An Integrative Medical Approach to Macular Degeneration- Part 2

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Complete References


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retinal vein occlusion and swelling of the macula had dramatic improvement in vision.

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69. Rowan S, et al. Involvement of a gut-retina axis in protection against dietary glycemia-induced age-related macular degeneration. *Proceedings of the National Academy of Science, USA.* May 2017. Researchers have noted that the inability of the body to properly process sugar, leading to advanced glycation (bonding of sugar molecules with proteins and other molecules), contributes to development of macular degeneration. This study concluded that the health of gut microbiota was a factor in the ability of the body to process sugars and that this ability was hampered in a high-glycemia diet.

70. Less polyunsaturated fat in one's diet may help protect against age-related macular degeneration (AMD), according to results of the Carotenoids in Age-Related Eye Disease Study. Reference: *Arch Ophthalmol.* 2009 Nov;127(11):1483-93.


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