

# Clinical Pearls For Glaucoma & Fluid Buildup

*"Here's an idea for glaucoma treatment a physician friend of mine shared that I personally found fascinating!"*

Up to one-fifth of all drugs and 31% of psychiatric drugs are prescribed for unapproved indications. The term that's used to describe the practice is "off label." Drugs are developed for a specific symptom and as the public starts taking them, physiology changes and other symptoms go into remission. Physicians go to conferences and they share ideas and the successes they have with problem cases. So it's not too big of a mental jump to think botanicals may have applications that are outside their intended use.

One of the reasons for the Tuesday Minute is to create a platform where I can share the successes of other physicians that apply ideas outside the normal therapeutic box. Here's an idea that I personally found fascinating, a few months ago a physician friend of my mine shared how Bio-HPF has been effective for glaucoma.

He saw my obvious surprise and seemed a little off guard when I asked him "what



would ever make you think of even trying a stomach formula for an eye condition?" "Easy", he said, "there is a major stomach meridian right under the eye. I theorized if the stomach was balanced and healthy, the chi energy needed to maintain correct ocular pressure would assist healing. Given the right frequency and nutrients, I figured the eye would take care of itself."

"How many times has it been effective? I asked." "Well so far, I have over 20 patients who have been taking Bio-

HPF and each of them has had their pressure drop, some more than others but everyone has had some success. Upon revisiting their ophthalmologist most patients have had their medication reduced or discontinued."

His dosage recommendations for Bio-HPF are 2 capsules three a day until pressure drops. The maintenance dose is 1 three times a day.

I must have looked as stunned as I felt because he added, "Well you know, we cleaned up

their diet; reducing inflammatory foods and I put them on a solid multiple and essential fatty acids, etc. but the Bio-HPF was the consistent factor."

Dr. Gary Lasneski developed Bio-HPF for stomach and upper digestive problems, particularly bacterial issues like H. Pylori. I like it because it was geared to increase the integrity of the mucosal barrier with things like deglycyrrhized licorice and slippery elm as well as create an environment that is not conducive to the growth of bacteria. Components like bismuth, berberine, myrrh and clove have also been added and are very effective in reducing bacterial growth. Bentonite clay is added to bind up the bacteria, dead or alive, and to escort them through the GI tract so that they can't cause further harm.

Remember infections whether in the stomach or anywhere else can cause increases in cytokines which result in elevated levels of inflammation. Increases in systemic inflammation create all kinds of seemingly non-related events.

Here's another example of thinking outside the box. As you know with glaucoma there is a fluid build up behind the iris causing pressure. The higher the pressure, the greater the potential for damage to the optic nerve. The goal of pharmacological treatment is to reduce intraocular pressure. Carbamide Plus, from Biotics Research has some interesting fluid thinning properties. The main ingredient, carbamide or USP urea, is a water soluble, non-toxic substance, naturally produced in the liver. Carbamide is utilized by the body in a number of processes, primarily nitrogen excretion and synthesized by the body as part of the urea cycle.

Besides its role of transporting nitrogen waste, carbamide plays a critical role in the re-absorption of water and key minerals from excreted urine. This mechanism is important for hydra-

tion and the maintenance of healthy blood pressure. But another important aspect of carbamide is that it reduces the electrical conductivity of water. You might think of removing the static electricity from the fluids so they don't stick together and can move easier through membranes. This increases the rate of fluids transferring across the cell membrane of patients with edema. This process will denature the proteins that may be impairing or blocking healthy fluid exchange. The result is a release of free calcium phosphate into the blood which reacts with sodium bicarbonate to provide blood buffer.

Unlike diuretics on the market which cause potassium depletion and the reduction of systemic stores of thiamine, Carbamide Plus works through a different mechanism and is ideal for patients with fluid retention or edema in general. Edema will generally respond if we can find ways to increase healthy fluid exchange across cell membranes. Using carbamide however, we go a step further in the process. Think of Carbamide Plus whenever there is an unhealthy pressure gradient.

The next time you have fluid buildup in any part of the body consider using Carbamide Plus to enhance the electrical conductivity of water. And if there's an ocular problem, consider adding Bio-HPF and Optic-Plus. Optic-Plus provides the antioxidants and phytochemicals that have been shown to enhance eye health. Unfortunately I have never seen cataracts respond to nutritional therapies but I was encouraged by my colleague and his approach to glaucoma. Given the options, most patients would gladly give it a 90 day trial.

Thanks for reading this week's edition; I'll see you next Tuesday.