

## Macular Degeneration

*“There will be some phytochemical supplements on the horizon that will be carefully processed from nutrient-rich, organically grown foods. And they will be truly phytonutrient-rich. For those people prone to cancer and other diseases like macular degeneration, which are proven to be helped by certain plant chemicals, this will be a true boon. I will keep you posted.”*

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The greatest threat to your vision comes from age-related macular degeneration (ARMD) or optic nerve damage from diabetes. However, everyone gets old. Depending on your good nutritional intake, and, by contrast, the amount of toxins stored up in your body, you may be likely to develop some degree of ARMD as you age. There is no medical cure for ARMD, it is progressive, and almost always leads to loss of vision or complete blindness.

We now know that our eyes love nutrients from highly pigmented foods such as colorful fruits and vegetables. They contain all kinds of phytochemicals that both aid in detoxification as well as provide the nutrients that eyes need. Cruciferous vegetables, such as Brussels sprouts and kale, contain large quantities of both these types of phytonutrients. They include flavonoids, lutein, sulfurophanes, zeaxanthin, and more.

These phytonutrients are naturally anti-cancer. As we discovered recently, Brussels sprouts and kale powder can detoxify and remove excess estrogen from the body. For women prone to breast cancer, or who have already had breast cancer, eliminating excess estrogen is critical—allowing for a more than 500% reduction in breast cancer or cancer recurrence in women with the highest excess estrogen levels.

So if you are prone to breast cancer, or if you have had breast cancer, get your estrogen levels checked. If you have typically high levels of estrogen, be sure to use Cruciferous Complete to detoxify this excess hormone. You will greatly reduce your odds of developing breast cancer or suffering a recurrence.

Sluggish detoxification also affects your eyes. As your body gather toxins, your eyes suffer. As your intake of the nutrients your eyes need decreases, your eyes suffer. And the combination of the two adds up to ARMD. However, cruciferous vegetable concentrate can both detoxify and supply nutrients to your eyes. The last time I went through my 21-day purification program, the puffiness and bags above and below my eyes disappeared, as if I had my eyes “done” by a plastic surgeon. It clearly demonstrated how toxins affect the lymph and circulation around the eyes.

The same is true for the inside of your eyes. In 1999, I performed a study on twenty people with ARMD. All were experiencing deteriorating vision under standard medical care. We gave these people concentrated kale and Brussels sprouts powder in the form of Standard Process' **Cruciferous Complete** (4 capsules daily). After just 6 months, sixteen participants' eyes and vision remained stable. Seven people reported fewer problems with their eyes. Two reported **better vision**. And two reported slight worsening in one eye. Remember that ARMD is a relentless condition that progresses and worsens almost uniformly for its sufferers.

So, is there a phytonutrient cure for ARMD? No. But there is a treatment that holds promise, can stabilize vision in a great percentage of cases, and even improve vision in some? Yes. And that is remarkable given that the prognoses for ARMD with standard medical care holds little hope. If you are beginning to suffer from ARMD, start on Cruciferous Complete. And if you want to increase your odds of a good response, add 3 capsules of **Iplex** to your daily regimen. Iplex is pure nutrition for the eyes, with nutrients from calcium, buckwheat, bone, carrot, yeast, wheat germ, and much more.

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