



Body and Vision

Keeping Your Body and Your Eyes Healthy and Strong

Now you can enhance your health and boost your immune system, while you maintain and improve eye health. You can help prevent and reverse the two major causes of deteriorating vision and blindness: cataracts and macular degeneration

Seeing the Problem

Eighty-five percent of all Americans will need cataract surgery by age 75, and more than 1 million cataract surgeries will be performed in the U.S. alone. A Johns Hopkins study predicts nutritional supplements could prevent vision loss in 300,000 people over the next five years.

Cataracts are a clouding of the lens that obscures vision. This happens when the eye is damaged by free radicals from, x-rays, diabetes, lack of dietary nutrients, environmental toxins, laser surgeries, sunlight, smoking, obesity, various drugs and diseases and the aging process.

Eleven million Americans struggle with age-related macular degeneration.

Macular Degeneration is a degenerative disease of the macula, the part of the retina responsible for straight-ahead vision. Macular degeneration impairs vision, reduces the ability to read, watch television, drive and can ultimately cause blindness.

Unfortunately, macular degeneration is no longer just an age-related disease. More young people are at increased risk due to environmental toxins, laser surgeries, diabetes and lack of dietary nutrients.

Other risk factors include:

- Smoking
- Hypertension
- Sunlight exposure
- Light skin and light colored iris
- Family history
- Cataract Surgeries
- Drugs

The Eyes Have It

Your eyes are the most susceptible of all your tissues to free-radical damage. To maintain health and function, the eyes need a complex blend of nutrients. For most people, it's daunting to correctly combine and dose all the necessary supplements. Body and Vision is unique because it contains therapeutic amounts of researched ingredients beneficial to prevention and recovery from vision problems.

The Body and Vision Story

Inspiration for Body and Vision came from our family history of cataracts and macular degeneration, and a growing prevalence of these conditions among our patients. When research determined that not even the best supplement manufacturers produced a formula that met our criteria, we created Body and Vision.

How Body and Vision Helps Your Whole Body

Body and Vision works to boost and maintain your overall health. This antioxidant protocol helps to:

- Lower cholesterol.
- Prevent cancer, especially breast and prostate cancers.
- Stimulate the formation of glutathione, which regenerates the liver. Glutathione is the body's number one antioxidant. It's a cancer deterrent, prevents cardiovascular disease and helps treat neuropathies. Glutathione levels are becoming a major predictor of longevity.
- Regulate heart rhythms.
- Prevent damage to joints, tendons and ligaments.
- Potentiate the action of Vitamin C.
- Stimulate collagen formation and prevent the premature breakdown of collagen during the aging process.
- Promote wound healing.
- Diminish the negative effects that prescription drugs have on the liver.

- Balance the overactive immune system for those with allergies and autoimmune diseases.
- Boost the under active immune system for those with recurring colds and chronic infections.
- Strengthen blood vessels.
- Improve night vision
- Improve glaucoma
- Reduce the chances of liver spots and age spots
- Decrease Alzheimer's risk
- Overcome erectile dysfunction
- Deter presbyopia, which stems from a gradual loss of flexibility in the lens.
- Reduce the chances of conjunctival melanoma.
- Prevent and reverse macular degeneration.
- Prevent and reverse cataracts.
- Guard against and reverse diabetic retinopathy.

Here are a few of the natural nutrients that make Body and Vision so effective.

- L-aurine—acts as the number one amino acid of the heart and the central nervous system. It filters out U-V rays in the eye.
- Tocotrienol—lowers total cholesterol, lowers LDLs, raises HDLs, lowers triglycerides, lowers blood pressure, and inhibits the growth of breast cancer cells.
- Bilberry—works as a powerful antioxidant that improves night vision, prevents eyestrain and builds collagen. Bilberry also helps retinopathy and assists in prevention and treatment of peripheral vascular disease.
- Grapeseed extract—protects your eyes from free-radical damage, builds collagen, and potentiates the action of Vitamin C.
- Gingko Biloba—increases circulation in eyes, brain and your whole body. It decreases the likelihood of blood clots and improves memory loss.
- Quercetin—prevents inflammation in the eye and the body and is involved in keeping the lens transparent
- Schisandra- decreases inflammation and fatigue in the eyes.
- Alpha lipoic acid---prevents and treats retinopathies, repairs retinal tissue and heals the liver and nervous tissue. Regenerates Vitamin E, C and glutathione. Relieves open-angle glaucoma.
- Glycine, glutamic acid, n-acetyl, l-cysteine—work to help your body make glutathione.
- Lutein-filters out harmful radiation, helps maintain proper density of the lens.
- Lutein, lycopene, and zeaxanthin—acts as powerful antioxidants to protect the retina, cornea and the whole body from free radical damage that could result in cancer and other degenerative diseases.

How To Use Body and Vision

We formulated Body and Vision for our patients who were already taking the multivitamin Optimal Daily Allowance (ODA). Body and Vision is enhanced in the presence of other nutrients, such as Vitamin E, Vitamin C, Vitamin B12 and others, which are included in this multivitamin. Optimal Daily Allowance completes the antioxidant activity of Body and Vision in creating the foundation for good health. For optimal results, also take flaxseed oil and Buffered Vitamin C.

The daily dose of Body and Vision, Optimal Daily Allowance, Buffered Vitamin C and flaxseed oil costs less than any one of these choices strongly linked to heart disease, cancer, diabetes and osteoporosis:

- Donuts and coffee
- A Peppermint Mocha Latte
- A fast food lunch
- A soda, chips and candy bar
- Drinks and cocktails
- Cigarettes

Note: Leave a space for the macular degeneration chart

Sources:

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