**Macular Degeneration**

It’s often been considered as a genetic disorder but there are exceptions in some cases especially where trauma may have occurred to the eye/head area. Strong pharmaceutical drugs can also play a role since once again, they interfere with optimum digestive function and many drugs contain toxic substances. Some trigger cytokine activity resulting in inflammation so such meds are unhealthy for people to take. If someone is taking strong meds for long term occasionally they may affect brain/eye function.

There are 2 main types of MD wet and dry.

There are many types of natural remedies that can assist with maintaining some integrity in all aspects of the eye but this would vary from person to person and whether it is wet/dry MD that you may have.

I prefer to take a full case history since it could be that someone is deficient in vital nutrients, has heavy metals, parasites other metabolic imbalances that need to be addressed.

Herbal remedies, homoeopathic remedies, various mineral/vitamin supplements including anti-oxidants, fish oils, probiotics and may be even digestive remedies can be considered for each individual case.

Bowen therapy is excellent for rebalancing the body including working with acupressure points on head, face and neck.

Meditation is excellent for helping with stress and anxiety. I teach meditation and can incorporate it into your treatment plan. I also have a meditation CD I created that is a great ongoing support in-between treatments so you can meditate daily and become more confident with it.

**Glaucoma**

I have a personal interest in this disorder. Despite my mother having MD I was diagnosed in Sept 2012 with open angle glaucoma. Her sister developed glaucoma in later years she lived to 101. The genetics I traced back a few hundred years on her side working with my colleague and checking the body’s energy with kinesiology in line with DNA.

I might just add that it is illegal for natural therapists (that includes acupuncturists) to treat glaucoma in Australia – however, we never treat a “named” disorder – we only ever treat the whole person.

This topic is very complex and multi facet. There are several types of glaucoma with open angle being the most common. After years of research I’ve developed quite an understanding of this disorder.

Some types are open angle, narrow/shallow angle, closed angle, normal tension glaucoma and pseudo exfoliation glaucoma known as PEX.
I must point out that it is very important that whatever type of glaucoma you are diagnosed with you must only receive the correct treatment for that type. I have met and spoken to quite a few people who were incorrectly diagnosed. Including me!

Most people who see a natural medicine practitioner are usually taking pharmaceutical drops. This will often mask any changes that may occur with the treatment. Unlike anyone (like myself) who uses 100% natural remedies. Most acupuncturist’s I have spoken with appear to manage and treat the systemic symptoms that arise through the use of various glaucoma drops.

Just because family members acquired glaucoma does not mean that you will. Often if you are exposed to trauma or potent virus’s such as from the herpes simplex family i.e. Epstein bar virus (EBV) or cytomegalo virus (CMV), Shingles, Chicken pox, then these can activate the gene. Viral Hepatitis can also hinder the liver and be another contributing factor. I know, because this happened with me. Many doctors may not agree. People who have suffered from long standing migraines (even if you have resolved them) could manifest glaucoma if there is a pre disposition. Research has also linked Parkinson’s with glaucoma development.

Further research implies that glaucoma could be a “diabetes of the brain”. Since we know it is a brain disorder this is worthy of consideration in some cases.

This topic is extensive and the worlds’ experts have still not come up with a cure to resolving such degenerative eye disorders.

Same applies here as does with MD. Everyone has a different metabolic function and therefore should be treated as an individual case.

I never advise anyone to cease glaucoma drops. If you have received laser (SLT being the most common) you may find like me that you don’t need drops at this stage and if you include a variety of appropriate nutrients, diet, lifestyle, exercises etc. you may succeed in maintaining an acceptable ocular pressure with no further degeneration to nerve fibre layer or nerve ganglion that generates sight loss.

However, no matter how passionate you are about only using natural therapies (and there is no one more passionate about natural remedies than me!) it is imperative that you choose a doctor who is a glaucoma specialist to work with you. Obviously it is much better if you can find one that will not critique natural therapies and will be open minded to working with you. Fortunately I have an eye doctor who is fully supportive and very interested in my IOP records and various activities I have observed can either spike or lower the IOP.

If you need help with either of these eye disorders please contact me to set up a time for appointment.

Remember, I only support you I am not an eye doctor and need you to be responsible for your future sight.

I never wanted laser but I had to. I had a mechanical problem with my eyes especially the L eye – past car accident. No remedy on earth would fix this so I needed a PI (peripheral iridotomy).

I am sorry I cannot conduct email consults. I can only work with you on appointment basis.

Thank you

Lyn