For a Better Eyesight

The Naturopathic Therapy of Ophthalmopathic Disorders

by

Dr. med. Maria Sandor and Dr. Dr. Peter Schneider

Semmelweis-Institut GmbH

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The components of the eye are developed from different germ layers embryologically. The component receiving the stimulus, the retina, develops together with the optic nerve from an eversion of the interbrain, the lens from the ectoblast above. The vascular and external tunic of the eyeball – similar to the meninxes - develop from the surrounding mesenchymal tissue. The supporting organs of the eye develop from specific differentiations of the ectoblast and the mesoblast.

The different embryological origins of the components of the eye are reflected in their different connection with the meridians. The interior of the eye (just like the brain), the interior part of the upper eyelid and the interior corner of the eye are thus prescribed to the urinary bladder meridian, while the exterior corner of the eye is connected to the gall bladder meridian. The exterior part of the upper eyelid is connected to the triple warmer, while the stomach meridian starts at the lower eyelid.

Strong emotional strains on the stomach meridian are excreted in the form of tears.

From a holopathic, naturopathic point of view, due to the different origins of the individual components of the eye, ophthalmopathic disorders therefore do not represent isolated disorders of the eye, but almost unerringly point to disorders of other organs or malfunctions of the body. All the organs of the human body interact and an ophthalmopathic disorder can be a cardinal symptom for dental problems, rheumatism, circulatory disturbances or liver disorders. Even heavy metal or toxic strains can express themselves in the form of an ophthalmopathic disorder.

The dreaded macula degeneration (disorder of the centre of the retina) for example can originate in a liver disorder, a knee injury or a blockage of the urinary bladder meridian.

Allopathically many chronic ophthalmopathic disorders are still considered to be untreatable, irrespective of state of the art surgical methods and medicinal possibilities. However, a number of naturopathic procedures, eye acupuncture in combination with a SANUM therapy in specific, give reason for hope.

Eye acupuncture

Widely known is the general acupuncture of the body, perhaps even ear acupuncture, but not known is the fact that there are quite a number of other holograms of the human body besides the „ear“ hologram. A hologram allows for the reduction of the image of the human body onto a small part of it. Besides the ear the hand, cranium, tongue, foot or knee can also be used as a holographic micro system for acupuncture.

Professor John Boel, a non-medical practitioner from Denmark, developed more than 20 years ago a specific acupuncture method for the therapy of chronic ophthalmopathic disorders, by combining elements of classical Chinese acupuncture with various other acupuncture micro systems.

Boel’s eye acupuncture combines the Korean acupuncture system Su-Jok with acupuncture points on hands and feet developed by Professor Park Jae Woo with the holographic system ECIWO („The embryo contains information of the whole organism“) of the biologist Yingqing Zhang (Shandong University, Jinan, China) with acupuncture points on the second metacarpal bone. About 10 years ago he also included points from the „Neue Punktuelle Schmerz- und Organtherapie“ NPSO, (new punctual pain and organ therapy) of the non-medical practitioner Rudolf Siener in his eye acupuncture system.

Eye acupuncture combines acupuncture points in the vicinity of the eye with those on hands and feet. In the eighties of the past century a number of studies were conducted in the United States, underlining the effectivity of this therapeutical method. This was confirmed on the occasion of various international congresses.

Surprisingly the success of the Boel-method depends more on how strongly a patients reacts to the method than the degree of his ophthalmopathic disorder. Many patients show an immediate reaction, others take a little longer and only about 10% of the affected patients don’t react to acupuncture at all.

Professor Boel’s eye acupuncture should initially be applied twice a day for about 20 – 30 minutes with an hour’s rest in between, over a period of five to seven days. After that it is only to be repeated occasionally.

The SANUM-Therapy of Ophthalmopathic Disorders

The most important SANUM preparation for the treatment of ophthalmopathic disorders is MUCOKEHL D5 in the form of eye drops. The preparation is generally administered for congestive disorders of the vascular system, but also for those of the organs. It has proven very effective in the regulatory therapy of glaucoma, cataract, scintillating scotoma and conjunctivitis.

The SANUM preparations are also effective in the treatment of degenerative disorders of the eye, like macula degeneration. First, however, eye acupuncture should be used to dissolve energetic blocks mostly located on the urinary or gall bladder meridians.

The following describes the modified treatment plan of the SANUM therapy of macula degeneration according to Dr. Werthmann:

Initially, over a period of 2 weeks, 1 tbl NOTAKEHL 5X in the morning, 1 tbl FORTAKEHL 5X at night.

Successively for a period of 4 weeks: Mondays to Fridays 1 tbl MUCOKEHL 5X in the morning, 1 tbl NIGERSAN 5X at night; simultaneously drip 1 drop MUCOKEHL 5X eye drops into each eye. Saturdays and Sundays 1 tbl NOTAKEHL 5X in the morning, 1 tbl FORTAKEHL 5X at night.

Immune modulation: 1 x 1 capsule RECARCIN per week or per 14 days.

Acid-base regulation with ALKALA N, 1 measuring spoon taken in the morning in hot water, as well as SANUVIS and CITROKEHL, one every other day 1 x 2 tablets before lunch.

Nearly all Ophthalmopathic Disorders Can be Treated

The method of Professor Boel allows for the treatment of almost all ophthalmopathic disorders like for example age-related hyperopia, dry eyes, macula degeneration, retinitis pigmentosa (deposition of pigments on the retina), beginning glaucoma, myopathy (up to the age of 20), ophthalmopathic disorders caused by diabetes, thromboses etc.

An even better therapy result is reached by combining the SANUM therapy with eye acupuncture, thus creating a holistic regulatory model that not only serves in the treatment of ophthalmopathic disorders, but can also be used generally in pain therapy. It must be remembered that this therapy combo cannot replace tissue that has been destroyed. The chances of success are therefore the better the earlier the therapy is started.

Ophthalmopathic disorders cannot always be cured completely, they can, however, be strongly alleviated, or their progression decelerated remarkably. Frequently the remaining vision is not only preserved but improved. Only myopia after the age of 20 and late stage cataracts cannot be treated. In these cases surgery is the only possibility.

Many allopaths refuse cataract surgery on patients with macula degeneration as well as cataract due to the bad healing chances. It is advisable in these cases to initially treat the degeneration with Boel's eye acupuncture in combination with the SANUM therapy. Thereafter nothing should stand in the way of cataract surgery.

The Need for Supporting Measures

Holistically speaking, it is absolutely necessary to initiate further supporting measures. An excretion therapy and intestinal revitalization with the help of SANUM preparations is foremost on our list.

Even the wrong diet can be responsible for the nonfunction of the retina. Changing to a wholesome diet without „tuberculin" foods of animal origin like cow's milk, chicken eggs and pork, may help to prevent further damages. Nutritional supplements like vitamins, trace elements and minerals have also proven successful. Adequate physical exercise and specific eye exercises additionally support the therapy.

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