

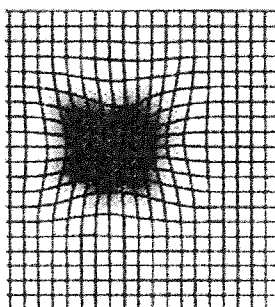
"BLIND" DIET - an update on vegetable oils

NEWS FLASH: You may have seen on TV in early July 2004, recent research by Dr Paul Beaumont has found that the increased consumption of margarines and vegetable oils over the last 50 years or so is the main culprit in the increase in macula degeneration, now the leading cause of blindness in Australia today, affecting more than 800,000 Australians. Dr Beaumont, from the Macula Degeneration Foundation, has been horrified at the 10-fold increase in the disease he has witnessed over the last 30 years. He said *"Vegetable oils have crept insidiously into our diet and are present in most processed foods including breads, shop-bought cakes, biscuits, chips, dips, sauces, peanut paste, salad oils, instant dinners and desserts, tins of fish, packets of currants and dried fruit to stop them sticking together and even in some fruit juices and milks."* Dr Beaumont advises that people go back to using butter **NOT MARGARINE**. Avoid all marg including olive oil ones and soft butters. Use cold pressed Olive Oil only, **NOT CANOLA or SOY** containing products or any sunflower, safflower or any other seed oils. **Read your labels and avoid anything that lists vegetable fats or oils.**

I had a troubled phone call just before the above was featured on TV. We should all take note.

Q: Bea Dekker: *Tessa, my optician has told me he thinks I have early stage macular degeneration. He told me to see an eye specialist as soon as possible. How will I manage to keep living in my own place if I am nearly blind? Isn't polio enough? What can I do?*

A: Tessa: Bea, it is important to get an appointment as soon as you can. Macula Degeneration means damage to the central part of the retina at the back of the eye where we focus to see clearly. The damage creates a black empty space in the middle of our vision. I am looking it up on our HyperHealth CD ROM 2004 now. I suggest that until you get to see your eye specialist you take a few extra supplements.

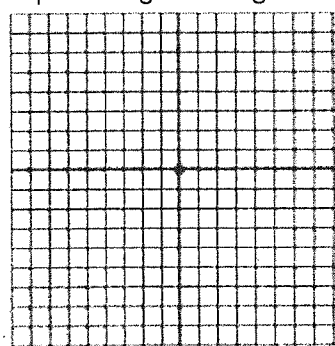


loss of macula vision

In particular I would suggest **taurine** to help break down the fatty deposits and we know taurine is needed for a healthy retina anyway. Take **cod liver oil** to get **Vit A** and the **essential fatty acids** needed for the rods and cones (the nerve part of the retina that records sight), **B2** to help the blood capillaries of the eye that become clogged supplying the rods and cones, also **E** and **C** to deal with fat and oxidation damage, **zinc** to repair cell damage, **lipic acid** because it can penetrate the eye tissue and protect the retina from further damage, **glutamine** and **selenium** to make glutathione (a powerful detoxifier) and **magnesium**, (which you are already on), is essential for the optimal function of the retina.

And would you believe Bea, that it also says here that **carnitine** is useful for the prevention of Glaucoma because it inhibits the cross-linking damage that occurs to the Optic Nerve in Glaucoma patients. And you thought you were just taking carnitine for your muscles! It also says that **glucosamine** helps to reduce intra-ocular pressure in Glaucoma patients by maintaining the collagen structure of the fluid drain. So that is not just for joint problems either.

And make some changes to your diet. You need to especially avoid all processed plant oils. This means **NO MARGARINES**. Go back to using butter. It is much better for you. **Cold pressed olive oil** is the only one that is OK. Don't use any of the others like canola, sunflower, peanut etc. If you need to fry or roast you are better using butter or even just water to moisten the pan. If you must - use olive oil and only once then discard. Even the old fashioned dripping and lard are better than plant oils. The body is equipped to deal with these but not the new processed plant oils. It is said they are only one step short of turning into plastic. So check the labels on everything you buy for hidden vegetable oils. And by the way - Don't use a microwave either. It changes the molecular structure, particularly of the proteins. Dogs and cats won't eat microwaved food - they're telling us. Eat more of the foods that provide the antioxidants needed for eyes ie brightly coloured red, yellow, purple and green vegetables and fruit.



This grid is what we see with normal vision.

To view do not remove glasses or contacts if normally worn for reading.

Hold about 35cm away in good lighting.

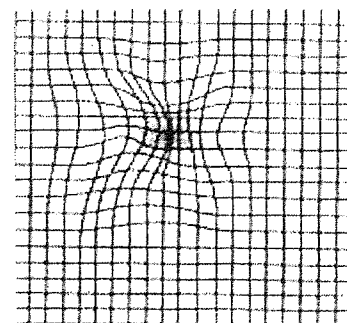
Cover each eye in turn concentrating on middle dot with uncovered eye.

If you see wavy, broken or distorted lines, blurred or missing areas of vision as in the grid opposite, you should see your eye specialist immediately. There are new treatments now available.

Bea Dekker:

Thank you Tessa.

I have now seen the eye specialist. I showed him everything you had sent me and told me to take. He concurred with all you had told me to do and said to continue with it. I am noticing improvement already.



How nutrients work in the eye

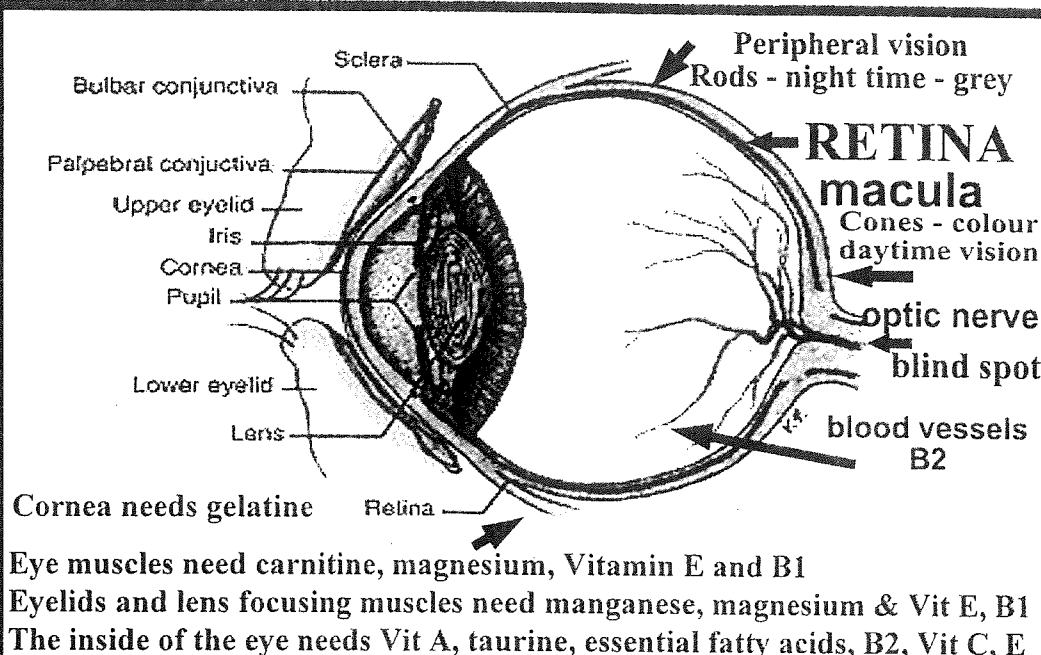
written by
Tessa Jupp RN

The health of the eye depends on general health and the availability and balance of nutrients.

Ida Mann

Many eye problems are simply remedied by supplying the appropriate nutrients. Eyes need to be fed and exercised just like the rest of the body.

We need to learn how to protect one of our most precious assets so they will last us a lifetime.



I found a marvellous book at the "Save the Children" book sale in July. *"The Science of Seeing"* by Ida Mann printed by Patterson Press, Perth WA in 1946 and updated in 1962. In it she explains how vitamins actually work in the eye - fascinating that we have known this for so long, here in Western Australia and still don't utilise the information fully.

If you look at the diagram of the eye above we are familiar with the outer eye, things like cataracts and replacing the lens, glaucoma drops to reduce eye pressure, eye colour, refraction of images etc. Not so familiar perhaps with the actual retina at the back.

So let's look at uses and lack of particular nutrients.

VITAMIN A

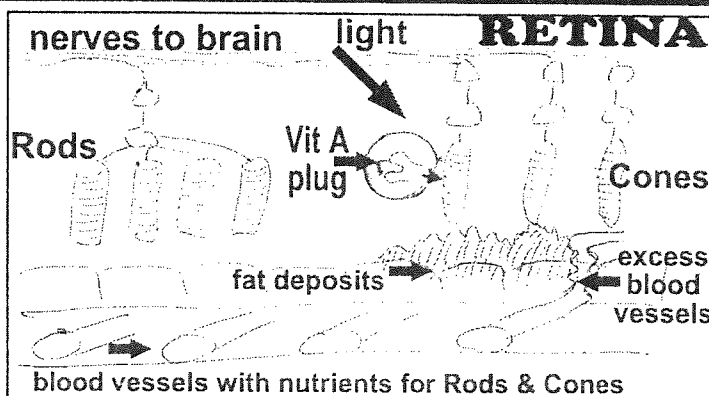
- * all body linings need Vitamin A particularly the eye
- * low Vit A = glare intolerance, night-blindness, dry tearless eyes, Sjogren's, faded, blurred vision
- * eye surface thins, surface flakes, becomes rough and opaque leading to distorted and impaired vision
- * low Vit A can lead to rupture of the cornea
- * basic to Rods and Cones responding to light and passage of sight messages to the brain

VITAMIN B2

- * eyes sore, red, gritty, itchy, watering, uncomfortable
- * eyes bloodshot as corneal blood vessels swell and can be seen on the surface of the eye
- * if swollen can't oxidise glucose so causes damage
- * B2 drains overfilled capillaries in 24 - 48 hours

TAURINE

- * concentrates in macula
- * acts as an antioxidant by breaking down fats
- * enhances Rods & Cones so therefore vision
- * inhibits damage by glucose to lens
- * prevents and reverses macula degeneration
- * assist with retinitis pigmentosa



In normal vision Vitamin A plug (insert) on Rods and Cones is 'blown' by light to retina like a blown light bulb filament and so needs replacing each time light strikes.

Fat build up and excess blood vessel damage below Cones inactivates and destroys them so vision message not sent to brain. Taurine, Vit E, Vit C, lipoic etc clean up fat deposits.

VITAMIN E

- * inhibits toxic effects of fat oxidation on the Retina
- * disintegration of Rods can occur due to low Vit E
- * concentrates in the lens of the eye
- * helps to prevent glaucoma, cataract, macula degen

VITAMIN C

- * helps prevent glaucoma, macula degeneration
- * bloodshot eyes can occur due to low Vitamin C
- * reduces the risk of cataracts by up to 70%
- * C as eyewash accelerates healing of conjunctivitis
- * can alleviate dry eyes
- * alleviates eye inflammation
- * concentrates in the eyes, particularly in the lens

VITAMIN B1

- * inhibits excessive cross-linking by glucose
- * improves eyesight
- * improves nystagmus (eye flicker) in 48 hours
- * low B1 can be associated with droopy eyelids
- * low in glaucoma patients