

MACULAR DEGENERATION

1. Macular degeneration is almost entirely the result of oxidative free radical damage. So, you can see, oxidative free radical-generating EFA and DHA from fish oil are the last thing a person should take to prevent macular degeneration. Yet, it has become routine for ophthalmologists and optometrists to recommend fish oil as part of health food store quality supplementation purported to be “good for the eyes”.

Below is further discussion of the association between Poly-Unsaturated Fatty Acids and macular degeneration.

2. The eye is one of the more metabolically active tissues in the body. As such, it is subject to oxidative free radical damage. One manifestation of PUFA's destructive influence is macular degeneration. Many research studies report that Co Q-10 may improve retinal function in patients with age-related macular degeneration by improving the performance of mitochondria in the retinal pigment epithelium. [=== ADAPTO-MAX and OXY-MAX]

Ophthalmol. 2003 Sept-Oct:217(5):351-7. Mitotrophic compounds for the treatment of age-related macular degeneration. A metabolic approach and a pilot study. Feher, et al.

3. Perhaps this oxidative damage is why vision loss is one of the leading side effects of taking Statin drugs. The depletion of CoQ10 leaves the retina more vulnerable to oxidative stress & free radical damage. The eye, and especially the retina, is extremely susceptible to oxidative stress. Oxidative stress can lead to a host of degenerative retina conditions. CoQ10 is another major supplement recommended for all patients with degenerative vision loss. [=== ADAPTO-MAX and OXY-MAX]
4. PUFA-induced glycation-related oxidative damage in blood albumin and eye lens protein is inhibited by carnosine. [=== ADAPTO-MAX]
5. Also --- patients with macular degeneration tend to be low in carotenoids and flavonoids (such as Quercetin & Rutin).
6. RE: lutein and zeaxanthin for macular degeneration

For age-related macular degeneration, the carotenoids lutein and zeaxanthin, have been shown to have some benefit. But --- they are no more beneficial than a dozen or more other carotenoids and other antioxidants. The only reason these two carotenoids were even looked at is because they occur in vegetable food sources accompanying beta carotene, so they got a lot of scrutiny. But other antioxidants, carotenoids, and particularly flavonoids are actually more beneficial.

Far more effective in preventing and minimizing age-related macular degeneration are the antioxidants and adaptogens in Diphasic A.M. (ADAPTO-MAX) and Diphasic P.M. (OXY-MAX), in conjunction with proper use of Oxy Tonic and Oxy D+. --- In other words, you will get much more bang for your buck with NUTRI-SPEC supplements than you will from lutein and zeaxanthin.

7. The only clinically effective approach to macular degeneration is supplementation with
- Adapto-Max (Diphasic A.M.)
 - Oxy-Max (Diphasic P.M.)
 - Taurine (neuro-protective)
 - Immuno-Synbiotic
 - Either Oxy Tonic or Oxygenic D-plus (as per NUTRISPEC test procedures, or per the BALANCING PROCEDURE)