Cataract

Every teardrop is a waterfall!

Cataract (noun) in medical refers to the disease that involves opacification of the eye lens. Apart from the medical usage, the word also refers to a gigantic waterfall or a pelter. The brobdingnagian amount of water falling from higher up is referred to as cataract in general.

‘CATARACTA’ (LATIN) MEANING ‘WATERFALL’

Author - Editor: Professor of Medicine Desire’ Dubounet, D. Sc. L.P.C.C
Abstract

During the course of a one year period the 1834 patients in our clinic were all asked in their intake form to participate in a study. All patients were treated with the EPPX device. The types of disease trends these patients presented were evaluated by one of the medical doctors on staff. The EPR reactivity profile was checked by the EPPX device. A comparison of the EPR reactivity patterns yielded a risk probability profile. The results of this profile are reported here.

At the Szent Janos hospital in 1995 Budapest a TVEP study was done on cataract patients. Both of these studies proved TVEP reactions patterns to be helpful and significant in detection of disease patterns. See XPROID reactivity patterns in Cataract patients, UMSH 1997 volume 7/4 ISSN 1417 0876

The following reagents are statistically significant at alpha levels .15 for the cataract patient:

- sucrose-sucrase
- glucuronidase
- glucose
- glucon
- glucose dehydrogenase
- aspartase
- myeloperoxidase
- cataract nosode
- pancreatin
- pancrease sarcode
- glutathione
The Bodies inability to handle sugar makes Cataracts

High Blood Sugar
- Reduces production of nitric oxide
- Decreases relaxation ability of blood vessels
- Causes vessels to narrow

Cardiac + Stroke Disease Can Start in Youth from Sugar Abuse

SUGAR WEAKENS WHITE BLOOD CELLS’ ABILITY TO DESTROY BACTERIA

<table>
<thead>
<tr>
<th>Teaspoons of sugar</th>
<th>No. bacteria destroyed</th>
</tr>
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<tbody>
<tr>
<td>0</td>
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</tr>
<tr>
<td>6</td>
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<tr>
<td>12</td>
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<tr>
<td>18</td>
<td>2.0</td>
</tr>
<tr>
<td>24</td>
<td>1.0</td>
</tr>
</tbody>
</table>

Early Abuse of Hi Gly Sugar Leaves Scars on Blood Vessels

Blood vessels
Blockage
Initial damage
Damage due to excitotoxicity

Diabetic Foot Ulcer

ATTACK
OF THE
SUGAR
MONSTER
Dilute Honey Eye Drops for Cataracts

Eco-friendly Medicine for Eye Infection, Itchy Eyes, Dry Eyes, Conjunctivitis
Mix equal parts raw honey with distilled water to make a solution. Squeeze two to three drops of the solution into the eye. Apply two to three times daily until infection clears.

Natural-Homeremedia.com

Honey For Pink Eyes

Putting a drop of honey in each eye, once a week, can help relieve dry eyes.

Since sugar causes and or aggravates cataracts we use honey as a Homeopathic agent to cure it.
What Are Cataracts?

WebMD defines cataracts as a clouding of the lens of your eye that generally causes vision impairment. The condition is quite common and is believed to affect more than 50% of Americans over the age of 65 alone.

The development of cataracts is typically fairly slow; however, the associated symptoms are often difficult to decipher for patients. If you are developing a cataract, you will likely experience clouded or blurred vision, increased difficulty seeing at night, sensitivity to light or glare, development of “halos” around lights, frequent changes in your glasses prescription, and fading or yellowing of colors. You may even experience double vision in one eye.

Cataracts typically form as the tissues within the lens in your eye break down and form clumps. These clumps cause “clouded” areas on your eye, which in turn impair your eyesight.

The ability of the lens in the human eye to change focus relies on a dense formation of proteins that can result in clumps that cloud the lens and lead to cataracts - except for special protective proteins that prevent this. Now a team in Munich, Germany has discovered an activation mechanism that can switch on one of these protective proteins to keep the lens clear.
The team, from the Technische Universitaet Muenchen (TUM), write about their findings in a recent online issue of the Proceedings of the National Academy of Sciences (PNAS).

**They suggest the discovery may lead to alternative treatments for cataracts that do not require surgery.**

Lens cells perform a remarkable feat. They produce a dense mix of proteins that give the lens its refractive power - its ability to change focus so we can see distant and close objects - yet at the same time keep the lens clear.

To overcome the problem of cloudiness, the lens cells produce and eliminate proteins in a completely different way to other cells - they make them once in the embryonic stage and preserve them for life. Unlike the proteins in the rest of our body, those in our lenses are as old as we are.

But to make the proteins last a lifetime, the lens cells have to keep them in a dissolved state, or they clump together and produce the cloudiness that is characteristic of cataracts.

And herein lies the clue to the German team's discovery - they have found one of the mechanisms the cell uses to keep the proteins in a dissolved state for so long.

Two crystallin proteins stop other proteins clumping together

Scientists already knew that two related "heat shock" proteins, αA-crystallin and αB-crystallin, were involved. Heat shock proteins are present in all human cells and help stop other proteins clumping when the cell experiences strong heat or stress.

But until this study, little was known about the structure and behavior of the two crystallins, despite intensive research, as study author Johannes Buchner, professor for biotechnology at TUM, explains:

"The great challenge in the analysis of these two crystalline types lies in their inordinate variety. These proteins exist as a mixture of very different forms, each comprising a variable number of subunits. This makes it very difficult to distinguish the individual structures from one another."

Molecular switch triggers the protective protein

A few years ago, scientists at TUM solved the mystery of one of the crystallin proteins - they decoded the molecular structure of one of the most important forms of αB-crystallin. The protein is made of 24 subunits.

Under normal conditions, when a lens cell is not stressed, the protein exists in the form that the scientists decoded. But they realized this is just a resting form, and not the form that helps prevent other proteins clumping. So they reasoned there
must a switching mechanism that triggers the formation of active forms of the protein.

In the study they describe how they found the trigger – when the cell is exposed to stress, such as heat, phosphate groups attach to the crystallin protein causing it to break up into its subunits. The protein subunits each bind to other proteins and stop them clumping. This is the active form of the crystalline.

The main challenge the team faced was resolving the structure of the protein, as co-author Sevil Weinkauf, professor for electron microscopy at TUM, explains:

"Imagine you only have a few pictures of a coffee cup's shadow cast and want to infer the shape of the cup from that. Now, if you think that sounds difficult, try to imagine you have not just a single cup, but a cupboard full of china that you want to deduce from the shadow casts. It is precisely this daunting challenge that we met for αB-crystallin."

The team believes their discovery of how the crystallin behaves could lead to new treatments for cataracts that do not require surgery. It may be possible to develop a drug that activates the αB-crystallin mechanism to clear up clouded lenses.

**Can You Eliminate Cataracts without Surgery?**

Many medical professionals claim surgery as the only option for treating cataracts. While this treatment is often the only or at least the best option for treating a progressive, advanced case of cataracts, if you catch the condition early on, you can implement a number of natural cures to treat cataracts effectively. Three of the most effective natural remedies for cataracts are alpha lipoic acid, phytonutrients, and lutein.

**1. Alpha Lipoic Acid**

Research suggests that alpha lipoic acid is one of the most effective remedies for cataracts. This nutrient is similar to a vitamin and is considered an intensive antioxidant. Alpha lipoic acid functions to eliminate free radicals in your body, which are a major contributor to cataracts. Likewise, this nutrient helps restore vitamin E and vitamin C levels in your body, which help to maintain your eye health. For the best results, take 600mg per mouth twice a day.
2. Phytonutrients

If you are thinking, “Phyto-what?” just hear us out... Phytonutrients are the important plant chemicals that promote healthy cell growth and development. Many of these nutrients also act as antioxidants and help combat free radical damage to your eyes and the rest of your body. You can often find phytonutrient supplements at health food store, or just up your intake of dark colored (green, red, purple, and yellow) fruits and vegetables to make sure you are getting plenty of these important nutrients.

3. Lutein

Dr. Weil highlights lutein as one of the most important nutrients for eye health. This compound is a carotenoid and is a major component of the orange and yellow pigment found in a variety of fruits and vegetables. Research emphasizes the importance of lutein for protecting against cataracts and other degenerative eye diseases. You can find lutein in many complex multivitamin-mineral supplements, but also be sure to get an adequate amount of fruits and vegetables in your diet to further boost your intake of this nutrient.

Try one of these treatment suggestions, or read below to learn natural ways our readers have remedied cataracts.

References:

Cataracts - http://umm.edu/health/medical/reports/articles/cataracts
Cataracts and Your Eyes - http://www.webmd.com/eye-health/cataracts/health-cataracts-eyes
Diseases and Conditions: Cataracts - http://www.mayoclinic.org/diseases-conditions/cataracts/basics/definition/con-20015113
At the Szent Janos hospital in 1995 Budapest a TVEP study was done on cataract patients. Both of these studies proved TVEP reactions patterns to be helpful and significant in detection of disease patterns. see XRROID reactivity patterns in Cataract patients, IJMSH 1997 volume1/4 ISSN 1417 0876

Another study of the Electrical Reactivity of Patients to Nosodes, Allersode, Isodes, and Sarcodes IJMSH 1997 volume1/4 ISSN 1417 0876 showed a high correlation of reactivity to clinical diagnosis.

The following reactants are statistically significant at alpha levels .05 for the cataract patient:
- sucrose sucrase
- glucuronidase
- glucose
- glucogen
- glucose dehydrogenase
- aspartase
- myeloperoxidase
- cataract nosode
- pancreatin
- pancrease sarcode
- glutathione
The International Journal
of the Medical Science of Homeopathy

Special Issue for the Science of Electro Physiological Reactivity, the Xrroid Process

This journal is designed for peer review of the best in practical homeopathy for the practitioners who want to read about what works for healthcare. This special issue covers the topic of scientific analysis of Electrophysiological Reactivity.

Contents
- Introduction
- What is Reactivity
- A Short Review of the Experimental Work on Electrical Reactivity
- Electrical Reactance and Its Correlates in Biological System
- Electrophysiological Reactivity
- Quantum Coherency and Reactivity
- Electrical Reactivity of Patients to Various Nosodes, Isodes, Allersodes and Sarcodes
- Correlative Infection Comparisons to Xrroid Reactivity
- Correlation of Standard Chemical Blood Analysis Results to Electrical Reactivity or Medication Testing Scores
- Electrical Science of Medication Testing
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- Xrroid Analysis and Homeopathic Treatment Modalities for Breast Implant Disorders
- Bio-Electro Medicine Therapy
- Review of Hertzian and Non-Hertzian Treatment
- Bioresonance Treatment of Mastopathy
- A Comparison Study of ElectroPhysiological Reactivity to Hair Analysis
- Xrroid Reactivity Patterns of Cataract Patients
- Xrroid Analysis of a Toxic Water Exposure (a Multi Year Study)
- Aging Acceleration In the Toxic Water Patients
- Facilitated Diagnostics
A 2002 several **Canadian** medical studies showed the Value of the TVEP. This is but one.
Glaucoma is the second-leading cause of blindness in the United States— and the leading cause of blindness in most of the world today. What is it that makes glaucoma such a potential danger to our ability to enjoy normal eyesight? Often there are no symptoms associated until the damage is done.

So what is glaucoma? Simply put, it is an abnormal amount of pressure in the eye. We have pressure within our veins which we call "blood pressure". The pressure within our eyes is called inter-ocular pressure which is sometimes represented by the acronym IOP. The healthy range for this inter-ocular pressure is 10-21 and can be determined by eye-care professionals, who use the “puff-test” during an eye examination. (An instrument called an appplanation tonometer is placed against the eye to determine the amount of resistance as a “puff” of air is blown into the open eye.) If the “puff-test” indicates abnormal pressure, then the eye-care professions would likely test for damage to the optic nerve.

We all have "blood pressure" and we all have “inter-ocular pressure". When the pressure in our veins is above the normal range, it is called hypertension. Similarly, when the pressure in the eye is above the normal range, it is called ocular hypertension. Ocular-hypertension is causes damage to the optic nerve that can result in loss of peripheral vision. Untreated, it can ultimately cause blindness.

Glaucoma is a progressive disease in which the increased pressure in the eyes damages the optic nerve. Usually there is no pain associated, although with certain types of glaucoma there could be headaches, blurred vision, “haloes” around lights, etc. Obviously, it makes sense to have your eyes checked by a professional BEFORE the damage which causes the symptoms occurs.

The normal treatment for glaucoma is to use one or more types of eye drops several times a day. These drops do contain a number of chemicals, and chemicals do affect the entire body—not just the eyes.

I received an amazing account of one woman’s recent experience in the US. She was diagnosed with glaucoma during a routine eye examination. She then was tested by three additional specialists. The diagnosis was the same: glaucoma. This woman had read that FRANKINCENSE essential oil is often associated with improved vision, so she decided to try it in lieu of the chemical drops.

Morning and evening:
1-2 drops of FRANKINCENSE essential oil in palm dropped from the bottle
Rub palms together
Cup palms over OPEN EYES for three minutes (or more)

When she returned for a follow-up eye examination after six weeks, the pressure in her eyes was NORMAL, and there was no sign whatever of any optic nerve damage!

CAUTION: USE ONLY THERAPEUTIC-GRADE ESSENTIAL OIL. If there is any solvent used in the distillation, the molecules could burn the eyes, causing extensive damage.

Young Living Essential Oils FRANKINCENSE is approved by the US Food and Drug Administration for internal consumption. Therefore, it is free of solvents and other additives.
In addition, I did the Bates Method exercises, lots of cooked spinach (Ayurvedic) and took Dr. Mercola’s Astaxanthin after my own research. Dr Gem also had me take Rhodiola to support adrenals, and a couple vitamins and Boron. I passed my test, but have no idea whether these would help your friend in addition to INDIGO sessions.

https://www.youtube.com/watch?v=0YmlhKUDcra Dr Mercola on Bates Method

https://www.youtube.com/watch?v=c6LFvQsdxs Showing Bates Method exercises

Ayurvedic Eye Care
by ADMIN
in AYURVEDA HEALING

Our eyes are the most important organs we have in relating to the world around us. Our eyes are the connection between the outer and inner worlds. In fact it is said that our eyes are the mirror to our soul. We must protect and take loving care of these delicate organs.

Ayurveda explains that Pitta dosha, the element of fire and light, governs our eyes. Specifically, the sub-dosha “Alochaka Pitta” lives in the eyes. Alochaka pitta absorbs images and colors, allowing us to take in and digest all of the visual impressions coming to us. When Alochaka pitta is in balance, eyes are healthy, bright, clear, shiny, luminous, and we enjoy sharp eyesight.

If pitta becomes aggravated, we can experience excess heat, anger, frustration, and liver problems. As pitta rises in a person, they become stressed, feel over worked, and eventually burnout. Impaired vision and eye problems are often related to pitta overdrive and liver imbalance. The best remedy is to keep pitta cool and calm with proper foods and daily meditation.

Tarpaka Kapha is responsible for keeping the eyes lubricated, moist and cool. Prana Vata is responsible for the life force that runs throughout the head region, for movement of the eyes, blinking, and sensory perception.

Vedic science offers many natural, safe and effective techniques to care for our eyes. The following suggestions can improve vision, reduce eye strain, and heal eye conditions.
GAZING*

According to ayurvedic astrology, the Sun rules the eyes. Gentle sun gazing can improve eyesight. One can softly gaze at the sun starting with 10 seconds, and increasing time by 10 second increments daily. Stand barefoot with the feet directly touching the earth. Solar gazing is only recommended at early sunrise and/or the late sunset, when harmful UV rays can not injure the eyes. Not only does solar gazing improve vision, but it activates the pineal gland, or “third eye”, clearing the mind of depressive and anxious moods.

Trataka – A very beneficial eye exercise is to meditate upon a ghee lamp flame without blinking. Gaze at the flame for 2 or 3 minutes, until tears form and clear the eyes. This stimulates ojas in the eyes, physically strengthening them. The ghee made out of cow’s milk actually draws in sattvic frequencies to calm our mind. This type of meditation allows us to reflect on our inner radiance.

*Gazing techniques should not be done during acute eye infections or glaucoma.

WASHING

Start the day by splashing some cool water on the eyes. One can also retain some cool water in the mouth while rinsing the eyes and blinking. This helps to keep Pitta in balance throughout the head region.

An Ayurvedic eye wash made out of well strained Triphala tea can be helpful in treating eye disorders. Triphala is a well-known eye tonic and anti-inflammatory. This eyewash helps with glaucoma, dissolving cataracts, conjunctivitis (pink eye), poor eyesight, sties, and red, swollen, itchy eyes.

OLEATING

Netra Basti is a restorative Ayurvedic treatment that bathes the entire eye socket in a pool of warm Ghee. This helps to cleanse the eye, soothe itchy eyes, and nourish dry eyes. The person lies down with this melted ghee covering their eye, anywhere from 5 to 20 minutes. The eyes are kept open, allowing the ghee to cool pitta and lubricate vata dosha. Netra Basti is recommended for pain and overexertion due to computer use, allergies, squinting, lazy eye, diminished vision, optic nerve injury, atrophy, and eye spasms. This treatment is especially
helpful is healing emotional trauma because it is working directly on the nervous system through the eyes.

Castor oil – one drop at bedtime in the eye helps to lubricate the cornea, reducing eye strain and irritation. In India, a black eyeliner called “Kajal” made of Castor oil and burnt camphor is applied under the eyes to keep them cool. Mothers especially apply Kajal on babies to sharpen their vision, and protect their children from someone’s “evil eye”.

RESTING

Go to sleep by 10pm. One of the main causes of eye problems is lack of sleep. Without proper rest, eyes become tired, red, itchy, puffy, bleary, and bloodshot. Staying awake into the fiery Pitta hours of late night, leads to over exhaustion and burnout.

PALMING is an excellent way to give the eyes some rest when they are overstrained. Eyes need a break if they have been in front of a computer or TV screen, reading, driving, or doing close-up work, for too long a stretch. Simply rub the palms together for a few seconds and gently place them over the eyes. This provides an unbelievable deep rest that blocks out outside stimulation and helps tired, blurry eyes.

Eye Pads – Place cooling cotton pads dipped in Rose Water over the eyes, and escape for a few moments in your very own home spa. Cotton pads can be also be dipped in aloe vera, cilantro, or cucumber juices. One could even apply a paste of sandalwood powder and water on the forehead, to soothe eye strain that leads to headaches.

EATING

Foods that are rich in beta carotene (vitamin A) help improve eyesight and prevent eye conditions. Try fruits and vegetables that have a deep orange or yellow color – Carrots, winter squash, sweet potatoes, pumpkin, apricots, peaches, cantaloupe, mangoes. Dark green leafy vegetables (spinach, kale, beet greens, Swiss chard, mustard and collard greens,) and broccoli also contain carotene.

Amalaki fruit is an anti-aging tonic or Rasayana in Ayurveda, rich in vitamin C and anti-oxidants. Amalaki is wonderful in maintaining pitta balance, and supports liver cleansing.
Amala berry is specifically known as a “Chakshushya”, which means “that which strengthens the eyes”.

Health benefits of Amla

Indian gooseberry

High in Vitamin C
Low calorie
Antimutagenic
Reduces intracellular tension
Good for anemia
Reduces blood sugar
Enriches hair growth
Strengthens heart muscle
Antibacterial
Anti-inflammatory
Strengthens nails
Promotes lean muscle mass

Useful for diarrhea & dysentery
Relief for hyperchlorhydra
Improves appetite
Anti-aging properties
Supports liver function
Balances cholesterol
Increases red blood cell production
Nourishes the brain
Protects against UVB radiation

www.OasisAdvancedWellness.com

Groovy Gooseberry Smoothie

1 Cup of almond milk
1/2 cup of frozen blueberries
1 frozen banana
1 Kiwi
1 Tbsp freshly ground flaxseeds
1 Cup of Kale or Spinach
1 tsp raw honey
1-2 tsp of raw Amla - Indian Gooseberry Powder

Mix all ingredients in blender or VitaMix. Enjoy!

Health Benefits of Amla (Indian Gooseberry)

- 100% Natural source of food-based Vitamin C
- Provides antioxidant protection
- Supports healthy digestion
- Helps maintain healthy blood sugar levels
- Supports healthy immune response
- Supports liver detoxification and liver health
- Helps fight free radical damage and supports healthy aging

Amla, also known as Amalaki or Indian Gooseberry, is known for its ability to rejuvenate the body or enable the body’s maximum potential, consistent with its classification as a ‘rasayana’ herb in the Ayurvedic tradition. According to Ayurveda, Amla may be used as a rasayana (rejuvenative) to promote longevity and has traditionally been used to support digestion, heart health, healthy vision, hair growth, and enliven the body. Its antioxidant
The world’s leading cause of blindness, cataracts occur when the lens of the eye becomes clouded. Responsible for letting light rays to pass onto the retina, the lens is a transparent structure mostly made up of water and protein fibers. When those fibers clump together, the lens loses its clarity, leading to blurred vision and—if left untreated—complete blindness.

**Preventing Cataracts Naturally**

Reducing your exposure to ultraviolet light, abstaining from cigarette-smoking, and limiting alcohol consumption may all help protect against cataract development.

Here are three other possible ways to reduce your cataract risk naturally:
1) Fill Up on Antioxidants
In a 2008 study of 35,551 women, researchers found that those who consumed the most lutein and zeaxanthin (antioxidants found in yellow or dark-green leafy vegetables) had an 18% lower chance of developing cataracts than those who consumed the least amount of lutein and zeaxanthin.

In addition to helping absorb harmful ultraviolet light, antioxidants may help stop damaged lens-fiber proteins from clumping together and causing cataracts.

2) Get Your Omega-3 Fatty Acids
Known to fight inflammation, omega-3 fatty acids may help shield your eyes from cataract development, according to a 2005 study. Looking at data on 71,083 women, the study's authors discovered that those with a higher intake of omega-3s (found in oily fish like salmon and sardines, as well as in flaxseed) had a reduced risk of cataracts.

3) Consider Herbal Medicine
Animal-based research has shown that bilberry (an herb rich in antioxidants) and turmeric (an anti-inflammatory compound found in the curry spice turmeric) may help thwart the development of cataracts.

Cataract Causes and Symptoms
In most cases, lens fibers clump together due to aging-related deterioration. However, cataracts can also develop in younger individuals due to eye injuries, eye diseases, or inflammation.

Cataract symptoms include:

- blurred or dim vision
- loss of distance vision
- sensitivity to light
- frequent changes in eyeglass or contact lens prescription
- difficulty with night vision
- tendency to see a halo or glare around lights
- double vision in one eye
- loss of depth perception
It’s important to note that cataracts tend to develop slowly and cause no pain. Since early detection is key to keeping cataracts in check, people over age 65 should get their eyes examined at least once every other year.

**Using Alternative Medicine for Cataracts**

Due to the limited research, it's too soon to recommend alternative medicine for cataract prevention or treatment. It’s important to note that self-treating a condition and avoiding or delaying standard care may have serious consequences. If you’re considering using alternative medicine, make sure to consult your physician first.

Sources


Tips To Cure Cataracts

*Eat Green Leafy Vegetables*

**Green Leafy Vegetables** are rich in antioxidants, which helps you keep away from cataract.

![Green Leafy Vegetables](image)

Include green leafy vegetables in your daily diet

*Consume Sweet Potatoes*

**Sweet potatoes** are good, edible to avoid cataract. It contains Beta-carotene that battles free radicals responsible for cataract. Along with sweet potatoes, consumption of carrots, tomatoes, and pumpkin helps fight occurrence of cataract.

![Sweet Potatoes](image)

Eat sweet potatoes and other food like carrots, tomatoes etc.
Avoid Getting Out In Bright Sunlight

Eyes get damaged when they are exposed to ultraviolet rays in bright sunlight. So, it is better that you keep your eyes protected with help of sunglasses. Make sure that you use branded sunglasses instead of the glasses sold on street side.

Crave For Fruits And Vegetables

Supply of multivitamins along with antioxidants is required to save you from cataract. Hence, keep filling yourself with lots of fresh fruits and vegetables. Intake of Vitamin A and E are essential to maintain health of eyes.
Keep Your Diabetes Under Control

Diabetes can harm eyes. Maintaining your sugar level under control will keep you away from cataract in case you are diabetic.

Avoid Dairy Products

Dairy products stimulate production of free radicals, which are responsible for cataracts. Hence, keeping away from dairy products cuts chances of cataract.

Also Read

9 Great Home Remedies For Cataract
Vision Enhancing Vitamins For The Eyes
good SUGAR & Oil

Eat at least five servings of fruits and vegetables a day, use vegetables as the center of the meal.

Remember: do not eat foods boiled in oil, get good cold processed vegetable oils and thus good fatty acids, not trans or cooked animal oils. Eat only Levulose (fructose fruit sugars) not Dextrose (cane, corn, potato, grape sugar). Wellness is your Reward. Remember to chew your food, fruits alone, fluids alone, and melons alone.

Make vegetable and fruit juice part of your daily Wellness Healthy Regime.
Use Honey

Putting few drops of honey in your eyes is a beneficial home remedy for cataract.

Eat Raw Garlic

Garlic is said to be a proven cleansing agent. It helps in cleaning the crystalline lens in the eye. Consuming 2-3 cloves of garlic daily will help reduce effect of cataract.
Incorporate Aniseed In Your Diet

If you are a cataract patient, start eating approximately six grams of aniseed on regular basis in morning and evening.

Drink Fresh Fruit Juices

Drinking juices of oranges and grapes is considered to be one of the helpful home remedies for cataract.
Keep Away From Smoking And Alcohol

The habit and duration of smoking plays an important role in getting cataract. If you wish to keep away from cataract, keep away from smoking. At the same time, avoid consumption of alcohol as well.

Cataract Surgery Step By Step

<table>
<thead>
<tr>
<th>Standard Cataract Surgery</th>
<th>Laser Cataract Surgery</th>
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<tbody>
<tr>
<td>Surgeon uses a blade to manually make the corneal incision.</td>
<td>The LenSx® laser makes the corneal incision.</td>
</tr>
<tr>
<td>Surgeon manually makes an opening in the front of the lens (capsulorhexis).</td>
<td>The LenSx® makes an opening in the front of the lens (capsulorhexis).</td>
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<tr>
<td>Surgeon uses an ultrasonic instrument to break apart the cataract into smaller pieces.</td>
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<tr>
<td>Surgeon removes the cataract with an ultrasonic probe and suction.</td>
<td>The LenSx® laser breaks apart the cataract into smaller pieces.</td>
</tr>
<tr>
<td>Surgeon inserts a new lens through the same microincision.</td>
<td>Surgeon removes the cataract with an ultrasonic probe and suction.</td>
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<td>Surgeon inserts a new lens through the same microincision.</td>
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Desire is the Professor Emeritus of IMUNE. IMUNE is an accredited and legally registered medical university in Europe.

Since 1995 IMUNE has been offering medical education in a variety of subjects to defend and perpetuate Natural Medicine. There are many small minded people being driven by the SInthetic chemical companies to destroy Natural Medicine as a viable choice in Medicine. IMUNE has offices in Switzerland, Mexico, Dubai, Budapest, England, and the British Virgin Islands. The small petty minded picayune minions of the chemical companies constantly attack with their anal retentive biased short sided views.

We must fight for freedom of choice and especially freedom of choice on medicine.

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