

ADD ALTERNATIVE TREATMENT TO YOUR MEDICAL ROUTINE

There is no doubt that we need the promise of the medical community to solve our glaucoma problems. But, although the pace has sped up in recent years, cure of glaucoma is still a star in the horizon. And despite medicine's promise there still lurks in many of us the hope that we can assist in hastening the cure or at least lessen some of the symptoms of glaucoma. These are the hopes we harbor when we invite lecturers who have given deep thought to total body health and its impact on glaucoma. On October 20, we were indeed fortunate that Dr. Edward Kondrot agreed to come to New York, traveling from his Florida location to meet with our Group. Dr. Kondrot is a board certified ophthalmologist and homoeopathist who now specializes in the treatment of glaucoma combining both allopathic and alternative strategies.

Improving vision is not a new concept. In the 1930's Dr. William Bates who developed a number of theories on the subject treated Aldous Huxley, a well-known writer who had lost a great deal of sight. Huxley's sight improved and, being a writer, documented his experience in a book entitled *The Art of Seeing*. Over time a number of other practitioners have offered vision improvement strategies, among them Dr. Deborah Banker. Today, we are fortunate to have the privilege of bringing Dr. Kondrot to the group to discuss the strategies that he has

developed. In no way, however, does he recommend replacing his strategies with the allopathic procedures practiced by your ophthalmologist. Dr. Kondrot's recommendations are an add-on, not a replacement.

Dr. Kondrot began to investigate the use of homeopathy to treat glaucoma when he experienced his own homeopathic cure after finding a substance that worked, having first tried two others to cure adult onset asthma. This treatment took place fifteen years ago and the condition has not re-occurred.

Buoyed by his homeopathy experience, Dr. Kondrot began exploring whether homeopathy could be used to treat glaucoma patients, He now incorporates homeopathic medicine along with a number of other strategies listed below as well as allopathic medicine in his practice. While improvement of vision may seem like a radical idea, its roots travel back in history that is rife with accounts of practitioners from many different cultures attempting to cure the medical problems of their society. It has long been understood that the body possesses mechanisms for healing (witness scabbing over of cuts). Dr. Kondrot wisely has taken advantage of the body's innate healing capacity to provide the tools to assist the process. In so doing, he has been able to document positive results among his patients. Some alternative methods along with traditional treatment include sufficient

hydration, detoxification, exercise, good nutrition, emotional well being, and physiological concerns such as sufficient blood flow to the brain. Dr. Kondrot's treatment addresses improving circulation to the optic nerve, optimal nutrition and detoxification. He has found addressing these three factors fully, vision will improve and eye pressure will be lowered. Using a number of different strategies along with allopathic medicine to treat and improve where possible the vision of his patients, Dr. Kondrot has developed an approach that helps glaucoma patients see better and may stem loss of further vision. We are pleased to bring you a brief summary of his strategies.

GENETICALLY MODIFIED FOOD (GMO) vs. ORGANICS. GMOs contain both genes of other species and altered genes to make the plants resistant to the toxic pesticides sprayed on the crops. Preservatives, pesticides and poisons exert a heavy toll on the body. *Seeds of Deception*, a landmark study published in *The Lancet Journal*, addressed the problems associated with commercial farming and their effects on human health. Dr. Kondrot recommends organic food whenever possible. Organic farmers enrich their soil with all the necessary nutrients. Commercial farmers add only nitrogen to increase the growth of the crops. Food grown in enriched soil contains vitamins and minerals necessary

for health. Various studies have indicated the value of eating organic food, but a stark example published in the early 1940s found the average serving of spinach to possess 157 milligrams of iron. Compare that to spinach grown commercially today that contains just 2.2 mg. Additionally, commercial spinach contains one of the heaviest loads of pesticides. Another study that Dr. Kondrot cited documented the difference between organic and nonorganic, revealing a 5-to-10-fold increase in nutritional value of organic food. The other important finding showed a 5-to-10-fold increase in toxins such as mercury, lead and cadmium in the nonorganic. Toxins will negatively affect the entire body system including the optic nerve. Corn, flour, corn fillers, high fructose corn syrup, the sweetener of choice by many food purveyors is ubiquitous in our food supply for it possesses many negative factors. Furthermore, corn is usually the grain chosen for gluten-free products. Any food made from genetically-modified corn should not be considered a true food source for it is not metabolized like normal sugar but is shunted into pathways for fat storage and may be one of the **villains** partly responsible for increased incidence of obesity and diabetes now a worldwide medical problem. Furthermore, it also contains high levels of mercury.

LIVING FOOD is another consideration for improving body health. Heat destroys the delicate protein structure, nutritional elements and many digestive enzymes needed for health maintenance. The 70/30 diet advocates that seventy percent of the food ingested be organic living food. Dr. Kondrot recommends a book called *I Am Grateful* that contains easy recipes incorporating the Living Foods philosophy.

FISH OIL: While Dr. Kondrot believes firmly in obtaining the required amount of omega 3's, he questions the use of fish oil to provide these nutrients, citing the work of Dr. Robert Rowen, editor of *Second Opinion Magazine*, who cites Professor Peskin's suggestion that plant-based omega oils are preferable. Fish oils are composed of longer-chain fatty acids not as readily absorbed into the cell as the plant-based fatty acids and, furthermore, may not be mercury free. As well, fish oils become rancid at room temperature, rendering them carcinogenic and toxic to the body. The plant-based omegas consist of flax seed, primrose or borage oils. Be aware, however, that flax seed oil also can become rancid at room temperature. When you grind flaxseed to add to cereal and other foods, grind a small amount at a time and keep it refrigerated.

NEUROLOGICAL RESTORATION: Patricia Kane, a nutritionist in Philadelphia, advocates restoring the

neurological system with fatty acids. She administrates IV Lipostabil S and claims her IV protocol restores neurological membranes. The IV protocol may be difficult to access for many people, and because of this, Kane has asserted that oral ingestion of the product may also produce an effective result. Dr. Kondrot recommends this therapy to his patients who have severe optic nerve damage. This therapy addresses the fact that older patients may not optimally digest and absorb foods even though eating well and taking supplements.

CHROMIUM deficiency and glaucoma may be linked. Chromium deficiency leads to a decrease in glucose in the ciliary muscles, reducing focusing ability and increasing eye pressure. Dr. Ben Lane coined this effect as Chronic Fatigue Syndrome. There is a simple chromium test that a nutritionist can administer to determine chromium status. Most vitamins on the market contain insufficient or no chromium. Some time ago Dr. Lane published a study comparing chromium levels between people with and without glaucoma. Chromium levels in the healthy people measured 279, in open-angle glaucoma patients, 119. This is a study that bears repeating with a larger cohort. Foods high in chromium, such as heavy cream, molasses, fat, red meat, and eggs are, unfortunately, also high in calories. Organic red wine

in addition to the benefits of reserveratrol is also high in chromium.

Vanadian, on the other hand, increases eye pressure according to a study presented at the Association for Research in Vision and Ophthalmology (ARVO). Vanadium is a major antagonistic to chromium. Foods high in vanadium include: red wine, fish, commercially fed poultry, kelp, seaweed, and chocolate. Red wine possesses both chromium and vanadium, but the level of chromium is much higher than that of vanadium. Dark chocolate has many antioxidants; limit yourself to one square daily. Kelp and seaweed also have other benefits. Eat but eat sparingly.

Dr. Kondrot recommends a Myers cocktail or vision cocktail. It contains essential ingredients such as high doses of vitamin C, complex vitamins and essential minerals. It is administered intravenously.

HYDRATION is essential for the health of the body. Dr. Kondrot cited a book by Dr. Batmanghelidj, *Your Body's Many Cries for Water*, where the case is made for drinking a very large quantity of water to hydrate the system. As we age, we begin to decrease our water intake and this may lead to such conditions as prostate problems in men and weak bladders in women. Sufficient hydration effectively removes toxins from our bodies.

The rule of thumb according to Dr. Kondrot and other practitioners advocating ultimate hydration is to drink half of your body weight in ounces. Be warned, however, that as a glaucoma patient, a large amount of water ingested at one time may elevate pressure. To avoid this, sip water all day. Of course, water source can be a problem. While New York claims that it has one of the best water sources in the States, the water still contains chloride, fluoride and possibly pharmaceuticals. Drink bottled water? Well, be aware that most bottled-water companies only test for heavy metals, not for pharmaceuticals. Water bought in plastic bottles not only pollutes the environment, but the water itself may be only filtered tap water and contain benzene derivatives that may be linked to cancer, especially when the bottles are stored at high temperatures.

A water purifier can certainly help. The best water purifier is a reverse osmosis unit that can be installed underneath the kitchen sink. At the least use a counter filter or an inexpensive filter such as the Brita filter,

HEAVY METALS. Dr. Kondrot believes that everyone who has glaucoma should be tested for heavy metals, but a blood or urine test will not indicate mercury and lead for these elements do not remain in the blood but are stored in the bones, brain, fat and eyes. It's necessary, therefore, to do a challenge test and then

collect urine for six hours. If mercury or lead is detected, then chelation will remove the toxic metals. Chelation therapies include intravenous, rectal, topical and oral. The form is usually dictated by the level of heavy metals found in the assay. Dr. Kondrot believes that if you have a chronic eye problem and experience vision loss, you need to remove the toxic heavy metals because they contribute to neurological problems.

Channeling--Dr. Bates. His theories live on and they are not new to this group, especially palming, This technique directs your own healing energy into your eyes. Palming is simple to do and is cost free. Rub your hands together to create an energetic aura. Cup your hands over your eyes. Dr. Bates advocated think black to rid your mind of thoughts and things you think you need to do. Practice it once or twice for 5-15 minutes daily. Breathe deeply and allow your body to relax. Our bodies are energetic systems. Reiki is another form of transferring energy from the hands of a healer to your body. Hands, throughout history, have been linked to healing. Christ, the saints and the sages expressed healing through their hands.

STRESS: Dr. Bates felt that all eye diseases were caused by stress. Many of us feel that stress plays a part in our glaucoma conditions, and there are a few studies that have looked at the relationship to glaucoma. Palming

alleviates stress, allowing natural healing energy to be transferred to your eyes. Some of us combine meditation with palming. Dr. Kondrot believes that if stressed your autonomic nervous system becomes imbalanced. Physiologically, stress may be responsible for dilation of the eyes, slower digestive processes, hampering the body's healing ability, to name a few effects. Reducing stress allows the healing properties of either allopathic or alternative therapies to work more effectively.

Dr. Bates also advocated sunning. Unknowingly Bates pre-empted the use of the infrared spectrum as a healing effect. A German study indicated that a 30-second infrared light treatment directed on the sclera significantly reduced the IOP by 50% in some patients. Only those patients with glaucoma experienced the pressure-lowering effect. Routinely, Dr. Kondrot uses a 30-second infrared laser treatment twice a day for his glaucoma patients for he has found that the treatment does lower the IOP. Laser treatment requires professional use, but perhaps the sun, a free resource, might as Dr. Bates inferred, assist in healing the eyes. If you want to do this exercise, Dr. Kondrot advises, look at the sun through closed eyes for not more than 30 seconds while moving your head from side to side.

HOMEOPATHY, an exact science developed by Samuel Hahnemann over 300 years ago, is the law of

similar. A substance that causes symptoms in a healthy person will cure those symptoms in the diseased state. It relates to a belief in the body's healing powers, innately possessing the wisdom to heal and to maintain homeostasis or balance. The difference between traditional medicine and homeopathy lies in treating with opposites. Specific medications reduce fevers, relax lung spasms, lower hypertension, and, of course, the IOP.

Symptoms are viewed as the body asking for an intervention. Homoeopaths support the body by prescribing a medicine that actually would produce the same illness. For example an illness that produces a fever is the body's method of attempting to kill the pathogens causing the illness. Belladonna is the medicine of choice for its fever-producing effect. It is characterized as redness of face and a throbbing headache. For diarrhea, the homeopathic doctor will prescribe a medicine that causes diarrhea. Watery eyes are healed with homeopathic *Allium cepa* (the onion). A bee sting is healed with homeopathic *Apis mellifera*. A rattlesnake bite producing a hemorrhage, is treated with a like remedy.

Can homeopathy help the glaucoma patient? When used for eye problems homeopathy's range extends to the entire body, for other diseases and physical problems are taken into consideration. The possibility exists in the

hands of an experienced homoeopathist. Dr. Kondrot cited a case of using homeopathy for a patient who balked at surgery to reduce his eye pressure but did agree to homeopathy treatment. After taking the homeopathic medication, the patient returned to the office. He appeared more relaxed and profoundly changed. His IOP was such that the number of medications could be reduced and surgery was no longer recommended. Dr. Kondrot has even had success with his pet cat, giving the animal a homeopathic treatment for an eye infection.

OXIDATIVE THERAPIES: Ozone, hydrogen peroxide, hyperbaric oxygen treatment and ultraviolet light make up this group of therapies. Ozone O₃ is a highly reactive form of oxygen, Oxygen is a body healer and an immune regulator, helping to balance immunological substances and when used judiciously can regenerate your body. These therapies are not new, having been available from the 1940s. Interestingly, Fidel Castro of Cuba donated millions of dollars to a hospital practicing ozone therapy at which thousands of eye patients have been treated.

Professor Silvia Menéndez of The Ozone Institute, Cuba, conducted a study of over 200 glaucoma patients using ozone. She found that the visual acuity improved between 69% and 72%, visual fields expanded and there

was a trend to lowered intraocular pressure. As well visual potential improved. She claims that the study demonstrated the treatment's effectiveness in generating functional recovery of the nerve fiber layer.

Two other forms of ozone include hydrogen peroxide, readily available at your local drugstore. You can pour a bottle in your bathwater and receive the benefit of ozone. Hyperbaric oxygen, usually administered in a hyperbaric chamber, helps increase oxygenation to the eye. Typically there's a 5-millimeter drop in pressure after hyperbaric oxygen.

Exercising with oxygen is also an option. This procedure involves using high-flow oxygen from a tank and exercising on a treadmill or an exercise bike. Dr. Kondrot feels that it helps to stimulate the body's metabolism and rejuvenate the optic nerve.

LIGHT THERAPY. Ten minutes of light therapy can expand your visual field and lower your pressure. Dr. Kondrot published an article on this treatment in *Homeopathic Syntonic Light Therapy in the Treatment of Glaucoma, pages 6-11, Journal of Optometric Phototherapy April 2011* and which was also presented at an international light meeting in Amsterdam. In this study, he demonstrated that the majority of people receiving 10 minutes of light therapy experienced a

lowering of intraocular pressure. Incidentally, the progenitor of this treatment was published in the *American Journal of Ophthalmology* in 1948. The article suggested that “There seems to be some hope that green light might be applied to such patients for therapeutic purposes in the form of green spectacles used for reducing their intraocular pressure.” Dr, Kondrot has found that the benefits of using green light lasts six to eight hours.

LASER THERAPY: Infrared laser lowers intraocular pressure together with green light. The laser is coherent light. Green light is non-coherent. Its energy is derived from a light bulb and is scattered light. Because laser is a coherent light and can cut through steel, it is considered dangerous, but there are many different strengths of laser and the type that Dr. Kondrot uses along with green light is designed to provide healing light. It is applied to a closed eye for 30 seconds and it is believed to reach the optic nerve where the healing takes place.

MICROCURRENT is another noninvasive treatment that can stimulate the optic nerve, lower IOP, and improve vision. Application increases circulation and cellular activity, reducing inflammation and scar tissues and is known to have a protective effect by stimulating stem cell activity. The microcurrent possesses a particular vibration or frequency. Dr. Kondrot matches the frequency of the

microcurrent with the targeted tissue to bring the two into harmony. For example, if you have two C sharp tuning forks and they vibrate at the same frequency, they will support each other. Dr. Kondrot has established particular frequencies that match the retina and optic nerve. These frequencies provide harmony to the eye and support the tissues.

An article published in the *Journal of Clinic Orthopedics and Related Research* by a Korean investigator detailed a study about the effect of microcurrent on rat skin. The lead author demonstrated that low levels of microcurrent caused an increase in mitochondrial activity and ATP levels that reflected the energy of the cell by 300% to 500%. Microcurrent as demonstrated by this article dramatically stimulates cells. Dr. Kondrot believes that microcurrent will stimulate sluggish cells in the eye and improve vision. Microcurrent is widely used by athletes to reduce inflammation and break up scar tissue, thus increasing the rate of healing. The procedure stimulates the osteoblasts and fibroblasts. Interestingly, a five-minute procedure on your neck can possibly help certain glaucoma conditions. Published in the *Journal of Alternative and Complimentary Medicine*, an animal study revealed the benefit of microcurrent in glaucoma. Animals were divided into three groups. They received differing levels of microcurrent. The researchers

concluded after reviewing results that low frequency electro-acupuncture may be an alternative therapy in the treatment of glaucoma.

OSTEOPATHY. There are some osteopathic doctors who feel that glaucoma is related to cervical trauma and an imbalance on the way the head sits on the atlas, the top of your spine. We all carry a lot of tensions in our shoulders. This procedure relaxes the spine and thus can lower the pressure. Dr. Kondrot learned the procedure from Dr. Jerry Tennant, an ophthalmologist who practices in Dallas, Texas. Incidentally, Dr. Kondrot treated his mother who had glaucoma with the above treatment and found that it reduced her pressure.

DANCE.EXERCISE. A Nigerian patient who teaches African dance had uncontrolled glaucoma and was on three medications which did not lower his pressure sufficiently. Dr. Kondrot suggested that he do one of his African dances barefoot. The dance is very energetic and when the patient danced, his vision improved five lines and his pressure dropped below 20. This experience combined exercise with another important element—GROUNDING OR EARTHING that relates to electromagnetic energy. Most of us are no longer grounded to the earth because in our civilized society we use materials that block the connection such as rubber-soled shoes instead of leather. The only time

many of us touch the earth is when we go to the beach. A holistic doctor, Dr. Sinatra, has found beneficial effects among his patients when they remove their shoes and socks and walk around barefoot.

CHARTING VISION IMPROVEMENT. Dr. Kondrot uses an ETDRS chart. ETDRS acuity testing has become the worldwide standard for visual acuity testing, replacing the Snellen and Sloan acuity tests. The ETDRS test is designed to eliminate inaccuracies in the Snellen and Sloan tests and is considered the most reliable method in research because it very accurately measures changes in vision. Dr. Kondrot also measured contrast sensitivity

Visual fields were conducted using one of the first devices developed, a campimeter. This is a colored field using the kinetic approach. With a kinetic visual field, motion is incorporated and, according to Dr. Kondrot, the measurements using red, blue and motion determine the visual field.

Acuity measurement comprises either lines of improvement, five letters in a line and contrast improvement in numbers of additional letters. Measurement of visual field expansion comprises

minimal--0-5 degrees, moderate 5-10 degrees, and marked, greater than 10 degrees of the visual field.

DRY EYE. In addition to homeopathy that treats the underlying cause, Dr. Kondrot recommends ozonated eye drops. But you have to make you own. Ozone generators cost about \$140 and Dr. Kondrot has them in stock. You ozonate saline water and drop it in your eye. It's very simple.

HEALING HERBS. Pau d'Arco. Aloe vera and turmeric. You don't have to travel to some exotic rainforest to get your herbs. God and nature surround you with what you need to heal. Just visit your local health store.

Dr. Kondrot shared a statistical analysis of an impressive record of a group of 29 patients he has treated. There was acuity improvement of two lines or greater in 10 eyes, improvement of one to two lines in 26 eyes, improvement in less than one line in 16 eyes, and no change in six eyes.

Some of the eyes listed as no change were totally blind and others had perfect vision. There was contrast improvement of greater than six letters in 17 eyes, greater than three-to-five in 14 eyes, greater than one-to-two letters in 17 eyes and no change in 10 eyes. Once again, no change indicated the above explanation. Also, some

people had poor vision in one eye and good vision in the other, so there was little room for improvement in the eye with good vision. The visual field expansion was interesting. There was marked expansion in 37 eyes with the majority of eyes having greater than 10 degrees. There was moderate expansion in 14 eyes and no change in 7 eyes. Pressure lowering greater than 5 millimeters occurred in 12 eyes, 1 to 5 millimeters in 27 eyes and no change in 11 eyes. There was an increase in pressure in five eyes.

Note: The majority of patients that had an increase in pressure stopped their eye drops, so pressure elevation or lack of response could be due to that factor. Normally, Dr Kondrot does not recommend cessation of eye drops during the treatment but some people had pressures as low as 12 and so eliminating the drops was not a concern.

We want to thank Dr. Kondrot for delivering his excellent and educational workshop. He has presented a great many ideas, actually consolidated much of the alternative therapies that are available to us. Space has not permitted us to record the entirety of Dr. Kondrot's address, but he will be pleased to send you a transcript should you desire. His center is located in Florida on a 50-acre estate that is north of Tampa. He offers a three-day program that in addition to the therapeutic methods

described above, avails you of relaxation, organic meals, swimming, spa and sauna. The fee incorporates a three-year follow-up. Contact Dr. Kondrot for details. You can hear him on Sunday on Healthy Vision. Dr. Kondrot has also published four books on eye health and has formulated his own eye vitamin therapies.

Note: To find an alternative doctor, you can check out The American College of Advancement in Medicine, www.ACAM.org.