

# Natural Help 4...

## Bitot's Spots



### What are Bitot's Spots?

**Bitot's Spots** are **distinct white patches** that appear on the conjunctiva – the membrane that covers most of the visible part of the eye.

**Bitot's spots** can expand and develop into a condition called xerophthalmia. Xerophthalmia is a **major cause of blindness** in children in Africa and Latin America, and usually occurs between the ages of 3-5 years old. It is generally associated with malnutrition and **Vitamin A deficiency**.

**Bitot's Spots** look like raised triangular-shaped areas on the white area of the eyeball. Ulcers can develop with the cornea softening and turning pulp-like if not treated, resulting in **irreversible blindness**.

### Diagnosing Bitot's Spots

The diagnosis of **Bitot's spots** will be confirmed by an **eye specialist or ophthalmologist**. Vitamin A status is measured by tests for retinol, with blood-serum retinol concentrations of 30-60 mg/dl considered in the normal range. Levels that fall below this range indicate **Vitamin A deficiency**.

### Symptoms and Signs of Vitamin A Deficiency

- Dry skin and hair
- Increased incidence of ear infection, sinusitis, respiratory infection, urinary infection, and digestive problems
- Drying of the cornea with ulceration – xerophthalmia
- Inability to gain weight
- Nervous disorders
- Skin sores
- There may be **night blindness** or a decreased ability for dark adaptation

### What Causes Bitot's Spots?

This condition results from a **buildup of keratinized epithelial debris** and secretions that can be found in the conjunctiva. These spots are a sign of **Vitamin A deficiency** and are usually accompanied by **night blindness**.

### Help for Bitot's Spots

Treating **Bitot's spots** first and foremost involves **improving the individual's diet**. Regular and adequate intake of foods rich in Vitamin A can reduce symptoms

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of **Bitot's spots** such as **night blindness**. Other medical conditions such as respiratory tract infections, diarrhea and measles that may be present should also be treated immediately.

Usually, **topical antibiotics are administered** to prevent secondary bacterial infection. **Vitamin A deficiency** and the early stages of xerophthalmia can be reversed by administration of a massive dose (200,000 IU or 110 mg of retinol palmitate) orally on two successive days. Children with corneal ulcers should receive vitamin A whether or not a deficiency is suspected.

## Natural Remedies for Bitot's Spots

Natural and holistic treatments can reduce the symptoms associated with **Bitot's spots**. Treatments such as herbal and homeopathic remedies are gentle to use, safe and highly effective. Herbs such as *Vaccinium myrtillus* (bilberry), *Aspalathus linearis* (Rooibos) and *Sutherlandia frutescens* **support the natural ability of the eye to resist infection and disease**.

These herbal ingredients **promote the health and strength of eye capillaries**, and maintain a healthy supply of blood, oxygen and essential nutrients to the eye – essential for eye health.

**Vizu-All Plus** is a natural remedy that may help maintain healthy eyes and circulatory health. **Vizu-All Plus** may also help lessen common problems associated with night vision and eye sensitivity often associated with the normal aging process.

## Preventing Bitot's Spots


In order to prevent **Bitot's spots**, there are certain lifestyle changes that need to be adhered to and they include:

- Increase your intake of Vitamin A supplements and beta-carotene
- A protein rich diet is essential and should include meat, liver, eggs, milk, dairy products and vegetables
- Drink fresh carrot juice to prevent or alleviate some eye problems
- Two tablespoons of cod liver oil taken daily is also rich in vitamin A
- Avoid straining your eyes
- Avoid smoke-filled rooms
- Protect your eyes from direct and indirect sunlight

## Bitot's Spots and Pregnancy

**It is possible to overdose on Vitamin A**, and this is especially important to be careful of during pregnancy. Excessive quantities of Vitamin A intake during pregnancy may have a teratogenic effect as a result of two metabolites, trans-retinoic acid – RA, tretinoin and 13-cis retinoic acid-CRA, isotretinoin.

**Pregnant women are therefore strongly advised against eating too much liver, a rich source of Vitamin A**, as it may have harmful effects on the fetus. Eating a well balanced diet and taking Vitamin A supplements under the supervision of a healthcare provider should ensure a healthy pregnancy.



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## Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

# The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite

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frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

In the treatment of depression, the following herbal and homeopathic remedies are often used as part of the treatment plan.

## **Related Natural Remedies:**

**Vizu-All Plus:** Natural remedy for visual and circulatory health.

Vizu-All Plus is a 100% safe, non-addictive natural herbal remedy formulated by our team of natural health experts. Vizu-All Plus can be used consistently to safely **support visual health and encourage circulation to the eyes** while promoting overall systemic and immune system health.

Vizu-All Plus supports the healthy functioning of the eye, thereby helping to maintain routine visual health both day and night, as well as encouraging blood flow to the optical nerve and surrounding tissues. Vizu-All Plus can make all the difference, without compromising health and **without serious side effects**.



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The ingredients in Vizu-All Plus have been selected for their ability to **help support circulatory and tissue health**, particularly of the feet and hands, while encouraging the maintenance of healthy blood flow to the brain to prevent age-related absent-mindedness and to support healthy levels of oxygen and nutrients to the brain.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

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## **herbal & homeopathic remedies:**

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).



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