

*My Search for the
"Secret" to Our Holistic
Eye Health System*



Dr. Andy Rosenfarb, ND, L.Ac., C.A.

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By Dr. Andy Rosenfarb, ND, L.Ac., C.A.

Ten years ago I began traveling the globe and researching various methods of alternative methods for healing the eyes. Initially, I studied and applied holistic energetic treatments including micro acupuncture therapy, general eye nutrition and micro current stimulation, and we got great results. I found that regular maintenance treatments were needed at least every 6 or 12 months (once or twice per year) per year to maintain and/or improve vision.

I spent the last five years probing into the specific bio-chemistry and nutritional deficiencies associated with each patient. My findings were amazing in terms of finding recurrent patterns of nutritional deficiencies that showed up in my patients blood work. These observations lead me to the realization that degenerative eye diseases have systemic metabolic and functional patterns of disharmony. It is these systemic imbalances that underlie the symptoms of failing eye sight.

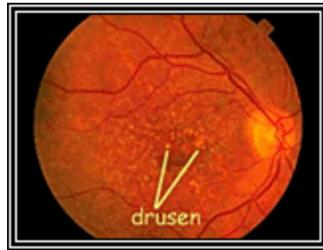


Functional loss of vision is often a systemic problem - not a localized dysfunction of the eyes. This can be a very difficult concept for many people to get. This is the complete opposite viewpoint in comparison to conventional medical thinking. This systemic model of eye health is founded on the understanding of the dynamic functional integration between the eyes and the rest of the body.

I have found that different metabolic patterns often lead to different disease manifestations including glaucoma, macular degeneration, retinitis pigmentosa, optic atrophy, optic neuritis, Stargardt's, macular holes, retinopathies, etc. Each eye condition has its own unique underlying functional metabolic imbalance associated with it.

The Problem

Generally speaking, I have found that most degenerative eye diseases are the result of ocular toxins that have deposited in and around the eyes. The rivers of our blood and lymphatic systems have deposited debris in the eyes from other areas of the body and/or they have been unable to wash the debris away that has been generated by the eyes themselves. These toxins harm the ocular cells and can eventually cause blindness. One example of this is seen in patients with macular degeneration - ocular toxins called "drusen."



It has been suggested by the ophthalmic community that drusen is the most probable culprit of age-related macular degeneration. It is worth noting here the correlation between the liver and eye in Chinese medicine and conventional medicine. Drusen deposits in the eye and causes degeneration of the macula. The interesting thing about drusen is how similar in chemical composition is to Gall Stones that form in the Liver and Gall Bladder - primarily made up of lipids and calcium. When the liver becomes overloaded with fat-soluble toxins, the lymph will slow the delivery of waste to the liver in an attempt to reduce its work load. When the lymph slows or stops flowing normally, it may deposit the lipo-toxins (fat soluble toxins) in various areas of the body. When the lipo-toxins deposit in the eyes, they are identified as drusen. So it is likely that the drusen accumulates in the eyes because the liver and lymphatic system become so backed up. If the quantity of drusen increases due to improper elimination of toxins through the lymph, liver, and bowels (skin and kidney as well), the retina will continue to degenerate.

So where do the toxins come from? There are both endogenous and exogenous toxins. There are toxins that we take in from foods and water in the form of pesticides, hormones, food additives and preservatives, etc. There are prescription and medication drugs that have varying levels of toxicity. Add in polluted air and water, toxins from skin care products, make up products, central heating, air conditioning, cleaning products, smog, smoking, carbon monoxide etc. Then there are the toxic effects of microbes that cause bacterial, viral, yeast and parasitic infections that also can deposit throughout your entire body, including the eyes. In addition, there are certain foods that can increase cholesterol production including red meat, eggs, and all dairy products (including milk). People with AMD should eliminate or limit the intake of these foods. They may increase the production of drusen.

In addition to external or environmental toxins, there are metabolic waste products that must be eliminated on an ongoing basis from the body. Every cell in the body produces metabolic waste products. In a healthy body, these toxins are eliminated efficiently. In most

patients with degenerative vision loss, this elimination process not working properly.

We eliminate toxins through the kidneys, liver and skin. If the function of one or more of these organs becomes weak, toxins will accumulate and deposit throughout the body. When the toxic overload becomes overwhelming to the body, it will begin to break down and degenerate. The desecration will begin in the weakest area of the body. For many the eyes are a "weak-link," susceptible to degeneration. This weakness will result in problems like excessive toxic accumulation in and around the eyes, increased retinal oxidation, optic nerve dysfunction, reduced nourishment and oxygen transport to the eyes - which can all lead to progressive vision loss.

This realization that systemic toxicity IS the most probable cause of degenerative vision loss is the key to our newly developed eye health program. After years of investigation we have finally discovered that the level of each individual's systemic and local ocular toxicity level **IS THE MOST CRITICAL DETERMINING FACTOR IN TERMS OF HOW WELL PEOPLE WILL RESPOND TO TREATMENT!**

The Solution

Now that we have identified the most probable underlying problem that leads to degenerative vision loss, what can we do to help correct the situation?



There are many ways to help the body detoxify itself including the use of acupuncture, breathing techniques, exercise, herbs & supplements, fasting, saunas, colon cleanses, liver holistic detox programs, etc. I have spent over 15 years investigating various detoxification systems and found only few that work. Most detox systems require lengthy periods of fasting and/or large amounts of detox herbs and supplements to help the body detoxify. This relatively new system requires neither fasting nor large quantities of detox

supplementation.

I do feel that periodic fasting and detoxification is highly effective for health preservation. The reality is that more people are just not willing to for this. For this reason, I have incorporated "AcuGen Detox" which enhances general eye health.

I have developed this unique detox system that targets the liver and the eyes lymphatic system. Our new therapy was founded on groundbreaking research conducted in Europe and Asia. Our new Auricular Detox works to facilitate both local (eye) and systemic (whole body) detoxification. The result is an increase in much needed oxygen, food, and water to your eyes. The result is that the eyes can now "breathe" and detoxify, and may begin to regenerate.

AcuGen Detoxification

Acugen detoxification is a unique form of therapy used in Traditional Eastern Medicine that may detoxify and help regenerate unhealthy liver and eyes. According to Chinese medical theory, healthy function of the eyes is dependent to two factors:

1. Having enough life-force energy or Qi, in the body.
2. Having good circulation of Qi and Blood and fluids (lymph) throughout the body.

AcuGen Detox increases functional Qi-energy levels and promotes circulation of Qi and Blood to the eyes. Regeneration of the retina, optic nerve, etc. has been reported by many people who have used AcuGen Detox. Patients have reported improvement with such conditions as macular degeneration, glaucoma, retinitis pigmentosa, Stargardt's, optic nerve atrophy, retinopathy, optic neuritis, cataracts, amblyopia, strabismus, floaters, etc.

The entire Acu-Gen system has five properties that account for why it may work so well for eye health:

1. A potent regulation of the immune system. This means that when the immune system is overactive (as in auto-immune disease), increased oxygen will calm it down. Conversely, when the immune system is under active as seen with chronic infections, increased oxygen will stimulate the immune response. Many auto-immune dysfunctions chronic infections can result in vision loss.
2. Increased cellular uptake of oxygen and enables the release of oxygen from the red blood cells so that it can be used for cellular respiration (breathing). In the absence of an adequate amount of oxygen to the eyes, our cells suffocate, degenerate and die off. This is a common problem in people with degenerative vision loss.
3. Improvement of circulation to and from the eyes. It does this by enhancing the flow blood and fluids to and from the eyes. This effect enables more of the oxygen carrying hemoglobin to reach the capillaries where ultimately the cells will receive more of the oxygen they require. Many patients with chronic inflammatory conditions have impaired circulation to the eyes.

4. Increases antioxidant protection more than any other therapy including vitamin C, lutein, astaxanthin and zeaxanthin. Most people with degenerative eye disease have deficient antioxidant defenses.
5. A powerful mitochondrial and ATP stimulant. The fundamental underlying cause behind all degenerative eye disease is decreased mitochondrial energy production. Our Eye Detox therapy can often correct this problem and stimulate the production of vital life-energy called "Qi" production in the form of ATP.

Your Lymphatic System

The lymphatic system runs throughout the body. It is much like a sewer system - transporting waste materials to the liver, kidneys, skin, etc. for elimination. A proper functioning lymphatic system will allow for ongoing detoxification. Also, as the toxins are constantly being removed, this allows for fresh nutrients and oxygen to be utilized by the cells of the body. When the lymphatic system backs-up, the waste is not being eliminated effectively, the ability for the cells to take in fresh water, oxygen and nutrients is compromised.

Our bodies are 2/3 water, 35% in the blood and 65 % in the lymph. Over time, this water can get 'dirty'. It is necessary to clean it in order to maintain good health. There are various organs associated with cleansing the body and it is necessary to clean them periodically so that they do not become overloaded, and can continue to perform their functions.

Disease and degeneration result from a toxic buildup caused by poor nutrition, lack of exercise, lack of oxygen, unrelieved stress and constipation.

Because the cells can't take in nourishment and eliminate waste, they will begin to degenerate and lose function. If this dysfunction goes on long enough, the cells will die of starvation, suffocation and intoxication.

Unlike the network of vessels that transports the blood, the lymphatic system lacks independent musculature to pump the lymph through the body. Instead, the lymphatic flow occurs secondarily to the pumping action in nearby blood vessels (primarily the veins) and as a simple result of physical movements of the body. In essence, the lymphatic are dependent on physical movement and a properly working circulatory system to function well.

Lymph drains the majority of their contents back into the blood stream via the thoracic duct at the base of the neck. This area is in close proximity to the visual cortex of the brain. There are small, bean-shaped lymph nodes laced along the lymphatic vessels, but the major clusters are in the neck, armpits, abdomen, and groin.

The Lymphatic System & Your Eyes

The eyes contain a local lymphatic system that aids in the elimination of cellular toxins and debris. This is often referred to as the "ocular conjunctiva lymphatic system" and Bruch's Membrane of the eye. The job of this system is to continually clean the eyes of toxic waste materials. When internal toxins (metabolites and cellular waste products) and external toxins (pollution, drugs, food additives, viruses, bacteria, yeast, fungus, etc.) are eliminated regularly, the eyes generally remain healthy.

When the ocular lymphatic system does not function properly, toxins build up and damage the cells of the eyes. The accumulation of toxins also reduces the ability for the cells of the eye to take in much needed food, water and oxygen. Over time more and more cells will degenerate and poor eye health and eventually progressive vision loss will occur. The key to general eye health is to therefore keep the ocular lymphatic system functioning optimally.

It is important to understand that although the ocular conjunctival lymphatic system keeps the eyes clean, it is connected to the larger lymphatic system. This understanding demonstrates why it is so important to consider everything in the body is inter-connected and must be treated as a whole organism.

Lymphatic Detoxification & Oxygenation

The cells of the human body function by burning sugar in oxygen to provide energy in the form of ATP. The waste products are carbon dioxide and water. If there is insufficient oxygen at the cellular level, the burn will be incomplete, and carbon monoxide and lactic acid will be formed. The body cannot easily rid itself of the gas toxin called monoxide; it prevents the blood from picking up fresh oxygen at the lungs, and the overall body temperature is lowered. This is VERY common in cases like Retinitis Pigmentosa (RP) where often low thyroid activity shows up in testing. Low thyroid is indicative of a "cold" body with a decreased basal body temperature, and low metabolic output. I have noticed the correlation of thyroid imbalance in many of my RP patients, but was unable to understand the mechanism until now. This is why many people with RP have reported having such great results.

Lactic acid can build up in various areas of the body, clogging nerve signal pathways, eventually crystallizing and causing lymphatic congestion, which then leads to degeneration. As the level of toxins increase, as the body's water gets dirtier.

What is needed is for more oxygen and clean water to come in to aid the lymphatics to drain the toxins. If oxygen and clean water are not available to the eyes, the ocular toxins build up. The blood will carry a heavy load of sludge, and the lymph will become dirtier and dirtier. Eventually, toxins will be deposited in the fat cells. Harmful free radicals will increase as toxins interfere with the normal neutralizing enzyme mechanisms for cleaning the eyes. Degenerative eye diseases will result if the toxic load accumulates in and around the eyes.

There are many different eye diseases named by conventional medicine and most are symptoms of toxic buildup - for which the underlying cause is toxicity and hypoxia (oxygen starvation) at the cellular level.

Ocular lymphatic detoxification is essential because it deals with the underlying cause. Ocular detoxification can easily be self-administered using Auricular Detox on a regular basis in the home and can, over time, safely clean all the fluids and tissues of the body, and furnish an oxygen-rich environment for all the cells of the eyes, providing high levels of immunity from most common eye diseases.

Adequate systemic oxygen levels are considered to be the most vital element required for human life and it is the key to general eye health, as well as whole-body health. We can survive without water for a week and go without food for a month, but we can only live a few minutes without oxygen. Oxygen is the life-giving, life-sustaining element. All body activities require oxygen, and the eyes are no different.

Our eyes (and bodies) are two-thirds water. Since the water in our eyes is itself 8/9 oxygen by weight, it is estimated that our eyes are composed of nearly 60% oxygen. A well-functioning lymphatic system would therefore be essential for healthy eyes and functional visual activity. Clean and purified water will aid in the effective detox process and greatly enhance the effects of Dr. Rosenfarb's treatments.

A good way to optimize visual function is to oxygenate every cell in our eyes through auricular detox therapy. The more oxygen we have in our eyes, the more energy we produce, and the more efficiently we can eliminate cellular wastes and toxins - including drusen, floaters, etc.

Sources of Toxins in the Body

Internal	External
Carbon monoxide	Food Carbon monoxide
Candida	Alcohol
Macromolecules	Antibiotics
Dead cells & debris	Vaccination debris
Homocysteine	Pharmaceutical & Recreational Drugs
Adrenaline	Dioxin

Lactic acid

Ammonia

Histamine

Antibodies

Pesticides

Solvents

PCB Chemicals

Parasites

Fluoride

Nicotine

Chlorine & byproducts

Smoked meats

Hydrocarbons

Nitrogen dioxide

X - rays

Trans-fats & rancid oils

Heavy metals : Aluminum,
cadmium, cesium, cobalt, copper,
lead, mercury, nickel, plutonium,
strontium

For a list of chemical toxins in the body, see
<http://www.ewg.org/featured/15>

Chinese Medicine and the Lymphatic System

According to Chinese medical theory, healthy vision is dependent on the production, maintenance and Qi-flow to the eyes. Auricular Detox, coupled with Micro Acupuncture and proper nutrition and supplementation will maximize oxygenation and nutrition for healthy eyes.

Chinese medicine has a long history of treating a dysfunctional lymphatic system. Lymph nodes were indirectly recognized, even in ancient times, as areas that easily become lumpy. Lymph was not understood in the same sense that it is known in modern medicine.

The condition of lymph accumulation fits the traditional Chinese medical pattern of "phlegm-damp accumulation." Stagnation and/or sluggish movement of the lymphatic system is

categorized as "damp-stagnation." Damp-stagnation may or may not result in noticeable lymphatic swelling or accumulation. It simply means that the lymphatic system is not moving fast enough to remove toxins and cellular metabolites

As we know from modern research, lymph is a somewhat milky fluid that replenishes the blood with "chyle" (emulsified fat), erythrocytes (red blood cells), and leukocytes (white blood cells); it also carries protein debris.

The Chinese term for phlegm-damp is "tanyin." "Tan" refers to thick fluids, while "yin" refers to thin fluids. Both the thick and thin fluids of the "tanyin pattern" are pathological - they indicate an abnormal accumulation of toxic fluids.

Traditionally the most widely used forms of moving the lymphatics in Chinese Medicine included therapies like cupping, Gwa-Sha (skin scraping therapy), Tui-Na therapeutic massage, acupuncture, moxibustion (heat therapy) and Chinese herbal medicine. I have found that stimulation of certain acupuncture points, gwa-sha and cupping, light therapy, micro current, along with the topical application of essential oils and herbal liniments to be the most clinically effective for this purpose.

Micro Acupuncture for Healthy Eyes

Micro Acupuncture is a relatively new procedure involving 48 newly discovered acupuncture points located only in the hands and feet. These points were discovered in Denmark in 1984.

Both Micro Acupuncture and our AcuGen Detox have been clinically proven to work for general eye health. By combining both modalities we have created a system for general eye health that is unparalleled.

Our systems also lay the ground work for other alternative eye therapies like micro current stimulation and general eye nutritional formulas to work (ocuguard, ocuvite, etc). Our past clinical experience has shown that micro current and general eye nutritional supplementation has limited effectiveness when the body is in a state of high toxicity and low energy production.

Nearly ten years of clinical research has shown that using adjunctive therapies like nutritional supplements, homeopathy, Chinese herbs, aromatherapy, color therapy, etc. just work better when the eyes are free and clear of toxins.

These adjunctive alternative therapies deal more with energetic frequencies, much like radio signals which cannot be sent or received if there is interference between the terminals. The signals are received and therefore much more clinically effective if the interference is connected. Acu-Gen is the best way to eliminate this interference between energy frequencies. It is a great system to help the body rid itself of material and energetic obstructions. Acu-Gen can maximize the effectiveness of most other alternative therapies for eye health.

Functional Medicine and Targeted Nutrition for Healthy Eyes

In Chinese medicine there is a theory called "Root vs. Branch" (cause of disease vs. symptoms of disease). If one treats the root the leaves and the branch will be affected. Functional Medicine addresses the soil in which the roots rest. If the soil is good and healthy, the root will draw the right nutrients and be healthy. In the same manner, if our body's "soil" is healthy, we will be free of disease and better prepared to deal with the effects of trauma and stress. These stress factors may be physical stress, biochemical/ environmental stress, mental/emotional stress, and electro-magnetic stress.

By monitoring these exotoxins, one can target acupuncture, meditation, exercise, diet, lifestyle changes and nutritional supplementation properly to improve cellular metabolism and reduce stress on the eyes. Optimal functioning of the human body is foundational to one's eye health. If these toxins are not addressed, the body will be tilting towards acid pH, low minerals, poor digestion & absorption, and poor assimilation & metabolic functions. Degeneration, breakdown and loss of function are the end results.

Functional tests including blood, saliva, and urine - are reviewed with the patient. Dysfunctions and deficiencies are identified and a plan for correction may include acupuncture, detox therapies, nutritional supplementation, diet modification, exercise, and lifestyle changes are all recommended based on each individual case. Although we identify general patterns of imbalance, each person is different and has to be evaluated as an individual. For this reason, there is no such thing as a "cure-all."

Why Doesn't My Eye Doctor Know or Approve of Alternative Medicine?

It is important to realize that Acu-Gen therapy is not a panacea or some kind of magic bullet and results may vary. Our system utilizes highly effective alternative therapies that are safe and natural. Among these risk free therapies are: Micro Acupuncture (traditional and needle-free), Auricular Detox, targeted nutrition and supplementation, eye exercise, micro current, essential oils, and other alternative therapies may be recommended on per-case basis. Acu-Gen is on the cutting edge of general holistic eye care that has zero known side effects.

Most eye doctors have little or no training in any form of alternative medicine. Since they are not educated in alternative medicine they may not be inclined to recommend alternative therapies to their patients - even if there is something that conventional medicine can offer. A lack of scientific data makes it even more challenging for MD's to make recommendations for something that they don't know much about.

Funding for scientific research studies will only be given to doctors (MD and PhD) and research institutions. Since most alternative health care practitioners are not physicians and are unaffiliated with research institutions they are unable to receive grants for these kinds of research projects.

In recent years more and more eye doctors are becoming open to holistic principles and alternative therapies. I see a completely integrative approach where both conventional ophthalmology and holistic medicine approached combine to better serve our patients. This is my vision...

The Advanced Micro Acupuncture System Treatment Process

1. Patients visit the Westfield office for one or two-weeks (5-10 days) treatment series. Please make sure to bring recent blood work (last 3 months).
2. An initial evaluation examination and eye testing will take place. You will receive an initial vision test and follow-up tests to monitor your progress.
3. A functional metabolic analysis will be conducted and nutritional and supplements will be recommended based on our findings.
4. You will receive 2 daily acupuncture treatments which may include: acupuncture, micro acupuncture, TDP infrared heat, detox therapy, essential oils, magnet therapy, oxygen therapy, micro-current stimulation, massage, qigong eye exercises, etc.
5. Once you complete your series of treatments, recommendation for home-care therapy will be presented. Continuing home-therapy is usually recommended for a minimum of 3 months of daily self-treatments.



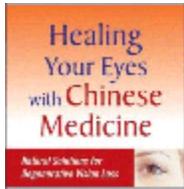
Dr. Andy Rosenfarb is one of a few practitioners in the world who is performing this procedure.

Make your appointment with him today!

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Natural Solutions for Degenerative Vision Loss
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