

This book is a “must-read” for anyone who wants to preserve or improve vision and achieve good health. *Beating Macular Degeneration With Nutrition* is the best key to navigating the complex world of nutritional advice for the treatment of macular degeneration.

Kathy Gibbons, Nutritionist, PhD  
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Nickie artfully tells the story of how she helped her husband improve his vision after a macular degeneration diagnosis and provides helpful guidelines to help others do the same. The book covers eye nutrition specifically for macular degeneration, as well as lifestyle recommendations and recipes to support eye health. If your eye doctor has diagnosed you with macular degeneration and sent you out the door with little or no nutritional advice, pick up this book and realize that there’s much more that you can do to protect your vision.

Marsha McCulloch, MS, RD  
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Nicolette Dumke has been dealing with special diets for over 40 years and holds B.S. degrees in microbiology and medical technology. Her books include *The Ultimate Food Allergy Cookbook and Survival Guide*, *Allergy Cooking With Ease*, *Gluten-Free Without Rice* and more. When her husband, Mark, was diagnosed with macular degeneration, she remembered many years previously hearing a doctor say that nutrients could “stop macular degeneration in its tracks.” Mark and Nickie sought help from a naturopath and implemented the principles in this book. As a result, Mark now enjoys improved vision, normal blood pressure and more.

## Nutrients of Hope

**FALLACY:** Macular degeneration is a sentence of progressive loss of sight. Although light is detected, central vision and independence eventually will be lost.

**FACT:** Ophthalmologist Robert Abel, M.D. calls macular degeneration “starvation of the retina.” Macular degeneration can be beaten with superior eye nutrition and lifestyle changes to stop the progression of the disease or even improve vision. Banish helplessness with nutrients of hope.

Over 11 million Americans currently have macular degeneration. The number is expected to double to 22 million by 2050. Why is the incidence rising? Because our diets have changed drastically in the last several decades. Since World War II, our food has become increasingly processed. Modern agricultural practices produce food low in vital nutrients. However, the effects of poor nutrition can be reversed. This book tells how to protect and nourish the retina well. With nutrients of hope, you can take charge of your vision and future.

### Discover

- How to halt the progression of macular degeneration and improve vision
- How to protect eyes from damaging influences such as high blood sugar levels, toxins, drugs, high-energy blue or ultraviolet light and more
- Dietary strategies and supplements that boost intake of nutrients of hope
- Where to receive personalized help with nutritional and lifestyle changes for health and vision.

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