

LiveIt!

Nutritional Lessons



Vision Health

LiveIt! Lifestyle Lesson 20

Alan P. Duben, DC
4165 E. Thousand Oaks
Blvd.,
Suite 301
Westlake Village, CA
91362
805-494-1339

“ We must remember that any disease is at first a disturbance in cell metabolism brought about by interference with cell respiration or starvation, and that to survive the way nature intended we must avoid those things which produce these adverse biochemical changes.” Dr. Royal Lee, 1958

*From the Pen of Dr. Royal Lee (1895-1967)
Inventor, Scientist, Genius, Founder of Standard Process, Inc.*

Healthy Vision Requires Insightful Choices

Windows to the soul. She has a clear vision. He is so insightful. See the good in everything!

Poets, philosophers, prophets – scientists, satirists, sages – mothers, children, fathers all speak of them. Sounds like a philosophy class but we are talking about – YOUR EYES - those priceless and taken for-granted “miracles” of function.

What a beautiful world we live in! Without healthy eyes - radiant, focused and bright - there is so much we would miss, so much joy, so much insight, too many good things. A child’s first step, a smile, the trees, the meadows, oceans and beautiful sunrises are ours to behold. The literary classics, the Word, a love letter, the paid-off mortgage.

The mere passing thought that we might lose our vision is instantaneously pushed away with denial, “It could never happen to me!” while we too easily accept diminishing vision as we age, “I don’t see as well as when I was younger.” Millions of people suffer various forms of visual degeneration every year and too many people lose their vision for what could be preventable reasons. Is your vision dimming due to nutritional deficiencies?

Failing vision is most definitely linked with nutritional deficiencies!

Understanding this fact is the key to preventing vision loss. Consider the various common eye health condi-

tions and what you can do to avoid them. Eye conditions fall into categories related to the eye tissue:

- **Nerve & Retina Health** - Macular Degeneration
- **Muscular control of the eyes** - Focus and accommodation
- **Tear duct functions** - “Dry Eye Syndrome”
- **Clarity of the fluids and lens** of the eye – “floaters” & cataracts

Supporting overall eye health can be as simple as building health of the various tissues of the eye. Let’s use Macular Degeneration as an example of how nutritional deficiencies can negatively affect eye health.

Macular Degeneration

Macular Degeneration (MD), a leading cause of blindness over the age of 55, affects more than 13 million Americans - more than glaucoma and cataracts combined. Macular Degeneration typically takes years to develop into a loss of eyesight - but this tragic outcome is the result of choices you make every day – let’s find out how.

The macula is the important part of the eye’s retina which collects the light and tells your brain what you are seeing. The retina is rich with ten layers of nerve tissue – supplied with nutrition by a delicate system of blood vessels. The health of the retina is highly dependent on Vitamin A complex, antioxidant rich whole foods and other vital nutrients supplied by



the blood supply which also removes metabolic waste products.

When the blood vessels become narrowed or blocked by plaque, health building nutrients are not effectively delivered to the tissues of the eyes. If blood vessel walls become weak, blood can leak into the eye structures. Both of these conditions lead to a degeneration of the retina and vision is diminished or lost. (see LiveIt! Lesson 19)

The first signs of breakdown of eye health may be distorted vision, the appearance of wavy lines, difficulty reading up close or seeing far away, colors beginning to fade. Why wait for any symptoms of vision degeneration to appear? You can support eye health now!

Studies show that eye health is supported when following The Nutritional Essentials lifestyle, thus preventing conditions such as Macular Degeneration. The truth is the very same lifestyle which is good for every other part of your body is also the answer for your eyes - only more so! Your eyes are irreplaceable and such an important part of overall health and happiness makes feeding your eyes the nutrients and protecting them from toxins is vital to a total health care program.

See Your Future Now - Make Healthy Choices

Make Healthy Choices for Healthy Vision

When you make healthy choices, oxygen and nutritionally rich blood has the best opportunity to reach and support your eye tissues. Choose to support eye health every day!

See the future now – make healthy choices.

- Follow the Nutritional Essentials lifestyle. Eat whole foods, plenty of veggies and fruits.
- Eat whole foods rich in antioxidants. (see Livelt! Lesson 18)
- Eat whole foods rich in natural fats. (see Livelt! Lesson 4)
- Eliminate synthetic processed “foods”, refined sugars, flours, denatured fats. (see Livelt! Lesson 2)
- Stay away from chemicals which may damage eyes such as chlorine bleach, cleaning solvents, disinfectants, toilet bowl cleaners. Use eye protection for safety!
- Support your body with periodic purification. (see Livelt! Lesson 6)
- Take whole food supplements to insure your eyes get what they need for health.
- See your eye care professional regularly.

Whole Food Supplements for Healthy Vision

Iplex® – Since 1957 this whole food supplement combination has supported eye health. Rich in foods beneficial to nerves and circulation, Iplex combines the benefit of whole vitamin complexes A, B, and C as well as Protomorphogens (PMG®s) (see Livelt! Lesson 9) to build and protect the eye tissues from autoimmune degeneration. These complexes are needed to maintain the structure and the function of the specialized tissues of the retina thus are important for proper eye function.

Iplex® is one whole food combination product that everyone who is concerned about eye health could safely take daily to provide those Nutritional Essentials for healthy vision.

OPC Synergy® – OPC Synergy draws maximum antioxidant strength and tissue protection from five different whole-food sources. OPCs are thought to offer strong antioxidant protection. The strength and superior bioavailability of OPC Synergy allows it to perform positive roles in every part of the body- especially in delicate brain, eye, and nerve tissue to support vision health.

SP Green Food® - SP Green Food is made from whole food complexes with their synergistic cofactors to support normal growth and development, immune system response, antioxidant protection, and detoxification activities supportive to eye health.

Cruciferous Complete® - Kale and Brussels sprouts contain phytonutrients that protect against free radicals. The nutrients in these vegetables also stimulate the body's cleansing systems and are supportive in the healthy functioning of the eye.

Omega 3s

Linum – B6 - Flaxseed oil has been known to have profound beneficial effects for some areas of the body. Flaxseed is a natural source of omega-3 fatty acid precursors. Flaxseed oil in Linum B6 converts to essential fatty acids that influence hormone production and help maintain healthy skin, nerve tissue, and blood fat levels to support the cardiovascular and immune systems.

Tuna Oil Omega 3s - The modern American diet is extremely low in life-sustaining omega-3 essential fatty acids. These necessary nutrients promote and support healthy cardio-

vascular, nervous, and immune system health, in addition to maintaining healthy eyes. Tuna Omega-3 Oil provides a rich source of long-chain omega-3 essential fatty acids, supplying DHA and EPA in a naturally occurring 5:1 ratio. Each batch of Tuna Omega-3 Oil is consistently tested for PCBs, mercury, peroxides, and anisidine levels to assure it meets the highest quality specifications.

† These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. They are to support your health.

1. Liu RH., J Nutr. 2004 Dec;134 Potential synergy of phytochemicals in cancer prevention: mechanism of action.
2. Kris-Etherton PM, et al; Am J Med. 2002 Dec 30;113 Bioactive compounds in foods: their role in the prevention of cardiovascular disease and cancer.
3. Frank B, Gupta S.; Ann Clin Psychiatry. 2005 Oct-Dec;17(4):269-86.; A review of antioxidants and Alzheimer's disease.
4. Valko M, Morris H, Cronin MT.; Curr Med Chem. 2005; Metals, toxicity and oxidative stress.
5. Mayne ST.; J Nutr. 2003 Mar;133 Suppl 3:933S-940S.; Antioxidant nutrients and chronic disease: use of biomarkers of exposure and oxidative stress status in epidemiologic research.

Patients Speak

"I became blind over seven years ago, lost my job and went through many other difficult circumstances because of it. Nine months ago I began a supplement program and 5 months ago my vision had returned by 50% and now my vision is normal." DV

What Did You Learn?

Millions of people suffer various forms of visual degeneration every year and too many people lose their vision for what could be preventable reasons. **True False**

Macular Degeneration typically takes years to develop into a loss of eyesight - but this tragic outcome is the result of choices you make every day. **True False**

When I make healthy choices, oxygen and nutritionally rich blood has the best opportunity to reach and support my eye tissues. **True False**

Following Livelt! Lifestyle, helps prevent Nutritional Deficiency Disorders, like unhealthy eyes. **True False**

This LiveIt! Lifestyle Lesson is brought to you by:

Duben Holistic Chiropractic & Kinesiology

Alan P. Duben, DC

4165 E. Thousand Oaks Blvd.,
Suite 301

Westlake Village, CA 91362

805-494-1339

http://www.docduben.com



Share this Information
with a friend - Thank You!