

Cataracts

Cataracts are the condition of the eyes when damage to the protein of the lens become cloudy and vision is impaired.

Possible Causes and Contributing Factors:

- Exposure to ultraviolet/infrared light
- Poor light
- Lack of antioxidants
- Mineral deficiency
- Poor digestion
- Smoking
- Radiation
- Heavy metals
- Steroids
- Medications
- Diabetes
- Down's syndrome

Suggested Dietary Changes:

- Avoid fried foods, hydrogenated fats, charred meats, dairy
- Eat apples, blueberries, coconuts, beets, broccoli, cabbage, carrots, onions, turnips, romaine lettuce –strengthen weak eyes – build diet around deeply colored fruits & vegetables

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*