed through alternative approaches other than surgery and drugs.
By keeping abreast of the health field through these few newsletters, you’re on your way to avoiding the scalpel and medication side effects that put thousands of people in the hospital every year. By all means sign up for the Whitaker and Alternatives newsletter, because health is a precious thing to waste.

The other newsletter to sign up for is the free internet newsletter found at www.Mercola.com. It, too, is excellent.
Medications that Can Harm Your Eyes

When you take various medications, they often have side effects, some of which can harm your eyes.

If you want to help reduce the possible side effects of medications on your eyes, you should think about taking various antioxidants such as vitamin C, vitamin E, vitamin A, selenium, alpha lipoic acid, glutathione and lutein, zeaxanthin and bilberry extract which are known to help the eyes.

Drinking eyebright tea has been used for ages to help the eyesight as well.

In particular, alpha lipoic acid (Jarrow “Alpha Lipoic Sustain 300”) may be useful as it is a lipotropic antioxidant. “Lipotropic” means that it helps remove fat and affects the liver. Alpha lipoic acid is particularly interesting in that it is a fat soluble as well as water soluble antioxidant, and its fat solubility allows it to penetrate the vitreous humor of the eye.

Methionine, choline and inositol also facilitate the transport of fat molecules in and out of the liver, so they are often found in lipotropic formulas to clean the liver and thus help eye health.

Remember .. Chinese medicine maintains that floaters are often due to liver congestion, which is one of the reasons for taking lipotropic agents.

Even taking these supplements, however, you cannot totally depend on them for protecting your eyes from the effects of various medications.

If you know you have eye troubles, it is best to be wary of those medications proven to affect the eyes in the first place.

Remember that drugs are designed to produce beneficial actions as well as side effects whose occurrence needs to be balanced against the potential gains they may offer.

The following list contains the most common medications taken in the United States and their possible effects on the eyes:
The following drugs can damage the retina of the eye:

- Plaquenil (hydroxchloriquine sulfate) for rheumatoid arthritis can cause irreversible retinal damage.
- Clonidine (brand name catapres) for lowering blood pressure can damage the retina
- Thioridazine for fighting infections can cause pigmentary retinopathy
- NSAIDS (aspirin, ibuprofen [Advil, Motrin, Bayer, Aleve], flurbiprofen, ketoprofen and naproxen sodium) can cause visual side effects such as cataracts, dry eyes, and retinal hemorrhages

Drugs that can cause eye hemorrhage, and thus floaters from red blood cells:

- NSAIDS which include over-the-counter pain relievers (aspirin, ibuprofen [Advil, Motrin, Bayer, Aleve]),
- Venlafaxine for depression
- Amphotericin B
- Cholesterase inhibitors for Alzheimer's
- Pentoxifylline for blood clotting
- Heparin, coumadin, anisidione, oral anti-coagulants

Drugs that can cause glaucoma and/or damage the optic nerve:

- NSAID's
- Venlafaxine
- Steroids - cortisone prescriptions such as Prednisone are the most damaging drugs to the eyes of all the classes of prescription drugs. Ask your doctor if you can replace Prednisone with a natural cortisone such as hydrocortisone, and make sure you take ample antioxidants when on steroids such as Prednisone.
- Simvastatin
- Fenfluramine
- Mirtazapine
- Gastic antispasmodics
- Antidepressants

**These drugs can cause blood clotting or harm the blood flow to the eyes:**
- Androgen replacement with synthetic hormones
- **Estrogen**

**The following drugs can cause or worsen cataracts:**

Photosensitizing drugs (which make your eyes more sensitive to sunlight) can actually make you more susceptible to cataracts. Here's a list of those drugs:
- Antihistamines
- Birth control pills
- Tranquilizers
- Sulfa drugs
- Oral anti-diabetic drugs
- Antidepressants
- NSAIDS (for example aspirin, ibuprofen, advil, meclofen)
- **Steroids** can produce posterior subcapsular cataracts after long-term usage and can increase the intraocular pressure of the eye leading to glaucoma. It's common for dense cataracts to develop in nearly 50% of people taking 10 -15 milligrams of prednisone daily for one to two years, which will not go away even after you stop the medication. If they develop they will have to be surgically removed.
- Fluroquinone, terbinafine, mefloquine type antibiotics
- Glucocorticoids (Prednisone)
- Eretinate, isoretinoin
Drugs that can cause changes to the cornea:

- Anti-malarial drugs such as Chloroquine, quinacrine, and hydroxychloroquine can cause corneal changes. Some of the symptoms may include seeing halos around lights, or heightened light sensitivity though there won’t be any change in visual acuity. It’s typical that once you stop taking these drugs, then these symptoms often disappear.
Food Allergy Testing Coupon

Immuno Laboratories Food Allergy Testing
Special Offer

Order this program through this ebook and you'll get a discount price, free blood draw and 365 days access to nutritional counselors who will help you interpret and use the results to get the results you want.

When you order today, you'll receive a FREE at home or office visit with a licensed professional to begin your testing, (the same people who perform physicals and lab tests for insurance companies) - a $55 value - and, you'll receive a special toll free number to call during regular business hours for support from certified nutritionists for a whole year (this benefit alone is worth your entire investment!).

Here are all the benefits which you'll receive...

115 foods tested by Immuno Laboratories, Fort Lauderdale, Florida. - pinpointing which foods are toxic to your particular system and which foods blend harmoniously.

Personalized service from a licensed professional, scheduled at your convenience in your home or office.

IMMUNO HEALTH GUIDE: Your step-by-step guide on how to implement your program - includes recipes, food combining, tracking forms and much, much more.

Handy reminder card: A laminated (credit card size) card for your wallet or purse so you'll always know which foods to avoid wherever you may be.

A full year of nutritional support: Call toll free or email our certified nutritionists.

Satisfaction guarantee: Just give the 90-day program a fair chance - you'll significantly feel better and experience the relief you expected or your program fee is fully refunded.

Call 1-954-486-4500

Please mention the “Reverse Your Cataracts Naturally” ebook when Ordering