



EYE HEALTH: Age Related Macular Degeneration

Nutritional Support Protocol

Lifestyle Recommendations:

1. Termination of cigarette/ cigar habit is critical to the reduction in AMD risk (see Smoking Cessation Protocol and Group Workshop).
2. Minimizing exposure to UV/Chemical contaminants will protect the eye from damaging fumes and oxidation that may incite the destructive processes of degeneration.
3. Maintenance of normal body fat (BMI < 30) will reduce risks across the board.
4. Correct abnormal blood glucose, lipid, blood pressure, circulation, and homocysteine levels through diet, exercise, supplementation, and pharmacologic interventions if necessary.
5. Consume a diet high in a variety of fruits and vegetables while adding fish oils and flaxseed to your meal choices or preparations.
6. Avoid highly refined flours and sugars, oxidized fats, beer consumption, and smoked meats.
7. Moderate wine consumption has been shown to reduce AMD risk.

Dietary Recommendations:

1. Consume foods high in lutein and zeaxanthin such as spinach, kale, corn, turnip greens, and egg yolks.
2. Emphasize omega-3 fatty acids in the diet by consuming salmon, mackerel, herring or sardines on a regular basis. Omega 9 fatty acids can be found in olive oil, almonds, hazelnuts, avocados, macademia oil, and coconut oil.
3. In order to receive a broad spectrum of antioxidants, eating 5-9 servings of a variety of fruits and vegetables is strongly advised. Adding one heaping teaspoon of PaleoGreens and PaleoReds to a favorite beverage is another alternative.
4. Aim to get more zinc and copper in your diet. Good food sources of zinc include: Beef, pork, lamb, fish, chicken (especially dark meat), peanuts, peanut butter and beans. Good sources of copper include crab, lobster, shrimp, oysters, beans, nuts, and white potatoes.
5. Drink at least 64 ounces of filtered, bottled or non-chlorinated water every day.
6. Limit or avoid trans fatty acids such as hydrogenated vegetable oil, margarine, or shortening. Avoid fried foods and cook with olive oil at a low heat.
7. Substitute complex carbohydrates, primarily whole grains such as brown rice, for refined and simple carbohydrates.

Supplement Recommendations:

In addition to the core nutrient program recommended by your Health Care Professional and/ or from the results of your most recent Designs for Health Metabolic Profile:

OcuForce: 2-4 capsules with meals
Resveratrol Synergy: 1-2 capsules daily
Detox Antiox: 1 capsule, 2 times a day
XanthOmega Krill Oil: 2-4 softgels per day

*Carotenoids such as beta-carotene may slightly decrease lutein absorption

THIS INFORMATION IS PROVIDED FOR THE USE OF PHYSICIANS AND OTHER LICENSED HEALTH CARE PRACTITIONERS ONLY. THIS INFORMATION IS INTENDED FOR PHYSICIANS AND OTHER LICENSED HEALTH CARE PROVIDERS TO USE AS A BASIS FOR DETERMINING WHETHER OR NOT TO RECOMMEND THESE PRODUCTS TO THEIR PATIENTS. THIS MEDICAL AND SCIENTIFIC INFORMATION IS NOT FOR USE BY CONSUMERS. THE DIETARY SUPPLEMENT PRODUCTS OFFERED BY DESIGNS FOR HEALTH ARE NOT INTENDED FOR USE BY CONSUMERS AS A MEANS TO CURE, TREAT, PREVENT, DIAGNOSE, OR MITIGATE ANY DISEASE OR OTHER MEDICAL CONDITION.