

# Better Eyesight

David Christopher, M.H.

A funny thing happened to me while researching on the web. One of those ubiquitous advertisements (which we have all experienced and ignored) declared that you could heal the eyes in 7 days and throw away your glasses. When it sounds too good to be true it usually is. However, it intrigued me and it was only 40 dollars so I bought the information program. It pointed out that Americans spend 35 billion dollars a year on eye care. It then related that 42 percent of Americans develop myopia while Aborigines average less than 3 percent in myopia incidence. The program also related that most eye problems are caused by environmental conditions and not genetics. I agreed, in fact I have researched and found that we can be exposed to 9,000 different chemicals that are created at the rate of 6.5 trillion pounds per year and 7 billion pounds of 650 pollutants are released annually into our air. The program was so far so good. Then it talked about detrimental food choices. I already know and have taught the dangers of these junk foods for over forty years. After blasting highly processed food and all dairy products it went on to endorse fresh fruits and vegetables and only organically raised meats. I had paid for information I already knew and have lectured and written about for decades, but the kicker was the section on medications for the eyes. This program presented an herbal formula for the eyes that with the proper diet would cure all eye related conditions. These are the herbs in their amazing formula: Eyebright, bayberry, goldenseal, raspberry leaf and cayenne. Bless my soul that is the exact same formula that my father developed and wrote about in 1945. So I paid 40 dollars to hear myself quoted!!! Yes it was too good to be true for me; however, it may be valuable information for you.



Dr. Christopher had countless patients clear cataracts from the eyes, clear up glaucoma, overcome both kinds of macular degeneration and even throw away their glasses. Not all of them healed in 7 days, but usually between 7 weeks and two years. The Dr. Christopher program is simple: follow his [Mucus less Diet](#), wash your eyes daily with his famous Herbal Eyebright Formula, take his Bilberry Eye formula orally and lie on a slant-board at a 45 degree angle (head down) and do full motion eye exercises. In addition, on a daily basis drink carrot and bell pepper juice, eat almonds, pumpkin seeds, green leafy vegetables, organic corn, kiwi and the white part of oranges. These foods will supply the lutein, zeaxanthin, copper, zinc, Vitamin C, rutin and other flavonoids, Vitamin E and beta-carotene that are essential for eye health.

I had an 84 year old man, who had glaucoma readings in the 40's, ask for instructions for bringing down the pressure. I related the above program and he committed to do it. He returned one year later and said, "Your herbs don't work." He said that his eye pressure was still in the 40's and he hadn't seen any improvement. I asked him if he was drinking enough milk. He said that he was drinking 3 to 4 glasses a day. To that reply I said, "You're fired. I told you no milk." He responded, "You can't fire a customer." I retorted by informing him that he was making us look bad and told him to get out of my office. He promised to not drink any more milk and in thirty days his eye blood pressure readings dropped from the 40's to the teens.

I cannot guarantee everyone success in eye health, but I can guarantee that if you are doing sugar, white flour and dairy products that this eye program or any health program cannot work for you.

**David Christopher** *is a Master Herbalist and the director of The School of Natural Healing. He also co-hosts the popular radio show "A Healthier You" and is a popular international teacher and lecturer.*