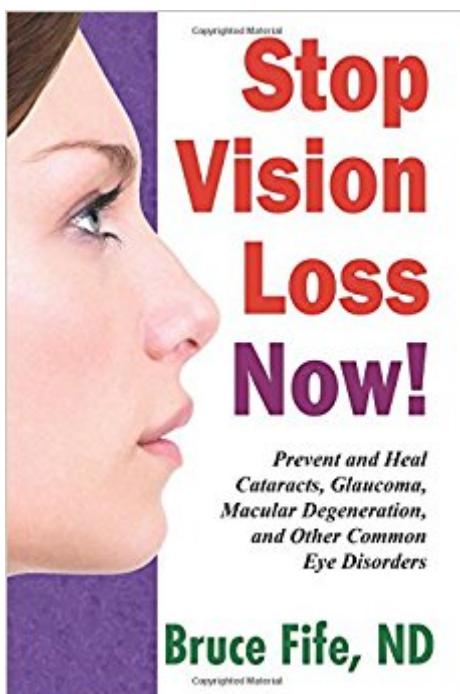


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# Stop Vision Loss Now!: Prevent And Heal Cataracts, Glaucoma, Macular Degeneration And Other Common Eye Disorders



## Synopsis

Losing your eyesight is a frightening thought. Yet, every five seconds someone in the world goes blind. Most causes of visual impairment are caused by age-related diseases such as cataracts, glaucoma, macular degeneration, and diabetic retinopathy. Modern medicine has no cure for these conditions. Treatment usually involves managing the symptoms and attempting to slow the progression of the disease. In some cases surgery is an option, but there is always the danger of adverse side effects that can damage the eyes even further. Most chronic progressive eye disorders are considered incurable, hopeless. However, there is a successful treatment. It doesn't involve surgery, drugs, or invasive medical procedures. All that is needed is a proper diet. The key to this diet is coconut, specifically coconut oil. The author used this method to cure his own glaucoma, something standard medical therapy is unable to do. The coconut based dietary program described in this book has the potential to help prevent and treat many common visual problems including the following: Cataracts Glaucoma Macular degeneration Diabetic retinopathy Dry eye syndrome Sjogren's syndrome Optic neuritis Irritated eyes Conjunctivitis (pink eye) Stroke Eye disorders related to neurodegenerative disease (Alzheimer's, Parkinson's, MS) Most chronic eye disorders come without warning. No one can tell who will develop a visual handicap as they age. Everybody is at risk. Once the disease is present, treatment is a lifelong process. The best solution is prevention. In this book, you will learn the basic underlying causes for the most common degenerative eye disorders and what you can do to prevent, stop, and even reverse them.

## Book Information

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## Customer Reviews

Disclosure: I was contacted by the author, who sent me a review copy of this book free of charge. The ability to see is something we usually take for granted until we start having problems. Loss of vision due to cataracts, glaucoma, and macular degeneration becomes more common as we age, but eye problems can develop throughout the life cycle. I've had several eye disorders: bilateral strabismus ("lazy eye") requiring surgery when I was seven, medium myopia (nearsightedness) since around that age, and most recently presbyopia ("old eyes" -- farsightedness after the age of 40). I also have a strong family history of glaucoma, so doing whatever I can to preserve the sight I have is extremely important to me. Dr. Bruce Fife is a naturopath, certified nutritionist, and director of the Coconut Research Center. He's a prolific author, having written 20 books based on his extensive review of the literature on the benefits of coconut oil and its medium-chain triglycerides (MCTs). In his latest book, *Stop Vision Loss Now!*, he provides evidence that a well-balanced, nutrient-rich, very-low-carbohydrate diet supplemented with coconut oil may help to prevent and even reverse some of the most common eye disorders associated with aging. The major concept of the book is that the eyes are an extension of the brain, so whatever keeps the brain healthy and well nourished will do the same for the eyes. There's a growing body of research demonstrating that maintaining blood glucose and insulin levels as close to normal as possible can help preserve brain function and reduce the risk for Alzheimer's disease and other forms of dementia. According to Dr. Fife, many researchers now believe that although increased intraocular pressure is involved in glaucoma, its primary cause is that nerve cells within the brain become damaged, similar to what happens in Parkinson's and Alzheimer's disease. He explains that coconut oil increases brain-derived neurotrophic factor (BDNF), a gene that stimulates the growth, maintenance, and repair of these nerve cells. Dr. Fife suggests that the increase in ketone levels that occurs in response to MCT can protect eye health and improve or potentially reverse degenerative eye disorders as a result of increased BDNF. In addition to age-related conditions like glaucoma, cataracts, macular degeneration, and diabetic retinopathy, coconut oil can also be used for dry eyes, eye infections, and other non-vision-limiting conditions.\* In addition to generous amounts of healthy fats and moderate amounts of protein, Dr. Fife recommends including a wide variety of nonstarchy vegetables and berries to reduce oxidative stress that can lead to eye disease. He advises selecting from three different levels of carbohydrate intake based on blood glucose levels and provides a sample menu for a typical day, along with guidance on meal planning and dining out. Lists of protective low-carbohydrate foods and a comprehensive net carb counter are included. I agree with his suggestion to add coconut oil slowly, one tablespoon per day to start, in

order to prevent GI symptoms and determine personal tolerance. I learned several things I didn't know as a result of reading this book, including: Adding coconut oil to vegetables improves absorption of their nutrients more than any other fat and does the best job of preserving the antioxidants they contain. Aerobic exercise is the most beneficial type of activity for increasing BDNF in the retina. Topical application of coconut water may improve cataracts. I found Stop Vision Loss Now! very well-researched, comprehensive, and interesting. Dr. Fife has a gift for making advanced nutrition concepts and physiological processes easy for the average reader with an interest in health to understand. It was truly a pleasure read for me. There are many personal accounts throughout the book, including the author's story of how he reversed his own early-stage glaucoma. Although there isn't a lot of published research on the benefits of coconut oil for eye disorders, he makes a great case for including it as part of a whole-foods-based, low-carbohydrate diet in Stop Vision Loss Now! \*Regardless of whether these changes in diet and lifestyle improve your vision, if you have an eye disorder, you should continue to see your ophthalmologist at least once a year for monitoring.

Wonderful Book, Packed full of great information if you want to save your eye site. I wish I'd gotten it sooner but it is still a great help even though I'm had to have a cataract surgery already. There is more to our eyes than just the lens.

I would give it a million stars if possible, EXCELLENT book/advice. I've started the coconut oil in my eyes and they feel so much better since I stopped the eye drops. Bought both the Kindle edition and a book. Now I'll be able to loan the book out to others. Really a good book, thank you to the author. Very easy to read and understand.

This book gives real and practical ideas about what to do to bring about healing. I loaned the book to my naturopath and we designed a plan for me to follow. Further following his suggestions about diet affecting inflammation, we've "gone keto." I also picked up his ketogenic diet support book which is simple (most on this topic are not) and easy to follow.

Very informative, great tips. Glad I bought it.

Good information for the health of your eyes and, just as importantly the health of your body. To paraphrase an old quote, "If it's good for your body, it's good for your mind." In this case, "If it's good for your body, it's good for your eyes."

Nice book about eating less sugar, special foods that contain antioxidants like lutein and zeaxanthin to protect eyes, healthy eating tips, coconut oil and many other great tips

A very complete book on the subject of halting vision loss and recovering, for improved eyesight.

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