

## Macular Degeneration

### Diet

- Increase of vegetables and fruits (raw veggies and fruits are more effective)
- No sugar
- No processed grains
- No aspartame
- Minimal meats and dairy
- If you choose to eat meats, dairy and/or eggs, find organic or grass fed sources and increase your intake of *Multiple Digestive Enzymes*.

### Supplements

*Multiple Digestive Enzymes*: five with each meal, five twice a day on an empty stomach.

*Probiotic Blend*: ten capsules at night right before bedtime at least one hour from last food.

*Multi Vitamin/Mineral Enzyme Complex*: two to four a day

*MSM*: four a day

*Vitamin C*: ½ teaspoon a day

*Herbal Blood Formula*: two to four capsules a day

**Nancy's Smoothie**: You can mix the following together in water, fresh juice, milk substitute or your favorite fruit smoothie. Take twice a day (can be used as a meal replacement).

*Nutritional Essentials*: 6 Tablespoons a day

*Barleylife or Whole Foods*: 3 Teaspoons a day

*Mega Omega*: 2 Tablespoons a day Green Product (Whole Food of Barleylife): 1 tablespoon