

15 Ways to Prevent the Onset and/or Progression of Cataracts and Age-Related Macular Degeneration (AMD)

The 15 scientific recommendations below include lifestyle, nutritional, and supplement suggestions that will help protect your eyesight and improve your overall health and well-being.

Nutrition in particular plays an important role in promoting eye health and preventing the onset of cataracts and age-related macular degeneration (AMD), which affects a high percentage of adults 65 and older. Some of these recommendations are based on results from a study, which Dr. Stewart Richer and myself conducted at Scripps Memorial Hospital, La Jolla, California.

1. While in the sun, wear a hat with a brim and sunglasses (preferably wrapped) that block 100% of UVA/UVB sunlight and as much blue light as allowed by regulatory agencies. (Blue light is between 400-510 nanometers. You can find lenses that block up to 100% of blue light to 433 nanometers, which meets current ANSI standards). One of the Maui Jim's styles/lens blocks 100%. UVA and UVB and some blue light.
2. Enjoy green leafy vegetables daily. Spinach, Swiss chard and kale are three of the best. A one-cup serving equals 2 cups raw or 1/2 to 1 cup cooked. Aim for 12 milligrams of lutein a day from food. (see lutein source table)
3. Enjoy a zeaxanthin-rich food daily. Aim for 3-6 milligrams a day through a combination of food and supplements. Food sources are listed below and supplemental sources are listed at the end of this document.
4. Eat 2-4 servings/week (3.5 ounces=1 serving) of wild Alaska salmon, sardines, mackerel, herring, trout (farmed or wild), tuna, Alaska or northern halibut, oysters/ clams (wild or farmed), available in supermarkets everywhere. The website, VitalChoice.com, offers many great choices including BPA-free canned and no-salt- added Sockeye salmon. Wild Planet also has BPA-free cans, including a "low mercury" albacore Tuna.
5. Aim for a BMI of < 25 and a waist circumference 35 inches or less (female) or 40 inches or less (male). Over weight begins with a BMI above 25
6. Include 30 to 90 minutes of physical activity (PA) daily at least five times a week. The PA can be divided up into 10-minute activities throughout the day.
7. Have a handful of nuts (1 layer on the palm of your hand) five times weekly. Be sure to include walnuts, almonds, and pistachios in the mix on a weekly basis. Pistachios are a non-leafy green source of lutein, as are avocados (especially the dark green "meat" near the skin) and, kiwifruit.
8. Enjoy soy (10 to 15 grams of whole food soy protein) most days of the week. This may help prevent "wet-AMD." Foods that may help prevent angiogenesis—the growth of new blood vessels and thus the conversion of "dry to wet AMD"—include soy, green tea, whey protein, and berries. (See SuperFoodsRx books for more information on soy foods and their protein content.)

9. Enjoy 4 cups of tea daily, with at least 2 of those cups being green tea. Other choices for tea include black, oolong, white, hibiscus, and rooibos.
10. Drink 1 cup of organic carrot juice in the morning (a great 10 AM “snack” with a few nuts) and 1 cup organic R.W. Knudsen Very Veggie Cocktail (low sodium) in the afternoon (or vice-versa).
11. Consume 2-4 tablespoons daily of ground Flaxseed Meal (Bob’s Red Mill brand is readily available)—organic when possible, and or Chia seeds (un-processed or ground).
12. Consume 2 tablespoons daily of first-cold- pressed extra-virgin olive oil (multiple brands are available). Use olive oil and balsamic vinegar as your salad dressing when possible.
13. Enjoy at least one cup of berries each day. They can be fresh, freeze-dried, frozen, or as 100% juice. Dark berries, cherries, purple grapes (or 100% juice e.g. Welch’s Concord Grape), and black raspberries all contain nutrients that can increase the absorption and cellular-level of omega-3 fatty acids from fish (a very good thing). Blueberries and blackberries are readily available, as is Welch’s Concord grape juice. This may help prevent “wet-AMD.”
14. Keep your vitamin D3 level at a consistent 50-80 ng/ml. There is an easy, non-fasting vitamin D blood test available. Ask your healthcare professional to order a 25(OH) vitamin D3 blood test. It may indicate you need to supplement your Vitamin D3 intake. Once you achieve a 50-80 ng/ml level, you will need to keep taking a certain amount of vitamin D3 in order to maintain my recommended blood level.
15. Probiotic supplement. One with breakfast and one with dinner. We use Probiotic 40 billion by Douglas labs. Can be purchased on our website.

A common mistake I see in my practice is for patients to supplement with vitamin D3 until they achieve a recommended level, then just stop taking the extra vitamin D3—or cut back on the dose—causing a slow drop in vitamin D3 levels until they are once again “too low” in this remarkable hormone. (Although we call it a vitamin, it actually functions as a hormone). While one should strive for plenty of vitamin D3 from food, I believe it is very difficult, if not impossible, to achieve and maintain an adequate blood level from food or sunshine exposure alone.

Suggested Supplements:

Multivitamin:

Douglas Labs Ultra Preventive X
Take four with breakfast and four with dinner.
Can be purchased on our website

*All supplements should be taken with meals.
Dr Pratt has researched what supplement he feels is the best. You can purchase these on our website.
superhealthyliving.com
Not all supplements are created equal.*

Omega 3:

Nordic Naturals Pro Omega 2000 is the best out there. Can be purchase on our website. Males 2 softgels at breakfast and 2 at dinner. Females 2 soft gels at breakfast and 2 at dinner.

Kirkland Signature Enteric Coated Fish Oil
Omega 3 1200 mg fish oil, 684 mg of omega.

CoQ10:

Kirkland Maximum Potency CoQ10 300 mg—
take one with breakfast daily.
(www.costco.com)

Natural Factors CoQ10 100mg
Take one with breakfast and one with dinner.

Lutein:

Source Naturals Zeaxanthan with Lutein.
Take one daily with a meal.
Can be purchased on our website.

Vitamin K:

Code Raw K-Complex.
Take one capsule daily with breakfast.
(www.gardenoflife.com)

Superior Source Advanced
Triple K-Ke K2-4 K2-7 MicroLingual tablets.
Take one daily with breakfast.
(www.superiorsources.com)

Jarrow Formulas MK-7 90ml.
Take one daily with a meal.
(www.jarrow.com)

Tumeric or Curcumin:

YouTheory 1000 mg with black pepper. Can be purchased on our website
Take 1 capsule with breakfast and one with dinner.

To enhance the bioavailability of the fatty acids from fish or fish oil supplements, include blueberries, blackberries, Concord grape juice or bilberry capsules each time you eat fish or take a fish oil supplement(or with lunch or dinner 3.5-4 ounces of red wine, remembering my recommendations for wine to be a maximum of of 3 glasses/week-female, or 6 glasses/week- male). 100% Blueberry, blackberry or pomegranate te juice (3.5-4 ounces of either) would also suffice.

MILLIGRAMS OF		
	LUTEN	
Kale	1 cup cooked	
23.7mg		
Spinach	1 cup cooked	20.4
mg		
Swiss Chard	1 cup cooked.	14.6
mg		
Collard greens	1 cup cooked	14.6
mg		

A note on turmeric: This spice can be safely consumed by adults up to 8 grams/day. The average adult living in India reportedly consumes about 3 grams/day as a spice used in cooking. The recommendations as to doses listed above are different for each manufacturer. My personal recommendation is to take up to 1.5-2 grams/day (female) and 2-3 grams/day (male)—these are for adults 18 years and up. And, use the spice while cooking! Divide your daily dose between at least two meals.

Vitamin E:

PLUS PURE Encapsulations Tocotrienols—
take one capsule with a meal three times weekly
(www.pureencapsulations.com)

Berry supplements:

Solgar Tart Cherry Extract, 1000mg
Take one 2 times a day.
(www.solgar.com)

Vitamin C:

Mega FoodComplex C
(Whole-Food Complexed Vitamin C for
Immune Support)— take one capsule
multiple times/day
The one “essential” dose should be with your
first fluids consumed upon awakening in the
morning. A healthy choice is Dr. Steve’s Hot
Chocolate or Dr. Steve’s Green tea in the first
20 minutes after getting out of bed plus your
vitamin C supplement

Vitamin D:

USANA Vitamin D 2000 IU’s D3 + Vitamin K
(MK4 & MK7) amount/day is based on first
getting a 25(OH) can be purchased on our website. Vitamin D3 blood test and
then asking your healthcare professional for
a dose/day—with meals.

Taurine: Douglas Labs Taurine. Can be purchases on our website. Take 2x Daily

Resveratrol:

Douglas Labs Mythelated Resveratrol Plus—
take one capsule daily with a meal.

Dr Steve’s Green tea

1 cup hot water
1-2 bags of green tea
1 Tbsp buckwheat honey
soy milk to taste.
Steep tea bags for 1-2
minutes.

YS Eco Bee Buckwheat Honey



Foods rich in Zeaxanthan

One medium orange bell pepper.	11.7 mg
25-35 dried Gogi berries.	1.45 mg
1 cup yellow corn.	0.9 mg
1 Japanese persimmon.	0.8 mg

Dr Steve's Hot Chocolate
 One cup hot organic soy milk and
 one packet Cocoa Via Dark
www.cocoavia.com

Caution
 Before taking any
 supplement please ask your
 family physician

SOURCES OF VITAMIN D

Cod Liver Oil	1Tbls	1360 IU
Wild Alaskan Sockeye Salmon	3.5 oz.	670 IU
Albacore Tuna	3.5 oz.	540 IU
Wild Alaskan Silver Salmon	3.4 oz.	425 IU
Pink Salmon, canned.	3oz.	360 IU
Sardines, canned	3oz.	250 IU
Mackerel, canned	3oz.	244 IU
Wild Alaskan King. Salmon	3.5.	222 IU
White Tuna, canned.	3oz.	200 IU
Shrimp	4oz	162 IU
Milk or Soymilk, vitamin D fortified	1 cup	100 IU
Orange Juice, Vitamin D fortified	1 cup	100 IU
Cod	4oz.	64 IU
Cereal, vitamin D fortified	1 cup	40 IU
Egg Yolk	1	20 IU

Don't forget to expose your arms and legs to sunshine for 10-20 minutes most days, as this is the way your body naturally produces vitamin D