



EYE HEALTH: Glaucoma

Nutritional Support Protocol

Lifestyle Recommendations:

1. Termination of cigarette/ cigar habit is critical to the reduction in Glaucoma risk.
2. Reduce salt and chlorine intake by altering the seasoning and cooking of food to minimize the addition of salts.
3. Minimize caffeine consumption.
4. Maintenance of normal body fat (BMI < 30) will reduce risks across the board.
5. Correct abnormal blood glucose, lipid, blood pressure, circulation, and homocysteine levels through diet, exercise, supplementation, and pharmacologic interventions if necessary.
6. Consume a diet high in a variety of fruits and vegetables while adding fish oils and flaxseed to your meal choices or preparations.
7. Avoid highly refined flours and sugars, oxidized fats, beer consumption, and smoked meats.
8. Control carbohydrate type and amount for patients with metabolic disorders.
9. Seek alternative methods to reduce stress in the lifestyle.
10. Begin an exercise program under professional and committed supervision.

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 daily with meals
Taurine Capsules:	1 capsule three times per day
Magnesium Glycinate	
Chelate:	1 capsule three times per day with meals
Glucosamine Sulfate:	1 capsule three times per day
OmegAval Synergy:	2 softgels daily

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