

Natural Holistic Health

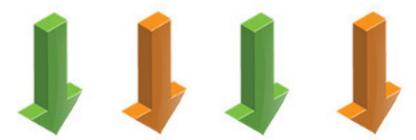
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Do you want to slow down your aging process? We can help provide the knowledge that you must have if you are serious about living a long, full and healthy life. Click here to learn more...

What is Macular Degeneration?

Macular degeneration is a disorder that affects central vision – what you see directly in front of you as opposed to your peripheral or side vision.

The macula is the central portion of the retina, the paperthin tissue at the back of the eye where light-sensitive cells send visual signals to the brain, and is responsible for detailed vision.

Macular degeneration occurs when the central part of the retina deteriorates. Age-related macular degeneration (AMD or ARMD) is the most common eye disease and is in fact the leading cause of visual impairment and blindness in the United States in people over the age of 50.

Damage to the macula results in the development of blind spots and blurred or distorted vision and can hamper your ability to perform basic activities of daily living such as reading and driving.

Types of Macular Degeneration

Dry Macular Degeneration

Dry macular degeneration is the early stage of the disease. It may be caused by the aging and thinning of the macular tissues, the deposition of pigment in the macula, or by a combination of the two processes.

Yellowish spots known as drusen begin to accumulate from these deposits or from the debris from deteriorating tissue, and this occurs primarily in the area of the macula. Loss of central vision may occur very gradually but can be as serious as the wet neovascular form of AMD.

Wet Neovascular Macular Degeneration

Approximately, 10% of dry AMD cases will progress to a more severe, advanced form

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Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.



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Herbals by licensed
acupuncturist and clinical
herbal

of eye disease known as wet macular degeneration. Wet macular generation occurs when new blood vessels grow (neovascularization) beneath the retina and leak blood and fluid into the surrounding tissue.

The leakage of blood and fluid causes permanent damage to the light-sensitive retinal cells. These cells then die off and blind spots are created in the central vision. During the process of neovascularization, the body attempts to create a new network of blood vessels to supply more nutrients and oxygen to the eye's retina. This process fails and instead creates scarring that leads to a loss of central vision.

Wet forms of macular degeneration are further classified into two general sub-types – classic and occult. Classic choroidal neovascularization (CNV) is usually associated with severe vision loss. It occurs when blood vessel growth and scarring has very clear, delineated outlines observed beneath the retina.

Occult neovascularization produces less severe vision loss and new blood vessel growth beneath the retina is not as distinctive and leakage is less obvious.

Diagnosing Macular Degeneration

The diagnosis of macular degeneration is based on an examination of the eye by an eye specialist or ophthalmologist. The initial tests include an examination of the retina as well as measurement of the sharpness of vision. A brief test using an Amsler grid that measures your central vision may be performed. A doctor may ask you about any symptoms of macular degeneration you are experiencing.

Tests to Diagnose Macular Degeneration

Fluorescein angiography

This procedure involves a special dye that is iinjected into the arm and an ophthalmologist photographing the retina as the dye passes through.

Fluorescein angiography examines the retinal blood vessels surrounding the macular and will determine whether laser treatment is necessary

Indocyanine green angiography

During this procedure infrared wavelengths are used to view the retina in order to help identify symptoms of macular degeneration that may not be detected with fluorescein angiography

Optical coherence tomography (OCT)

This is a noninvasive examination technique that produces a cross-sectional image of the posterior retina.

Microperimetry

This procedure uses the Rodenstock scanning laser ophthalmoscope and is used to quantify macular sensitivity and fixation pattern.

Symptoms of Macular Degeneration



Mushroom Glyco Nutrients

NOW® Mushroom GlycoNutrients is a nutritional supplement designed to suppor



Zenergize Immunity, Citrus

Getting sick (or at least pretending to) was sort of fun back in the old da



VRL-X

Overall health can often occur naturally if the body receives the proper nu



Germ Defense Lozenges

Germ Defense Lozenges are dietary supplements used to boost your immune sys

- Slow, or in very rare cases a sudden, painless loss of vision are common symptoms of macular degeneration
- Blurred or shadowy areas in your central vision
- Blind spots
- Straight lines that when viewed look irregular or bent
- Objects appearing in a different color or shape (when viewed with each of the eyes)

What Causes Macular Degeneration?

The exact cause of macular degeneration is unknown but it is believed that aging, genetics as well as environmental factors all contribute to the onset of symptoms of macular degeneration.

Common Causes of Macular Degeneration

- Age macular degeneration increases with age
- Race although macular degeneration occurs in all races, it is more common in Caucasian individuals
- Gender women have been found to be at higher risk of macular degeneration
- Family history it has also been found that macular degeneration tends to be hereditary
- Exposure to sunlight
- High Blood Pressure
- Smoking
- Obesity
- Drug side effects

Help for Macular Degeneration

There is no cure for macular degeneration but some treatments may help to improve vision or delay the progression of symptoms of macular degeneration. Treatment does depend on the stage of the disease – whether macular degeneration is in the early stage, dry form or more advanced wet form.

Conventional treatments for dry macular degeneration may include nutritional supplementation such as Vitamin E, beta-carotene with zinc and Antioxidants to prevent free radicals or unstable oxygen from damaging the retina. The wet form of macular degeneration can lead to serious vision loss but there are various laser treatment options such as photodynamic therapy available to lessen the vision loss in the early stages.

Natural Remedies for Macular Degeneration

Natural and holistic treatments can also help to promote healthy vision and reduce symptoms including blurred vision, hemorrhaging of the eyes, and disorders of the retina. Treatments such as herbal and Homeopathic Remedies can provide a gentle alternative to conventional drugs, and at the same time address overall health and wellbeing.

Natural macular degeneration <u>Supplements</u> may include <u>Herbs</u> such as Vaccinium myrtillus (bilberry) which has well known anti-oxidant properties, ensuring the health of all cells and tissues of the body, including the eyes, and also assist with <u>Circulation</u>.



Great Health Sites

Natural Holistic Health Blog Natural Herbs & Remedies Akobi Natural Health Database Natural Pet Health Blog **Anxiety Depression Info** ADHD Info Mom's Blog Natural Men's Health Men's Health Zone Women's Health Nurse Avatrim - Natural Weight Loss w/Green Tea Melatrol Insomnia Relief **Breast Actives** Cellulite Solution Cushy Lips Lip Plumper **Enlast Male Enhancement** Deer Antler Plus **Bowtrol Colon Cleanse** Eazol Natural Pain Relief Herbal Health Buy **HGH** Energizer Hypercet for Blood Pressure Menozac - Natural Menopause Relief NicoCure Stop Smoking Aid Prostacet for Prostate Health ReloraMax - Stress, Anxiety and Weight Loss Thyromine for Thyroid Health Venapro Hemorrhoids Treatment ZetaClear Nal Fungus Relief VirilityEx Hair No More Removal Cream **Hoodia Diet Review** Acnezine Acne Treatment

Bilberry also helps to facilitate delivery of essential oxygen and nutrients to the eye and has been the subject of numerous research studies related to ocular health.

Other macular degeneration <u>Supplements</u> include Aspalathus linearis (Rooibos) which is an effective all round tonic for the <u>Immune System</u> and helps to maintain digestive health, liver functioning and promote healthy blood sugar levels.

Sutherlandia frutescens is also commonly used in macular degeneration <u>Supplements</u> for its adaptogenic properties as well as anti-oxidant effects. Remember to always ensure your <u>Natural Remedies</u> are sourced from reputable companies for maximum safety, therapeutic dosage and effectiveness.

There are no proven methods to prevent macular degeneration but there are helpful ways to care for your eyes and to ensure good visual health.

Eye Care Tips

- Consult an ophthalmologist or eye specialist immediately if you experience any signs of vision loss.
- Use of the Amsler grid can help you to detect slight changes in your vision this test helps you to monitor your vision daily in the comfort of your home.
- Stop smoking naturally, as <u>Smokers</u> have a higher risk of developing macular degeneration.
- Eat a healthy balanced diet packed with leafy green vegetables.
- Protect your eyes from sun exposure by wearing sunglasses to block ultraviolet sunrays.
- Increase your intake of nutritional <u>Supplements</u> such as <u>Antioxidants</u> and zinc.
- People over 65 years should have regular vision exams that include screening for age-related macular degeneration.

Related Products

Vizu-All Plus - Natural Remedy for visual and circulatory health

For Guaranteed, Effective, 100% Natural <u>Herbal Remedies</u>, please visit <u>Native</u> Remedies

For additional support and answers you need to improve your health, we have a qualified team of experts who personally supervise our popular <u>Ask Our Experts</u> service!

<u>Xtend-Life</u> - Micro-Nutriments - The elite of natural <u>Supplements</u>. Love life, Live Longer!

<u>Mountain Rose Herbs</u> is where NHH recommends you purchase all of your bulk Herbs, Spices, Teas and single oils!

Are you looking for quality <u>Vitamins</u>, diet aids and health <u>Supplements</u>? Visit the <u>Health Supplement Shop</u> - highly recommended by NHH!

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Mountain Rose Herbs
Optimum Diabetics
Natural Gain Plus
Provillus Hair Loss
Treatment
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Products





Getting & Staying Healthy - Naturally!

The human body is a highly complex mechanism. Body or physical health refers to the overall condition of that system. We say that **optimal physical health** is achieved when the body is free from disease, abnormality and injury, and is able to function well.

However, often the body does not function well when it is attacked by environmental elements, genetic malfunction, injury, and biological intrusions. These factors can result in a multitude of ailments that affect the <u>thyroid</u> and <u>adrenal glands</u>, as well as the <u>liver</u> and <u>pancreas</u>. They can cause damage to the respiratory system (<u>bronchitis</u>, <u>asthma</u>, etc), hinder <u>digestive processes</u>, and even cause cancer.

Whether you're a parent or child, man or woman, young or old, staying healthy is very important. **Maintaining an individual's overall wellbeing** can involve treating everything from <u>colds and flu</u>, to <u>cuts and scrapes</u>, and sometimes even embarrassing conditions like <u>bad</u> <u>breath</u>, <u>hemorrhoids</u>, or <u>body odor</u>.

Keeping the right tools on hand (both treatments and information) will **prevent frustration** and help in the time of crisis; even if the crisis is just a <u>bruised knee from a bicycle fall</u>, a <u>sore elbow from too much tennis</u>, the <u>sniffles</u>, or a quick <u>immunity boost</u> in hopes of avoiding the seasonal cold.

At <u>Native Remedies</u> you will find a comprehensive set of herbal remedies to help you manage and optimize your physical health – naturally and safely.

View Natural Products for Body & Physical Health

- Thyroid & Adrenal
- Colds, Flu & Respiratory

- Liver & Pancreas
- Hair Loss
- Immune System
- Respiratory
- · Detox & Cleansing
- Embarrassing Conditions
- Digestion
- Infections, Cuts & Bruises
- Pain & Recovery
- Addictions
- · Ear Health
- Energy Levels
- Joints & Muscles
- Others

Two Important Differences in Native Remedies Products

We use the **Full Spectrum Method** of extraction to create our products. Many *so-called natural remedies* are manufactured using standardized extractions which – although often cited as being more scientific method – is not approved by the manufacturers of holistic medicines.

To us, it makes little sense for companies to go the natural route, while being unable to guarantee that their product is free of contamination with chemicals known to be harmful to health! Using the Full Spectrum Method helps us to maintain the integrity, balance and therapeutic effect of herbs with the least risk of side effects or harm to your health!

Read more about the our <u>Manufacturing & Full Spectrum Approach »</u>

We utilize a unique **dual-modality approach** to complete holistic wellness because we know that natural medicine works best in combination (herbal, homeopathic, flower essences and tissue salts) for fast relief and long-term care. Our approach provides a complete solution by offering OTC homeopathic remedies for relief of symptoms as well as compound herbal remedies for complete support of your physical, emotional and mental well-being.

While each of our natural remedies works well on its own to address a specific body function or relieve a particular symptom, we believe that by combining our herbal and homeopathic remedies you will find a complete solution that is safe and highly effective.

Read more about the our <u>Dual-Modality Approach »</u>

The importance of Omega-3 fatty acids

Scientists have established the effectiveness of <u>Omega 3</u> in a number of health areas, including your Heart, Brain, Joints, Skin, Immune system, Vision, and Digestion. Like any product on the market today there are 'good <u>fish oils</u>' and there are 'bad fish oil'!

With a bad one you may be unwittingly introducing substances into your body that you DO NOT want... such as Mercury and PCB's for example. We impose tougher standards on the purity of our <u>fish oil</u> than any other known manufacturer. <u>DHA</u> is the most important fatty acid in the human brain.

High in <u>DHA</u> and proven to be pure and free of contaminants the <u>Xtend-Life</u> brand is considered to be the 'Rolls Royce' of concentrated <u>Omega 3 fish oils</u> at an affordable cost and has been enjoyed by thousands of customers in more than 40 countries for the last eight years.

Don't forget a good multi-vitamin!

Xtend-Life Multi-Xtra is a natural multi vitamin/supplement using only the finest natural vitamins available on the market today. Some manufacturers call the vitamins they use in their products 'whole food' vitamins, but that is somewhat misleading.

They are natural but they are grown using bio-technology and are not extracted directly from plants. What is important is that we do NOT use <u>vitamins</u> which are derived from petrochemicals. <u>Multi-Xtra</u> contains 48 bio-available ingredients.

Unlike a 'normal' multi it contains much more than just a basic vitamin/mineral mix. Multi-Xtra is probably the best multi vitamin/mineral supplement in the world and undoubtedly provides the best value for money available anywhere.