

The Makari Method To Eye Health

There are three main factors that typically drive the degenerative vision loss process. These factors are not well understood and are typically overlooked and/or ignored by conventional medicine. These factors include:

- 1- Oxidative Stress
- 2- Inflammation
- 3- Poor Circulation

Oxidative Stress comes from free radical damage. Free Radicals accelerate aging and neuro-degeneration. Most health care providers agree that for most eye conditions (and other neurodegenerative conditions), "antioxidant" vitamins and herbs may be helpful.

We have found that the absolute best type of antioxidants for eye protection are called Carotenoid antioxidants. Other common antioxidants include Vitamin A, C, and E, Zinc, Selenium, Lutein, and Zeaxanthin and Meso-Zeaxanthin as well as fruits, vegetables, leafy greens, etc. These are all packed with beneficial antioxidants and should be consumed as well for additional protection against free radical damage. Consuming these foods with high antioxidant properties helps to reduce oxidative stress and protects the body from accelerated degeneration and vision loss.

We also want to stay hydrated and eat clean, organic foods. Water is a powerful antioxidant and dehydration can exacerbate the damaging effects of inflammation and oxidative stress. I suggest drinking a large glass of water first thing in the morning and then again throughout the day - between meals.

A few of the main things we recommend are:

Retinyl palmitate, which is not for everybody but is kind of across-the-board recommended;

Omega-3 astaxanthin (or lutein & zeaxanthin),

TUDCA- a green drink (spirulina, chlorella, algae blueberry extract) for night vision.

Eye drops?

I often recommend a product use called Can-C which is N-acetyl carnosine, a precursor to glutathione. This is an eye drop that helps keep the oxidative stress levels down and can prevent cataract formation. It will help reduce oxidative stress which is one of the driving factors in neuro-degenerative eye diseases.

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 | W MakeWellBeWell.com | E michael@makewellbewell.com

F 619.452.1311 | W MakariWellness.com |

