

050 OMDPodcast 8Things MedicalHex-2of8

Carlyle

Welcome to the Organic MD podcast with Dr. Damon Miller. I am Carlyle Coash. We are continuing our discussion about health, wellness and the things we can do to improve all of these in ourselves. How are you today, Dr. Miller?

Dr. Miller

Hi Carlyle, I am actually pretty good today. We are still in a crazy time in the world, but it is good to be here.

We are going to be talking about what we can do to maintain your health. If there was ever a time to be attending to it, that time is now. Today we will begin talking about our Better Eye Health Program, which will be a total of eight podcasts. We work with people who have serious eye or retinal diseases, like macular degeneration, Stargardt's disease, and retinitis pigmentosa. Our program has shown to be very effective for helping people with these diseases.

I want to start by honoring Grace Halloran, PhD. She was a pathfinder of this field and put the ideas of this program together.

When people are diagnosed with these eye diseases, their stories are pretty consistent. They go to their doctor because they have trouble with their vision. They may have a family history of the disease and their vision is now starting to be affected. The doctor says they have a very serious eye disease, the problem cannot be helped with a new pair of glasses, and there is nothing they have to offer. If a doctor is not open-minded, they will probably say there is nothing that can be done. This is far from true, there is something you can do.

We call this medical hexing, when a doctor tells someone there is nothing that will help. People respect their doctors; if they are told nothing can be done, they believe nothing can be done. If they were being honest, they would say there is no drug or surgery they know of. They would recommend taking some vitamins to slow down the progress, but mention no improvement will be seen in their visions over the course of their life.

We work with people to improve their vision all the time and we are here to keep all hope alive. We will let you know what you need to do to salvage your vision, keep it from getting worse, and regenerate some of the vision lost. Today we will go over the basic understanding that the things you hear about and are offered by modern medicine do not treat the diseases, they are treat the complications of the diseases.

The disease with the worst complications is macular degeneration and everyone who has this disease starts with dry macular degeneration. As the degeneration process continues, the retina eventually reaches a point where the structure and vessels break down; this leads to leaking and bleeding in the retina. We now have wet macular degeneration, formally exudative macular degeneration.

Doctors have developed some interesting treatments that try to stop the bleeding and leaking because it can be very destructive. Drugs, like Avastin and Lucentis, are injected directly into your eye with a needle. It does stop the bleeding, but it does not treat the underlying problem. The eyes will continue to get worse over time, just like before the injection. And if you read the 17-page consent form, it clearly states the procedure of sticking the needle in your eye is not intended to improve your vision. Any improvement seen is only because the big issue of bleeding was taken care of, but it is not intended to last.

Medical treatments in Oriental Medicine refer to the root in the branch, you can treat the root of the disease or you can treat the branch. This means either treating the underlying causes or treating the symptoms. With western medicine, it mostly goes after treating the symptoms.

I am sure you have seen this in the work you have done in hospitals.

Carlyle

If you are in pain or discomfort from these symptoms, you do not want to have them going on forever. You want a quick and temporary solution to help reduce the pain so it is more manageable. With my work doing palliative care, I have helped people who are so much pain they can barely speak. Managing their pain needs to be taken care of first.

We can also take the age-old example of being in so much pain you are not able to sleep. The lack of sleep can cause more discomfort and disorientation, which adds to the pain. We addressed the pain and the patient was able to sleep comfortable, sometimes several days of good sleep. Once they have had ample rest, they found themselves feeling better and not as depressed. We can now focus on figuring out what is really going on in their body, but can something be done about it?

What we see most often is the first step of giving medication. Take cholesterol for example, a doctor prescribes a medication and tells you to continue what you are doing, you will just be on the medication for the rest of your life. You are masking the problem, not dealing with it.

This happened with my dad, who was overweight and had gallbladder problems. The doctor said they would simply take out his gallbladder and he can keep eating the way he is. My dad felt knew there were some other issues and recognized he was overweight. He loved his spicy foods and French cheeses, but he had a terrible of surgery and asked if there was anything else he could do. The doctor said he could change his diet, but nudged towards the surgery because it was the easiest and he can continue to keep eating like he is. He would have died many years earlier, if this was the case, because he would have continued eating a diet that would have killed him easily. My dad changed his diet, lost over 100 pounds, and remained pretty healthy for the remainder of his life. You can either take the quick fix and continue doing what you are doing or you can work on the issue itself.

We are seeing more doctors telling their patients to change their diets and start exercising, but their diets are still not very good. Making fundamental changes and dealing with the roots can and help these issues. It does

take a little hard work and you may have to give something up, but you are going to live better for a longer stretch of time.

Dr. Miller

There are things you can do, and your dad and people with eye disease have this in common. It takes time and effort to change one's diet and lifestyle, but it works. I speak with ophthalmologists who see improvement in the same people I am treating. They see their eyes getting better, but they do not want to start implementing these changes because of modern medicine.

Modern medicine and the doctors who practice it, seem to get swallowed up by the corporate model. Doctors barely have 15 minutes of time to spend with you because that is all the time they are allowed in the clinics. They do not have the time to sit down and go over a complex program with you, let alone keep in touch and keep you motivated to stay on track.

The doctor who told your dad that he could lose some weight or could do surgery, probably did not know how to help with it. It does take time and you will need to look outside the clinic for help, which is why we are here and do what we do. With our Better Eye Health program, we show you what to do, give you the support needed, and watch the body work its magic.

Carlyle

The western medicine approach is outcomes based, and the treatments have been shown over time. Let's look at a stage 4 wound. There are X, Y, and Z procedures to make that wound better, making the treatment very clear. I start with X, then Y and Z should get me to the desired result. With the Better Eye Health program, you are doing several things all at once. In conjunction with one another, they are very effective and support each other. You have the choice to do most or all of the work, but it is most effective if you do everything. Your body and the system are complex, and sometimes you need to do a conjunction of things together to function properly. You may get results by starting to exercise, but it will likely be more effective if you add in other things as well.

I do not think western medicine is fun because our body does not function that way. It wants to know the outcome of everything you are doing, to some extent, so that it can be built for structure. With naturopathic and eastern approaches, it is an ongoing process to find the best solution. For example, I have met with different Tibetan medicine practitioners, they read the subtle channels of your energy. They work with and give you a different collection of herbs to have you boil and drink as a tea. You try this for a couple of weeks and if you see no improvement, you add in other things. It is an ongoing process that takes time and patience, but you will find the best solution.

Dr. Miller

We have been doing and seeing this for decades now. If you do everything we ask you to do, the odds of seeing real lasting improvement is 90%. Our program does take time because we are working on your vision. There are different pieces to the program that work synergistically with each other and you will not see the same result by only doing one thing or another

Losing your vision is a big deal and when you think about it, you realize it is worth doing whatever it takes to maintain your vision. If you lose your vision, you also lose your autonomy, ability to drive, and you cannot play bridge or see your grandkids faces. Do not lose hope though, there are things to maintain and improve your vision. It is a bit complex, but you need to do them.

Our Better Eye Health program will preserve and restore your vision and is done in the privacy of your own home. You do not have to travel to a clinic four times a year to receive some temporary, expensive treatment. I am really happy with the way it works and I know you will be too. You can find more information at our website, BetterEyeHealth.com.

Carlyle

All of this information still pertains to you, even if eye disease is not a concern. The approach we are talking about can apply to many other issues your body may be having. We should make a fundamental shift by changing the way we look at ourselves and how illnesses can arise in us.

It is our hope that by listening to us, you are inspired to see things in a different way or address an issue you may be dealing with. This is a completely different approach, but the results are tremendous.

Dr. Miller

This is why I set up my medical practice the way I did. By trying our program, you can steer clear from receiving injections that go directly into your eye to help with the different complications. It is an invasive procedure with significant downsides, and some nasty side effects of repeated use of the drug. We work on the core of the problem, in the safest way possible. We focus on the individual you and the root of the problem, not like western medicine putting you with a group of people with similar problems.

If you are given a problem, you will usually have multiple choices of what you can do to help. You want to start with the ones that are safe because they tend to work on the root of the problem, giving us better results. Your dad is the perfect example; he changed his diet because it was suggested it may help the lost weight. He tried it, kept to it, lost the weight and, ultimately, dodged the surgery.

Carlyle

He was terrified of surgery, so the terror helped fuel his fire to change.

Dr. Miller

Thankfully he did make the changes, but this is not true across the board. We want to trust our doctors and many people will go along with what the doctor says. They tell you your gallbladder needs to be removed and you want to do it tomorrow.

Carlyle

I have some family and friends who have macular degeneration. They know who I am and what I do, but prefer to follow the advice from their doctor and will not look at any other options.

Dr. Miller

We should all, doctors and patients, be open to expanding our knowledge and helping our bodies. You can read for yourself on our testimonial page, we have seen numerous amounts of people who have great results and they are willing to share their story. Maybe we can change minds once we get 100,000 testimonials.

Thank you, I think this good for today.

Carlyle

Thank you. This is the Organic MD podcast. Please keep listening, subscribe, and check out our website. We will see you all soon.