

Glaucoma

Glaucoma is a group of diseases which consists of elevated intraocular pressure, optic nerve injury, and visual loss. Glaucoma is more common in older patients and in certain ethnic groups.

Possible Causes and Contributing Factors:

- Accumulation of wastes
- High blood pressure
- Some prescription drugs (steroids, antidepressants, blood pressure)
- Nutritional deficiencies

Suggested Dietary Changes:

- Avoid caffeine, alcohol
- Whole grains, fresh fruit and veggies – plenty of orange, yellow and green leafy vegetables – fresh juices everyday – also blackberries, blueberries, raspberries
- Glass of water every 2 hours to flush toxins

**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.*