

Nutritional Eye Doc

by Nathan
Schramm, O.D.,
C.N.S.



Q My question has to do with Vaseline-like focal problems. Sometimes I have trouble focusing and a combination of squinting and blinking hard will clear up the difficulty for a few seconds or minutes. Is there a natural way to treat this?

A A transient blur to your vision that improves with blinking is usually associated with the beginning stages of Dry Eye Syndrome (DES). Other signs of DES is burning, tearing, foreign body sensation, and sometimes itching along the edges of the eyes.

DES has been linked with smoking, poor diet (high ratio of Omega-6's to Omega-3's), contact lens use, dry environment, allergy/cold medications, rheumatoid arthritis, Sjogren's Syndrome, and age. Every 10 years you live, you have a 20% greater chance of developing dry eyes.

Fortunately, there is a natural treatment/prevention for this problem. For my patients with this condition, I recommend 1000-3000mg of triglyceride-based liquid fish

oil; Borage oil or Evening Primrose 500-1000mg; and 400mg of Curcumin.

Along with the many benefits for the heart, brain, hair, skin, and nails, Omega-3 fish oil can give you a better tear film. In addition, it may reduce your chances of developing wet macular degeneration. Evening Primrose Oil (EPO) and Borage Oil are Omega-6 fatty acids that have been shown clinically to increase tear production.

Take half the amount or less of EPO as you take of fish oil, i.e. 500mg EPO, 1000mg fish oil. It is important not to have too much Omega-6's in the diet because they are pro-inflammatory (causes inflammation). The proper balance of Omega-6 to Omega-3 is 4 to 1. The typical American diet is 20 to 1—very inflammatory!

Try to reduce the amount of vegetable oil in the diet to decrease the amount of overall Omega-6 consumption.

Curcumin is a natural anti-inflammatory derived from curry seed and is a staple in Indian foods. I recommend this in conjunction with the fish oil and Borage oil to quench the inflammatory cascade and to better stabilize the ocular tear film.

Preservative Free artificial tears can be used until this combination takes effect.

The eyes did not change overnight, so usually this natural treatment can take one to three months for full benefit. I hope this answers your question. If you have any questions about your eyes, please email me at gr8eyedoc@gmail.com.

Dr. Nathan Schramm, O.D., C.N.S., is an Optometric Physician and a Board Certified Nutritional Specialist. He practices in Gainesville, Ocala, Summerfield, The Villages, and Inverness. This column is not intended to replace a full eye examination by a qualified medical professional.

natural
awakenings
HEALTHY LIVING

YES! Please send a mailed subscription ...

___ One-Year subscription to *Natural Awakenings*, \$18, sent First Class mail

TO: _____

♥ Subscription ♥

WHAT A TREAT! A SUBSCRIPTION TO
NATURAL AWAKENINGS MAGAZINE:
INFORMATION LEADING TO HEALTHY, JOYFUL LIVING
DELIVERED TO YOUR MAILBOX

SEND PAYMENT TO:

P.O. Box 1140

Anthony, FL 32617

OR CALL TO CHARGE IT: 352-629-4000

You may pay with check or credit card.

Credit card # _____

Exp. date _____

Signature _____

THANK YOU for your order!