

Additional Thoughts for the Prevention and Cure of Glaucoma

Johnson K. Gao

Research professor retired from, not currently associated with, the University of Cincinnati College of Medicine, Cincinnati OH. Current address: 5609 Harbor Town Drive, Garland TX 75044, USA.

jkgao@gmail.com

***Corresponding Author:** Johnson K. Gao, Research professor, 5609 Harbor Town Drive, Garland TX 75044, USA.

In the Tang Dynasty of China a famous poet 白居易 (772-846) wrote a poem《買花》詩云：“家家習為俗，人人迷不悟。”* [Bai Juyi (772-846) wrote in his poem <buy flowers>: “Many families are accustomed with it, and everyone is obsessed and addicted to get it.”] That is an exact description to our modern Americans who addictively love to eat the oily hamburger and varieties of sugar and trans fat abundant desserts. That a bad habit plus frequent computer-screen watching probably be two of the many causative factors that lead increasing number of glaucoma and AMD patients. I had indicated in my previous articles [1, 2] that don't think our eye structure is one hundred per cent reasonable. Such that our eye nutritional supply is dependent on a very thin retinal artery located in the center of retinal nerve bundle at the very back of the eyeball, which is as like as a tiny stalk attaching to the cherry fruit. It is not reasonable in order to nourish the whole retina cells and nerves. The condition of the evolution of human being is obviously very different from ancient time to modern time. In the 200,000 years ago prehistoric period human being's ancestor lived in the wild field or in the forest. At that time to see things are far and less confront of harmful radiation. The adaption of eye structure development and blood supply maybe no problem for ancient men. That kind of cherry-stalk-type eye structural development could be relatively reasonable in the past. But, as the advance of history, the human development had unexpectedly met the new severe condition that in the modern society people have to extensively reading books and long time facing computer screen which emits radiation that needs a lot of antioxidant to protect the eye retina, and the cherry-stalk-like blood

supply system, which is similar to a sand-timer with very narrow neck, become far insufficient to provide the nutrition to eyes. If the average people has 5,000 ml of blood that the evenly contained nutritional compounds must need of 90 days to let all of those compounds in contact with one eye's retina cells, or, 45 days to let all of those compounds in contact with two eyes' retina cells that I had calculated. In such a situation, the eye structure for blood supply becomes rather unreasonable. As a result of that condition modern men are easy to develop cataract, glaucoma and age-related macula degeneration (AMD) due to malnutrition and thirsty of anti oxidants like lutein. I had suggested the ways in my previous articles of how to increase the nutrition by eye washing solution, clean the sub-clinical micro capillary blood clog and increase blood micro circulation, by using herbs to enhance liver and kidney function, etc. [1, 3] In this article I would like to further offer seven ways, which may be helpful to glaucoma and AMD patients for readers to consider, although the effectiveness is waiting to be verified or denied. You are at your own risk of testing.

1. Use BioNase, which can generated red laser light, to illuminate the eyeball neighboring skin and tissue to improve local microcirculation around eyes. The BioNase is originally used for curing rhinitis. [4] But, its mechanism includes the reduce of blood viscosity; improve body oxygen and nutrition supply, etc. as quoted below, which could be tested whether it also be beneficial to glaucoma patients. However, the risk is yours.

*《買花》白居易 (772-846) 帝城春欲暮， 喧喧車馬度。 共道牡丹時， 相隨買花去。 貴賤無常價， 酬直看花數。
 灼灼百朵紅， 粼粼五束素。 上張屋幕庇， 旁織笆籠護。 水灑復泥封， 移來色如故。 家家習為俗， 人人迷不悟。
 有一田舍翁， 偶來買花處。 低頭獨長嘆， 此嘆無人喻。 一叢深色花， 十戶中人賦。

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- Principle of treatment:** Laser Rhinitis therapeutic apparatus is based on modern medicine and clinical practice research and development of semiconductor laser therapeutic instrument, the instrument adopts the semiconductor light produce wavelength of 660 nm, 8-12 mw low visible laser intensity, irradiation treatment to the nasal cavity, activate blood physiology function, improve the rheology of blood cells, improve red blood cells, biological activity, reduce platelet aggregation, so that the blood rheology properties improved, reduce blood viscosity, blood fat, cholesterol, dilate blood vessels, adjust blood pressure, improving microcirculation, obvious effect on preventing thrombosis. Super low intensity light can also activate certain receptors, produce photochemical effect, make the blood gases and nutrients metabolism increases, It is good for blood to carry oxygen metabolism, improve body oxygen and nutrition supply, improve the body resistance to oxidation and removal of oxygen free radical ability, for the prevention and treatment of disease of heart head blood-vessel, anti-aging, enhance immunity has good effect, is suitable for individual and family therapy and health care.
2. Use cotton swab (or self finger) to get deeper massage of the eyeball. Since the eyeball contains no any bones, the massage must be carried on very gently. To improve the massage that can reach the middle part or close to the back part of the eyeball, it is suggested that the patient has to close the eyelid but pretend to use that eye to see downward when the finger or swab moving along at the upper lid; pretend to use that eye to see upward when the finger or swab moving along at the lower lid; pretend to use that eye to see left side when the finger or swab moving along at the right corner of the eye; pretend to use that eye to see right side when the finger or swab moving along at the left corner of the eye; Each position massages for 20 times. Then, change to another eye to do the same massage. Before doing that it is even better to do the whole face massage as an introduction, and after that massage one can still keep the eye closed but add an action to use the eyeball muscles to push the 2 eyes forward few time, the eye will not go out, since the eye lids are closed. Finally, to do the imitated yawn for several times, open the mouth widely that will even cause the wet of the eyeballs. The purpose of that kind of exercise is to increase eye blood circulation.
 3. Gao's home made lotion for dog DM (degenerative myelopathy) [5, 6] added one ml or less on a tissue paper, 2-3 cm in diameter, and you need 6 pieces of that and put on the left and right forehead, temple and cheek areas near the eye, all together with six points. That lotion had experienced in one case of DM dog that had helped it to cure dog myelopathy. Since myelopathy is a kind of neuronal degeneration, and after 6 weeks use of that lotion the dog's symptom from cannot walk to can walk more than one hundred feet as shown in a video. [6] Whether that kind of herb lotion can help glaucoma neuronal degeneration is unclear. This is only a suggestion to let glaucoma patient to try. But, it has not yet been verified of its effectiveness.
 4. Royal jelly and IGF-1 mixed in face (or body) lotion (about 1: 1: 5 in volume by stirring in a mortar). Sear it to the skin around the eyeballs. Let those compounds diffuse to and nurture the eye. Royal jelly is considered to be one of the world's most nutrient-rich substances, packed with protein and more than 100 nutrients, including: Nucleic acids. Essential amino acids. Minerals. Vitamins B1, B2, B5, B6, C, E. Biotin. Niacin. Folic acid. Antioxidants. Although neuronal cells of retina can't divide, the glial calls may still be able to divide. Cell division needs nucleic acids and growth factors. To add IGF-1 and royal jelly into the lotion, it may stimulate glial cells to recover. And the glial cells are Schwann cells in nature. However, Schwann cells can nourish retinal nerve cells. It may even better to add phosphatidylserine to that lotion, because Schwann cells needs phospholipid to repair myelin sheets.
 5. Organic ginger boiled in water, diluted to tolerable concentration, use it to wash the eye. The author attended a meeting and demonstration in October 27, 2018, organized by the Dallas YSD dallasysd@gmail.com (Original Point Group for health) to show that the organic ginger water extract can benefit to the eye health. Please watch the videos "Cure for glaucoma" with ginger and another glaucoma case video. [7, 8] Readers are invited to discuss if the ginger water extracts may be helpful to improve glaucoma.

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6. By using the natural gravity force to do the up and down position changes of the head to increase the blood (liquid) dynamics and flowing in eyes. That is easy. First you sit in a chair; put two hands on two legs; inhalation the air; then, slowly breath out the air at the same time move two hand beginning from the upper legs slide downwards to the lower legs until touching the heels, and bow down the head; then, slowly back to the sitting position, inhalation air again. Repeat the exercise for 20 times. See one video [9] and to do another exercise “Ten Minutes Longevity Exercise” [10] to enhance general health condition for aged people who do not fit to do strenuous exercise.
7. Eat phosphatidylserine pills. Or, mix it in the homemade lotion in item No. 4. Phosphatidylserine may help the recovery of damaged neuron. Aged people need to get that chemical compound orally. Local application may also works. Human being cannot self-synthesis it in enough amounts. It is an essential phospholipid, which must be largely acquired from foods. Nerve cell repairing and Schwann cell growth need it. I believe that phosphatidylserine and other phospholipids could be beneficial to the glaucoma patients.

Finally, I want to say that drugs/eye-drops to control and reduce the ocular pressure of glaucoma patients are essential. But, some ophthalmologists may only emphasis drugs' power, such that using Timolol and Latanoprost, or, surgery procedure to reduce ocular pressure in glaucoma patients. Most ophthalmologists may not or never tell their patients of those words I mentioned in the beginning of this article. Here I repeat them again: In the Tang Dynasty of China a famous poet 白居易 (772-846) wrote a poem〈買花〉詩云:“家家習為俗, 人人迷不悟。” [Bai Juyi (772-846) wrote in his poem <buy flowers>: “Many families are accustomed with it, and everyone is obsessed and addicted to get it.”] That is an exact description to our modern Americans who addictively love to eat the oily hamburger and varieties of sugar and trans fat abundant desserts. That a bad habit plus frequent computer-screen watching probably be two of the many causative factors that lead the increasing number of glaucoma and AMD patients. To be a

glaucoma patient, if you only trust drugs, but, still not pay attention to avoid the causative factors, such that eat a lot of hamburgers, sugars, foods that contain artificial colors, which may have lake-dyes (that is actually aluminum compounds only not labeled it with element Al), and other blood clog forming foods, he/she will be disappointed and ask for why my glaucoma could not be cured? I am a Cell Biologist but not an ophthalmologist. My naïve thought might be totally wrong and needs your excuse. One thing I may be not wrong: To cure glaucoma may not enough to rely only on any single drugs. It should be considered as a complicated systematic medical engineering.

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- [9] 小陳世界 (2018) 彎腰 24 次, 只需不到 5 分鐘, 勝過漫步 3 小時易筋, 經幾天, 他變得好強 <https://www.youtube.com/watch?v=WiIDof6a4gg>
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