

Naturopathic Protocol For Glaucoma

Every disease or disorder is related to some degree of nutritional imbalances and accumulated toxins. Liver dysfunction is usually involved; however, glaucoma is more related to kidney function. Glaucoma is a result of adrenal exhaustion due to prolonged stress. Stress eventually exhausts your adrenal glands [located on the kidneys], and this is where your hormones are made -- hundreds of them. When the adrenals cannot produce aldosterone [hormone that regulates fluid balance of salt and potassium], it causes salt to be lost from the body, and causes excess fluids to enter tissues. This fluid excess reduces the elasticity of the eyeball, which increases the intraocular pressure. The fluid damages the optic nerve and distorts vision. The optic nerve is the part of the eye that carries visual information to the brain. It is made up of over a million nerve cells, and while each cell is several inches long, it is extremely thin. When the pressure in the eye builds, these nerve cells become compressed, causing them to become damaged and eventually die. The death of these cells results in permanent visual loss. **In addition to stress and nutritional imbalances, other common causes or contributors to glaucoma are vascular obstruction, impaired blood flow, diabetes, high blood pressure, allergies, improper calcium absorption, severe near-sightedness, lack of sufficient collagen [lack of Vitamin C], tissue abnormalities and prolonged use of steroids.**

There are three main types of glaucoma:

Open-Angle Glaucoma is the most common form of the disease. In open-angle glaucoma, there is no physical blockage and the structures of the eye appear normal; however, fluid does not drain adequately enough to maintain a normal level of intraocular pressure. Open-angle glaucoma often goes undetected because symptoms come on very gradually. Symptoms of open-angle glaucoma may include loss of peripheral vision [Peripheral vision is a part of vision that occurs outside the very center of gaze], “tunnel” vision [Loss of peripheral vision with retention of central vision, resulting in a constricted circular tunnel-like field of vision], a decrease in night vision, mild headaches, visual changes and seeing halos at night around lights. **Statistics show that individuals with chronic open angle glaucoma have a significantly low thiamine [Vitamin B1] blood level.**

Closed-Angle Glaucoma...In the closed-angle glaucoma the drainage angle is blocked by iris or a segments of iris, which then prevents the aqueous fluid from draining. This causes a build-up of fluid in the eye and raises the intraocular pressure. When the blockage of the drainage angle occurs suddenly this is called acute closed-angle glaucoma, which causes sudden blurred vision with pain and redness, usually in one eye first. Symptoms of closed-angle glaucoma may include extreme eye pain, eye discomfort in the morning, poor vision, night halos around lights, night blindness and, sometimes, blindness. In very extreme cases, pupils can become fixed and dilated, and a sharp increase in the pressure in the inner eye can occur. These symptoms in an individual can come on very rapidly and can be accompanied by nausea and vomiting. These symptoms should be considered a medical emergency.

Normotensive [normal-tension] glaucoma occurs in individuals with normal intraocular pressure; however, the optic nerves are damaged by other changes in the eye. Normotensive glaucoma can be caused by an excess of glutamate, a neurotransmitter (chemical messenger between nerve cells). Symptoms of Normotensive glaucoma may include loss of peripheral vision [Peripheral vision is a part of vision that occurs outside the very center of gaze], “tunnel” vision

[Loss of peripheral vision with retention of central vision, resulting in a constricted circular tunnel-like field of vision], a decrease in night vision, mild headaches, visual changes and seeing halos at night around lights.

Restoring proper fluid balance requires a more than adequate supply of daily nutrients. The following natural remedies offer excellent nutritional support for glaucoma:

Bilberry contains nutrients that may protect the eye from further damage. It is used to protect and strengthen the capillary walls of the eyes, and thus is especially effective in protecting against glaucoma, cataracts, and macular degeneration. Bilberry is the world's most famous herb for supporting healthy vision. World War II fighter pilots are said to have been given Bilberry jam prior to flying in low-light conditions. A natural pigment in Bilberry contains potent, eye-friendly antioxidants called anthocyanidins. Anthocyanosides, compounds found in the herb bilberry, were shown to markedly improve vascular resistance of the capillary wall in the ciliary body of the eye (the source of excess fluid production). They protect delicate eye tissues while other nutrients nourish the parts of your eye necessary for clear vision and light adjustment. Bilberry's fruit contains flavonoids and anthocyanin, which serve to prevent capillary fragility, thin the blood, and stimulate the release of vasodilators.

Eyebright has been used as a tonic and an astringent since the Middle Ages. As the name suggests, Eyebright is great for the eyes. It's an antioxidant herb that fights free-radical damage, especially in the eyes. Eyebright has also been a popular herbal eyewash. Eyebright contains bitters, essential oils, several B vitamins, and Vitamins A, C, D, and E.

Lutein...Evidence suggests that lutein may help prevent some types of glaucoma. Several studies have shown that lutein supplements may slow vision loss in glaucoma, and in some cases improve eyesight. This product provides the remarkable eye-protective plant carotenoid lutein, at a scientifically recommended level that is 24 times more potent than is boasted by the leading nationally advertised multivitamin.

Alpha Lipoic Acid is often used to help prevent ischemic optic nerve damage in glaucoma. It is also used to enhance color visual fields and visual sensitivity. Pretreatment with alpha lipoic acid has been found to protect the optic nerve damage from damage by cyanide, glutamate and free circulating iron ions.

Ginkgo Biloba is a potent antioxidant that is used to protect tiny eye capillaries. Ginkgo biloba extract is used to increase diastolic blood flow in the ophthalmic artery in glaucoma patients and may be helpful in protecting the optic nerve from further damage and subsequent visual field loss. Ginkgo biloba is used to improve central and peripheral blood flow, reduce vasospasm, reduces serum viscosity, has antioxidant activity, platelet activating factor inhibitory activity, and inhibits apoptosis and excitotoxicity - all factors in preventing glaucoma vision loss. Ginkgo contains an abundance of useful compounds, including the antioxidants Vitamin C and carotenoids, but it is the flavonoid compounds collectively known as "ginkgolides" that are the most remarkable. The Ginkgo flavonoids act specifically to increase blood circulation and oxygen, as well as to dilate the smallest segment of the circulatory system, which are the micro-capillaries. Ginkgo Biloba may also be beneficial in slowing progressive vision loss.

Pycnogenol (from grape seed extract or pine bark) and other flavonoids are used to protect the optic nerve.

Vitamin A is essential for good eyesight and night vision... **Beta carotene**, as well as other carotenoids found in dark green leafy vegetables, appear to be essential to the health of the eye.

Vitamin C is used to reduce inner eye pressure. The eyes of open angle glaucoma patients have been found to have significantly low vitamin C levels.

Vitamin E is used to help protect the lens and other eye tissue.

Reference website: <http://www.doctorajadams.com/GlaucomaProtocol.html>

Personal note:

I have seen some success stories with people using the herbal remedy called [Perfect Eyes](#). Here is the list of ingredients:

Ingredients: Medicinal Ingredients: Each capsule contains: Eyebright (*Euphrasia officinalis*) herb 100 mg; hesperidin 75 mg; lutein 3 mg (extracted from Marigold [*Tagetes erecta*]flowers); zinc 7 mg (from zinc gluconate); N-Acetyl Cysteine 50 mg; Taurine 50 mg; natural source mixed carotenoids 45 mg; quercetin 26.7 mg; selenium 25 mcg (from amino acid chelate); Turmeric *Curcuma longa*) root 5.5 mg; Bilberry (*Vaccinium myrtillus*) fruit 5 mg of a 100:1 extract standardized to 25% anthocyanosides

Click [here](#) for ordering instructions.

Trish Leclair