

Natural Help 4...

Cataracts



What are Cataracts?

The experience of having [cataracts](#) can be likened to looking at the world through fogged up glasses – the lenses become all blurred and vision is impaired. That is essentially what [cataracts](#) are - the **clouding of the eye's natural lenses**. The lens is the part of the eye which lies behind the iris and the pupil, and much like a camera lens, it focuses light onto the retina at the back of the eye and **adjusts the eye's focus** - allowing us to see both long and short distance.

Made of water and protein, the lens is a clear structure that allows light to pass through it. As we age or as a **result of injury or illness**, some of the protein in the lens begins to clump together, and the result is a clouding effect in a small area of the lens. This is called a [cataract](#). Over time, it may grow larger and cloud more of the lens, making it more and more difficult to see.

While [eye cataracts](#) decrease vision and can be very frustrating, they generally don't cause pain and are not considered dangerous. However, if a [cataract](#) becomes completely white, it is called an **overripe (hypermature) cataract**, which can cause **inflammation, pain and headache**. A hypermature [cataract](#) is not all that common, but should it occur, it usually requires removal.

The Three Types of Cataracts

- **Nuclear cataract** - This [eye cataract](#) forms in the center of the lens, and is often due to natural aging changes. With time, the clouding gets denser and may even become brown, making it more difficult to see.
- **Cortical cataract** – This occurs in the lens cortex, and gradually extends from the outside of the lens toward the center. This is the **most common type of cataract** to develop in individuals with diabetes.
- **Subcapsular cataract** – This begins as a small opaque area at the back of the lens, and tends to progress faster than the other types. The likelihood of developing subcapsular [eye cataracts](#) increases greatly for those with diabetes, extreme nearsightedness, and those taking high doses of steroids.

Diagnosing Cataracts

If you are experiencing [cataract symptoms](#), you will need to make an appointment with your doctor or optometrist. A few eye tests will confirm diagnosis.

Tests for Cataracts

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

- **Visual acuity test** - This is your average eye test that checks the accuracy of your vision, and will probably require you to read a few letters or numbers varying in size.
- **Slit-lamp examination** – This is a microscopic examination of your eye using a microscope and a specially fitted light to determine any physical obstruction.
- **Retinal examination** – This procedure requires your doctor to administer special eye drops into your eyes which will dilate the pupils. This gives your doctor a better view of what is happening on the lens.

Symptoms of Cataracts

Cataracts tend to develop slowly over time, and at first you may not even notice any vision loss. As the cataract grows larger, you will begin to notice some **blurred vision and glare**, and as the cataract allows less light to reach your retina, so your vision will become more and more impaired.

Cataract symptoms include:

- Blurred, clouded, or dimmed vision
- Strained vision at night, which often makes driving at night increasingly difficult
- Increased sensitivity to light and glare
- Halos around lights
- The necessity for brighter lights for reading and other activities
- Fading or yellowing of colors, and in some cases, difficulty distinguishing between certain colors
- Double vision
- Eyestrain or increased blinking as you feel you have to clear your vision.

Cataracts symptoms generally do not include **pain, itchiness, redness or swelling**, and such symptoms may be an indication of another **eye disorder** or eye inflammation

What Causes Cataracts?

There are **many factors that can contribute** to the development of cataracts, including environment, lifestyle, age, injury and illness. However, there are a few factors that greatly increase the likelihood of developing cataracts.

Factors in the Development of Cataracts

- Long-term exposure to Ultraviolet Radiation (UVA or UVB)
- High levels of free radicals within the body
- Drugs such as steroids, aspirin (used long-term) and major tranquilizers
- Smoking
- Excessive alcohol intake
- Medical disorders such as diabetes, glaucoma, and metabolic conditions. German measles (Rubella) can cause cataracts on the unborn child.
- Physical injuries such as a blow to the eye, a cut, intense heat or intense

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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

- cold, chemical burns, or radiation
- Diets high in salt
- Age-related eye degeneration

Help for Cataracts

While **surgery is the most common form of treatment** for [cataracts](#), it is not the only one. Since the eye is not damaged from [cataracts](#), surgery can be performed at any stage. For this reason, many people decide to wait as long as possible before taking drastic surgical measures.

Medical Treatment

Surgery is the **only successful medical treatment for cataracts**. During surgery, the clouded lens is removed and replaced with a clear lens implant. Sometimes [cataracts](#) are removed without reinserting implant lenses, and in such cases, vision can be corrected with eyeglasses or contact lenses.

Glasses are generally prescribed after the operation, as the implant is not as sophisticated as the body's lens and cannot change its focus like a camera. You may need reading or distance glasses, if not both.

Natural Remedies for Cataracts

Surgery may seem like a fairly drastic approach to dealing with [cataracts](#), and as a result, many people put off the surgery and look for **alternative treatments**. Luckily, nature has a few effective herbal ingredients contained in herbal and homeopathic remedies that not only help with overall eye health, but have been shown to be effective in the natural prevention and treatment of diabetic retinopathy, glaucoma, [cataracts](#) and macular degeneration-- thus promoting recovery and preventing complications!

A well-known **herb for eye health** is Vaccinium myrtillus (bilberry) which is used to strengthen eye capillaries, prevent eye-related disease and infection, and restore the eyes to a problem-free state. Other herbal ingredients such as Aspalathus linearis (Rooibos) and Sutherlandia frutescens work as effective antioxidants and assist to maintain a healthy supply of blood, oxygen and essential nutrients to the eye – all of which are essential to the rapid recovery from any eye condition.

Vizu-All Plus is a natural remedy that may help maintain healthy eyes and circulatory health. **Vizu-All Plus** may also help lessen common problems associated with night vision and eye sensitivity often associated with the normal aging process.

Tips for Coping with Cataracts

You can try a few simple approaches to deal with the **symptoms of cataracts**:

- Make sure that you get the **most accurate eyeglasses or contact lens prescription**. You should have your eyes tested at regular intervals so that

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- your prescription can be adapted accordingly.
- **Improve all the lighting in the home.** Also ensure that bright lights are placed strategically throughout the house, especially in places where you may need to read or work.
- **Wear sunglasses during the day** to reduce glare and reduce chance of further UV damage.
- If possible, **limit night driving.**
- **Choose strong and contrasting colors for essentials in the home.** These can be distinguished more easily.
- **Organize, label, arrange and adapt various things in the home** so that things are easy to find.
- Ask people in your house to **always put things back** where they were found. If things have their place – you will not have to worry about finding them.
- **Anticipate obstacles** and remove them before an accident occurs.

The Natural Approach

While Western medicine has become the norm in many cultures, it is **not the only treatment option.** Conventional Western medicine (often called allopathic or orthodox medicine) is the system of medicine taught at most medical schools, and many pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that only a few decades ago, homeopathic, herbal and other natural medicines were commonly available and freely used-- even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that **both have a role to play in the treatment program.**

Natural medicine has often been frowned upon by conventional doctors, especially by those who do not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby **providing doctors with a wider range of treatment options** from which to choose. In many countries, especially in Europe, India and China, **natural and homeopathic medicines are commonly prescribed** by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the **body has an innate capacity to heal itself.** While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a **unique and independent form of medicine** in their own right, well able to **treat a variety of conditions.** Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine. This encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a **holistic way to support health, relieve symptoms and**



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prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to **support health** (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer. In many cases, **holistic medicine can accomplish just as much**, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, **natural medicines can work quickly and safely to promote healing.**

In many cases, they can **succeed where pharmaceutical drugs have failed.** Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a **long history of usage** and there is a **wealth of empirical evidence** to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to **support the extensive traditional and empirical evidence behind natural medicines.**

It is also important to know that, like any medicine, herbal and homeopathic medicines **must be manufactured in the correct way**, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately, **not all of them are equipped to manufacture to the correct standards**, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘**standardized**’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have **grave disadvantages**, including an increase in side effects, as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which **retains the benefits of ALL the active ingredients within the herb** as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, **always choose wisely.** Research what is best for you. If you have a chronic or life-threatening condition, don’t make changes without first discussing them with your doctor, in order that your condition may be monitored. **Well-informed and supportive practitioners will support patients** who want to take responsibility for their own health.

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1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

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Vizu-All Plus: Natural remedy for visual and circulatory health.

Vizu-All Plus is a 100% safe, non-addictive natural herbal remedy formulated by our team of natural health experts. Vizu-All Plus can be used consistently to safely **support visual health and encourage circulation to the eyes**, while promoting overall systemic and immune system health.

Vizu-All Plus **supports the healthy functioning of the eye**, thereby helping to maintain routine visual health both day and night, as well as encouraging blood flow to the optical nerve and surrounding tissues. Vizu-All Plus can make all the difference, without compromising health and **without serious side effects**.

The ingredients in Vizu-All Plus have been selected for their ability to **help support circulatory and tissue health**, particularly of the feet and hands, while encouraging the maintenance of healthy blood flow to the brain to **support healthy levels of oxygen and nutrients to the brain**.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

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