

# Nutrition for the Eyes

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Note: to have optimal response, all recommendations begin with **Ultra Vites** and **Ultra Omega-Linic**.

*This information is intended for the use of health care professionals. It has not been evaluated by the FDA and is not intended to diagnose, treat, cure or prevent any disease. You should consult a qualified health care provider for advice before beginning any new health care program.*

Nutrient	Product	Quant/Day
<b>Basic Support</b>		
Essential Fatty Acids	Ultra Omega-Linic	2-8
Use a multi without iron unless there is a need for iron	Ultra Vites **	2
Support for the Macula	Ultra-Vision	1-2
Protect the phospholipids	Vitamin E-400	1
Added nutritional support	Spirulina Capsules	2-6
** Use a multi with active / methyl B Vitamins		

### April 2017

The eye is one of the most demanding organs in the body. The most important and simplest way to support the eyes as one goes through life is to use devices such as eye guards and sunglasses.

The high use of electronic hand held devices and computers has created a need to shield our eyes from their Blue light. People with a higher risk of macular degeneration should ask about glasses which shield the eyes from Blue light.

Regular eye check ups are recommended.

The eyes are specialized organs that exist in the body. They require the same broad-spectrum nutrients that the body needs. It is very important that you support the marvelous biochemical factory called *your body* with daily coverage of ALL of its nutritional needs.

*Those with vision problems, or who have a family history of these kinds of problems, may benefit from the Nutrients discussed in this paper.*

It is important to include **Ultra Omega-Linic, Ultra Vites, Ultra-Vision and Vitamin E** on a daily basis.

### Why do you need these Essential Nutrients?

First of all, Essential Fatty Acids are not a normal part of our Western diet! Fish oil provides EPA and DHA. Studies have shown that the addition of GLA enhances the effectiveness of fish oil. **Ultra Omega-Linic** provides *preformed*, long chain poly unsaturated fatty acids (LC-PUFA -> EPA, DHA and GLA).

The long chain fatty acids must be in the diet because they cannot be made from anything else we eat - *no food, no oil*. It is important to supplement with **preformed** PUFAs because the parent oils (like flax seed oil) are poorly converted (less than 2%) to these longer essential chains.

Since 1985 I have used several combinations of EPA, DHA and GLA to successfully treat patients presenting with a variety of health issues. Ultra Omega-Linic is very special. This, my latest formula, uses Wild Alaskan Salmon (and other fish) from the clean waters and protected fisheries of Alaska.

#### *What is the importance of the Essential Fatty Acids (EFAs) in Ultra Omega-Linic?*

- These EFAs have been shown to be useful in decreasing the intra ocular pressure in narrow-angle glaucoma.
- LC-PUFAs are critical for the structure and function of the neural pathways that are so important to vision.
- LC-PUFAs improve vascular circulation in the eye by decreasing atherosclerotic changes. This improved circulation helps supply the nutrients that are so critical to proper function of the eyes.
- Ultra Omega-Linic offers healthy support for *all* the systems in the body
- Ultra Omega-Linic promotes healthy aging.

*It is difficult to get nutrients into the eye.*

The vitamins and mineral in **Ultra Vites** are in the most bioavailable forms to be readily available to nourish the eye.

Second, **Ultra Vites** provides many of the nutrients that have been shown *by studies* to improve vision. And the body needs *all* of the ingredients in Ultra Vites in order to maintain health. It contains 25 key nutrients, such as an optimal blend of all 8 of the B Vitamins. It also contains macro and micro minerals in a *bioavailable* form. It contains the anti oxidants Vitamin C and Vitamin E which studies have shown protect the eye.

In addition, the following nutrients in Ultra Vites have been shown to be important for various eye health concerns:

- Vitamin A benefits (not beta carotene because it interferes with the xanthophylls): Prevent night blindness. Prevent dry eye. Prevent moderate to severe loss of color vision.
- Vitamin D: studies have shown that the high intake of vitamin D lessened the chances of developing or slowed the progression of macular degeneration. Another study showed an improvement in myopia when Vitamin D was used with high doses of calcium
- Folic acid and B12: these two vitamins play an active role in transmethylation, which is critical to

proper macular function. Ps - consider the addition of MSM-750, which is a methyl donor that further enhances their action.

- Many people have a genetic inability to convert Folate and / or B12 into their active forms. Using Ultra Vites ensures their availability.
- Magnesium: 78% of all retinal cellular action requires magnesium.
- Selenium has a long history of being a potent anti oxidant, and has been shown to be helpful in preventing macular degeneration
- Zinc has been proven to decrease the incidence and progression of macular degeneration.

#### **What is Ultra-Vision?**

The macular pigment consists mostly of lutein and zeaxanthin. The Zeaxanthin in **Ultra Vision** is the 3R 3'R Chiral isomer that occurs naturally and has been proven to be the most bioavailable. Non-dietary, synthesized forms are not found in the food supply and have a lower bioavailability. These variant forms are not the same physically or functionally. They act differently in the eye, and are commonly mislabeled (from the FDA's point of view), as zeaxanthin. These xanthophylls cannot be synthesized in mammals, so they must be ingested.

**Vitamin E-400** contains 400 IU of *mixed tocopherols*, the most bioactive form of Vitamin E. Vitamin E is one of the 4 major antioxidants that protect phospholipids such as EPA, DHA, SDA and GLA.

These four products address the core issues involved in age-related eye disease, and age-related macular degeneration (AMD) in particular.

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#### **SPIRULINA**

An additional product for your consideration is **Spirulina**. This amazing Super Food from Earthrise® has had 30 plus years of medical studies. It has PhytoNutrients, such as Chlorophyll, mixed Carotenoids, Polysaccharides, and Sulfolipids. It has Amino Acids, Gamma Linolenic Acid and SOD. It offers Zeaxanthin and protection from exposure to radiation. It, like MSM, is a methyl donor. You can benefit from its Anti Inflammation and Cholesterol-lowering properties. I encourage anyone to use it who has experienced more-than-normal exposure to medical x-Rays or who travels and is exposed to airport body scanners.

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## Eye and Vision Problem-Solving Suggestions

Nutrient	Product	Quan/Day
Anthocyanadin Anti Oxidants	Bilberry	1-3
Methyl Donor	MSM-750	1-2
Anti Oxidant	Vitamin C-500	1-3
Herbs for blood vessel integrity	VeinTonic	2
Bioflavonoid	Rutin	1 am, 1 pm
Antioxidant to protect lipid membranes	Ultra CoQ10 100	1
Blood sugar support	Ultra DM Complex	4
Anti Inflammatory activity	InflamEase	2-3x/day

### Age Related Eye Disease (ARED)

This section is of interest to those who have any of the Age Related Eye Diseases, such as Macular Degeneration.

**Include the basic recommendations from above - and consider the following:**

#### Bilberry:

Studies show that Bilberry has antioxidant properties that protect the phospholipids and it prevents free radical oxidation. It is rich in anthocyanidins and proanthocyanadins. Studies have shown that its use improved vision in people with cataracts and macular degeneration. It has also been used successfully in Diabetic retinopathy and glaucoma. It has been shown to slow the development of cataracts. It also improves night vision.

**Vitamin C-500** is a true time released Ascorbic Acid with Rutin. Vitamin C-500 plus Ultra-Vision plus Ultra Vites delivers a total of 800 mg vitamin C. Vitamin C is an antioxidant that has a long track record for use in diseases of the eye.

**MSM-750.** MSM (Methylsulfonylmethane) is important to vision because it is a methyl donor and enhances the action of transmethylation. Ultra Vites contains high levels of Folic acid and B12. These two vitamins play an active role in transmethylation, which is critical to proper macular function.

#### Wet Macular Degeneration

People with wet macular degeneration have a unique problem with the growth of blood vessels and bleeding in the macula. The special herbal **VeinTonic** formula may be helpful, especially when used in conjunction with the other nutrients I highly recommend this protocol. In addition, **Rutin**, a bioflavonoid, supports the repair of blood vessels, along with its antioxidant and anti inflammatory properties..

#### Diabetic retinopathy

In addition to all of the above recommendations, there are special needs for Diabetic retinopathy. To address these special needs you should add the following products to the above recommendations.

#### Ultra CoQ10 100.

CoQ10 levels in the body (including the retina) start to decline at approximately age 30, and continue to decline with age by as much as 40%. The use of statin drugs *without* CoQ10 supplementation will rapidly decrease the levels of CoQ10 in the body - and in the eye. This decrease may be linked to the progression of Age Related Macular Degeneration (AMD).

CoQ10 is another one of the primary phospholipid antioxidants. It is important to cellular energy production, cell membrane stabilization and it prevents LDL oxidation.

**Ultra-DM Complex** is a mixture of three substances (Alpha Lipoic Acid, Cinnamon and GTF Chromium) that have been shown to help control blood sugar in Individuals who are insulin resistant or who have type 2 diabetes. When used together they have a synergistic action. This product can be used with or without insulin or oral hypoglycemic medications. There have been some studies showing the benefit of Alpha Lipoic acid and GTF Chromium on macular health. Alpha Lipoic acid is another one of the major phospholipid antioxidants.

### **InflamEase**

If inflammation continues to be a problem, even after the applying all of the above recommendations, consider InflamEase - a Proprietary blend that contains Vitis vinifera (*BioVin® full spectrum grape*) extract, pineapple (*Ananas comosus*) fruit extract, burdock (*Arctium lappa*) root extract. BioVin® is a proanthocyanidin, which is a potent anti inflammatory, and is also protective against lipid peroxidation. Proanthocyanadins have been shown to have activities that improve diabetic complications such as neuropathy, retinopathy or nephropathy.



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