

Lutein and Zeaxanthin are Good for Your Eyes

You've probably heard that lutein and zeaxanthin are good for the eyes. These two major *carotenoids* found in the macula and retina are sometimes called xanthophylls or macular pigment. They function as *antioxidants* and also help protect tissues from phototoxic damage by filtering out some of the blue light.

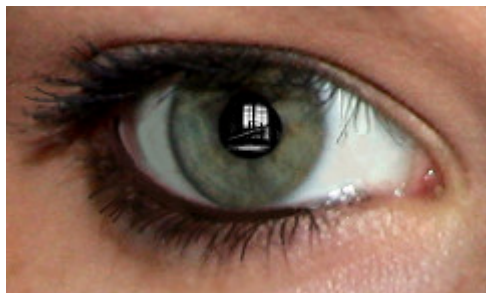


Photo by [K Conkling](#) 

The eye, and particularly the macula and retina, are almost constantly subjected to free radical generation and oxidative damage. Just as exposure to too much sunlight can damage the skin, so too can light damage the eyes. It is, thus, critical that you maintain your basic nutrients and especially antioxidants in the eye.

A study of macaque monkeys (with eyes similar to humans) showed that there was more zeaxanthin than lutein in the central fovea where vision is most clear. But, the concentration of zeaxanthin is reduced the further you get from the fovea and lutein dominates.

The macula has a yellow tint due to the presence of lutein, zeaxanthin and another xanthophyll called meso-zeaxanthin. It's these pigments that help filter out or absorb some of the more damaging blue light to help protect the eye.

What the Studies Show

Carotenoids are especially important because they seem to help prevent age related macular degeneration. A study indicated that getting high levels of carotenoids (especially in dark green leafy vegetables) in the diet results in a 43% lower risk of age related macular degeneration, the leading cause of blindness.

The original Age-Related Eye Disease Study showed that antioxidants (vitamin C, vitamin E, beta carotene, and zinc) reduced the risk of age related macular degeneration by 25%.

The second Age-Related Eye Disease Study showed beneficial effects of adding lutein and zeaxanthin to the mix for preventing late stage age related macular degeneration.

Another study showed that lower levels of the antioxidant lycopene in the blood was associated with age related macular degeneration.

A study of monkeys who were feed a diet with no plant pigments for several years found that these pigments dissppear in the macula. And retinal abnormalities resembling age relate macular degeneration appeared.

Overall, there is an inverse relationship between the amount of macular pigment and age related macular degeneration. The more pigment the less macular degeneration. The less pigment, the more macular degeneration.

The Third National Health and Nutrition Examination Survey (NHANES III) examined the contents of lutein and zeaxanthin in the blood and found a wide variation. The quarter of the people with the lowest concentration averaged 0.19 $\mu\text{Mole/L}$ while the average concentration for the upper quarter of the people was 0.79 $\mu\text{Mole/L}$. This is a difference of greater than 4 to 1.

How to Get Natural Antioxidants

Lutein and zeaxanthin cannot be synthesized or made within the body. They must come from external sources. If not in a supplement, they come almost entirely from plant sources.They may also come indirectly from plants through animals that eat plants.

The most important source of carotenoids are fruits and vegetables.

The best natural sources of both lutein and zeaxanthin are egg yokes and corn, both of which are yellow.

Most other fruits seem to supply more lutein or more zeaxanthin. For example, orange pepper has close to 5.6 time more zeaxanthin than lutein. But green pepper has 13 times more lutein than zeaxanthin.

Overall, most vegetables supply more lutein than zeaxanthin. Topping the list are egg yoke and corn. Other good sources for lutein and zeaxanthin include:

- Kiwi
- Red seedless grapes
- Zucchini squash
- Pumpkin
- Spinach
- Orange pepper
- Yellow squash
- Cucumber
- Peas
- Green pepper
- Red grapes
- butternut squash

- Orange juice
- Honeydew
- Celery stalks and leaves
- Green grapes

Conclusions You Can Use

Lutein and zeaxanthin are important components of eye health. These and other antioxidants are important to help reduce the likelihood of a number of eye problems including macular degeneration, cataracts and retinitis pigmentosa.

References

- [Fruits and vegetables that are sources for lutein and zeaxanthin: the macular pigment in human eyes](#) as published in the *British Medical Journal*
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- [Secondary Analyses of the Effects of Lutein/Zeaxanthin on Age-Related Macular Degeneration Progression AREDS2 Report No. 3](#) as published in the *Journal of the American Medical Association: Ophthalmology*
- [The Body of Evidence to Support a Protective Role for Lutein and Zeaxanthin in Delaying Chronic Disease. Overview](#) as published in the *American Society for Nutritional Sciences*

Get more health information at [Healthy Body Support](#).

[EMF Dangers and EMF Effects on Health](#)

EMFs (electromagnetic fields) can penetrate buildings and the human body. Today, everyone is exposed to man-made, artificial, EMFs from electrical power lines, radio and TV broadcast towers, cell phones and cell towers, tablets, baby monitors, surveillance devices, Wi-Fi routers, utility meters, and even satellites. These sources bombard us with both low frequency and high frequency radio waves.



Photo by [JeepersMedia](#) 

We are increasingly concerned about the myriad of EMFs we are exposed to every day. Radio frequency radiation produces biological effects at very low intensity levels. Damage does not require ionizing radiation to break molecular bonds. Significant biological effects occur at exposure levels much lower than current public safety levels.

Epigenetic changes that alter gene activation and expression are of increasing concern. Of particular interest is the effects EMFs have on young people, including the fetus, infant and young child.

Children exposed to electromagnetic radiation exhibit functional changes similar to autism and attention deficit hyperactivity disorder. Adolescents experience problems with memory, learning, attention, concentration, behavior problems and sleep quality.

What is Electromagnetic Radiation?

Electromagnetic fields (EMFs) are caused by the movement of electrons. Even within atoms, electrons moving in a circular fashion create static, non-changing, magnetic fields. This is why certain substances can be magnetized.

But, most man-made EMFs are generated by alternating currents moving in wires or antennas. This creates changing electric and magnetic fields that radiate out at the speed of light. Electromagnetic radiation covers a broad range of frequencies from around 10 Hz (10 oscillations per second) to 300 GHz (300 billion oscillations per second).

Absorption of electromagnetic radiation depends on several factors. These factors include the strength of the radiation, the distance one is from the source or radiation, as well as one's orientation to the radiation. The water and mineral content of your body also plays a role.

Children are more susceptible to damage from radiation than adults. The tissue composition and anatomy of a child differs from that of an adult. A child's head, bone marrow and eyes absorb more energy than those of an adult. And, children's bodies are still developing and are, thus, more sensitive to long term effects.

Typical Man-made Causes of Electromagnetic Fields (EMF)

Man-made electromagnetic fields result from the movement of electrons, electrical currents, in wires and antennas. It is almost impossible to avoid exposure to these fields.

- Electrical wiring and transmission lines
- Radio or television broadcast antennas
- Radar installations
- Satellites
- Medical devices such as magnetic resonance imaging (MRI)

- Household appliances such as microwave ovens
- Cordless telephones
- Cell phones and cell towers
- Television and computer screens
- Wireless local area networks and WiFi
- Smart electric and gas meters

EMF Dangers in Animals

Clinical studies of EMFs are typically done on animals. After all, deliberately exposing humans to EMFs is not exactly ethical.

One study exposed pregnant rats to 2.4 GHz Wi-Fi EMFs showed that the Wi-Fi exposed offspring impaired spatial learning and motor function. The study also found that exercise could help reduce the deficiencies of both cognitive and motor function.

Other mice or rat studies have shown the following effects of cell tower EMF radiation:

- Change in immunological functions
- Decrease in reproductive function (After five generations of exposure the mice were not able to produce offspring.)
- Increases in neurodegenerative diseases
- Increase in serum testosterone levels
- Increase in the permeability of the blood-brain barrier
- Increased DNA damage in cells
- Increase in DNA strand breaks in brain cells
- Decreased DNA repair
- Animals become more sensitive to radiation after long-term exposure

A study of cell tower electromagnetic radiation in India looked at the effects cell tower electromagnetic radiation had on birds. The researchers found that under the influence of cell tower radiation they became *disoriented* and flew in all directions. Also animals living near the towers had *more still births*, *spontaneous abortions*, *birth deformities*, and experience more *behavioral problems* with a general *decline in overall health*. The authors of the study indicate that because the cell phone industry do not admit any dangers, it is "becoming another cigarette industry."

Symptoms of Electromagnetic Field Dangers to Humans

While we do not experiment on humans in a clinical setting, the environment is causing some humans to be exposed to higher levels of electromagnetic radiation. A number of studies have been done to compare the health of people living near cell phone towers with the health of those living far from cell phone towers. Some scientific findings about people living close to cell towers include:

- Significant increases for all cancers and malignant melanoma in both men and women

- Adult leukemia and lymphoma clusters
- Elevated rates of mental illness
- Higher rates of brain tumors
- Sleep disorders
- Decreased concentration
- Anxiety
- Elevated blood pressure
- Headaches
- Memory impairment
- Increased white cell counts
- Decreased lung function in children
- Motor, memory, and learning impairment in children

In addition to studying the effects of cell phone towers, a number of studies were conducted when digital TV was introduced. Three German physicians wrote to the President of the United States warning about the results of digital broadcasting in Germany. They indicated once digital broadcasts were begun there was a noticeable increase of headaches, sleep problems, fuzzy thinking, chest tightness, shortness of breath, irritability, nervousness, depression, anxiety, burning skin, and weight gain.

When people moved away from the area into nearby valleys where the radiation did not penetrate their symptoms quickly went away.

Another study showed that children born to mothers who used cell phones have more behavioral problems than children born to mothers who did not use cell phones during pregnancy. Children of cell phone using mothers had 25% more **emotional problems**, 49% more **conduct problems** and 35% more **hyperactivity**.

Eight out of ten epidemiological studies indicate that living within 500 meters (nearly a third of a mile) of a cell tower increased risks of neurobehavioral symptoms or cancer.

Wireless wake-up call | Jeromy Johnson | TEDxBerkeley

A Silicon-valley engineer turned technology health advocate, Jeromy Johnson discusses our attachment to technology and the health hazards such an addiction may hold.

Legal Remedies Regarding Utility Transmission Lines

A number of lawsuits have been brought to halt construction of transmission lines (as well as cell towers) or to seek monetary damages for loss of property value when utility transmission lines and their effect are placed close to an owner's property.

Transmission lines are high voltage lines (often from 230kV to 12kV) from the generating plants to local neighborhoods where the voltage is stepped down and delivered to homes.

The basic legal theories used in most lawsuits regarding transmission line

include:

- **Trespass:** The idea is that electromagnetic fields constitute an “intrusion that invades the possessor’s protected interest.”
- **Nuisance:** The claim is that there is unreasonable and substantial interference caused by the EMFs that could cause more than trivial harm. This could be either a public or private nuisance.
- **Strict Liability:** This requires that electricity transmission lines be considered a defective product that causes harm or presents a high degree of risk.
- **Personal Injury:** Here a legal causation must be established.
- **Damages:** The claim here is that transmission lines cause emotional distress from fear of cancer or other injuries, on an increased risk of harm.

While some people have won cases against utility companies, most people struggle in legal battles. The utilities have nearly unlimited resources to defend themselves and the scientific evidence for harm is not readily demonstrable.

It will take time for the scientific community to isolate high voltage EMFs as the source of injury on humans.

Conclusions You Can Use

The evidence is accumulating that exposure to electromagnetic radiation does cause harm to human beings. This exposure is, unfortunately, increasing as more wireless devices proliferate in our society.

While most people cannot eliminate such exposure from their lives, many people can take steps to limit such exposure. Some steps you can take to reduce exposure include:

- Turn off wireless devices (cell phones, routers, ect.) during sleeping hours
- If you have a “landline” phone, forward your cell phone to your landline while you are home and turn off your cell phone.
- Children and pregnant women should avoid using cell phones
- Use “old-fashioned” flip-phones that emit less electromagnetic radiation than smart phones
- Carry cell phones in a purse or backpack as far from your body as possible
- Use tablets in “airplane mode” whenever possible and shut them off when not in use
- Use cell and mobile phones in “speaker” mode to avoid close contact with the phone’s radiation
- Connect your computer to your modem with an Ethernet cable and turn off Wi-Fi
- When looking for a new home, try to be at least a third of a mile from the nearest cell tower, broadcast antenna or high tension transmission lines
- Check at school to try to reduce wireless devices in an around the

classroom

In short, try to limit your exposure to artificial, man-made electromagnetic radiation.

References

- [Microwave frequency electromagnetic fields \(EMFs\) produce widespread neuropsychiatric effects including depression](#) as published in the *Journal of Chemical Neuroanatomy*
- [Physical activity as an option to reduce adverse effect of EMF exposure during pregnancy](#) as published in *International Journal of Developmental Neuroscience*
- [Causes of Action for EMF Harm](#) as published in *Fordham Environmental Law Review*
- [Cell Phone Towers as Visual Pollution](#) as published in *Notre Dame Journal of Law, Ethics & Public Policy*
- [Biological effects from exposure to electromagnetic radiation emitted by cell tower base stations and other antenna arrays](#) as published in *Environmental Reviews*
- [EFFECT OF MOBILE TOWER RADIATION ON BIRDS IN BIJAPUR DISTRICT, CHHATTISGARH](#) as published in *WORLD JOURNAL OF PHARMACY AND PHARMACEUTICAL SCIENCES*
- [Electromagnetic Fields, Pulsed Radiofrequency Radiation, and Epigenetics: How Wireless Technologies May Affect Childhood Development](#) as published in *Child Development*

Hydrogenated Water Helps Reduce Oxidative Stress

Hydrogenated water helps reduce the oxidative stress that accelerates aging. If you are interested in slowing aging, reducing inflammation, and protecting yourself from many diseases and medical conditions, hydrogen water may be the key to your success.

Free radicals and other reactive oxygen species (ROS) are the result of normal enzymatic and nonenzymatic reactions in the human body. For example, stress, inflammation and exercise can create free radicals.

Free radicals can also be generated because of external influences such as

- Radiation
- X-rays
- Ozone
- tobacco smoke
- Exposure to ultraviolet rays

- Air pollutants
- Industrial chemicals

Oxidative stress due to excess free radicals progressively damage lipids, proteins, carbohydrates, RNA and DNA. This causes damage to cells and homeostatic disruption. The damage accumulates over time throughout the body.

Free radical damage is important because it manifests itself as disease and sickness. Free radical damage is associated with a number of conditions including premature aging, cancer, hypertension, heart diseases, stroke, arthritis, atherosclerosis, metabolic syndrome and diabetes.

Balance Between Reactive Oxygen Species and Antioxidants

The body experiences oxidative stress when the the production of reactive oxygen species exceeds the activity of the antioxidant defense system.

So, a lot of activity has been expended to find safe, effective, natural ways to increase antioxidants in the body.

Most people know that foods containing beta-carotene, vitamin C, and vitamin E have proven antioxidant properties. The trace mineral selenium is often included in this group. In addition, the body itself produces antioxidants such as glutathione, ubiquinol, and uric acid as part of its normal activities.

Hydrogen as an Antioxidant

But, hydrogen is even more basic than complex molecules such as vitamins and selenium in neutralizing a reactive oxygen species. Hydrogen can combine with reactive oxygen species to prevent DNA damage. But, how do we introduce hydrogen into the body? Hydrogen is present in the atmosphere in minute quantities, only about one part per million.

There are a number of ways to introduce hydrogen into the body. Some of these techniques include:

- Inhaling hydrogen gas
- Drinking hydrogen dissolved water (hydrogen water)
- Taking a bath in hydrogen water
- Injections of hydrogen-dissolved saline
- Dripping hydrogen saline into the eyes
- Modifying intestinal bacteria to produce more hydrogen

While introducing hydrogen into the body may seem new or trendy, it has been used for many years in gas mixtures used for deep diving and for prevention of decompression sickness.

Inhaling hydrogen gas has a rapid effect and is good for acute oxidative

stress. But hydrogen in the air is flammable. This limits its use for therapeutic effects mainly to medical facilities. Outside of controlled environments in medical institutions, hydrogen is normally delivered by dissolving hydrogen in water, usually through bubbling or other direct contact with hydrogen.

Water with dissolved hydrogen (but low in dissolved oxygen) has a high pH. It has the ability to scavenge reactive oxygen species and protects the body from oxidative damage.

Mouse studies of dissolved hydrogen indicate, among other benefits, that it reduces atherosclerosis, improved kidney function, and improves brain injuries.

Antioxidants such as vitamins C and E help with glycemic control in both humans and animals. So, if dissolved hydrogen can act as an antioxidant, it may also help with glycemic control.

Clinical Studies of Hydrogenated Water

While many studies have been done on mice and rats, here are a couple of studies on humans.

In one study 30 patients (24 who had type 2 diabetes which was controlled with diet and exercise and 6 who were insulin resistant) were enrolled in a randomized, double-blind, placebo-controlled, crossover study to determine the effects of hydrogen-rich water. Half these patients consumed 900 mL of hydrogen-rich water and the other half were provided 900 mL of placebo water daily for 8 weeks. After a twelve week "wash-out" period the crossover period began where the groups switched water types.

Various biomarkers of oxidative stress, insulin resistance, and glucose metabolism were measured before and after the 8 week trial.

Patients receiving hydrogenated water showed significantly lower levels overall of LDL cholesterol and specifically the dangerous small dense LDL as well as significantly lower urinary 8-isoprostanes (an indicator of oxidative stress).

Patients on hydrogenated water also showed increased plasma levels of adiponectin (indicating enhanced insulin sensitivity) and extracellular-superoxide dismutase (important for antioxidant defense). In addition, in 4 of the 6 patients with insulin resistance, the final glucose tolerance test showed normal.

In another study of 20 patients with potential metabolic syndrome (displaying one or more of the metabolic syndrome characteristics). Subject consumed 300-400 mL of hydrogenated water 5 times per day resulting in a total of 1.5 L to 2.0 L of hydrogenated water.

Various measures were made at the start, after 4 weeks and after the 8 week trial period.

After 4 and 8 weeks, the concentration of urinary TBARS (a measure of oxidative stress) decreased significantly from the start of the trial. There was an increase of SOD (superoxide dismutase) indicating increased antioxidant defense. There was a significant increase in good HDL cholesterol as well as a decrease in the ratio of total cholesterol to HDL cholesterol. This study showed no statistically significant difference in fasting glucose levels.

Considerations in Purchasing a Hydrogen Water Generator

You will find hydrogen water generators priced from about \$40 on up. Some expensive versions cost several thousand dollars.

They all work by electrolysis of water. When positive and negative electrodes are placed in water, the water molecule (H_2O) is broken up with hydrogen bubbling up from the negative electrode and oxygen bubbling up from the positive electrode.

Cheaper hydrogen water generators place both electrodes at the bottom of the water container so both hydrogen and oxygen bubble up into your water. Because water normally contains some salts, you will also get chlorine bubbling up into your water.

Models costing over \$100 often use Proton Exchange Membrane or PEM technology. Here the positive (oxygen) and negative (hydrogen) electrodes are separated by a membrane that allows hydrogen to bubble up into your water container, but oxygen and chlorine bubbles into another chamber where it is discharged into the air.

This video explains this concept.

Hydrogen water may NOT be safe to drink! Find out WHY

Conclusions About Hydrogen Water You Can Use

Many studies have shown the potential for hydrogen to act as an antioxidant and defend against oxidative stress.

You probably already take vitamins C and E to help combat oxidative stress, slow aging, and help prevent many of the common diseases of aging. And now you can add hydrogen water to your tool box.

More oxygen generators are appearing on the market. Be sure to choose on with PEM technology to get the cleanest, purest hydrogen water for you and your loved ones.

Hydrogen Water References

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[Supplementation of hydrogen-rich water improves lipid and glucose metabolism in patients with type 2 diabetes or impaired glucose tolerance](#) as published in *Nutrition Research*

[Effectiveness of Hydrogen Rich Water on Antioxidant Status of Subjects with Potential Metabolic Syndrome—An Open Label Pilot Study](#) as published in *Journal of Clinical Biochemistry and Nutrition*

[Rigvir ViroTherapy for Cancer Patients](#)

Rigvir viral therapy was developed in Latvia and has seen success in treating cancer patients. It is a live non-pathogenic ECHO-7 virus which has an affinity for tumor cells. It replicates in the tumor cells and destroys them. Rigvir improves the survival rates in patients with cancer and improves their quality of life.

Rigvir is approved by the State Agency of Medicines of the Republic of Latvia. Rigvir is also approved in Uzbekistan, the Republic of Georgia, and Armenia. [Tumor virotherapy](#) (using a genetically engineered [herpes simplex type 1-derived virus](#) called talimogene laherparepvec) has recently been added as a cancer treatment tool in the USA.

Melanoma Cancer Cure With Virotherapy – Rigvir Virus

Rigvir Research

One study monitored 79 patients who had surgery to remove the primary melanoma tumor and were considered free from the primary melanoma after surgery. They were classified into substages IB, IIA, IIB, and IIC. Stage IB and stage II is where cancer has spread to certain lymph nodes. Fifty-two patients received Rigvir treatments while twenty-seven patients were merely observed and did not receive Rigvir treatments.

The patients were treated in the Latvian Oncology Center of Riga Eastern Clinical University Hospital, the Latvian Virotherapy Center in Riga, and the

Oncology Clinic of Piejūras Hospital in Liepāja, Latvia.

Rigvir is administered over a prolonged period of time. It is not a single shot.

Injections of 2 ml of Rigvir intramuscularly took place for 3 consecutive days after surgery. Then, after one month and after two months 3 shots were given on 3 consecutive days. For the next 10 months, a single shot of Rigvir was given each month. In the second year Rigvir was given at 6-week intervals for the first 6 months, then every other month for the remainder of the second year. In the third year Rigvir was given at 3-month intervals.

Those patients who received Rigvir remained free of cancer recurrence or metastases for longer periods of time than those patients who were merely observed and did not receive Rigvir. Depending on the substage a patient was in, Rigvir treated patients had a 4.39–6.57-fold lower mortality the non-treated patients.

Another study looked at three patients with stage III and IV cancers. In stage III, the cancer has spread to the lymph nodes and has started to spread into surrounding tissue. Stage IV cancer has spread to, or metastasized in, another organ.

Each of these patients sought treatment at the International Virotherapy Center in Rīga, Latvia.

The first patient had stage IV cancer in the lower back. The tumor surgically removed in December 2012. Rigvir therapy was begin in February 2013. The patient's condition has improved and has been stable since December 2014.

The second patient born in 1934 was a continuing smoker and was diagnosed with small cell lung cancer, stage IIIA, in May of 2009. The cancer had spread to several lymph nodes. Starting in June, 2009 the patient has been on a continuing course of Rigvir. Larifan was also prescribed on a weekly basis. The patient's condition has improved and has remained stable since October 2009.

The third patient, born in 1970, had stave IV sarcoma. Starting in October 2009 the patient began Rigvir treatment. He also received radiotherapy applied to the lymph nodes and received six courses of chemotherapy with doxorubicin and cyclophosphamide. He also receive Helixor P for some time. The patient's condition has improved and has remained stable since April 2012.

Conclusions You Can Use

Rigvir has shown evidence of prolonging the life and improving the health of cancer patients. But, it is not a quick fix. It requires a prolonged course of treatment.

Because it is not yet available in the United States, it requires medical tourism.

Both these factors make Rigvir treatment rather costly.

References about Rigvir ViroTherapy

[Adapted ECHO-7 virus Rigvir immunotherapy \(oncolytic virotherapy\) prolongs survival in melanoma patients after surgical excision of the tumour in a retrospective study](#) published in the journal *Melanoma Research*

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