

## Natural Treatment for Cataracts



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Feeling like your vision has gotten cloudy as you've aged? Though cataract surgery can be helpful in some, cataracts can often be prevented and treated — naturally.

The information below is from our free new iPhone application called "Natural Cures" — already in the top 10 most popular free applications in the iPhone App store's "Health and Wellness" category!

The lens of the eye, which is what allows us to focus, is filled with a clear protein containing liquid. If the proteins in the liquid start to denature, they become cloudy. This can cause vision to get cloudy.

Cataracts can be small and present at birth, occur (rarely) after eye injuries, and most often occur as people age — being hastened sometimes by diabetes or high blood pressure. The radiation/ultraviolet light increase seen at high altitudes can also increase risk.

Cataracts are not dangerous, but can impair vision. Let's look at prevention and treatment.

Once the cataracts begin, I recommend:

1. Vitamin A (25,000-50,000 units a day). Use actual vitamin A and not beta carotene for this. This is a high dose, and should not be used in children, people with severe liver disease, or women who might get pregnant (can cause birth defects) — folks who usually do not have cataracts anyway. One ophthalmologist jokingly complained that his cataract surgery income dropped by 2/3 when he started adding the vitamin A.
2. N- acetyl carnosine eyedrops (available as a product called "Can-C") used twice daily
3. Bilberry (80 to 160 milligrams of a standardized 25% extract three times daily)
4. Chinese herbal mix Hachimijiogan (offered as "Clinical Nutrients for the Eyes," by Phytopharmica). Try three tablets daily.

If the cataracts are still problematic after 6-12 months of these treatments, surgery is very reasonable. Unlike most surgery, if the cataracts are bothering you to where you think that you eventually will need the surgery (after using the above treatments), I would do the surgery sooner rather than waiting. It is simple surgery and can markedly improve vision.

So if you are going to do the surgery, why put up with poor vision while waiting?