

ULTRA VISION



**YOUR GUIDE TO RESTORE EYE
HEALTH AND PERFECT VISION**

HOW TO IMPROVE YOUR EYESIGHT NATURALLY
SIMPLE, NATURAL AND HOLISTIC WAYS TO PREVENT AND
REVERSE COMMON VISION PROBLEMS

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INTRODUCTION

How to Prevent Eye Damage and Restore Eye Health

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People who suffer from age-related macular degeneration would find more value in regaining their eyesight over all the money in the world combined. It is truly a blessing being able to see everything this beautiful planet has to offer.

Our eyes are windows to the world around us and must not be taken for granted. There are many misconceptions on what brings our eyes longevity and what damages their performance. The damage of eyes over a long period of time is called age-related macular degeneration.

Age related, what?! Just remember the acronym AMD. AMD is most common for people over the age of 50 and can be extremely detrimental to your quality of living without the correct treatment and supplementation. According to the World Health Organization, “Age-related macular degeneration (AMD) is the deterioration of the part of the retina needed for sharp, central vision responsible for 9 percent of all blindness; affects 25 million people worldwide.”

AMD can affect certain parts of your vision at first, much like blotches and then will spread to wider parts of the eyes. Think of it as a solid piece of provolone cheese and over time it becomes porous much like Swiss.

It is important to first, understand more about the eye and its functions, debunk myths of the eyes, and then give therapeutic solutions that work supported by scientific studies. Likewise, we will dive into some exercises that can give us immediate eye improvement for many people with stigmatism or eye problems. We will first investigate, without getting too nerdy, how the eyes work as a collective unit and how they evolved for the advancement of our species.

How Do Your Eyes Work

Cornea

How do these weird squishy things work anyways? The very outer transparent part of the eye is called the cornea. The light goes through the lens that magnifies and crystalizes the picture for the retina. Think of this process as you are diving into a pool just as the light enters into they eye. The lens and your pupil adjust themselves to the amount of light received through the pupil.

Try This: Grab a mirror and turn off all the lights in your room. The pupils will naturally dilate to try to get the most amount of light in darkness.

Turn on the light switch and look at your eyes in the mirror. What you will see are your pupils opening and shrinking trying to adjust themselves to the light. Eventually they will ease down and come to a designated size. Try this with your pets too, cats especially but don't leave them in the dark!

Retina

Next up we have the retina. The retina acts like a wall at the back of the eye, taking in information, and sending it on through the optical nerve to the brain. Now that we understand how our eyes work, let's now take a look at where our eyes came from.

Origins of the Eye

In early times, organisms used to bump into objects and use other senses to avoid predators, find food, and interpret the environment. It was like a series of car crashes and no insurance policies, a MESS! They did not have any eyes to navigate where they were going, so these organisms would feel around surfaces in order to detect stimuli.

The eye was important because it could give the living organism perceptive abilities to see where objects or other organisms were before coming into direct contact

with them. It also gave living organisms the ability to see if there was anything harmful in their sites, in order to avoid it and pursue nutrients such as food and water.

Predators in evolutionary times took a lot of piñata swings before they got the candy they needed to survive. Because these organisms had to physically bump into things to acknowledge that they were there, it was important for the eye to cause awareness of the objects around them. It saved a lot of energy and made food/water escapades more efficient.

Energy is very important to all living things and it must be preserved or they will die. For example, if a living thing does not know where food is and expends all energy looking for it, it will eventually die of starvation or thirst by the time it reaches it's next meal because of energy depletion.

All over the animal kingdom we see eyes in various stages of evolution. It would not be uncommon for us to see fossil evidence or other living creatures in the intermediate stages of evolution.

For example, euglena organisms have a pinhole at the end of their bodies (functions of a very low resolution eyeball), they cannot perceive the objects around them but they can see if it is light or dark. This may sound irrelevant to us as humans because we have such dazzling, beautiful eyes but in the primitive stages of evolution it was a huge asset for survival! Euglena organisms had the ability to see where predatorial shadows were casting over their bodies and possibly avoid them.

This provided an advantage to other organisms that would be labeled as prey and deemed them the fittest in the process of natural selection, preserving their genes for future generations. The lenses of their eyes were shaped much like a cup in order to see passing shadows so they had an advantage over the creatures that had flat lenses who could not sense the shadows of predators or food.

Over the process of evolution, this bridged cup kept getting deeper and deeper, eventually closing the hole at the top and turning into a circular pinhole lens. Mollusk nautilus would be a great example of an animal possessing the pinhole lenses that we are talking about. Animals that have the pinhole-like lenses are able to see a very blurry image. It was probably much like how humans see in water now without goggles.

As time went on, the eyes became more distinguished and upgraded through natural selection creating clearer, more accurate pictures. This is what happens even with technology and innovation; the cell phones, TVs, radios, and car systems that were once the best in the world are thrown aside to newly upgraded models of the same concept.

After the cup shaped lens closes into a pinhole lens, the next step in the evolutionary journey of the eye would be a jelly-like lens that gave indication of a clear image. The jelly substance creates refractions in the light that makes lucid images for the organisms. Think of this as a magnified glass that can help you see little minute details. The octopus has the most advanced eyes and is most connected to our own. However, it came from a completely different series of evolutionary pathways. This is extremely fascinating because it shows that advancements in evolution can be similar to our own, even if they didn't originate from the same species or process of evolution, what are the odds!?

Common Myths Related to the Eye

It is important to look at the “pseudo-scientific” aspects of eye health. This would consist of the information that we believe with no evidence because it is widely accepted by the populous, let's call these... Myths. There are many myths about what damages our eyesight and it is important to know what is true from what is not.

Myth 1 - Reading in Dim Light or Darkness

The first myth we must debunk is the act of reading in dim light or darkness. First off, we do not advise reading in the dark because you CAN'T SEE if you do. Turn on a light and save yourself the hassle! Doing this activity does not ruin your vision; rather it causes strain on your eyeballs. Strain is the act of overexerting your eyes and working them further than their natural capabilities. Reading in the dark or dim light can sometimes cause eye irritation or red eyes around the cornea because your eyes are being worked too hard to focus on a certain task. It can also cause headaches and eye pain.

Myth 2 - Prolonged Use of the Computer

Myth #2- Looking at the computer for a long time does not ruin your eyesight. Rather, the brightness of your computer can cause disruption of the eyes but does not

cause long-term damage. This is because your computer screen is a projection not a tube. Old TVs can cause damage to the eyes because they are tube projections bringing radiation to your eyes. A projection does not emit direct energy to the user, but turn down the brightness because that can cause irritation and pain to the eyes.

Myth 3 - Prolonged Screen Time

Myth #3- using your eyes too much and wearing them out causes eye damage. Examples of this range from tasks such as reading, sightseeing, watching movies, to any type of activity that requires attentiveness and focus etc. This is simply not true; your eyes may become very sleepy and worn out but not permanently damaged.

Myth 4 - Macular Degeneration Can't Be Slowed Down

Myth #4 -there is nothing to be done to slow down macular vision degeneration loss. Answer: Of course there is and there is hope for people with skepticism! Think of your eyes like a muscle that can be strengthened through preventative medicine, tender care, and proper exercises. Before we jump into the “what to do” mode, we must first focus on causes AMD.

Corrective Behavior and Treatment

When we look for causes, it gives us piece of mind in finding a viable solution. In other words, known caused leads to (ideally) corrective behavior and treatment. For example, corrective behavior could be a bad habit such as looking into the sun. Correcting that behavior would be to stop looking directly at the sun and focus the attention to safer alternatives. This corrective behavior will help prevent future eye problems and fine tune the behaviors that were detrimental to your eye health. Treatment is the plan that should be implemented to make positive progress.

Factors That Cause AMD

Age is a big factor in what causes the damage of eyes over time, some of these things can be linked to both genetic causes and environmental links. Having your eyes exposed

to enough sunlight adds up over the years. The replication of DNA tissues in your retina and other aspects of the eyes deteriorate over time.

Each cell of the human body regenerates every 8 years. Essentially, we are completely new forms of people. If you go to your high school reunion and see that a lot of people have “changed”, of course they have, they are completely new people!

It is also true that environmental factors can trigger genetic responses. For example, if a person is prone to getting cancer because he/she has a family history of cancer risk, the onset of cancer can be sped up due to the environmental conditions and activating dormant genes.

Race and ethnicity is another category that can be a cause of AMD. Black and Latinos are less likely to experience age related macular degeneration than Caucasians. Caucasians develop more drusen over a life time than that of blacks and latinos. Drusen is a deposit that collects over time and accumulates in the eyes.

People who smoke are twice as likely to develop AMD than people who do not smoke cigarettes. Smoking constricts blood vessels and the circulatory system from functioning properly. There are high levels of carbon monoxide in cigarettes that poison the blood and rob other parts of your body of much needed oxygen. Smoking has many harmful additives that affect one’s health and must be avoided.

There may be some long term problems with certain prescriptions so it is important to read labels on the possible harmful side-effects and talk to a doctor to get the facts and details regarding your eyesight. A diet lacking in essential nutrients can be one of the major causes to AMD and we will discuss in the following paragraphs.

How to Protect Your Eyes

Sunglasses

There are many remedies you can do right now to prevent damage down the road. First and foremost find a good pair of sunglasses that have enough dimming agents in them to effectively block ultraviolet (UV) radiation. When purchasing sunglasses make sure that they are polarized. This means that they 100% protect your eyes from UV radiation.

The tinting of the sunglasses can affect the color spectrum of color to your eyes. Tints can cause contrasts in certain colors and let more colors through than others. Find the right kind of tint for the environment you are in. For example, gray tinted sunglasses offer the most overall protection because they reduce the overall brightness without too much distortion of other colors. Conversely, yellow tints can attenuate the blue colors but leave the other frequencies unaffected. The most common kinds of tints are gray, brown, yellow, green, purple, blue and rose.

Try a lot of sunglasses out and make sure they cover your eyes completely. Some will not fit snug on your head and it will take some trial and error to find the right ones. Don't pick out sunglasses just because you see your favorite celebrity wearing them. Go the extra mile and protect yourself, you can still find really cool looking sunglasses.

Hats

Hats are another effective way to shade your eyes from receiving too much light at a given time.

Avoid Looking at Reflective Surfaces

Another tip is to not look directly at reflective surfaces because they can magnify the intensity of light and avoid looking directly into the sun because it can burn out your retina. Some reflective surfaces would consist of metals, cars, glass, snow, and water.

Understanding UVA and UVB Rays

UVA and UVB rays are the two most powerful forms of radiation to your eyes, with the exception of x-rays and gamma radiation that our atmosphere filters out. 95% of UVA radiation reaches the Earth's surface and is less harmful than UVB rays but more prevalent.

UVA stay consistent through the seasons and does not fluctuate. In large amounts UVA radiation can cause very serious forms of AMD and eye diseases.

On the other hand, UVB rays are more harmful and tend to be stronger in the summertime from 10 a.m. to 4 p.m. They can cause a series of eye ailments with even the slightest exposure to the UVB light.

Contact Lens

Contact lenses must meet minimum standards, as well. These strict standards are measured in percentages by the FDA before they can be distributed. There are two categories Class I Blocker and Class II Blocker. The Class I blocker is advocated for those who are highly exposed to sun radiation in high quantities. It blocks off at least 90% of UVA and 99% of UVB rays. The Class II blocker is for every day purposes where exposure to the sun is moderate to low. The Class II Blocker blocks off a minimum of 70% UVA and 95% of UVB rays.

Lifestyle Factors

Avoid smoking at all costs because a poor immune system and body can inhibit your vision. The chemicals from the smoke can be sprout up into your eyes causing damage as well.

Maintain good health because certain diseases such as high blood pressure, cardiovascular diseases will increase the risk of AMD. Make sure you are eating healthy and that blood sugars are consistent. Avoid processed sugars as this will create unnatural spikes in blood sugar leading to type 1 diabetes. It is always important to keep your body healthy in order for all parts to work in harmony. Take care of your body and it will take care of you!

Food and Supplements

There are supplements that can aid in your eye health including restoration and regeneration of healthy eye cells. Supplementation is a form of preventative medicine and it will help keep you out of trouble later on. Think of it as a retirement investment but for your health. It is important to stay healthy throughout your life so there will be no need for extreme surgeries or other forms of practice.

Supplements that contain bilberry extract, blueberry extract and (lutein and zeaxanthin) from marigold flowers are the most effective supplements on the market for sufferers of AMD. Lutein and Zeaxanthin are found naturally in the eyes, but not in the ideal quantities for reducing AMD. Doctors generally check levels of these two nutrients

to tell if their patients are having problems with their eyes. These supplements act to filter high energy light and act as antioxidants for the eyes.

Traditional Chinese medicine has also been used to treat AMD. Some of these medicines include chrysanthemum flower, wolfberry, mulberry, and Gordon Euryale seed. Make sure you take supplements that are approved by age related disease studies (ARDS) because these studies are backed up years of research and practice.

Drink plenty of purified alkaline water to reduce the risk of a low pH balance in your body. Keeping your body alkaline will slow down the deterioration process of the body from low pH levels (acidic). An acidic body can be extremely detrimental to your eyes and can cause extreme damage. Low pH levels will break down the eyes as well as every cell in the body rapidly.

You can alkalize your water from just adding fresh lemon juice. Although lemon is acidic, it goes into your body and produce alkaline ash. There are water filters that can ionize your water and bring the pH levels up, as well as, highly alkaline foods that will do the same. High alkaline pH levels act a lot like antioxidants, which are found in many healthy foods with vitamins and minerals.

Antioxidants, literally means non-oxidizing and oxidation is the process of breaking down materials by acidity, keeping the creation of free radicals under control, helping protect and repair cells damaged. Free radicals are charged particles that are missing an electron and floating around the body trying to find an opposite charge to become neutral. They are the molecules most associated with aging. Free radicals are the environmental cause of organic breakdown. If free radicals do not get this opposite charge, it will break down parts of the body “looking” for the right molecule. High concentrations of antioxidants are found in vitamin C, vitamin A, vitamin E, selenium, and zinc.

Here is a list of antioxidants approved by the National Eye Institute to combat AMD: Diets high in omega-3 fatty acids are also effectively used to prevent age related macular degeneration. Omega 3 fatty acids are the “good” kind of fats that can be found in foods with monounsaturated and some polyunsaturated fats.

Limit your intake of omega-6 fatty acids as well while you increase your tasty omega-3's. Trans-fats should be avoided at all costs because promote weight gain and

wide variety of health issues, including heart disease. Omega-6 fatty acids, saturated fats, and trans-fats will mostly come from fatty animal-based products and processed foods.

Trans-fats are artificially made to keep food solid at room temperature, make for better texture in the food, and some would argue that it makes things taste better. For example, peanut butter is very oily in its natural state. Trans fats make the peanut butter solidified and able to last longer on store shelves for consumers. It is created by adding hydrogen molecules to the fats creating a more dense fat altogether. Often times your body does not recognize these fats, so it just stores trans-fats in your body automatically.

The FDA ratified a law stating that any food or product containing less than 0.5 grams of trans fats does not have to be labeled. It is important to note that a lot of foods have trans-fats and to find out if the foods you are eating have this type of fat, read the label and look for “hydrogenated” oils.

Hydrogenated oils are the same thing as trans fats and it will say that in the ingredients lists if the trans-fat content is under 0.5 grams. Sneaky huh? Well companies do this a lot with other ingredients claiming all natural or no MSG. All natural does not necessarily mean good for you, opiates are all natural but we know better not to ingest them. Monosodium glutamate (MSG) has an insurmountable amount of names to cover up this “excitotoxin” and they are extremely detrimental to your health and brain function.

Trans fats are linked to AMD, obesity, heart disease, cardiovascular disease, respiratory illnesses, Alzheimer’s disease etc. Omega-3 fatty acids can be found in a vast amount of fish, nuts, healthy oils, and green leafy vegetables. Omega-3 fatty acids are able to reduce inflammation which can cause a host of problems such as reduced blood flow to vessels throughout the body. Omega-3 fatty acids are also very heart healthy. It is extremely critical to take care of your body, make calculated decisions based on evidence and protect yourself.

Exercise for Your Eyes

There is an exercise that should be done daily to improve your vision and help you regenerate damaged eye cells. First, start with deep breathing techniques into your belly. Start slowly in and out until you feel completely relaxed and in the present moment.

This will open up blood vessels and relax airways. Often times the person practicing these breathing techniques will start to become more alert and stimulated in the senses department.

The next part of the exercise is to rub your palms together gently and increase the friction until they are warm. Put these warm hands over your eyes, it will increase blood flow to your eyes activating more eye cells to work in cohesion.

Stand up and focus on different points in relation to your body. For example, if you are standing towards a wall, focus on the upper corner of the wall as well as the lower corners. Do them separately without moving your head and keep your eyes slowly moving from corner to corner.

Hold both your index fingers up and look from one finger to the next, counting from 1 to 30 as you change your target focus. Remember to do these exercises slowly and try to space each focal point duration time evenly. This exercise will help your eyes relax from the strains of daily activity and bring longevity to the cells.

Eye Examination

Knowledge is power, get your eyes checked! Eye exams are a way to see if your eyes are in good health or suffer from any ailments that could be affecting overall performance and efficiency. I know, everyone hates eye exams and we all like to think we are going to have the vision of Cyclops for the rest of our lives, but AMD happens and must be taken seriously.

A Visual Acuity Test will test your far-sightedness and how well you are able to see at distances. A Dilated Eye Exam is used to dilate the pupils looking further into your retina using a specialized lens to see if there is age related macular degeneration or any other eye diseases. An Amsler Grid is designed to evaluate the central visual field, and it is a diagnostic tool used mainly in the screening, detection and monitoring macular disease, as well as the optic nerve and visual pathway. A Color Vision chart helps to test the ability of the eye to discriminate between colors excited by lights of different wavelengths. It can also be used to check brightness and color differentiation capabilities of your eye. There will be a spectrum of colors and you will have to be able to distinguish the differences in colors and textures.

Another test is the fluorescein angiogram. This procedure starts with a fluorescent dye that is injected into your bloodstream entering into your arm. Pictures and video are taken seeing where the liquid is transmitted to across the body and if there are any liquids being lost through the blood vessels in the eyes.

The final test is the optical coherence tomography- this is a test where sound waves detect images of living tissues. It is very similar to how ultrasounds work with unborn babies in the womb. This can achieve very accurate depictions of the eye and is an ideal way to get the highest resolution visuals of eye problems. It is important to get your eyes checked by a professional if you are noticing any of the symptoms of AMD and discuss the best possible plan for restoring your eyesight.

Surgical Options

Serious cases of AMD require immediate attention by doctors and practitioners in order to fix the problem before it gets worse and repair any damage.

There are 3 primary forms of surgery: the first form would be in the practice of injections. The ophthalmologist will inject treatments into the patient's eyes called vascular endothelial growth factor (VEGF). VEGF can grow new cells in the eye and reconstruct blood vessels for better circulation to the eyes. If a patient decides to go this route after discussing possible options with his/her physician, then they will agree to meet multiple times a month to execute the VEGF injections.

The next method of treatment is called photodynamic therapy. According to the IEA the process of photodynamic therapy consists of a highly potent drug that will be injected into the arm of the patient. The drug is then absorbed by new cells and vessels to help with further regeneration of the eyes. The health professional will then shine a light to trigger the drug and it targets the new abnormal cells, slowing them down exponentially to prevent future harm. This is the least common of the three and works in conjunction with other treatment options for severe AMD.

The final method of therapy is laser surgery. An extremely hot laser will be shot into the retina in order to destroy and incinerate damaged blood vessels. This is the "riskiest" of all the three surgeries because the laser can potentially damage healthy eye tissue but it has its beneficial components in order to prevent further future damage to

the eyes. This is the common to the popular eye restoration procedures called LASIKS surgery.

CONCLUSION

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The previous paragraph was to detail extreme situations that need immediate medical attention. It is important to practice preventative medicine and take care of your body throughout life, so there will be no hindrances in your health, relationships, and financial status.

Losing your eyesight can be one of the hardest things a person has to go through and not only affects the person suffering, but the family as well. Do not make AMD into an identity for yourself and do not be hard on yourself. Do what you can do NOW to prevent further damage and possibly reverse the effects already apparent.

Many people have these problems and there are ways to live your life to the fullest even with AMD. People can become anxious, depressed, angry, worried, feel a sense of loss or that they are not the same person as before. Keep an optimistic outlook and read self-help books to improve upon these unfortunate conditions.

If you suspect that there is a problem with your eyesight, review the symptoms in this ebook and seek professional help immediately. The biggest regret that victims of AMD have is that they didn't act sooner. It is important to catch AMD early on because treatments can reverse damage rather than become inoperable cases. It is truly amazing that we have such innovative science in this modern age to combat the loss of eyesight.

Educate yourself on all the options and be honest with your loved ones about your condition. For people who know someone with a problem, it is essential that you be 100% supportive of the person losing their sight. They will feel really hopeless and it is your job to be both encouraging and sympathetic. It will be a very challenging task to be apart of but will be worth it after all is said and done. The illness will bring everyone closer and we hope more awareness will be spread to other families so that we become a more educated and unified community.