



EYE HEALTH: Cataracts-Post Operative Nutritional Support Protocol

Lifestyle Recommendations:

It is important to maintain or design an optimal diet that provides essential nutrients to support the healing process. This would include:

1. Termination of cigarette/ cigar habit is critical to the reduction of a variety of risk factors including the development of cataracts.
2. Minimizing exposure to UV/Chemical contaminants will protect the eye from damaging fumes and oxidation that may incite the destructive processes of protein coagulation.
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 cruciferous vegetables, spinach or kale, tomatoes, peppers, citrus fruits, and melons.
6. Avoid highly refined flours and sugars, oxidized fats, beer consumption, and smoked meats.
7. Moderate intake of butter, fats, and salt.
8. Address underlying conditions such as toxic metal load, galactosemia, hypothyroidism, hyperparathyroidism, hypervitaminosis D, and toxoplasmosis with alternative protocols.
9. Minimizing inflammation and post-operative swelling through medication and movement upon the advice of the Healthcare professional.
10. Review diet and lifestyle for deficiencies that be predisposing factors to the development of cataracts.

Dietary Recommendations:

An adequate diet, balanced in proteins, carbohydrates and fats and rich in phytonutrients should be the basis of the strategy of preventing and stalling the development of cataract.

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.
5. 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.
6. 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
Ultimate Antiox Full Spectrum:	3 softgels daily with meals

For more intensive support:

OmegAvail Ultra:	2 softgels per day with meals
Acetyl L-Carnitine:	1-2 capsules per day before meals

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