

*Make Well – Be Well – Be Blessed*

## The Makari Method To Eye Health

### **Retinitis Pigmentosa**

*What is RP?*

RP is a progressive disease of the eyes, where the vision deteriorates. Progress is usually slow, over years, but if left untreated can lead to near total blindness.

*What is the mechanism?*

There is gradual degeneration of the photoreceptors in the retina. As it progresses, cells from the pigmented layer in the retina migrate to the layer containing the nerve cells giving rise to characteristic dark star shaped areas which are visible on examination.

*Why does it happen?*

In orthodox medicine it is considered to be due to a defective gene.

*Is there another way of looking at it?*

Yes. Recent research has shown that the body condition is a major factor determining whether a defective gene is switched on or not. If the body is healthy, then the gene is not switched on and the eyes can stay healthy.

*What is the Chinese Medicine perspective?*

The main organ affecting the visual pigments is the liver. If this is functioning well, then RP is unlikely to progress.

*Are there any treatments?*

Yes. Both acupuncture and herbal medicine have been used for hundreds of years to treat RP.

*Do the treatments work?*

People vary enormously in their response. Some people have big improvements, while others much less. Whether they work or not depends on the state of health and energy of the person. A person who is in the prime of life, who is able to make necessary changes is more likely to benefit than someone who is old and

weak. Retinitis Pigmentosa that is developing slowly appears to be easier to help than that which progresses quickly.

*Will it restore my sight?*

If the condition is in its very early stages, there is a possibility of restoring the sight completely. If it has progressed to the point that there is significant loss of vision, patients usually find that the vision improves significantly, but not back to 100%. Generally, one can hope to restore sight to what it was about 2 years ago; but parts of the eye that have been blind for more than two years rarely recover.

*What happens during a treatment?*

Acupuncture needles are inserted at various carefully chosen points on the body, and also close to the eye. The points on the body are retained for 10 to 20 minutes, while the points close to the eye are withdrawn after a few seconds.

*Is the treatment painful?*

There may be a tingling or slightly electric sensation radiating out from the site of the needles. Sometimes there is quite a powerful sensation throughout the whole of the eye.

*Are there any dangers?*

The only side effect that you are likely to experience is slight dizziness, and occasionally a 'black eye' i.e. bruising around the eye.

*How many treatments are needed?*

An initial course of at least 10 treatments during one week is recommended. We normally recommend coming for a shorter course (2 to 4 treatments) of maintenance.

**Michael Woodworth M.S. L.Ac, Dip. OM**

Cert. ICEAM #122 Classical Herbalist

Cert. National Chinese Herbal Medicine

North County | 2111 S. El Camino Real Suite 301, Oceanside, CA 92054

San Diego | 16486 Bernardo Center Dr. Suite 100, San Diego, CA 92128

C [888.871.8889](tel:888.871.8889) | W [MakeWellBeWell.com](http://MakeWellBeWell.com) | E [michael@makewellbewell.com](mailto:michael@makewellbewell.com)

F [619.452.1311](tel:619.452.1311) | W [MakariWellness.com](http://MakariWellness.com) |