

# Cataracts and castor oil!

by Tessa Jupp RN OAM

## 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.

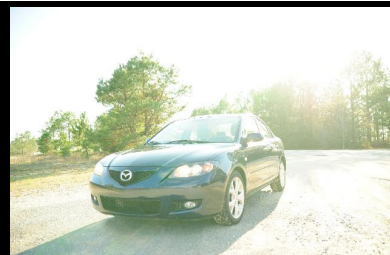
With normal sight, the reflection of what we see enters via the iris, passes thru the lens and is focussed at the back of the eye, on the retina. When the lens is not as clear, the **light gets scattered** instead of focussing on one point; and many parts of the retina are washed out with too much light, 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.

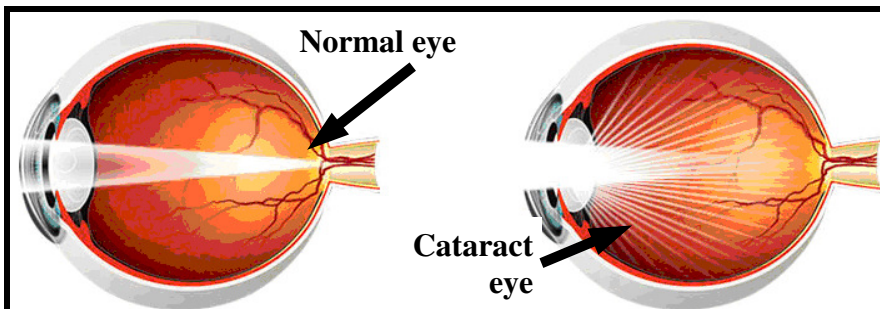
But in the process, the surgery destroys your eye's special stem cells. Your body uses them to replace cells that are damaged, old or dying. Your eyes have a supply of lens

### 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!**