

Muscular Degeneration

Written by Delores A. Hampton
Sunday, 23 June 2013 12:54

A chronic disease of the eyes caused by the deterioration of the central portion of the retina, known as the macula, which is responsible for focusing central vision in the eye.

Bilberry- Internal Purposes: Contains anthocyanosides which act as antioxidants in the retina of the eye. Supplementing with Bilberry is thought to be beneficial for prevention and treatment of early state macular degeneration. Blueberries contain bioflavonoids. It is recommended that you eat eight to ten ounces of blueberries a day, take Ginkgo Biloba extract, and zinc is thought to help stop the loss of your vision. It is best to start treating Macular Degeneration in the early stages.

Vitamin A - Comments: Powerful antioxidant. Promotes healthy eye function. Emulsion form is recommended when used in high doses.

Vitamin C - Comments: Antioxidant. Kills free radicals. Protects the eyes. Alleviates pressure caused by cataracts.

Vitamin E - Comments: Antioxidant. Kills free radicals