

DIABETIC EYE

1. Alpha Lipoic Acid significantly reduces diabetic cataract formation and neuropathy, and would seem to be an ideal neuroprotective substance in the treatment of all oxidative brain and neural disorders involving free radical processes. It also increases insulin sensitivity in Type II diabetics.
2. Diabetic patients with high serum magnesium levels were less likely to develop severe diabetic retinopathy compared to those with low levels.
3. 73% of type I and II diabetics who took chromium supplements reduced their requirement for insulin or oral hypoglycemic agents. Taking chromium and niacin together reduced fasting blood sugar levels and improved glucose tolerance.
4. Chromium, high-dose vitamin E, magnesium, glucomannan (a soluble fiber) and taurine likely lessen risk for macro vascular disease (retinopathy) and reduce blood sugar fluctuations in diabetics.
5. Ginseng is shown to normalize glucose tolerance tests, and reduced blood sugar spikes in Type II diabetics.
6. Bioflavonoids, especially those from bilberry extract and pine bark based pycnogenol, were found to normalize blood vessel permeability in diabetic patients, and not only significantly reduced the risk of diabetic retinopathy, but improved retinopathy in 79% of the patients who took them. Long term use of multiple antioxidants inhibits the development of early stage diabetic retinopathy.
7. Seven of fifteen patients with Type I diabetic retinopathy who were given vitamin B12 along with their daily insulin injections were found to have complete regression of retinal signs after 12 months.

8. Low magnesium levels might increase the risk of ischemic heart disease and severe retinopathy in diabetics, while chromium increases insulin sensitivity and raises the 'good' HDL cholesterol.
9. Low serum carotenoid levels were found to be directly related to an increased risk for developing insulin resistance and diabetes.
10. Vitamin E significantly improved glucose tolerance in non-insulin dependent diabetics, which should very likely result in fewer diabetic complications.
11. High ORAC (antioxidant capacity) mixed berries were found to inhibit new blood vessel growth in a manner similar to drugs like Lucentis and Avastin, which need to be injected into the eyeball. (Taking them may reduce the frequency of the need for injections, but ocular studies are needed to determine if this is true.)