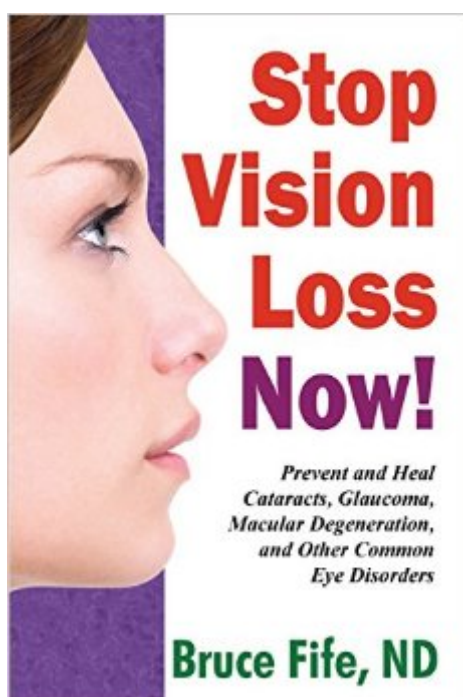


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# Stop Vision Loss Now!: Prevent And Heal Cataracts, Glaucoma, Macular Degeneration And Other Common Eye Disorders



## 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), and eye disorders related to neurodegenerative disease (Alzheimer's, Parkinson's, stroke, 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.

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