



# Holladay Physical Medicine

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[www.holladayphysicalmedicine.com](http://www.holladayphysicalmedicine.com)

This Information is about this condition in general. Every individual has a unique presentation. Once you understand this information, consult the doctor on any specific questions about your condition.

## Macular Degeneration

**Age-related macular degeneration** (AMD) is a medical condition which usually affects older adults and results in a loss of vision in the center of the visual field (the macula) because of damage to the retina. It occurs in “dry” and “wet” forms. It is a major cause of blindness and visual impairment in older adults (>50 years). Macular degeneration can make it difficult or impossible to read or recognize faces, although enough peripheral vision remains to allow other activities of daily life.

Starting from the inside of the eye and going towards the back, the three main layers at the back of the eye are the retina, which contains the nerves; the choroid, which contains the blood supply; and the sclera, which is the white of the eye.

The macula is the central area of the retina, which provides the most detailed central vision.

In the dry (nonexudative) form, cellular debris called drusen accumulates between the retina and the choroid, and the retina can become detached. In the wet (exudative) form, which is more severe, blood vessels grow up from the choroid behind the retina, and the retina can also become detached. It can be treated with laser coagulation, and with medication that stops and sometimes reverses the growth of blood vessels.

Although some macular dystrophies affecting younger individuals are sometimes referred to as macular degeneration, the term generally refers to age-related macular degeneration (AMD or ARMD).

Age-related macular degeneration begins with characteristic yellow deposits (drusen) in the macula, between the retinal pigment epithelium and the underlying choroid. Most people with these early changes (referred to as age-related maculopathy) have good vision. People with drusen can go on to develop advanced AMD. The risk is higher when the drusen are large and numerous and associated with disturbance in the pigmented cell layer under the macula. Large and soft drusen are related to elevated cholesterol deposits and may respond to cholesterol-lowering agents.

## PREMISE

In order to recover from many of today's chronic health disorders, a basic premise must be understood on which all other treatments and remedies depend. The body must be fed the proper ingredients to heal and it must not be fed or exposed to harmful or toxic elements. Go to our web page [www.holladayphysicalmedicine.com](http://www.holladayphysicalmedicine.com). Scroll down to the Absolute Health Clinic on the right and click on Learn More. Review each of the following completely: Things to Avoid or Eliminate, Things to Do, Detoxification, Preferred Foods, Forbidden Foods, and Cleaning Products Substitutes.

Each of these items is necessary for you to overcome this disorder. It is not likely that a cure is readily achievable and management is our initial goal. Depending on how long your body has suffered from this disorder, it may take at least half that long to gain control of the condition and manage it in such a way as to not completely interfere with your daily routine. Expectations should be largely based on your individual history with this condition.

## **USE OF PRESCRIPTION DRUGS**

We do not prescribe drugs nor recommend their use if harmful side-effects are associated with your complaints. We also do not, in any case, recommend changes in the use of prescription drugs that a licensed physician has given you. If you believe alterations in those prescriptions are in the best interest of your health, always consult with the prescribing physician before making any changes.

## **SUPPLEMENTATION:**

The ideal situation for nutrition in any injury or disease is first to eat whole foods, and to avoid processed foods, fast foods preservatives, refined carbohydrates and sugar. We have much information on our web page under Absolute Health Clinic. The physical medicine modalities we will provide you will help reduce the symptoms in the time we have projected. If you want to heal, this step is something you will need to take.

Nowadays, even if you do all of those things, you need to realize that our food supply has been gradually depleted. The pure ingredients needed to maintain body function, metabolism and immunity have been drastically reduced. We recommend only whole food supplements. Studies are clear that synthetic vitamins and mineral supplements are not only not helpful to the body in most cases, but can be toxic. Don't expect them to take the place of what we recommend here. They will not help you sufficiently to heal properly. The following list has been prioritized to help you gradually begin to supplement your improved diet and provide your body with the ingredients it needs to restore or improve your immune response and then provide the raw materials in usable form to repair the damaged or diseased tissue. The degree to which you can implement these items will largely determine how fast you recover and more importantly whether or not you have a recurrence or relapse of the symptoms again soon.

These products are all produced by Standard Process. You may obtain them on line from Amazon or other distributors if you like or we can order them for you and save you an average of \$5 per bottle plus you can avoid shipping charges.

## **GENERAL DAILY SUPPLEMENTS**

Catalyn

Tuna Omega-3 oil  
Calcium Lactate  
Trace Minerals B12  
Cataplex D  
Prolamine Iodine

### **SPECIFIC FOR THIS CONDITION**

Cruciferous Complete  
Iplex  
OPC Synergy  
Cataplex E2  
Zinc Liver Chelate

Specific dosages will be provided by the doctor.

We have many other specific items for a variety of health deficient conditions. Consult our web page or ask the doctor.

### **EXERCISE**

Begin a daily walking routine of 1 minute on the first day. Add 1 minute each day until you are at 45 minutes of continuous walking. Make this a specific time and walking around stores, work or home does not count.

### **MAINTENANCE:**

Regular spinal adjustments and mild forms of physical therapy are important to reduce the symptoms on a regular basis. Patients who receive monthly spinal manipulation and therapy report fewer complications and improved life style. It is important that you follow your chiropractic physician's advice about the frequency of treatment for your particular condition.

### **OTHER INFORMATION:**

We offer a wide variety of health information at our web site.

[www.holladayphysicalmedicine.com](http://www.holladayphysicalmedicine.com) All patients are welcome to use our information to improve your life and maintain your spinal health.

This information is provided to you as a health service by Dr. Bruce Gundersen, DC, DIANM. He is board certified by the International Academy of Neuromusculoskeletal Medicine and currently serves as chairman of the examination board for the Academy. He is also the President of the Utah College of Chiropractic Orthopedists and clinical director and chief clinician at Holladay Physical Medicine. He has practiced physical and regenerative medicine for over 40 years.