

Healing by Design

EYE HEALTH (Glaucoma, Cataracts, Astigmatism)

10 STEP PROTOCOL TO PARTNERING WITH GOD'S DESIGN

1. Nutrition is important for eye health. Sugar and grains especially can take life from the body, weaken nerves and blood vessels, and cause vision problems. Think about diabetes, and the resulting disease called retinopathy. This is eyesight loss caused by sugar in the bloodstream. Eating a diet of mostly raw fruits and vegetables will get you the nutrition you need and help you avoid all the bad stuff.
2. Avoid neurotoxins in our food supply. Dangerous chemical additives such as MSG, aspartame, artificial flavors, colors and dyes all contribute to nervous system damage and can cause loss of vision. Aspartame and MSG specifically has been studied and linked to various eye conditions.
3. Eye nutrition. The best nutrients for the eyes are astaxanthin, zeaxanthin, lutein, vitamin A and Vitamin C. The best foods to get these nutrients would be all green leafy vegetables, carrots, SPIRULINA, chlorella, wheatgrass, bell and cayenne peppers, all citrus, and dark colored berries.
4. Good products which contain these ingredients are ***Spirulina by Nutrex, EyeAstin by Nutrex, and Eye Protector by Synergy Company.***
5. Get outside! Fresh air and sunshine. Sunshine in the eyes is especially powerful for the eyes. Never look directly at the mid-day sun, but research SUNGAZING, where you watch sunrises or sunsets with no concern over eye damage. You can also look at the sun with your eyes closed and get benefits. Don't wear sunscreen or sunglasses. Get a nice tan.
6. For GLAUCOMA, you must work on your fluid systems. This means working on the lymphatic system and the kidneys to relieve the pressure. The fastest way to do this is to go on a JUICE FAST. You can do the ***Spirit of Health Kidney Cleanse and then Lymphatic System Cleanse*** in that order to relieve the pressure.
7. For CATARACTS, you can try the ***Eye Wash by Dr Morse***, 2 drops of castor oil in each eye every night for 2-3 months, or research other cataract dissolving formulas on-line. There are some that work!
8. If your eyesight is slowly getting worse, or you are told you have an "astigmatism," try alternatives before jumping into corrective eyewear. Try "exercising" your ciliary muscles by getting pinhole glasses or looking at something close up, then far away, exercising your muscles to strengthen the eye.
9. The best herbs for the eye are juniper berry (strengthens optic nerve), camu camu an amla berries (high vitamin C content), eyebright, and bilberry.
10. Detox. Fasting and cleansing heals all conditions. The eye will repair and restore when the body goes into fasting mode. Cleansing the liver and lymph will clean up the blood, which restore health to the entire body.