

Eye Health & Eye Disease - Caring For Your Gift of Sight

Eye diseases can occur at any age. They may stem from developmental problems in childhood or as the result of degenerative conditions as you age.

Description

For your information we have included a list of the most common eye conditions along with a short description.

Age-Related Macular Degeneration (AMD)

AMD is associated with aging. It gradually destroys the sharpness of your central vision. The greatest risk factor is age. If you are over 60 you are at a much greater risk than any other age group. Seeing objects clearly and performing common daily tasks such as reading and driving become more difficult and may lead to a loss of vision in one or both of your eyes.

There are 2 types of AMD:

- **Dry AMD - where an area of the retina becomes diseased;**
- Wet AMD– where new blood vessels begin to grow as the dry AMD worsens.

Clinical studies provide evidence that increased intake of **lutein** – a powerful antioxidant located in the macula of the eye - lowers the risks of AMD (The Institute fur Physiologische Chemie, Dusseldorf).

A further study provides scientific evidence that **zeaxanthin**, along with lutein, is important in stabilizing macular degeneration (The Medical Research Council Environmental Epidemiology Unit, University of Southampton, UK).

Another 7 year study supplied by the AREDS (Age-Related Eye Disease Study) also proved that AMD can be reduced by more than 25% whilst taking certain doses of beta-carotene supplementation.

Amblyopia (Lazy eye)

Amblyopia is when the vision in one of your eyes is reduced because your eye and your brain are not functioning properly together.

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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

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Behçet's Disease of the Eye

Behçet's disease is an autoimmune disease (where the immune system attacks and harms the body's own tissues). This results from damage to blood vessels throughout your body, particularly your veins.

Bietti's Crystalline Dystrophy

Bietti's crystalline dystrophy (BCD) is an inherited eye disease, meaning that you receive one degenerative gene from either of your parents.

Blepharitis (Granulated eyelids)

Blepharitis is a common condition that causes inflammation of your eyelids.

There are 2 types of Blepharitis:

- **Anterior blepharitis, affecting the outside of the eyelid. This can be caused by staphylococcus bacteria or dandruff.**
- Posterior blepharitis, affecting the inner eyelid. This is caused by problems with the oil glands within the eyelid.

Cataracts

Cataracts is a condition where one or both of the lenses in your eyes clouds over causing loss of vision. If you are over the age of 60 you are at higher risk.

Special Note: Bilberry herbal extract has been particularly highlighted in studies to significantly slow cataract growth in up to 97% of cases.

Corneal Disease

Stemming from: Allergies, especially those relating to pollen, and Conjunctivitis ('Pink Eye'), caused by bacterial or viral infection, or environmental irritants.

Dry Eye

This common eye condition produces fewer or less quality tears and is unable to keep its surface lubricated and comfortable, causing discomfort, eye weakness, redness and burning sensations.

Diabetic Eye Disease

Diabetes can cause major organ problems like heart disease, kidney failure, amputations and eye conditions, even blinding. It is therefore essential that people with diabetes take regular eye tests (at least once a year) with a professional ophthalmologist.

Great Health Sites

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Eye problems that may affect people with diabetes include:

- **Diabetic retinopathy (damage to the blood vessels of the retina)**
- Cataract
- **Glaucoma (increase of fluid pressure inside the eye)**

Retinopathy

A non-inflammatory degenerative disease of the retina, commonly found as a complication of diabetes.

Studies of patients with various types of retinopathy have been conducted in Europe to investigate the effects of anthocyanosides on the retinal vessels. They have resulted in showing a positive influence on permeability.

Floater

Floater are 'specks' that float about in your field of vision. They are small, dark, shadowy shapes. They look like spots that seem to move around in front of your eyes. As your look from one side to the other they appear to move with you and tend to 'dart' away when you try to look directly at them.

Glaucoma

Glaucoma is where the normal fluid pressure inside your eyes gradually rises. It can result in optic nerve damage and eventual loss of vision.

Presbyopia

A slow loss of ability to see close objects or small print.

Retinal Detachment

A detached retina (the light sensitive part of the back of your eye) is where your retina is lifted from its normal position. Untreated it can cause permanent vision loss. In some cases there may be small areas of the retina that are torn. These areas can lead to retinal detachment.

There are three different types of retinal detachment:

- **Rhegmatogenous, where a tear in the retina permits fluid to get underneath allowing the retina to easily lift away.**
- Tractional, where scar tissue on the retina's surface contracts and causes the retina to lift.
- **Exudative, where fluid leaks into the area underneath the**



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retina, usually a result of retinal disease and inflammatory disorders.

Usher Syndrome

Usher Syndrome is an inherited condition that causes gradual vision loss. It is caused by a group of diseases that cause night-blindness and peripheral vision loss as the retina degenerates.

Vitreous Detachment

Vitreous Detachment is where the vitreous (the thick jelly-like material that fills the back of the eye in front of the retina) slowly shrinks. Fibers pull on the retinal surface and break. It often affects people aged 50+ and is more common in people aged 80+. If you are nearsighted you are also at high risk.

Statistics

US only

Over 2.3 million Americans are visually impaired; over 1 million Americans over 40 are blind from eye disease.

- **17% of Americans aged 45 or older report some type of vision impairment. This rises with age to 26% at age 75 and older.**
- 5 million Americans have vision problems related to diabetes.

Further detailed and individual statistics tell us more...

AMD

25-30 million people are affected with AMD worldwide. (AMD Alliance International).

- **Women tend to be at greater risk than men.**
- Smoking increases the risk of AMD.
- **A family history of AMD puts you at higher risk of developing the disease.**
- Age-related macular degeneration (AMD) is the leading cause of blindness for people over 50 in the Western world).

Amblyopia (Lazy Eye)

This is the most common cause of visual impairment in children.

- **It affects 3 out of every 100 children.**
- If untreated it usually continues into adulthood

Biettis Crystallie Dystrophy

This condition appears to be more common in people of Asian background.

Diabetic Eye Disease

Between 40-45% of diabetics have some degree of retinopathy.

Glaucoma

Glaucoma is a leading cause of blindness in the United States.

- **Ethnic people over the age of 40 are at higher risk, as is anyone over the age of 60.**
- More than 1 million Americans are at risk of going blind from glaucoma.

Retinal Detachment

Retinal detachment is more common in people over 40. It affects men more than women and white people more than African Americans. You are more at risk if you are nearsighted, have a family history of RD, or have had other eye disorders or injuries.

Causes

Many common causes, from medical conditions, prescription drugs to aging, have been noted and experts consider the nutritional detriment involved in all these areas of most importance. Clinical studies seem to back their findings.

The effects of vitamins, minerals, herbs and other nutrients continues to be studied to increase preventative abilities and find ways to reverse acute and chronic eye problems.

[Glycation](#) is also a major factor in a number of eye degeneration.

Signs & Symptoms

Symptoms pertaining to eye health problems include:

- **Blurred vision**
- Vision distortion
- **Pain and redness in or around the eye**
- Night blindness, visual field constriction
- **Excess tearing, stinging, itching or light sensitivity**
- Red, swollen eyes or lids, dry eyes, eyelid or eye crusting.

- **Glare from artificial light, dull colours**
 - A 'waterfall' or 'halo' effect in the peripheral vision
 - **Watery discharge**
 - Heaviness
 - **Increased floaters**
 - Light flashes
 - **Corneal crystals (yellow, shiny deposits on the retina)**
 - Headaches or tired eyes.
 - **Mouth sores, inflammation in the eye and skin problems are also associated.**
-

Conventional Treatments

Common medications prescribed for eye disease are Corticosteroid Anti-Inflammatory Drugs, or Non-Steroidal Anti-Inflammatory Drugs (NSAIDs – equivalent to Ibuprofen preparations).

NB: NSAIDs and steroids can actually cause vision damage, especially if in the form of eye drops, nose drops or inhalants. Anything from dry eyes to glaucoma, cataracts and retinal hemorrhage. They have shown to elevate IOL (intraocular) pressure in the eye in approximately 16% of people, putting them at risk of serious eye deterioration.

- **Antibiotics - for certain bacteria, e.g. Sulfacetamide, Erythromycin, Gentamicin, Tobramycin, Ciprofloxacin, Ofloxacin.**
- Immune system suppressants.
- **Steroid eye drops.**
- Antihistamine decongestant eye drops.
- **Antibacterial / Antifungal treatments.**
- Glaucoma medications – Beta blockers (Timolol, Metipranolol); Alpha agonists (Brimonidine, Iopidine); Prostaglandin analogues (Latanoprost); Adrenergic agonists (Epinephrine, Dipivefrin).
- **Antivirals – Triflurthymidine, Adenine arabinoside and Idoxuridine.**
- Anti-allergy medications – Livostin, Patanol, Cromolyn, Alomide, Pheniramine.

Side effects

Medications of this nature may have many potential side effects, some even contradictory to their alleged action.

Typical side effects include:

- **Eye drops can cause ocular side effects such as redness, stinging, blurred vision, sensitivity to light and constriction of the pupils, as well as headaches, or even systemic effects such as stomach cramps, diarrhea and sweating.**
- Anti-inflammatory medications, corticosteroids may cause

cataracts, glaucoma and other eye infections.

- **Decongestant drops (Visine, Murine plus) can cause a type of acute glaucoma.**
- Anaesthetic drops can cause severe damage to the cornea.

Beta-blockers (Timoptic, Betagan, Betoptic) may cause severe adverse reactions, such as slowing of heart rate, asthma attacks, drop in blood pressure, loss of memory and loss of sex drive in some cases.

Natural Treatments

If you wish to ensure that you retain good vision throughout your life you must be acutely aware of the importance of prevention.

We know that exercise, good fluid and dietary intake, adequate sleep patterns, low levels of stress and a well chosen lifestyle are all good for our health generally and our eyes as a consequence. This is not enough however to ensure your eyes are protected against disease or hereditary weakness.

It is essential that your eyes are protected against free radicals, glycation and inflammation. This requires taking a number of natural ingredients that have been proven to help prevent the degeneration of the eyes, and other organs in the body as well.

We have listed below a number of natural ingredients which have supporting scientific evidence for eye health...

Lutein and Zeaxantin	2 essential and powerful antioxidants, highly concentrated in the macula (a retinal area responsible for central vision and high visual acuity) and having excellent benefits in macular degeneration and cataracts. Increased intake of Lutein and Zeaxantin helps to lower risk of age-related macular degeneration (ARMD). Studies conclude high supplementation lowers risk of cataract and minimizes the development of AMRD by more than 20%.
Bilberry Extract	Contains bioflavonoids helping to strengthen capillary walls and protecting capillaries from damage. It has powerful antioxidant components that improve blood supply to the eyes, improving visual acuity, near-sightedness and night vision. High levels of tannic acid, cinnamic acids and isoflavones add to its eye benefits.
	A trace element found in all tissues. It is a component required for the function of several essential enzymes. Molybdenum is amongst an expert list of 11 essential elements considered vitally

Molybdenum	important for human health. Deficiency of these elements has shown to result in many pathological conditions, including the development of cataracts. Trials in China prove this mineral supplement has a protective role against lens opacification.
Beta-Carotene	Transforms to vitamin A and binds to a protein called opsin. It resides in the rods and cones of the retina (responsible for receiving light and sending this information to the brain to give us vision). It is needed to keep the photoreceptors firing. Lack of beta-carotene results in reduced vision, causing night blindness, visual glare and haze. Trials suggests that ingestion reduces risks of age-related macular degeneration (ARMD).
Glucosamine	Important in several structures of the eyes. A sugar needed for vision, shown to favour the photoreceptor layer of the retina. Shown to counter fluid drain swelling, reducing high fluid pressure.
N-Acetyl Cysteine	NAC is a powerful form of Cysteine. A powerful antioxidant scavenging free radicals in the eye and guarding against nitric oxide toxicity and reducing oxidant injury.
Vitamins B2 and B12	Helps maintain good vision and healthy skin, and is essential in reducing the aging process. Deficiency may cause eye problems, light sensitivity and blurred vision. Studies show the benefits of supplementation as part of the treatment for and prevention of retinal vascular occlusive disease.
L-Carnosine	A naturally occurring di-peptide, diminishing oxidized proteins, preventing them from inducing cellular damage. Beneficial in diabetes, cataracts, in preventing cataract formation and in cross-linking of the eye lens and delaying vision senescence (the aging process in mature individuals). Studies show l-carnosine effective in 100% of primary senile cataract cases and 80% of mature senile cataract cases. Carnosine is the only effective nutrient for helping prevent glycation .
Omega 3 Fish Oil	Essential fatty acids, especially DHA (docosahexaenoic acid) known for many health benefits. Research suggests positive influences in preventing AMD, retinitis pigmentosa and cataracts, also showing shorter recovery times from eye conditions. Studies reveal that Eskimos from Greenland have a lower incidence of glaucoma, attributed to their high consumption of Omega 3 fish oil fats, preventing optic nerve damage.

Individually these ingredients can help aspects of general eye weakness. However, for worthwhile disease prevention or treatment they need combining in specific dosages, together with trace elements such as essential minerals, active enzymes, herbal extracts and co-factors, to provide a powerful formula capable of delivering advanced nutrition to your body. Refer to recommended products.

If you already have a problem developing with your eyes try to locate quality carnosine eye drops. These can be very beneficial and are safer and more effective than conventional eye drops.

Recommended Products

The following combination of products have proven to be very successful over the last eight years with many reports from customers stating how their eyesight has improved. Total Balance contains all the essential nutrients for healthy eyes, and will help them combat the degenerative effects of free radicals and glycation.

Product	Quantity Per Day	You Need
<u>Total Balance</u>	Variable	Variable
<u>Omega 3/DHA Fish Oil Premium</u>	2 soft gels per day	1 bottle per month

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Alternative Healing Academy

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[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)
[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

With the increasing popularity of aromatherapy, reflexology, color & crystal therapy and a return to a more holistic lifestyle, people have begun searching for ways to earn more money; expand their skills; improve the health of themselves, friends & family; and increase their knowledge of alternative medicine.

The Alternative Healing Academy has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

A Doctor of Reflexology with The Alternative Healing Academy is teaching classes with curriculum very similar to the Reflexology Practitioner Course and the Basic Aromatherapy at her local community college.

Our holistic health courses were developed by professionals in the Holistic Health Care field trained in the following modalities: Aromatherapy, Advanced/Master Aromatherapy, Reiki, Tuning Fork Therapy, Color and Crystal Therapy, Homeopathy, Herbalism, and Advanced Reflexology.

Furthermore, since we at the Alternative Healing Academy also realize that not everyone wants to make alternative medicine a career choice, we also offer [basic courses](#) as well as several [Mini Courses](#) which will teach you the skills you need to help improve the health and quality of life for yourself, your family and your friends.

[Check out our Affordable Payment Plans!](#)



All graduates of an Alternative Healing Academy home study course will receive a 20% discount off [AHHA Practitioner Membership](#) if they meet qualifying criteria and join within six months of their graduation date.

About Our Courses

Would you like to learn accurate, detailed aromatherapy, reflexology and/or color & crystal therapy information at your own pace in the comfort of your home? Would you like to become certified in Reflexology, Aromatherapy or Color and Crystal Therapy? An Alternative Healing Academy Distance Learning Course could be what you're looking for...

If you own or work for one of the following:

Natural Foods Store, Aromatherapy Store,
New Age Retail Store, Gift Shop, Herb Store,

Aromatherapy Manufacturer,
Massage Center, Holistic Center, Day Spa, or any type of Salon

If you are a practitioner:

Massage Therapist, Esthetician, Chiropractor, Nurse, Herbalist,
Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,
Doula, Midwife, Energy Worker

If you are interested in personal development or improving the health of yourself and your family - these courses are also for you!

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)
[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?



Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified.' We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official

title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists) and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully

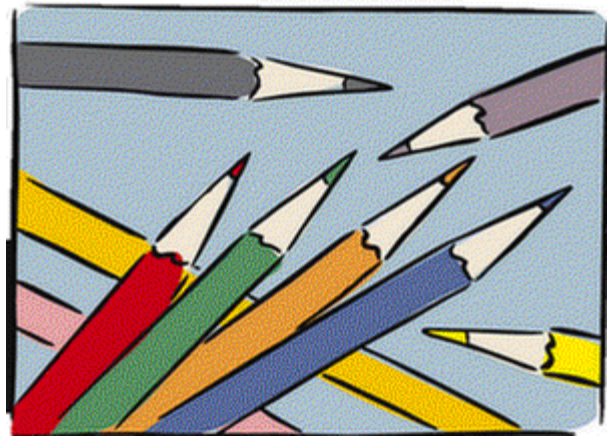
illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced Reflexology Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.



Course Testimonials

"I'm done! Going through the final and the case studies and having such amazing experiences and opportunities to help people, I truly feel blessed and honored to have had the intense education that came with this course. I discovered in me a new ability to serve others, not only through education but through the power of healing that comes with the use of essential oils. I am continuing to train personally with Alexandria Brighton and have begun work toward opening an aromatherapy practice. Thank you so much for your patience and knowledge. Most of all thank you for this new way of living and enjoying Life."

-A. Lindquist - Advanced Aromatherapy Practitioner

"I am finding the course great. It is written very well so even people like me can understand the human body a whole lot better. I just hope that I can remember it all. I don't think I have a chance of remembering the names of everything in the muscular system or the movement system. But, I do have more of an understanding of how everything works now. I find it just amazing. Thanks Heaps."

-M. Oliver - Basic Anatomy & Physiology

"This information is great that you are teaching. I would really like to talk my oldest daughter into taking your course. It really goes into detail which is very informative."

-Debbie F. - Basic Reflexology

"Seven years ago I started to see a reflexologist for migraines and sinus problems. I was amazed that I finally found relief without medication. I decided this year to search out a course in reflexology so I could help family and friends and show them the benefits of reflexology. I researched various courses on the internet and decided to go with the basic course through the Alternative Healing Academy. I was impressed with course material and the ease of receiving the course material."

"I was given an choice of having a CD sent to me or to receiving and sending back the assignments through email. I choose email. I received 3 lessons at a time that I could read and study on my own time frame and return the lessons when I was done. Everything was sent in a very timely manner and communication was open and quick. If I needed help, I knew it was only a click away and the response time was very quick. The techniques used also came in a video mode in the email that I could replay as much as I needed to."

"I felt I learned a lot and am able to help myself and others. Being able to log 20 hours of treatment time and writing the case histories for the final exam was extremely rewarding and helpful. I would recommend this course to others interested in reflexology because the course material was very informative and complete and written in easy to understand language."

-Jean Russell - Basic Reflexology Course

"I'm so excited about (the Advanced Aromatherapy course) and I'm particularly excited about the possibility of making custom blends for people! I hadn't anticipated having that opportunity when I took the course so I'm excited to have everything done! I'm very excited to have finished. I really enjoyed this course and really appreciate all the work you've put into it! This has been a fabulous jumping off point for me and I'm so glad I took it."

"p.s. I know the boys are much slower at the Reflexology, but my son is loving the classes."

-Megan P. - Advanced Aromatherapy Course

Our Associations

Organizational Member of the American Holistic Health Association - <http://www.ahha.org/>

Professional & Business Member of the National Association of Holistic Aromatherapy - <http://www.naha.org/>

Professional Member of the International Reflexology Association - <http://www.holisticbenefits.com/ima/international-reflexology-association.html>

Professional Member of the International Aromatherapy Association - <http://www.internationalaromatherapyassociation.com/>

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