

What if we didn't need to have an operation to fix cataracts?

When we started nearly 30 years ago, the most horrifying thing I had, was that quite a few of our polios were ringing me with stories of going in for same-day cataract surgery and waking up 3 days later in ICU, being told they had nearly died because they didn't start breathing again after the anaesthetic was finished. And that they had been out to it for 3 days, not knowing what was happening to them!

Most polios now have had operations for cataracts without too many problems, but maybe there is a way to avoid this.

A few of us have been trying this Castor oil method **with some quick results**. It can take up to 9 months or so for a more permanent fix but **changes can be seen within the first few days** of trying this.

The latest statistics show that, blindness in 1 out of every 3 people, and visual impairment in 1 of 6 people in the world is due to cataract. Cataracts are mainly age-related but can also be caused by – diabetes, malnutrition, dermatitis, eye injuries, eye inflammation, short sightedness and intake of drugs like cortisone, UVB-rays, deficiency of antioxidants like vitamins A, C and E, and severe dehydrating conditions at a young age.

So what is a Cataract?

Cataracts are white, opaque blemishes on the normally transparent lens of the eye. They form when sugar molecules bind to proteins or fats in the lens of the eye, in a process called glycation. This is similar to what we see when the clear translucent part of an **egg turns white on cooking**. The clouded lens gradually blocks light getting thru to the retina so vision can't get to the brain and we end up we can't see.

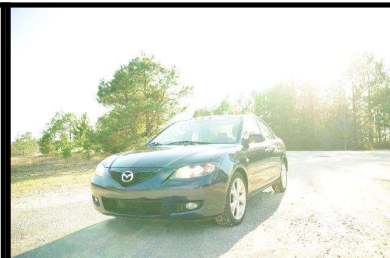
With normal sight, the reflection of what we see enters via the iris, passes thru the lens and is focussed at the back of the eye, on the retina. When the lens is not as clear, the **light gets scattered** instead of focassing on one point; and many parts of the retina are washed out with too much light, so decreased, blurry or blank vision results. **Sunglasses offer some protection from glare** for a while but as the cataract gets more opaque and stronger glasses can no longer help us to see, surgery becomes necessary.

New research at the UC **San Diego School of Medicine** has unveiled a **new approach** that will make cataract surgery a thing of the past. Instead of taking out the entire lens, they preserve the lens capsule. Then they stimulate lens epithelial cells to grow and form a new clear-as-glass lens. In other words, they regenerate a working eye using **stem cells**. Standard cataract surgery calls for removing the cloudy lens and replacing it with an artificial one.

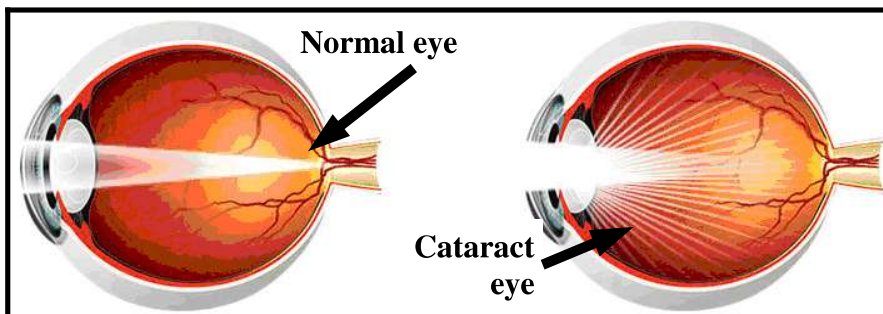
But in the process, the surgery destroys your eye's special stem cells. Your body uses them to replace cells that are damaged, old or dying. Your eyes have a supply of lens

SYMPTOMS OF A CATARACT

1. **Difficulty reading:** smaller print of newspapers, books, labels.
2. **Difficulty seeing clearly in the distance:** street signs, house numbers.
3. **Difficulty seeing in bright light:** excessive light reflection can blank out some vision clarity temporarily.
4. **Glare and halos around lights:** car and street lights appear as star-lights or halos.
5. **Difficulty seeing in poor or dim light:** need for a brighter light to read
6. **Difficulty walking or using stairs:** limited depth perception and blurry vision can increase the risk of falls around house.
7. **Changes in color perception:** colors look dull and "washed out". Whites may take on a yellow or greyish hue.
8. **Loss of contrast sensitivity:** cloudy, hazy, foggy or blurry vision.
9. **Frequent changes in glasses and contact lens prescriptions.**
10. **Ghosting or double vision.**



epithelial stem cells that generate replacement lens cells throughout your life. But when surgeons take out your lens they remove them, destroying your eye's stem cells, thus destroying your natural ability to heal your own eyes.



In the meantime - Castor Oil to the rescue!

The clouding of cataracts occurs because of glycation ie sugars. **Antioxidants can reverse glycation** allowing natural repair of the lens. **Castor oil** is incredibly **rich in antioxidants**, particularly vitamin E, vitamin C and EFAs.

For Cataracts - buy & use only pure, organic, cold-pressed, Hexane-free Castor Oil for eye treatments. The best one has an eyedropper or tiny hole in the lid to use as a dropper. **Put only 1 drop of this pure castor oil into each eye, once each night.** Best just as you are going to bed. You can also apply along a closed eyelid margin with a clean finger and blink it in. Morning - wash eyelid edge.

For a Better Sleep - An added benefit is to rub a bit onto the eyelids as well. It will give you a deeper, more restful sleep. **To my surprise it really does work!**

At the very mention of “Castor Oil” we think “**Horror!**” - people forced to take it once a week, usually on a Saturday, to get a good “clean out”. Whilst this usage in days gone by may have gone a good way to preventing bowel cancer, that is not how I am proposing we might use it today.

CASTOR OIL? - JUST RUB IT IN!

Scientists have been doing **new studies on Castor oil** and finding out how and why it works. From the Castor oil plant, a poisonous weed we had to pull up as kids, the oil from this bean gives us a type of triglyceride ie fatty acid, 90% of which is ricinoleic acid, an unsaturated omega-9 fatty acid. Its best uses are by external application - **RUB!**

ARTHRITIS, MUSCLE ACHES, MIGRAINES

Thanks to its **anti-inflammatory properties**, Castor oil is able to **target sore joints** associated with arthritis or injury. In a 2011 clinical trial, researchers found that castor oil significantly improved symptoms among rheumatoid arthritis patients. Over 15 days, **joint pain improved** by more than 50% and **stiffness decreased** by more than 48%. A study published in Phytotherapy Research, also records significant improvement in knee osteoarthritis. Castor oil can be used as a topical treatment for **nerve pain, arthritis, rheumatism and gout**. For migraines - rub onto forehead. It contains fatty acids such as linoleic acid, oleic acid, and ricinoleic acid. **Just rub it in.**

SLEEP

Castor oil can **help you fall asleep** and gives you a **deeper more restful sleep**. Just rub castor oil onto your closed eyelids before going to bed.

FEET

I have found that rubbing Castor oil on my feet before getting into bed is giving them **more flexibility to bend, taking away pain** that was developing with walking. (swollen feet)

To treat corns, soak your feet in warm water for about fifteen minutes. Dry your feet and apply castor oil to the corn. After about 10 days of treatment, you should be able to peel the corns away easily.

Cracked heels and dry feet respond to Castor oil's miraculous ability to **hydrate the skin and heal**. It is rich in vitamins, and essential nutrients which helps to hydrate **dry, cracked skin anywhere**. Simply rub Castor oil on your feet, put on a pair of socks, and **leave on overnight**.

SKIN

Castor oil can be rubbed onto your skin to **moisturise** and improve **elasticity**. Aids **healing of red inflamed skin and rashes**. Also reduces pigmentation. Relieves pain from **scratches, bites** and other abrasions. Use for **tinea, athlete's foot or ringworm**, even **acne**. Castor oil is rich in a biochemical known as undecylenic acid — which helps target **fungal growth**. Apply Castor oil to **warts or skin tags** every day for a few weeks and you should begin to see them disappear. Note that this **will not work on moles on the skin**. Get them checked out by your doctor.

SUNBURN

Castor oil is great for alleviating **painful sunburn**. The ricinoleic acid will protect any blisters that pop up, from becoming infected and reduce the inflammation associated with sunburn. Castor oil has **antifungal**, and **antibacterial** properties that keep infection away. It also contains unsaturated fatty acids that help **regeneration** of the skin. Even more useful is that castor oil goes on without pain.

NAILS

Massaging just a small amount of castor oil into your **cuticles** and on your **fingernails** each day for a couple of months will give you **long, healthy and beautiful nails**. You can also **use it on your toenails**.

HAIR & EYEBROWS

Castor oil is a popular treatment for growing healthier, **thicker hair**. When applied to the scalp, this oil penetrates deep into the pores of your hair follicles, providing nourishment. Used regularly on your roots, it can **increase hair growth**, reduce hair damage from products and styling, hydrate hair, make hair shinier and fuller, prevent dry scalp, and improve the overall health of your hair. When you apply it to the ends of your hair, the castor oil can help **reduce frizz** and **repair split ends**. The antioxidants, proteins, vitamins, fatty acids and nutrients it contains, all

work to nurture the hair follicles and fight against bacteria that may be a factor that hinders growth.

Castor oil possesses a variety of antibacterial, anti-fungal, and antiviral properties, meaning it treats **dandruff**.

MOUTH ULCERS

The antibacterial and anti-inflammatory properties of

castor oil make it the perfect natural remedy for treating **mouth sores**. To address ulcers in your mouth, apply a small amount of castor oil to the area or put a teaspoonful in your mouth. **Swish** it around the mouth for several minutes, then spit it out. Try to not eat or drink for an hour to let it work. Repeat several times throughout the day if needed.

CONSTIPATION

Castor oil was a popular way to **relieve constipation**.

Taken orally it acts as a powerful laxative, stimulating both the small and large intestines and **purging the colon walls**, allowing impacted fecal matter to move through the colon. The fatty acids in the castor oil also work to prevent liquid from being absorbed by the intestinal tract, helping the bowel to retain its moisture, which allows it to pass through the colon more easily.

QUALITY of CASTOR OIL

Not all brands are good quality. For eye care look for those with dropper tops and must be **organic hexane-free**. Better quality costs more.

We have **2 brands available at the Polio Office** - one **for eyes** - \$30 for 250ml; for **general rub** - \$19 for 200ml and \$34 for 500ml bottle. Postage is by weight. Ask me.

