



Eye Floaters; *What are They and What to Do About Them*

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The eye has two compartments filled with different gel-like substances. The front of the eye is aqueous, but the bulk of the eye sphere is filled with vitreous, which is water and collagen, and it can break down as we age with the loss of vitamin C and Silica. When vitreous breaks down it forms little bubbles and those air sacs cast a shadow on the retina, generating the appearance of dark spots floating around in the visual field. These spots are harmless, painless, and may fade, but without proper nutrition they will likely remain visible for the rest of your life, and other bubbles may form. People tend to get used to “floaters” and they become less annoying, but if they become severe enough that it impairs vision.

Eye floaters are mainly caused by liquefactions that may occur in the vitreous jelly, retinal detachments, or as a result of inflammation and presence of red blood cells or proteins in the jelly. When vitamins diminish, liquefactions occurs and the collagen fibers in the vitreous humor thicken, this leads to fragmentations or a case of chronic yeast infections, hyaloid artery regression and allergies that may later results to eye floaters.

Floaters can be nothing, or a very serious warning sign of a potentially blinding condition. If your floaters seem to form a web or a curtain, or if they are accompanied by flashes of light you may consider going to an ophthalmologist rapidly. Webbing or flashes of light may mean the vitreous is adhered to the retina, and when the vitreous degrades it can pull the retina off, causing a tear. If you catch it early, the retina can be “tacked” back on with a laser quickly and almost painlessly, or you may choose to heal the developing condition with nutritional supplements. If light flashes go on too long, the retina can tear away from the macula and may cause you to lose the vision in that eye - requiring surgery. The retina provides the lining for the macula, which is where the central “sweet spot” of vision is processed. Floaters alone do not cause pain, so if the eye is painful, get it checked out.

Officially, floaters are harmless and ophthalmologists will tell you there is no treatment, but that may not be true. While floaters are a sign of degrading conditions, they are caused by inadequate blood supply and diminished vitamins and minerals. Floaters can foretell vitreous detachment, which is not as serious as retinal detachment, but it can cause blindness. Applying alternative healing to the problem may address the cure for floaters from two approaches: 1) inadequate blood supply to the eye, and 2) collagen breakdown.



Improving the blood supply to the eye is simple healing premise based in the common knowledge that when there is decreased health in the tissues, it means the cells are not getting enough oxygen and nutrition, both of which are delivered in blood fluids. Vitamin C and bioflavonoids are well known to strengthen blood vessels, and can be supplemented in values up to 40,000 mg daily. Rebuilding the

collagen of the vitreous requires supplements such as generous daily amounts of glucosamine and chondroitin; raw honey, royal jelly, or bee pollen; and silica. And adding Myrrh extract in amounts of 60 drops twice daily may repair any damage. If this works for you, the floaters will dissolve within 2 weeks.

Other Supplements

- **Taurine (an amino acid)**

Taurine, an essential amino acid, is a natural cure for floaters as it maintains the function of the retina. Since this nutrient is not synthesized by the human body, taurine must be obtained from food sources or supplements. Taurine is found in bison muscle meat.

- **Omega 3 Fatty Acids:**

Hemp oil is one of the best home remedies for floaters. It is a rich source of omega 3 fatty acids, which have protective properties against retinal diseases. Omega 3 fatty acids are also found in extra virgin olive oil, avocados, salmon, fish oil, sunflower seed and wheat germ.

- **Serrapeptase Enzyme**

Serrapeptase enzyme is an effective natural cure for eye floaters. It digests the debris, blood clots and dead proteins/tissues that cause the floaters.

In addition to the above supplements, try a diet rich in the same nutrients. The white part of lemon, lime and tangerine are excellent sources of bioflavonoids, but there are tastier sources like red Anaheim and cayenne peppers, garlic, fennel, red beets, raspberries, and strawberries. Glucosamine and chondroitin are a bit trickier to get large doses of in your diet, but are richly found in bison bone broth, sea weed, and a nicely seasoned and “peaked” shrimp jambalaya where you eat the seafood – shells and all.

Consuming broccoli and bilberries will help prevent eye floaters. Bilberries are European blueberries, but far superior, and provide a rich source of anti-oxidants while toughening the retinal tissue. Broccoli is THE food for eyes, boosting their function, improving light and dark seeing, and aligning lens, cornea, macula, and retina. Both of these superior eye foods are best consumed in their raw and organic state.