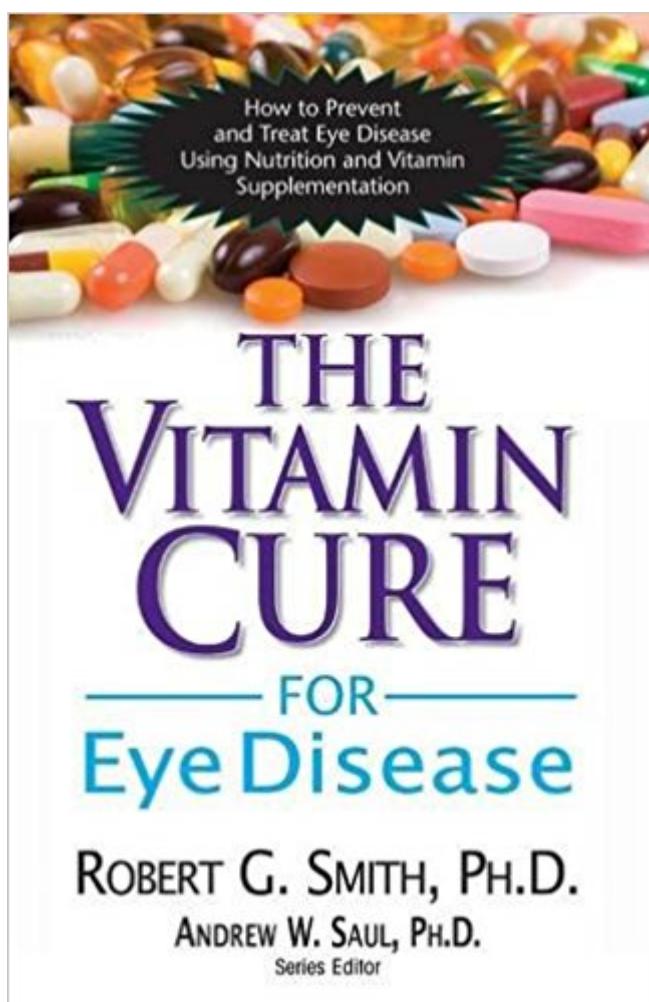


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# The Vitamin Cure For Eye Disease: How To Prevent And Treat Eye Disease Using Nutrition And Vitamin Supplementation



## **Synopsis**

This text will be an indispensable tool for people seeking therapeutic, natural help for specific eye diseases as well as those wanting to maintain their healthy eyes later in life.

## **Book Information**

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## **Customer Reviews**

Robert G. Smith, Ph.D., is a research scientist focusing on the function of retinal circuitry and the how and why of neural circuits. Dr. Smith has written many research articles published in scientific journals, has served on review panels for grant applications to the National Institutes for Health, and is a regular attendee at international retina and vision conferences. Andrew W. Saul, M.S., Ph.D., is editor-in-chief of the Orthomolecular Medicine NewsService and is on the editorial board of the Journal of Orthomolecular Medicine. Has published more than 180 peer-reviewed articles and has written or coauthored 12 books.

Personally I prefer having the possibility to look inside books before buying ordering, but as this book also as cowriter is having Andrew W. Saul, PH.D., by whom I already owe books, and beside is produced by Basic Health, then I ordered it anyway. And after having finished reading the book I am highly satisfied by all of the new knowledge which I have received. But to me it took longer time to read it, than I had expected, but this as a result of the very closely writings and detailed information. The book is separated in these chapters: Acknowledgments, v Foreword, vii Chapter 1.

How Vitamins Can Help Our Health: An Introduction, 1 Chapter 2. How Science Learns: Studies of Treatments, 27 Chapter 3. The Eye: How It Works, and What Can Go Wrong, 47 Chapter 4. The Effects of the Light on the Eye, 61 Chapter 5. Vitamins Prevent Degeneration on the Photoreceptors: Retinal Detachment, Macular Degeneration, and Retinitis Pigmentosa, 73 Chapter 6. Vitamins Prevent Degeneration of Retinal Ganglion Cells: Glaucoma, Diabetic Retinopathy, 91 Chapter 7. Vitamins for Other Conditions and Diseases of the Eye, 99 Chapter 8. Eating Right to Prevent Disease, 109 References 157 Index, 193 About the Author, 199Concerning the References we see that it covers many sides, actual 36 sides, as the result of 540 References.The Chapter 1 starts with a case taken from the book written by Andrew W. Saul: "Doctor Yourself", about a woman who started having an eye problem, by which nearly losing her peripheral vision, and by a doctor was told that nothing could be done. But after following advises from Saul, concerning food, vitamins, and minerals, nearly got her eyes back to function as before. In this chapters then follows the subchapters: "Orthomolecular Medicine", big doses of vitamins and minerals, "My Interest in Orthomolecular Medicine", "My Job as a Scientist", "Our Need for Vitamins", "Food Deficiencies Cause Disease", "Age-Related Deficiencies", and "The Effect of Nutrient Deficiency on Eye Health".What is written in the Chapter 2 I already knew, as I've learned it in universities, but, no matter, I read it. The chapter contains the here stated subchapters: "Scientific Questions and Hypotheses", "Objectivity and Ethics of Health Studies", "Subjective Effects", "Random Effects", "Observational Studies", "Double-Blind and Randomized Controlled Trials", "Positive Versus Negative Results: Proportionality", "Correlation Causality", "Health Studies are Complex and Expensive", and "Public Access to Science".In the Chapter 3 we concerning the eye are having 3 good detailed drawings with the many part names which we again and again are having in the rest of the book. And as the subchapters we have: "Structure of the Eye", "The Retina", "Oxidative Stress and Antioxidants", and "Oxidative Stress and Eye Disease". But already in this chapter we start learning about the vitamins and mineral, and besides in which big problems the smoking results, and why smokers have to take more vitamins and minerals.On the first side in the Chapter 4 we read that when we go out on a bright, sunny day, our eyes may absorb 100 trillion ( $10^{14}$ ) protons per second, and resulting in small damages, which the eyes, normally, are repairing by themself. But furthermore we read much about how to protect against the sun. And in this chapter we have the following subdirectories: "Need and Risk of UV Light Exposure", "Normal and Pathological Function of Light", "Energy Use by Photoreceptors Exposed to Light", and "Cataract: An Example of Oxidative Stress",In the Chapter 5 we have the following subdirectories: "Retinal Detachment", "Macular Degeneration", "Night Blindness", "Retinitis Pigmentosa", and "Prevention

and Treatment of Retinitis Pigmentosa". The Chapter 6, concerning the vitamin cure for eye disease, starts with the first subdirectory chapter "Glaucoma", a progressive disease for the eye, to which we have a detailed drawing. And finish with the subdirectory "Diabetic Retinopathy". And the mostly repeated vitamins are the C and the E, and for the C, many times through the book, we are told to take 3,000 to 10,000 IU per day. The Chapter 7, concerning other conditions and diseases of the eye, we first have the subdirectory "Dry Eye, Conjunctivitis", and then follow "Uveitis", an inflammation of the interior of the eye, "Corneal Ulcers, Corneal Transplant", "Eye Herpes, Zoster, and Shingles", where Herpes zoster (chickenpox) can cause shingles in the eye, and against which, we among other, read about treating it with vitamin C in 3,000 - 50,000 mg per day! And to raise the level of vitamin D quickly, by taking 20,000 - 50,000 IU per day, for a few days! Then follows: "Eye Twitch", "Vitreous Floaters, Vitreous Detachment, Macular Hole, Retinal Tearing", "Optic Neuritis", "Ocular Strokes", "Recovery from Eye Surgery", and "Vitamin Deficiencies in Eye of Infants and Children". Even though I own many books concerning vitamins and mineral, I here in Chapter 8, about eating right, still learned more, but of course here especially in connection with the health of the eyes. As subdirectory we have: "Finding the Balance between Diet and Supplements", "Suggestions for Eye Health: Sprouts and Green Smoothies", "Sprouting Seeds", "Green Smoothies", "Eating Right All Day", "Rational for Supplements", "How to Resolve Contradictions about Doses", "Smoking", "The Vitamin Bs", "Vitamin C", "Vitamin D", "Calcium and Magnesium", "Vitamin E", "Vitamin K", "Iron". And here on the 2 sides concerning Iron, there for me are many interesting information concerning the problem when either having too little or too much Iron in the body, and how we can get too much Iron by eating too much red meat, liver and turkey. And then follows: "Zink, Copper, and Selenium", "Ultra-Trace Minerals", "Omega-3 and Omega-6 Fatty Acids", "Lutein, Zeaxanthin, and Other Carotenoids", "Lipoic Acid", "Coenzyme Q10", "N-Acetylcysteine, Glutathione", "Common Benefits of Supplements", "Orthomolecular Doses of Nutrients to Prevent Eye Disease". And followed by a framework, covering 1-2 pages, showing the amounts of the vitamins and mineral, we just read about. And then finaly "Summary: A Combination of Nutrients is Most Effective", where we again are reminded that vitamins taking together, each are giving bigger results than when taking as singles. But to the subdirectory, mentioned above, the "Vitamin K", I have a remark. Here, as in nearly all the existing books we only read and talks about the vitamin K. But in the only one year old book, written by Dr. Kate Rheaume-Bleue. BSc., ND, "Vitamin K2 and the Calcium Paradox", we learn that we in our bodies are using the K1 and K2. And that the first of these is working together with the blood, and the second especially are necessary for getting Calcium and Magnesium working in building up bones.

And that the K2 is more seldom in the foods than the K1. But again, it's so new a knowing that yet not even mentioned in the books for the universities, in which I've been searching! But all together and excellent book, which especially has resulted in my taking more care against the sun, and to increase my previous daily 500 mg C vitamin.

Great product. I use this for Intersitial Cystitis and it has been very beneficial. Also recommended if one is inclined to get Alzheimers.

I really liked this book.

Great information about basic eye anatomy and eye disease. Nutritional information about preventative measures against eye problems is also very helpful. Overall a good source of information from a knowledgeable author.

A little too much information for my taste. Goes into lots of details about the different eye structures and how they work. Great, for anyone who would like to know that. I like the final summary on what to take for my eyes.

Seems a good interesting book. Although at the moment i have only read up about my condition being macular degeneration at this point so i am going abide by what the book says to do and hope I improve my condition or who knows may even eradicate the disease!

I thought this was vitamins for the eys overlooked that it is a book.

THE VITAMIN CURE FOR EYE DISEASE by Robert G. Smith, Ph.D., is yet another great entry in the Vitamin Cure series of books. Dr. Smith shares with the readers his vast knowledge on the complex and delicate mechanics involved in vision. In detailed, yet understandable terms, he shows us the important role that nutrition plays in maintaining healthy eyes and preventing many common vision problems. The author has a chapter on specific nutrients and the effects that each one has on eye health. He then concludes the chapter with a list of recommended supplements and suggested potencies which, along with a healthy diet, can assist in maintaining healthy vision. I highly recommend this book to anyone who is interested in learning more about what they can do to keep their eyes strong and healthy.

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The Vitamin Cure for Eye Disease: How to Prevent and Treat Eye Disease Using Nutrition and Vitamin Supplementation Vitamin K: Understanding The Healing Powers Of A Little Known Vitamin (Vitamin K, Vitamin K2, vitamin k2 and the calcium paradox, vitamin K and the calcium paradox, osteoporosis, osteoporosis cure) The Vitamin Cure: Clinically Proven Remedies to Prevent and Treat 75 Chronic Diseases and Conditions Fatty Liver :The Natural Fatty Liver Cure, Proven Strategies to Reverse, Cure and Prevent Fatty Liver Forever ! (Fatty Liver Cure,Fatty Liver diet,Fatty ... Cure, Detox, Fat Chance, Cleanse Diet,) The Fatty Liver and Weight Loss Solution, Proven Natural, Safe and Non-Toxic Strategies to Reverse, Cure and Prevent Fatty Liver.-Fatty Liver Cure, Fatty ... Fatty Liver Disease, Fatty liver cure) The Ultimate Herpes Cure - How to Eliminate Herpes for a Life Using Natural Cure Methods (Herpes Cure, Herpes Protocol, Herpes Cure Treatment, Herpes Treatment, Herpes Zoster, Herpes Simplex Virus) Outsmart Cancer: The Proven Cure For Beating Cancer With Healthy Nutrition And Vitamin B17 (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention) Gum Disease Cure (Gum Disease Cure, Periodontal Disease, Gum Disease, Gum Infection, Gingivitis treatment, Tooth Decay) Third Eye: Third Eye Activation Mastery, Easy And Simple Guide To Activating Your Third Eye Within 24 Hours (Third Eye Awakening, Pineal Gland Activation, Opening the Third Eye) REVERSE HEART DISEASE - HEART ATTACK CURE & STROKE CURE - LOWER HIGH BLOOD PRESSURE TO NORMAL & RESTORE YOUTHFUL CARDIAC HEALTH WITH NO SURGERY OR DRUGS ... Pressure Cure, The End Of Heart Disease) Herpes: Herpes Cure: The Natural Herpes Cure Method To Eliminate Genital Herpes For Life! (Herpes Cure, Herpes, Genital Herpes, Cold Sore, Eliminate Herpes, How To Cure Herpes, Herpes Treatment) The Herpes Cure: Permanent Solutions To Treating Herpes (Cold Sore, Genital Herpes Cure, Genital Herpes Book, herpes cure, cure herpes Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure Healthy Vision: Prevent and Reverse Eye Disease through Better Nutrition The Healthy Bones Nutrition Plan and Cookbook: How to Prepare and Combine Whole Foods to Prevent and Treat Osteoporosis Naturally Your Nutrition Solution to a Healthy Gut: A Meal-Based Plan to Help Prevent and Treat Constipation, Diverticulitis, Ulcers, and Other Common Digestive Problems Raw Food Diet - Recipes with Low Sugar and Sodium. High Potassium, Vitamin A, Fiber, Folate and Antioxidants for energy, skin cleansing, to lose weight, to prevent heart disease, diabetes and cancer The Gum Disease Cure: How I cured Periodontal Disease in 2

months (Gum Disease Periodontal Disease Periodontitis Receeding Gums) Cure Gum Disease Naturally: Heal and Prevent Periodontal Disease and Gingivitis with Whole Foods

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