

BEH PODCAST – EPISODE 20

PREVENTION OF MACULAR DEGENERATION USING VITAMINS

Dr. Miller: If someone has a predisposition to macular degeneration, do they need the AREDs? Or do they need to be taking vitamins? He asked the question, because he asked about his brother and his doctor said, “no it doesn’t apply”. I would disagree, I think if you have a first-degree family member like a father or a brother, someone in your family, a close relative, has one of these genetically determined eye diseases, you could be at risk. You may have an abnormal gene too, but nothing has shown up yet. One of the best things you can do to prevent this gene from ever being expressed, is to really do the best job you can to take care of your health (and we’ll talk a little more about this next week).

If you read the dietary recommendations for the American people that are put out by the National Institutions of Health and the Department of Agriculture, what recommendations do they have for what people should be eating? What does a healthy diet looks like? In the text, if you really dive down into it and don’t just read the synopsis at the beginning of the 160-page report, it’s basically saying every man, woman and child should be taking a vitamin supplement because our food is so poor in terms of its nutritional value. That’s one of the reasons part of the basic thing we recommend in terms of prevention is taking the basic protocol of vitamins.