

MACULAR DEGENERATION

A common eye disease that affects the central part of the retina (called the macula) leading to loss of central vision.

POSSIBLE CONTRIBUTING FACTORS



- Nutrient insufficiencies: zinc, vitamin A, vitamin C, vitamin E, lutein, zeaxanthin, omega-3 fatty acids
- Poor diet high in refined carbs, trans fats/vegetable oils, preservatives, additives, low in antioxidants
- Oxidative stress from:
 - Elevated blood sugar due to a high carb/sugar diet and/or stress
 - Toxins: mercury and other heavy metals, mold, agrichemicals, smoking, alcohol
 - Blue light exposure, especially at night

LIFESTYLE & DIETARY RECOMMENDATIONS



- Consume a whole foods VPF diet with quality proteins, vegetables & healthy omega-3 fats
- Eliminate processed & refined foods, fried foods, vegetable oils, & hydrogenated/trans fats
- Quit smoking and alcohol consumption
- Increase lutein and zeaxanthin rich foods: egg yolks, corn, kiwi, red seedless grapes, zucchini, squash, pumpkin, orange pepper, yellow squash. See more in [Table 1](#).
- If blood sugar is an issue, limit starchy carbs to ½ cup cooked grains and 1 cup root vegetables daily, and 1-2 whole fruits per day. Avoid sugar and anything made from flour.
- Consume more retinol rich food sources: organic grassfed liver, kidneys, cheese, butter, raw egg yolk
- Consume more vitamin C rich vegetables: red peppers, Brussel sprouts, broccoli, cabbage, kale
- Consume more vitamin E rich foods: sunflower seeds, almonds, spinach, avocado
- Consume more zinc-rich foods: oysters, beef, chicken, crab, lobster, beans, pumpkin seeds
- Wear blue-light blocking glasses (orange colored lens for evening use)
- Assess home or workspace for hidden mold growth
- If toxicity is suspected or known, ensure 1-2 daily bowel movements, hydrate well (light/pale colored urine), and sweat daily with exercise or sauna (hydrate well before & after)

SUPPLEMENT CONSIDERATIONS



- Astaxanthin, lutein, zeaxanthin eye support formula (ex. Design's for Health OcuForce™ Blue)
- Cod liver oil
- Omega-3 high in EPA & DHA
- Glutathione