



## HEALTH & HEALING

# Combat macular degeneration & cataracts

by **Mike Ventresca**  
Vital Choice

**O**f the five senses – touch, taste, smell, hearing and sight, which is the most important to you? If you answered ‘sight’ you’re not alone. In fact, I’m being asked more and more about maintaining healthy eye function and combating macular degeneration and cataracts.



**Mike Ventresca**

Age-Related Macular Degeneration (AMD) affects nearly 8 million people in the U.S. and is the leading cause of blindness in the western world. Cataracts, another common age-related vision problem while most often found in people 60 years and older, can actually begin to develop while you’re in your 40s.

So what can you do nutritionally to help preserve your vision? Thanks to a comprehensive study known as AREDS (Age-Related Eye Disease Study), we know specific nutrients including antioxidants and carotenoids can play a significant role in preserving vision and slowing the progression of age-related eye diseases.

While countless nutrients have been shown to help protect our vision, new research suggests a combination of 3 carotenoids may be essential to protecting against macular degeneration and

cataracts. They are Lutein, Zeaxanthin and Meso-Zeaxanthin. Tongue twisters to be sure, but the concept is pretty simple.

Normally, these three nutrients exist in a specific ratio working together to protect the eye. Those with macular degeneration have decreased levels of all three. Recent studies have shown that with supplementation, the concentration of these three carotenoids can be increased in the eye, which may lower the risk of early stage AMD and delay the onset of late stage AMD where vision loss is imminent.

I know of only one formula that combines clinically studied nutrients with all three of these carotenoids in the specific ratio found within the human eye – Vision Strength by MegaFood. Vision Strength is a comprehensive macula support and vision program designed to have a profound effect on overall eye health. If you would like to learn more please stop in to Vital Choice Health Store.

*Mike Ventresca is co-owner of Vital Choice, a health food and nutrition store located at 9243 Sprague Road in North Royalton's Timber Ridge Plaza. The phone number is 440-885-9505. Open Monday thru Friday 10 a.m. to 8 p.m.; Saturday 10 a.m. to 6 p.m.; and Sunday noon to 5 p.m.*

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