

## Functional/Holistic Medicines' View on Macular Degeneration? It's Curable

**By Dr. Michael John Badanek, BS, DC, CNS, CTPP, DACBN, DCBCN, MSGR./CHEV**

**There is a silent epidemic of blindness which is gradually sweeping over aging Americans.**

This common blindness is being caused by macular degeneration. Macular degeneration is now the #1 most common cause of blindness in adults. In fact, one in ten folks over age 60 has already unknowingly started the changes of early macular degeneration.

The macula is in the center of the retina (the layer of tissue on the inside back wall of your eyeball). It deteriorates in a variety of ways. There are two types of macular degeneration. One type is called **dry macular degeneration** which is more common and less severe. The other type is called wet macular degeneration. **Wet macular degeneration** is generally caused by abnormal blood vessels that leak fluid or blood into the region of the macula creating scar tissue while dry macular degeneration is a steady deterioration or rotting away of the back of the eyeball.

Considering the wealth of information on clinically documented cures for this disease it baffles me why so many ophthalmologists are clueless about the causes and cures of this eye disease. You wonder how a person who specializes in one tiny organ, the eyeball, can fail to want to know everything there is to know about it.

### **So what are the causes?**

As people get older and get macular degeneration or other eye problems that their levels of two nutrient called **lutein and zeaxanthin go down**, as opposed to folks who keep healthful levels in their eyes. **Lutein and zeaxanthin** are carotenoids from our foods that are present in the highest concentration in the retina. **No other place in the body is higher.**

Spinach is a wonderful source of lutein and the most potent form in supplements I've found is 20 mg Lutein (also contains zeaxanthin). Is important to note that improvement deteriorated if they discontinued the supplements.

And of course eating a lot of dark green leafy vegetables and not just relying solely on nutrients has improved vision in 71% of participants.

It shocks me that with the most expensive and high-tech medical system on the planet, more ophthalmologists don't do the obvious and that is to check the nutritional status of their patients. Many folks have completely gotten rid of their macular degeneration.

But like anything else, the earlier it is attacked, the better the results.

### **The bottom line?**

Take a daily **Lutein 20 mg** and anyone with any type of eye disease should get the Cardio/ION with an expert interpretation. Your whole future depends on your eyes.

**Dr. Badanek has been and currently is 38 years into active/private practice in the Ocala/Marion County, Florida region. Dr. Badanek practices Natural/Holistic Medicine through the use of Functional/Integrative Models for diagnostic and treatment protocols for the health challenged. Find him online at Dr.Badanek.com and [www.alternativewholistic.com](http://www.alternativewholistic.com), and see what the facility has to offer the sick and health challenged. To schedule an appointment call 352-622-1151**