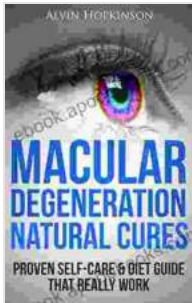


# Macular Degeneration Natural Cures: A Comprehensive Guide to Protecting and Restoring Your Vision



## Macular Degeneration Natural Cures: Proven Self-Care Guide & Diet That Really Work (Top Rated 30-min

Series) by M. Ruth Myers

★★★★☆ 4.7 out of 5

Language	: English
File size	: 545 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 17 pages
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Macular degeneration is a leading cause of vision loss in people over the age of 50. It occurs when the macula, the central part of the retina responsible for sharp central vision, becomes damaged. This can lead to blurred vision, difficulty reading, and eventually blindness.

While there is no cure for macular degeneration, there are a number of things you can do to prevent it or slow its progression. These include:

- **Eating a healthy diet.** A diet rich in fruits, vegetables, and whole grains can help protect your eyes from damage. Lutein and

zeaxanthin, two antioxidants found in leafy green vegetables, have been shown to be particularly beneficial for eye health.

- **Getting regular exercise.** Exercise can help improve blood flow to the eyes and reduce your risk of developing heart disease, which is a risk factor for macular degeneration.
- **Maintaining a healthy weight.** Being overweight or obese can increase your risk of developing macular degeneration.
- **Not smoking.** Smoking damages the blood vessels in the eyes and can increase your risk of developing macular degeneration.
- **Wearing sunglasses.** Sunglasses can help protect your eyes from the sun's harmful ultraviolet (UV) rays.

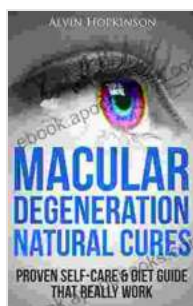
In addition to these lifestyle changes, there are a number of natural remedies that may help prevent or slow the progression of macular degeneration. These include:

- **Bilberry extract.** Bilberry extract is a powerful antioxidant that has been shown to improve blood flow to the eyes and protect the retina from damage.
- **Lutein and zeaxanthin supplements.** Lutein and zeaxanthin are two carotenoids that are found in leafy green vegetables. They have been shown to protect the eyes from damage and improve vision.
- **Omega-3 fatty acids.** Omega-3 fatty acids are essential fatty acids that are found in fish oil. They have been shown to reduce inflammation and protect the eyes from damage.

- **Vitamin C.** Vitamin C is an antioxidant that helps protect the eyes from damage. It is found in citrus fruits, berries, and vegetables.
- **Vitamin E.** Vitamin E is an antioxidant that helps protect the eyes from damage. It is found in nuts, seeds, and vegetable oils.

It is important to note that these natural remedies have not been proven to cure macular degeneration. However, they may help prevent or slow its progression. If you are considering using any of these remedies, it is important to talk to your doctor first.

Macular degeneration is a serious condition that can lead to vision loss. However, by following the tips in this article, you can help protect your eyes and preserve your vision.

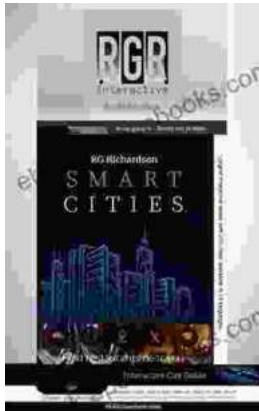


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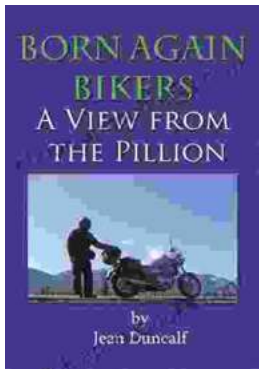
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