

# **Recover Your Vision**

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**Learn How Acupuncture Is Helping Macular  
Degeneration Sufferers Recover Vision**

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# About Dr. Andy Rosenfarb



Hey! It's Dr. Rosenfarb. If you are reading this guide, you may have read about my work in Eye World Magazine or in the Johns Hopkins study. Either way, I'm glad you are here. I wanted to share a little bit more about myself and Acupuncture Health Associates.

For the past sixteen years, I have helped thousands of patients with their various diseases and more specifically, helped them recover their vision. I specialize in helping patients with degenerative eye diseases. I really enjoy being there with my patients as they experience an increase in their vision.

I don't take it lightly when patients travel to New Jersey to be treated by me. It's an honor. My team and I try and make the whole experience as enjoyable and comfortable as possible, even down to sharing insider information on the best restaurants and things to do while you are here.

Don't hesitate to contact me at  
[www.MacularDegenerationSupport.com](http://www.MacularDegenerationSupport.com)  
or  
(908) 264-5484

## As Featured In And On





## Our Guarantee!

Book an initial series. Get feedback from tests. If there is no subjective or objective response by the end of the first series, there is no charge for the treatment. It's that simple.



### Plus, 6 more GUARANTEES That You Can Bet The Farm On:

- **You** won't find another acupuncturist more committed to your success than Dr. Rosenfarb. He'll give you 110%, 100% of the time.
- **You** will be treated like family, starting with booking the appointment, all the way to making sure you arrive home safely after treatment.
- **You** won't have the ball dropped on you. Our staff will take care of everything.
- **You** get your phone calls returned within 1-2 days and you will never have to "chase" us down.
- **You** get a team behind you that actually cares about your health, so we do everything possible to give you the best possible outcome.
- **You** will be the first to know if any surprises arise.

# Foreword

We understand that you are skeptical.

How can acupuncture actually recover your vision? We don't blame you.

Sadly, we have found many physicians and family members discourage our patients from looking into treatment options like acupuncture to help recover vision. The ones that have the courage to try it, though, are pleased with the results. You will find some of their stories throughout this consumer awareness guide.

Our goal here is to give you the best possible information we can about using acupuncture to recover vision loss caused by Macular Degeneration. I took the top questions that I get from patients and answered them in this guide.

With the exception of a few pages about us, this guide is all about you. Should you decide to book a treatment with us, we would be thrilled to have you join our family.

If you decide acupuncture isn't for you, that is fine too. We hope that you get value out of this guide and all the free content we have on our blog.

If I can do anything for you, please don't hesitate to contact me.

To your health and better vision,

Dr. Andy Rosenfarb, ND, L.A.c., C.A.



# 1

## What are the Main Causes of Macular Degeneration According to Chinese Medicine?

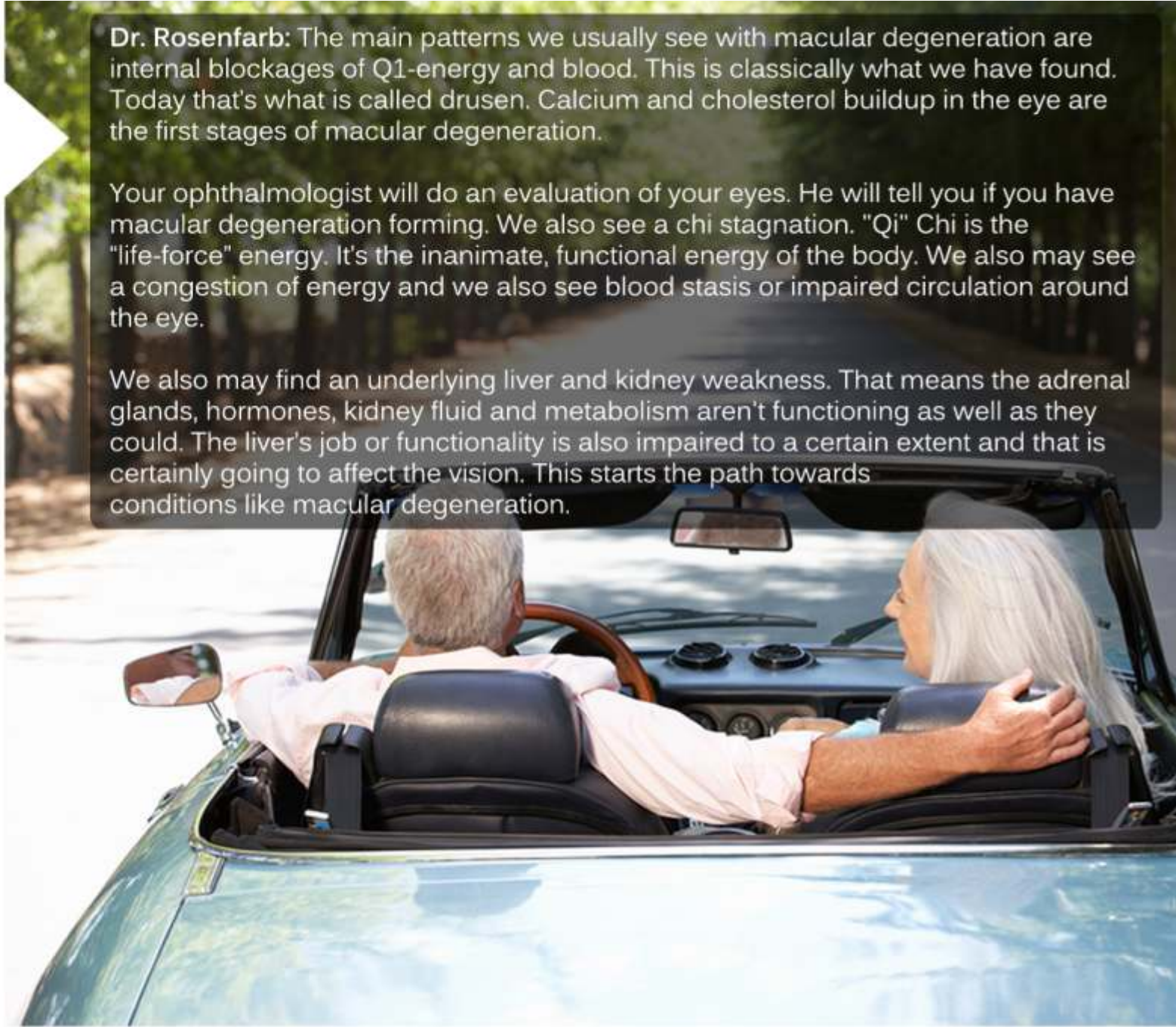
### Testimonial

No words can express my joy. Maintaining my eyesight means a normal life with complete independence. He and his staff are caring and professional, and I felt that the office was a home away from home. I believe that Andy Rosenfarb is as happy for me as I am. Thank You! -Fran."

**Dr. Rosenfarb:** The main patterns we usually see with macular degeneration are internal blockages of Q1-energy and blood. This is classically what we have found. Today that's what is called drusen. Calcium and cholesterol buildup in the eye are the first stages of macular degeneration.

Your ophthalmologist will do an evaluation of your eyes. He will tell you if you have macular degeneration forming. We also see a chi stagnation. "Qi" Chi is the "life-force" energy. It's the inanimate, functional energy of the body. We also may see a congestion of energy and we also see blood stasis or impaired circulation around the eye.

We also may find an underlying liver and kidney weakness. That means the adrenal glands, hormones, kidney fluid and metabolism aren't functioning as well as they could. The liver's job or functionality is also impaired to a certain extent and that is certainly going to affect the vision. This starts the path towards conditions like macular degeneration.



# 2

## Can Macular Degeneration Even be improved?

### Testimonial

I came with hope to see Andy Rosenfarb, but expected nothing. After two weeks of treatment with acupuncture, herbs and micro current stimulation, my eyes have improved remarkably.  
- Edward

**Dr. Rosenfarb:** Yes it can. Ask a person who has been diagnosed with macular degeneration and they will tell you that their experience went something like this: "You're sitting in your chair and your doctor does this eye exam and tells you, "It seems as though you've got macular degeneration." Most people's response is, "What's that?" "Well, it's an incurable eye disease and you're going to lose your vision." What? It's almost as bad as a cancer diagnosis.

The next question that people ask is, "What can we do about it?" The conventional response is, "Nothing". You can take some vitamins or supplements but there's really no conventional treatment at this time - meaning no drugs and no surgeries. However, from our Chinese Medical perspective and naturopathic approach, there's definitely a lot that we can do to recover lost vision and slow and/or arrest the degenerative process.





# 3

## How Does Acupuncture Actually Work to Improve Vision?

### Testimonial

As I continued treatment, I noticed my vision gradually improving. It's great to know that my vision will not continue to deteriorate.

- Jim



**Dr. Rosenfarb:** Recent research has shown that acupuncture increases blood flow to the eyes and stimulates the visual cortex. We can see through Doppler response that acupuncture increases blood flow to the eyes, and MRI testing shows that certain accounts light up cortexes of the brain. We can measure the effects of acupuncture, but in terms of really having a complete understanding, we don't really know until we do more conclusive research.

At this point, all we know is that we see positive results in most cases. It's definitely going to take more research and quite a few more years to further understand the mechanism of actions.



# 4

## What are the Chances to Gain Vision Again?




**Dr. Rosenfarb:** About 85 to 90 percent of my patients have some improvement in their vision within the first round of treatment - 5 consecutive days of acupuncture. Generally for macular degeneration patients, there's some degree of distortion in their visual acuity.

When patients come in, they'll read a certain line on the eye chart and usually will see an increase of about 2 to 5 lines (or more) after 5 days. The ones that are in really bad shape can often increase 6, 7 or 8 lines. Results depend on how far the condition has progressed and how much damage has been done to the macula. Overall, there's definitely a lot of improvement that can be made.

# 5

## How Do You Measure the Effectiveness of the Acupuncture Treatments?

A man and a woman, both wearing white shirts and sunglasses, are walking on a sandy beach. The man is pointing his right hand towards the ocean. The background is a clear blue sky and the ocean waves are visible in the distance.

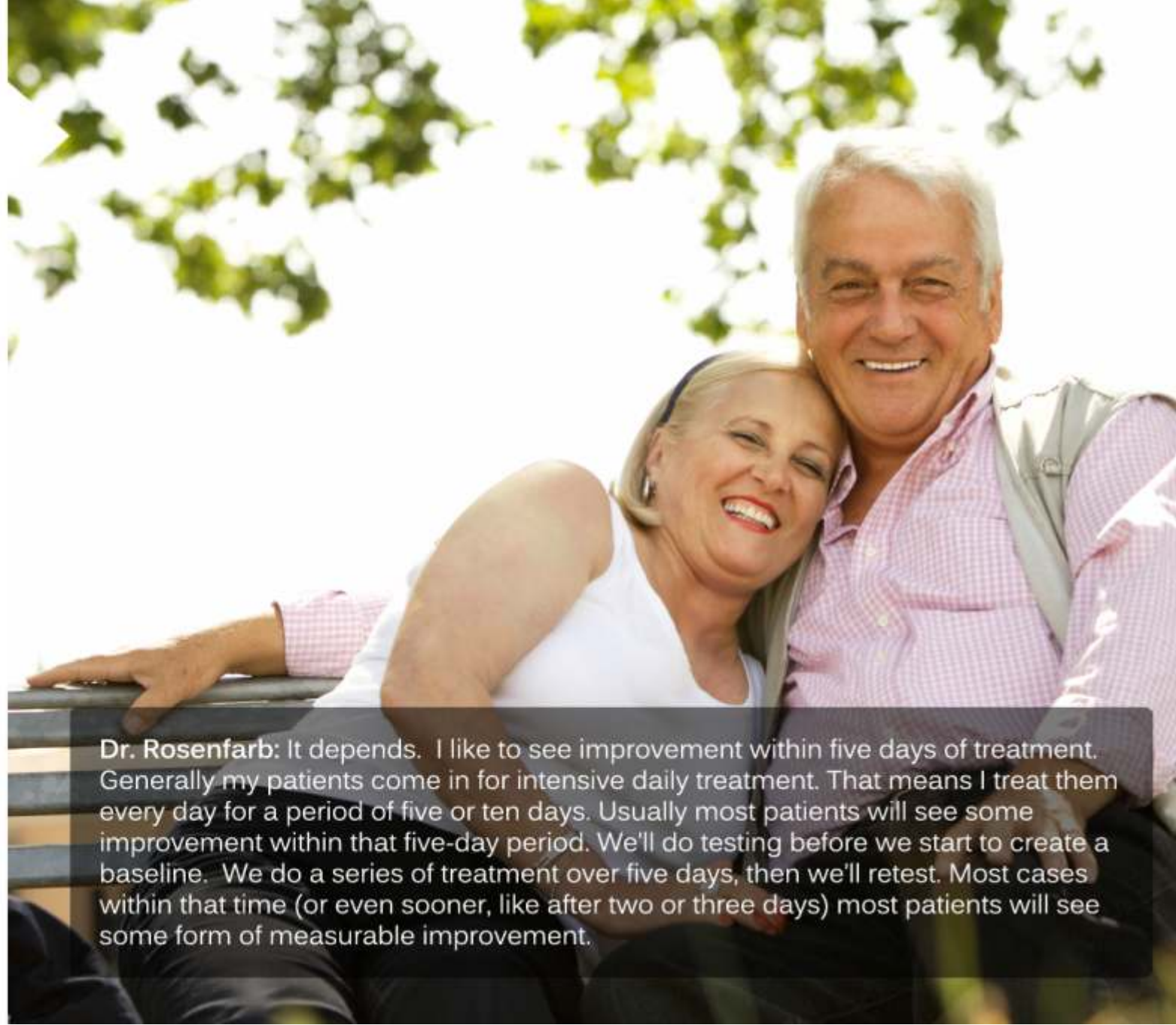
**Dr. Rosenfarb:** I think this is a very important question and point to consider. The keyword here is MEASURE. WE learned earlier on that a lot of patients were saying, "Yeah, well, I think I see better." We then decided to adopt some of the conventional measurement strategies to confirm improvement.

In our office, we do a visual acuity test, which is basically using the eye chart, as well as a functional visual field test. For macular degeneration, the central vision starts to go and people have anywhere from mild distortion to a total loss of vision in their central visual fields. This means there's going to be difficulty with sharpness and reading, as well as driving and face recognition. We'll look at things like the acuity visual fields to determine the degree of functional loss. We also will look at the results of the Amsler grid test, which is another functional test. I typically send patients back to their ophthalmologists and their retinal specialists to get OCT and Fundus exams to monitor any physiological and structural improvements in their macula. We want to see how the drusen is progressing, if it's getting more or less. In summary, we'll use a combination of our in-house functional testing along with the ophthalmologists and retinal specialists who really confirm stabilization as well as vision improvement.



# 6

## How Many Sessions Does Someone Need to See Results?



**Dr. Rosenfarb:** It depends. I like to see improvement within five days of treatment. Generally my patients come in for intensive daily treatment. That means I treat them every day for a period of five or ten days. Usually most patients will see some improvement within that five-day period. We'll do testing before we start to create a baseline. We do a series of treatment over five days, then we'll retest. Most cases within that time (or even sooner, like after two or three days) most patients will see some form of measurable improvement.

# 7

## How Long Will Treatment Last?

### Testimonial

After my first treatment I noticed a major improvement in my vision while driving home. The vision testing showed significant improvement in my vision as well. You are truly amazing.  
- Don

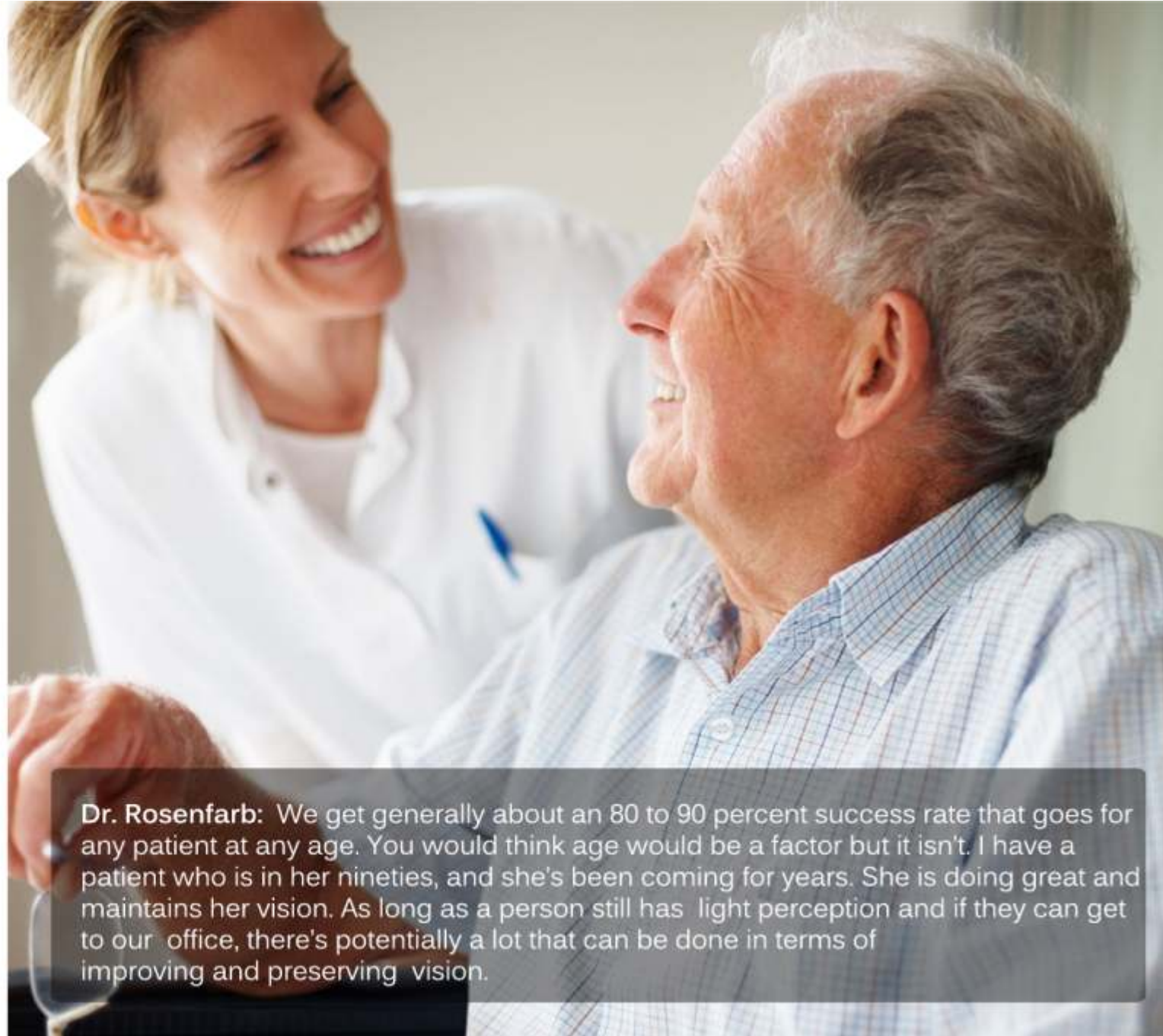


**Dr. Rosenfarb:** Patients will require follow-up treatment to maintain healthy blood flow to the macula. Some in early stages can even come every 1-2 years- each case is different. When we're dealing with the more advanced stages of macular degeneration, patients may need to come in more often - two, three or even up to four times a year. Most of our patients come for maintenance twice a year.



# 8

## **Will Acupuncture Heal Macular Degeneration, for People in Their 90s?**



**Dr. Rosenfarb:** We get generally about an 80 to 90 percent success rate that goes for any patient at any age. You would think age would be a factor but it isn't. I have a patient who is in her nineties, and she's been coming for years. She is doing great and maintains her vision. As long as a person still has light perception and if they can get to our office, there's potentially a lot that can be done in terms of improving and preserving vision.

# 9

## **How Does the Treatment of an Early-Stage Patient Differ From the Treatment of a Later-Stage Patient?**

**Dr. Rosenfarb:** Generally, early-stage patients will have a much better prognosis because there usually hasn't been any nerve damage. Sometimes there's cholesterol buildup or what we call drusen in the eye. That's usually the first stage or AMD.

During that stage, there's no nerve death, visual abnormalities and/or dysfunction. There may be mild distortion if anything. Those patients will usually do well because we see them at an early stage, as well also we can usually prevent visual loss. Later-stage patients will do great as a lot of, it's just that there is a higher probability that there may be some degree of permanent damage from scarring, as well as a lot of fibrosis buildup in the macula. We do the best we can and a lot of cases, there's a lot that can be done.





# 10

## **Is There a Stage of the Disease Too Advanced for Acupuncture?**

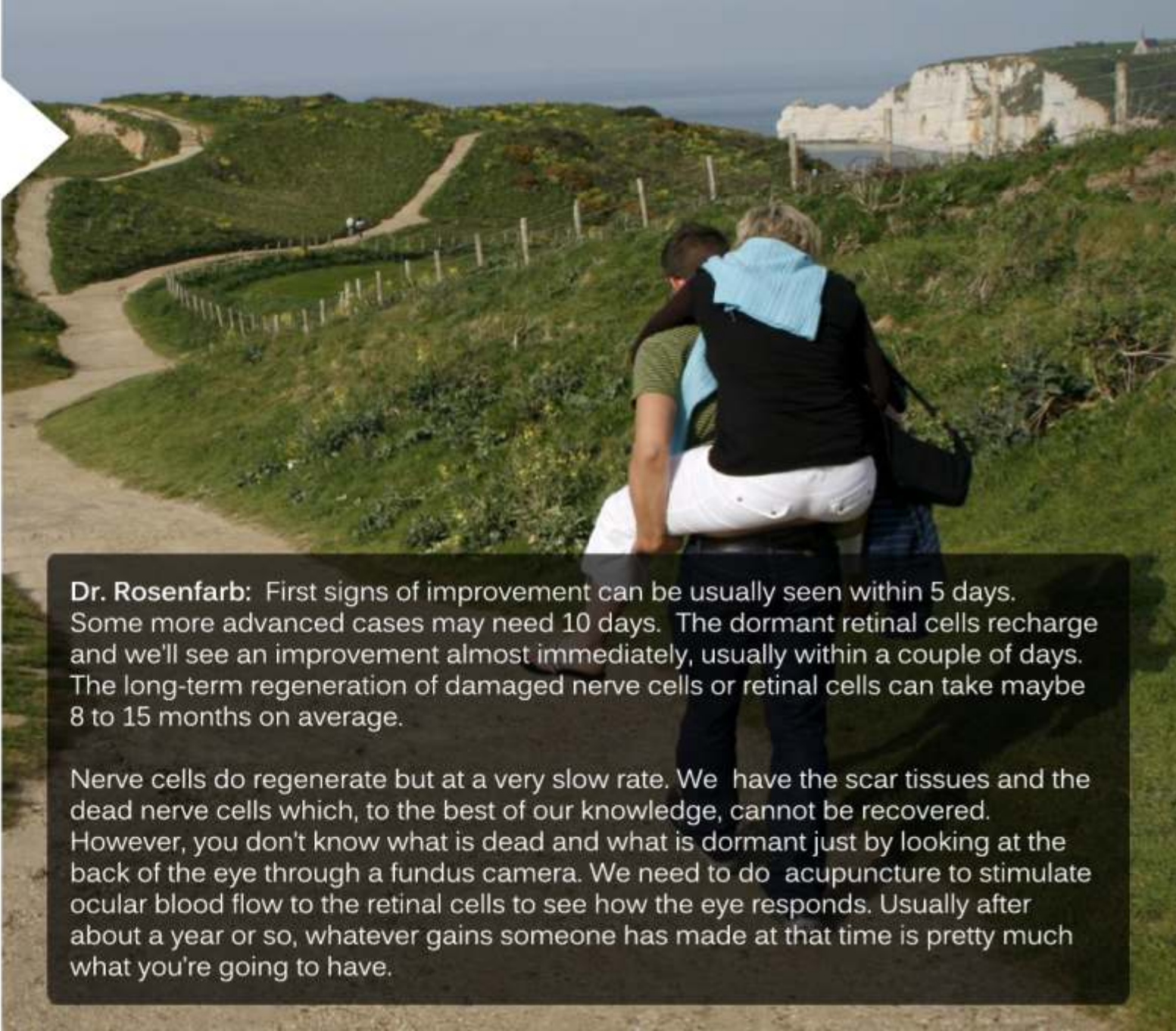
Dr. Rosenfarb: After treating patients for fifteen years, I don't believe any AMD is so advanced that treatment will not help. It's worth a try.





# 11

## How Long Does the Recovery Process Usually Take?

A photograph of a man and a woman walking away from the camera on a dirt path that winds through a grassy, hilly landscape. The woman is wearing a black shirt and white pants, and the man is wearing a green shirt and white pants. In the background, there is a prominent white cliff face under a clear sky.

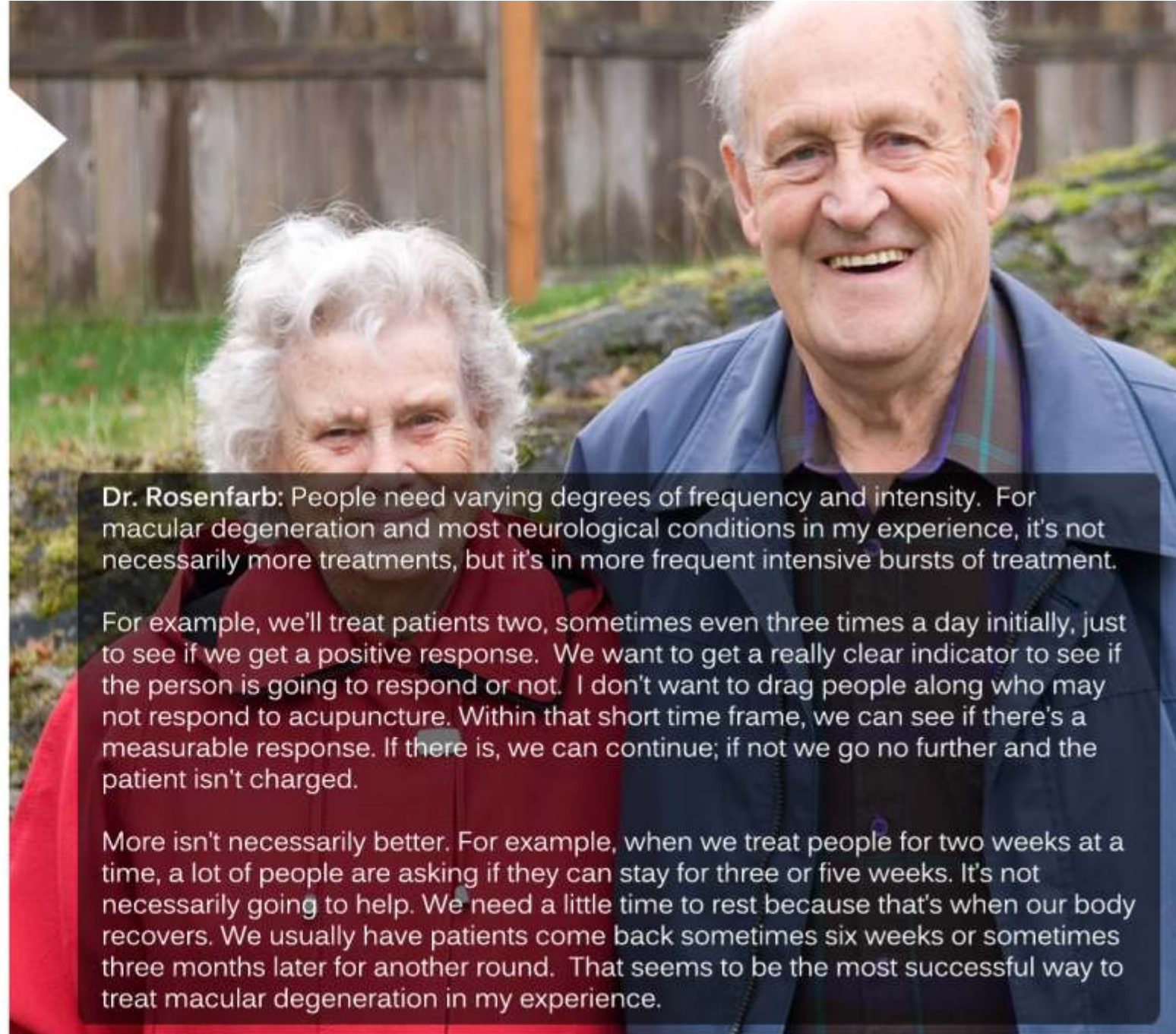
**Dr. Rosenfarb:** First signs of improvement can be usually seen within 5 days. Some more advanced cases may need 10 days. The dormant retinal cells recharge and we'll see an improvement almost immediately, usually within a couple of days. The long-term regeneration of damaged nerve cells or retinal cells can take maybe 8 to 15 months on average.

Nerve cells do regenerate but at a very slow rate. We have the scar tissues and the dead nerve cells which, to the best of our knowledge, cannot be recovered. However, you don't know what is dead and what is dormant just by looking at the back of the eye through a fundus camera. We need to do acupuncture to stimulate ocular blood flow to the retinal cells to see how the eye responds. Usually after about a year or so, whatever gains someone has made at that time is pretty much what you're going to have.



# 12

## Would More Treatments Help Improve the Results Even Further?



**Dr. Rosenfarb:** People need varying degrees of frequency and intensity. For macular degeneration and most neurological conditions in my experience, it's not necessarily more treatments, but it's in more frequent intensive bursts of treatment.

For example, we'll treat patients two, sometimes even three times a day initially, just to see if we get a positive response. We want to get a really clear indicator to see if the person is going to respond or not. I don't want to drag people along who may not respond to acupuncture. Within that short time frame, we can see if there's a measurable response. If there is, we can continue; if not we go no further and the patient isn't charged.

More isn't necessarily better. For example, when we treat people for two weeks at a time, a lot of people are asking if they can stay for three or five weeks. It's not necessarily going to help. We need a little time to rest because that's when our body recovers. We usually have patients come back sometimes six weeks or sometimes three months later for another round. That seems to be the most successful way to treat macular degeneration in my experience.




# 13

## Are the Components of the Treatment Basically the Same for All Macular Degeneration Patients?

### Testimonial

After a few weeks I noticed that I could see the TV better and I was bowling better. My scores are up and I continue to bowl with my friends  
- Mildred




**Dr. Rosenfarb:** Every patient is unique. I do believe that protocols give the best results but they may only work to a certain extent. We proved this in our Johns Hopkins study with treating retinitis pigmentosa. The best results cannot be obtained without really addressing the underlying causes and the individual issues that are going on with each person.

Yes, you want to increase the blood flow to the eyes and deal with the retina. The presentation everybody's dealing with is similar but the causes sometimes are different. What's going on internally is different. People have different stress factors and body types and are on different medications. We need to look at everyone individually and treat them as individual cases in order to get the best possible results.



# 14

## How Important is it to Find a Conventional Eye Doctor Who Acknowledges Acupuncture as an Effective Tool?



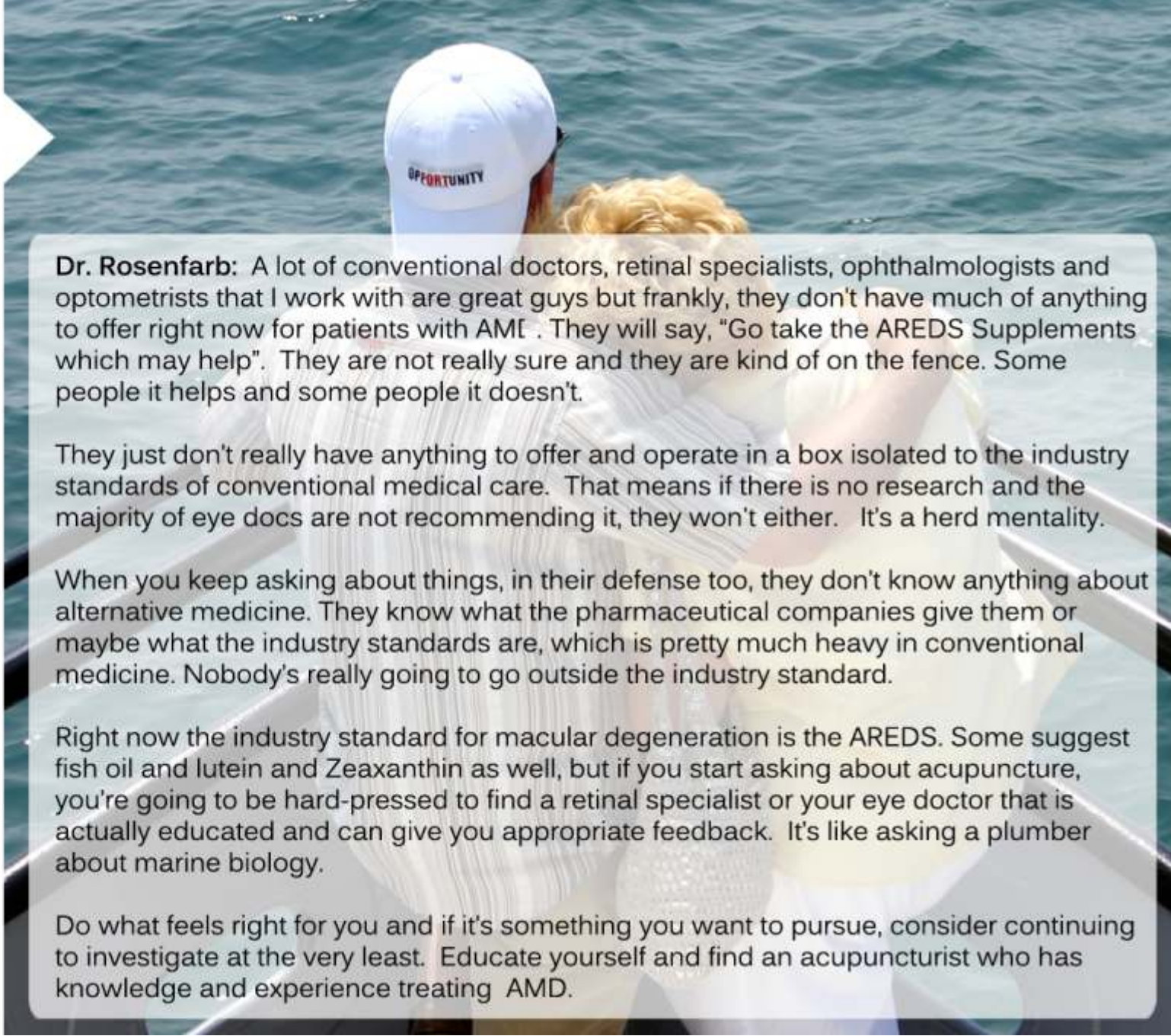
**Dr. Rosenfarb:** It doesn't really matter because whether or not your physician "approves" of acupuncture will not affect the outcome of our treatment. I do believe that it's really important to have any doctor – I don't care if it's an eye doctor or your general practitioner, that is ALWAYS supportive and on your side. They should be your advocate. Of course they're going to use their medical background and make appropriate recommendations. They are certainly going to be a player on your team. It's all about YOU and your health.

I recommend to all my patients that they find (and hire) an eye doctor or any doctor for that matter that has their best interests in mind. We need someone who is really going to listen to you and put your best interest as top priority. If you want to engage in acupuncture and holistic integrative approaches, you may want to find a doctor who's really going to support that for you. It works better in my experience in terms of communicating with them and getting tests results done. It's a lot more of a communicative, cohesive and positive experience for everybody.



# 15

## Why Does My Doctor Seem to Dismiss My Questions About Other Treatment Options?



**Dr. Rosenfarb:** A lot of conventional doctors, retinal specialists, ophthalmologists and optometrists that I work with are great guys but frankly, they don't have much of anything to offer right now for patients with AMD. They will say, "Go take the AREDS Supplements which may help". They are not really sure and they are kind of on the fence. Some people it helps and some people it doesn't.

They just don't really have anything to offer and operate in a box isolated to the industry standards of conventional medical care. That means if there is no research and the majority of eye docs are not recommending it, they won't either. It's a herd mentality.

When you keep asking about things, in their defense too, they don't know anything about alternative medicine. They know what the pharmaceutical companies give them or maybe what the industry standards are, which is pretty much heavy in conventional medicine. Nobody's really going to go outside the industry standard.

Right now the industry standard for macular degeneration is the AREDS. Some suggest fish oil and lutein and Zeaxanthin as well, but if you start asking about acupuncture, you're going to be hard-pressed to find a retinal specialist or your eye doctor that is actually educated and can give you appropriate feedback. It's like asking a plumber about marine biology.

Do what feels right for you and if it's something you want to pursue, consider continuing to investigate at the very least. Educate yourself and find an acupuncturist who has knowledge and experience treating AMD.




# 16

## Do You Educate Ophthalmologists and Optometrists on This?

### Testimonial

I noticed definite improvement and my vision improved in both eyes. My left eye was seeing 20/100 from 20/200. My right eye was seeing 20/400 and is now seeing 20/320.

- Helen

A photograph of an elderly couple walking outdoors in a park-like setting with autumn foliage. The man is on the left, wearing a light-colored jacket and a striped scarf, looking towards the woman. The woman is on the right, wearing a light-colored jacket, looking back at the man. They are both smiling. The background shows trees with yellow and orange leaves.

Dr. Rosenfarb: I actually didn't for a long time. Early on, I was kind of scared and intimidated that they were going to reject what I was doing. Some years later I had a real change of heart, having seen firsthand the consistent results that some were getting. I've visited with about 50 eye doctors in our area over the last few years, here in central and northern New Jersey, just to introduce myself.

I called them and said, "I'd like to meet with you and talk to you about what I do. I have some patients in your area and I want to make some referrals." I just wanted to sit down with them and see if they had any cases that they could use my help with. Surprisingly, most were extremely open and receptive to my work.


Most were really interested and commented on the great work we are doing with comments such as, "We think it this is really positive for this population".

You are always going to have naysayers and doctors who will say that acupuncture is snake-oil or a scam, and things like, "You know, it's not well-researched." They are just really skeptical for whatever reason. It's really incredible to me that just over the past five years or so, how many more conventional doctors are receptive to this, including the researchers at Johns Hopkins University.



# 17

## **Can Conventional Treatment and Acupuncture Work Together for a Patient?**

A photograph of an elderly couple lying on a hammock outdoors. The man, on the left, is wearing a yellow sweater and is kissing the woman on the cheek. The woman, on the right, is wearing a green sweater and is smiling broadly, looking up. The hammock is made of white rope and is suspended between two points. The background is slightly blurred, showing some greenery.

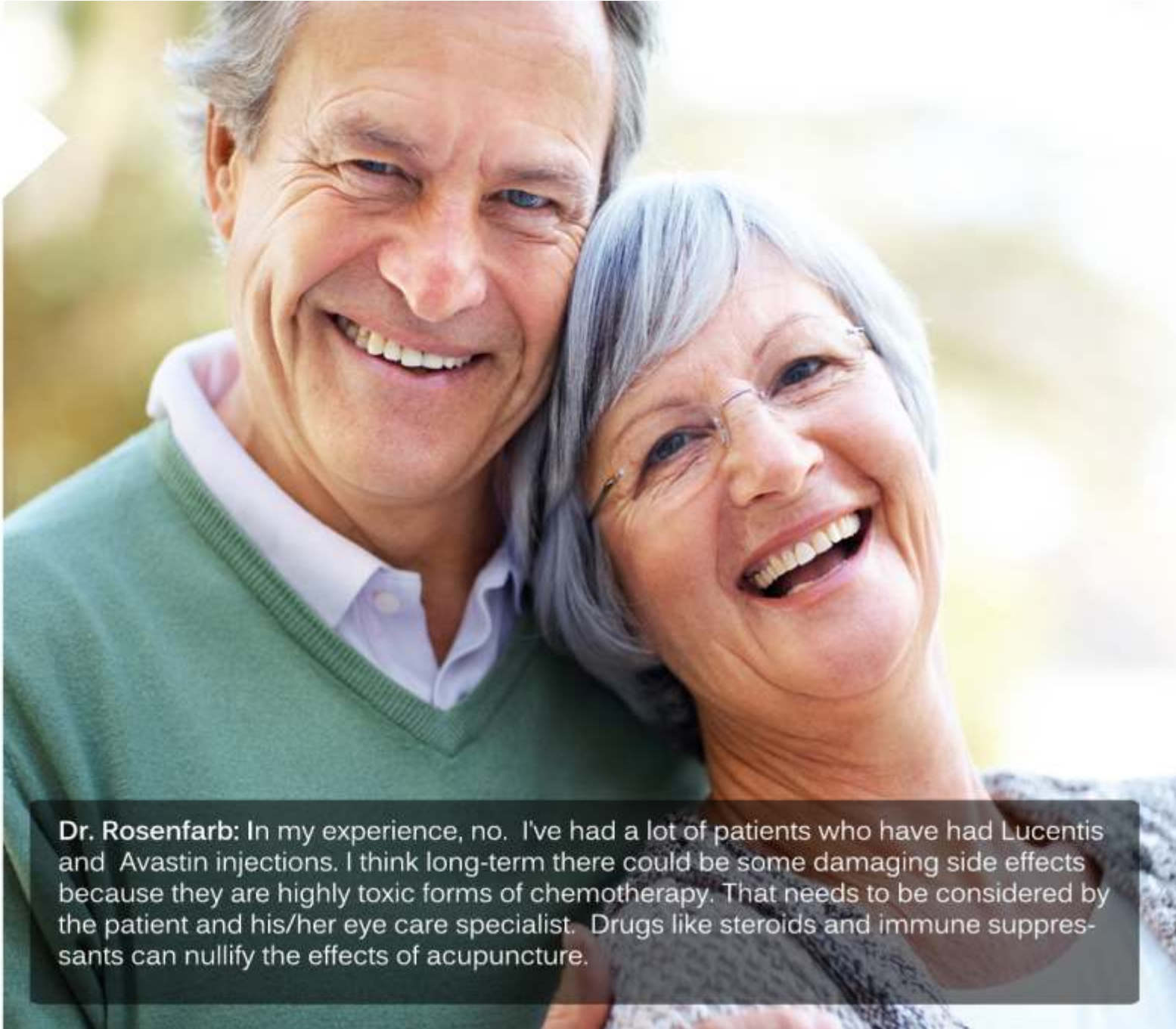
Dr. Rosenfarb: Absolutely. For example, a lot of our patients with wet macular degeneration are getting regular Lucentis™ or Avastin™ injections. Some patients are on blood pressure medications and cholesterol medications.

Integrative strategies do seem to provide the best possible outcomes for patients because we are really getting the best of both worlds. You are getting the holistic, naturopathic and Chinese medicinal perspective, along with the cutting edge diagnostic treatment from conventional doctors can provide.



# 18

## **Does Western Medication Lessen the Chance of Successful Acupuncture?**

A close-up photograph of an elderly couple smiling warmly at the camera. The man, on the left, has grey hair and is wearing a green V-neck sweater over a light blue collared shirt. The woman, on the right, has short grey hair and is wearing a grey patterned top. They are both looking directly at the camera with joyful expressions.

**Dr. Rosenfarb:** In my experience, no. I've had a lot of patients who have had Lucentis and Avastin injections. I think long-term there could be some damaging side effects because they are highly toxic forms of chemotherapy. That needs to be considered by the patient and his/her eye care specialist. Drugs like steroids and immune suppressants can nullify the effects of acupuncture.

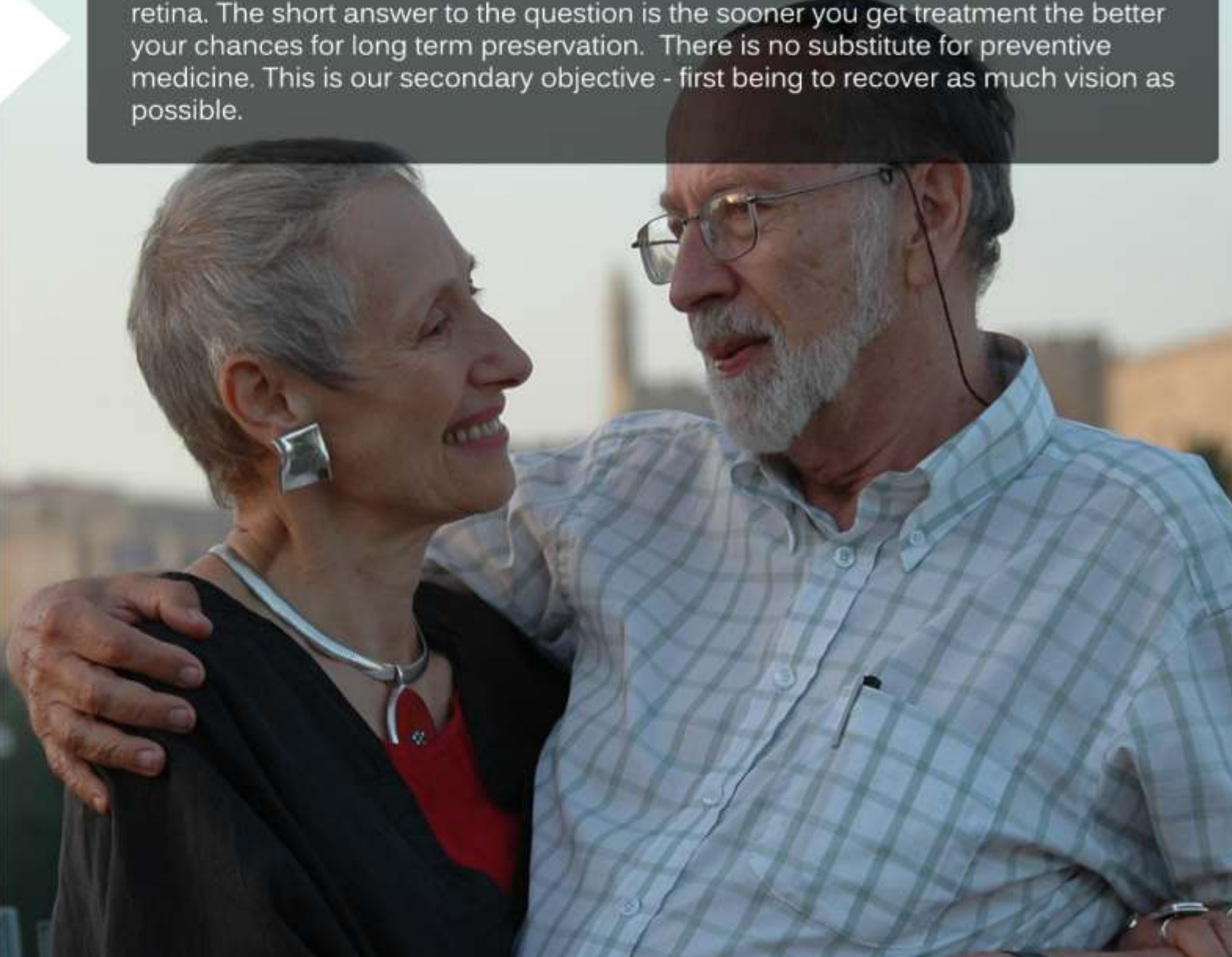
# 19

## Is Timing of Treatment Critical?

### Testimonial

Immediately after treatment I was able to drive 5 miles (through city streets) without my glasses. I found that I just don't use my glasses as much and end up leaving them around the house.  
- Mauro

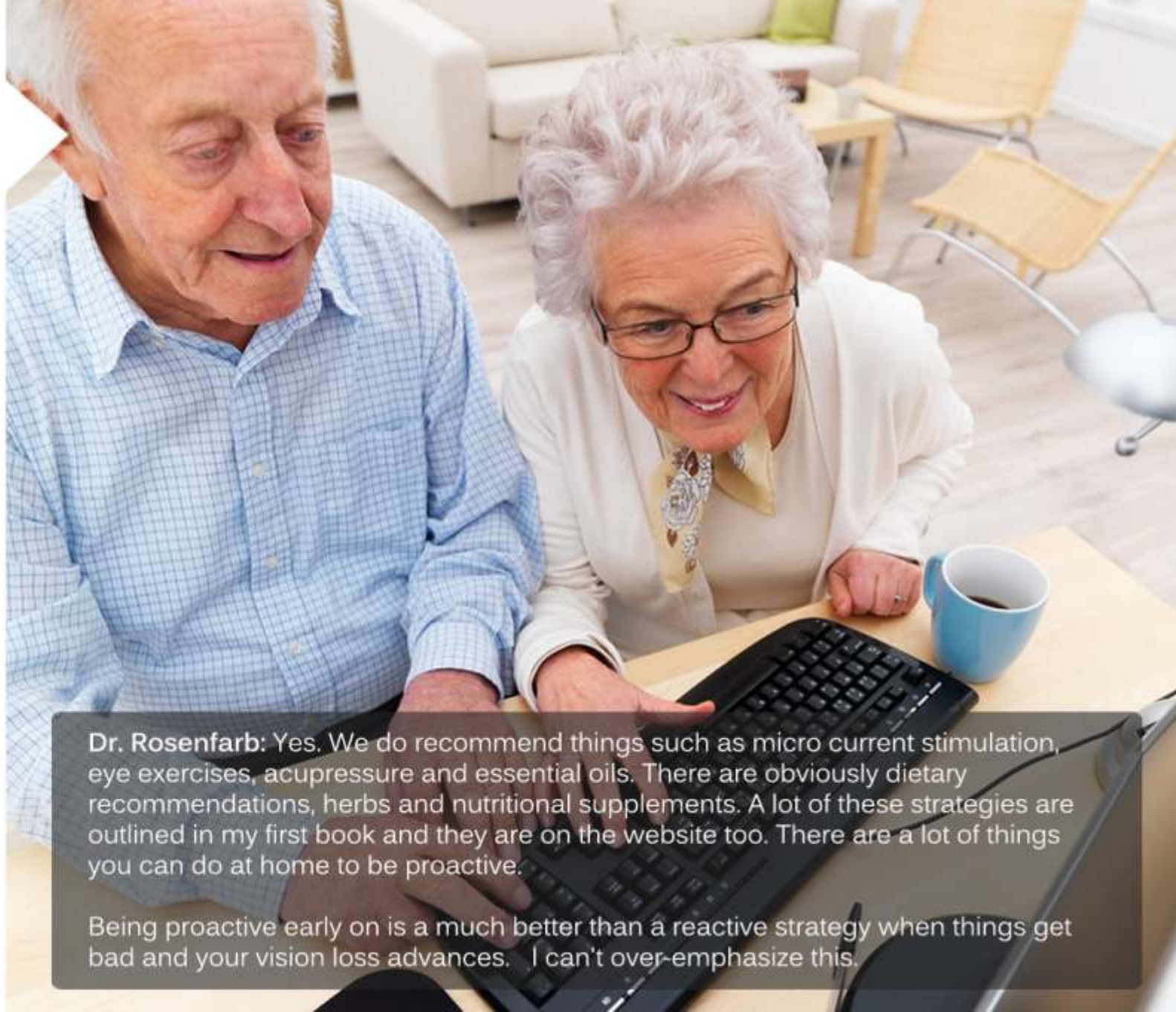
**Dr. Rosenfarb:** The earlier you catch it the better. The longer you wait the more probability of more severe or permanent nerve damage to the macula and the retina. The short answer to the question is the sooner you get treatment the better your chances for long term preservation. There is no substitute for preventive medicine. This is our secondary objective - first being to recover as much vision as possible.





# 20

## Do You Recommend Any Adjunct Therapies?




**Dr. Rosenfarb:** Yes. We do recommend things such as micro current stimulation, eye exercises, acupressure and essential oils. There are obviously dietary recommendations, herbs and nutritional supplements. A lot of these strategies are outlined in my first book and they are on the website too. There are a lot of things you can do at home to be proactive.

Being proactive early on is a much better than a reactive strategy when things get bad and your vision loss advances. I can't over-emphasize this.



# 21

## Can Hereditary Conditions Be Reversed?



**Dr. Rosenfarb:** I believe that question is probably geared towards a condition called Stargardt's Macular Degeneration which is juvenile macular degeneration (or retinitis pigmentosa). These are considered genetic conditions. In my opinion, these conditions are often usually rooted in genetic auto-immune condition. From the testing we've done and the amount of patients with these conditions we've seen, this seems to be the most probable underlying issue. We have seen patients as young as four years old with that (it's real tough to treat some of these kids).

For those kids, we usually use acupressure, micro current and low-level laser acupuncture treatment - no needles. These treatments do not penetrate the skin and there's no pain sensation. We get really, really, good results with Stargardt and juvenile RP/Usher Syndrome.

These conditions are a totally different macular issue than adult onset macular degeneration (AMD), which has more of a systemic cardiovascular disease as a causative factor. The genetic conditions appear to be more of an auto-immune/auto-neurological disease that starts up pretty early in life. We have had very good success in managing and preserving vision.



# 22

## How Can Putting Needles in Someone's Hands, Feet and Forehead Help the Eyes?

### Testimonial

My ophthalmologist said that a few years ago I was legally blind. After about 20 treatments I went back to my eye doctor and he said that he was very surprised to see that my eye sight had actually gotten better since he had seen me last.

- Lillian



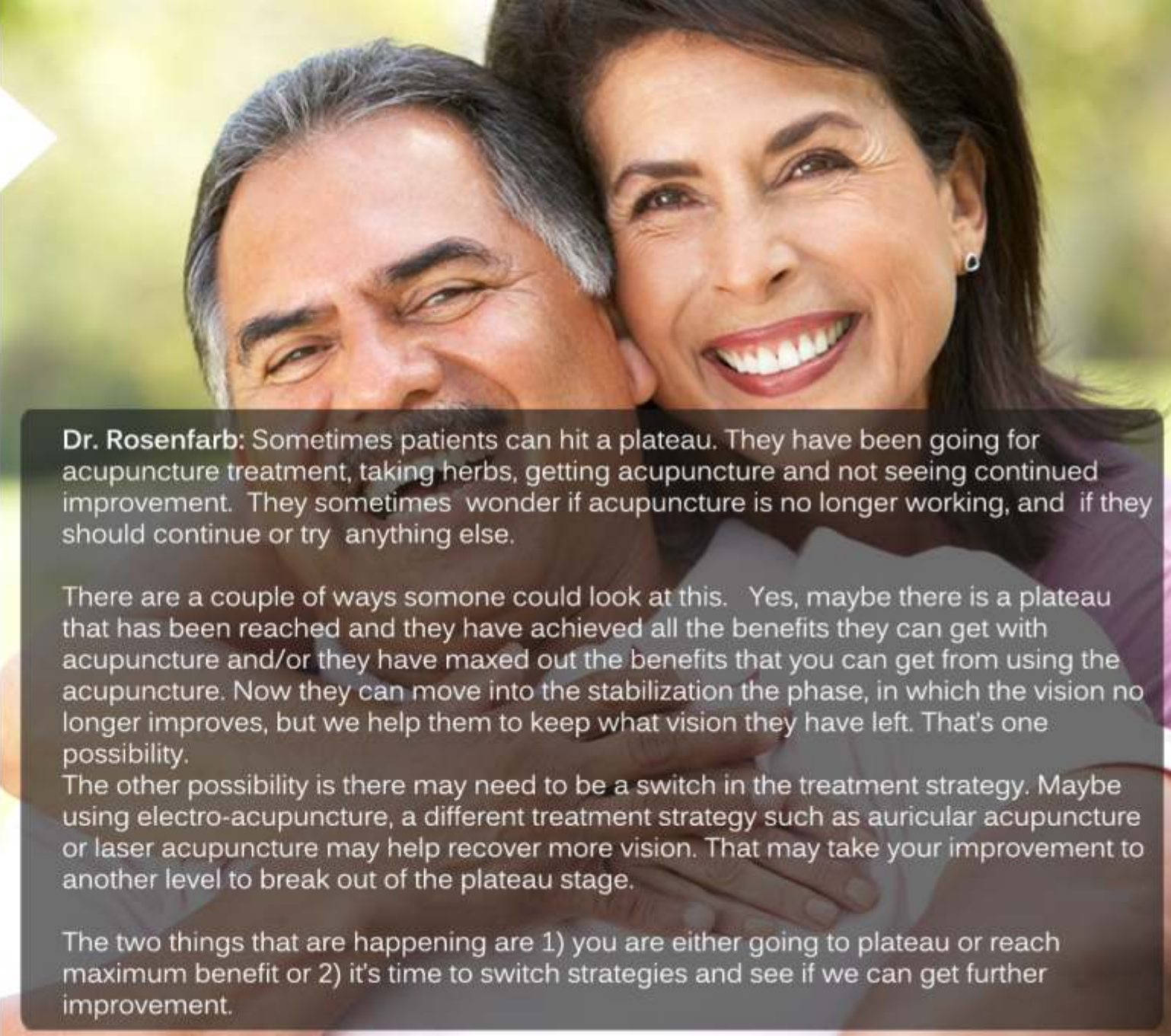
**Dr. Rosenfarb:** In order to understand this you have to learn a little bit about western physiology and Chinese medicine as well as how it works. We basically are stimulating certain acupuncture points in the hands, feet, back of the legs, etc. to improve the blood flow to the retina and macula.

Acupuncture also sends nerve impulses up to the brain to fire off the optic nerve and the nerve cells in the macula. Acupuncture will also dilate the blood vessels around the eyes and increase blood flow to bring food and oxygen to the retinal cells.

That's the short version of how it works. We are getting a neurological and physiological response from the needle therapy. Each needle will have a different site or what we call an acupuncture point. These are neurovascular junctions. Each point will cause a different response within the body.

# 23

## **Is There a Limit to the Effect Acupuncture Can Have on Already Damaged Cells?**

A close-up photograph of a middle-aged couple smiling and embracing each other. The man has grey hair and a mustache, and the woman has dark hair and is wearing a small hoop earring. They are outdoors with a blurred green background.

**Dr. Rosenfarb:** Sometimes patients can hit a plateau. They have been going for acupuncture treatment, taking herbs, getting acupuncture and not seeing continued improvement. They sometimes wonder if acupuncture is no longer working, and if they should continue or try anything else.

There are a couple of ways someone could look at this. Yes, maybe there is a plateau that has been reached and they have achieved all the benefits they can get with acupuncture and/or they have maxed out the benefits that you can get from using the acupuncture. Now they can move into the stabilization the phase, in which the vision no longer improves, but we help them to keep what vision they have left. That's one possibility.

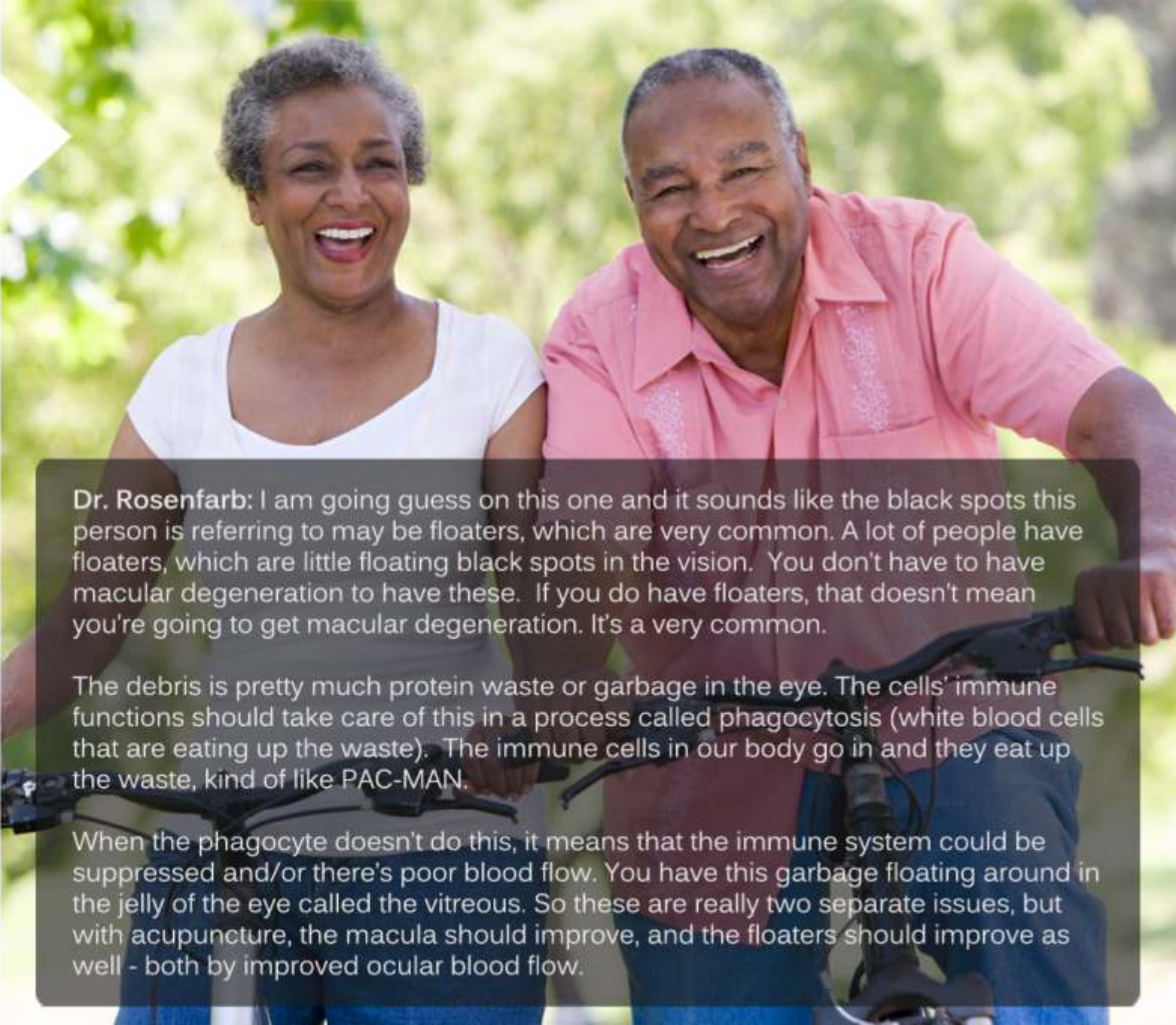
The other possibility is there may need to be a switch in the treatment strategy. Maybe using electro-acupuncture, a different treatment strategy such as auricular acupuncture or laser acupuncture may help recover more vision. That may take your improvement to another level to break out of the plateau stage.

The two things that are happening are 1) you are either going to plateau or reach maximum benefit or 2) it's time to switch strategies and see if we can get further improvement.



# 24

## Should the Black Spots in the Center of the Eye Decrease?

A photograph of an elderly couple riding a bicycle together outdoors. The woman is on the left, wearing a white t-shirt, and the man is on the right, wearing a pink short-sleeved shirt. They are both smiling broadly at the camera. The background is a blurred green landscape with trees and foliage. A semi-transparent dark grey box containing text is overlaid on the lower right portion of the image.

**Dr. Rosenfarb:** I am going guess on this one and it sounds like the black spots this person is referring to may be floaters, which are very common. A lot of people have floaters, which are little floating black spots in the vision. You don't have to have macular degeneration to have these. If you do have floaters, that doesn't mean you're going to get macular degeneration. It's a very common.

The debris is pretty much protein waste or garbage in the eye. The cells' immune functions should take care of this in a process called phagocytosis (white blood cells that are eating up the waste). The immune cells in our body go in and they eat up the waste, kind of like PAC-MAN.

When the phagocyte doesn't do this, it means that the immune system could be suppressed and/or there's poor blood flow. You have this garbage floating around in the jelly of the eye called the vitreous. So these are really two separate issues, but with acupuncture, the macula should improve, and the floaters should improve as well - both by improved ocular blood flow.



# 25

## Is There a Relationship Between the Results and the Type of Macular Degeneration?

### Testimonial

After 2 weeks of treatments, Andy was able to stabilize and return my father's eyesight back to what it was after treatment from the year before. The final result was that my father had no net loss of eyesight. Thanks to Andy, my father is healthier than he's ever been in his life. - Son of elderly patient

**Dr. Rosenfarb:** Both dry-type and wet-type macular degeneration are treated differently. Both respond very well to acupuncture and they are both different forms of macular degeneration. Wet macular degeneration is macular degeneration plus something called neovascularization that consists of about 10% of all AMD cases. Dry-type accounts for the other 90%.

In dry AMD, the eye fills up with something called drusen. Drusen is cholesterol which clogs the macula. What that does is block the circulation and blood flow to the macula. Over time the macula will degenerate and loses its function from starvation and oxygen deprivation.

The macula needs water, food, oxygen, fuel and a detoxification pathway. In the body's wisdom, it will start to regrow new cells or "fuel lines" to feed the starving macula. These new blood vessels form in a process called neovascularization and are very brittle. They are really weak and very susceptible to breaking. When they pop or rupture, that's when you have wet macular degeneration, which is bleeding in the retina. It could be short-term or it could be a chronic long-term issue. That is what you are dealing with when it comes to wet macular generation.

Dry macular generation is just the presence of drusen over time, which impairs the blood flow and the detoxification process of the macular cells. Basically it makes the macula sick.

Imagine leaving garbage in your house and never taking the waste out. Just the toxic fumes and the rotting waste in the house would make the environment almost impossible to live in. That's really what is going on in your macula with AMD.



# 26

## **Is the Potential for Vision Loss the Same in Wet and Dry Macular Degeneration?**

**Dr. Rosenfarb:** No. The potential for vision loss is much more serious with wet macular generation which is why the conventional eye specialists will do treatments such as Avastin™ and Lucentis™ injections. Sometimes they will do procedures like cauterizing the blood vessels to prevent bleeding. Generally, retina specialists and ophthalmologists consider wet macular degeneration a much more serious condition.

Once you bleed in your eye and the blood starts going all over the retina, you are really not going to be able to see. It may take injections of Avastin to help the body absorb the fluids and improve your vision. This is a conventional treatment for wet-type AMD, macular edema, and other kinds of retinal bleeding.



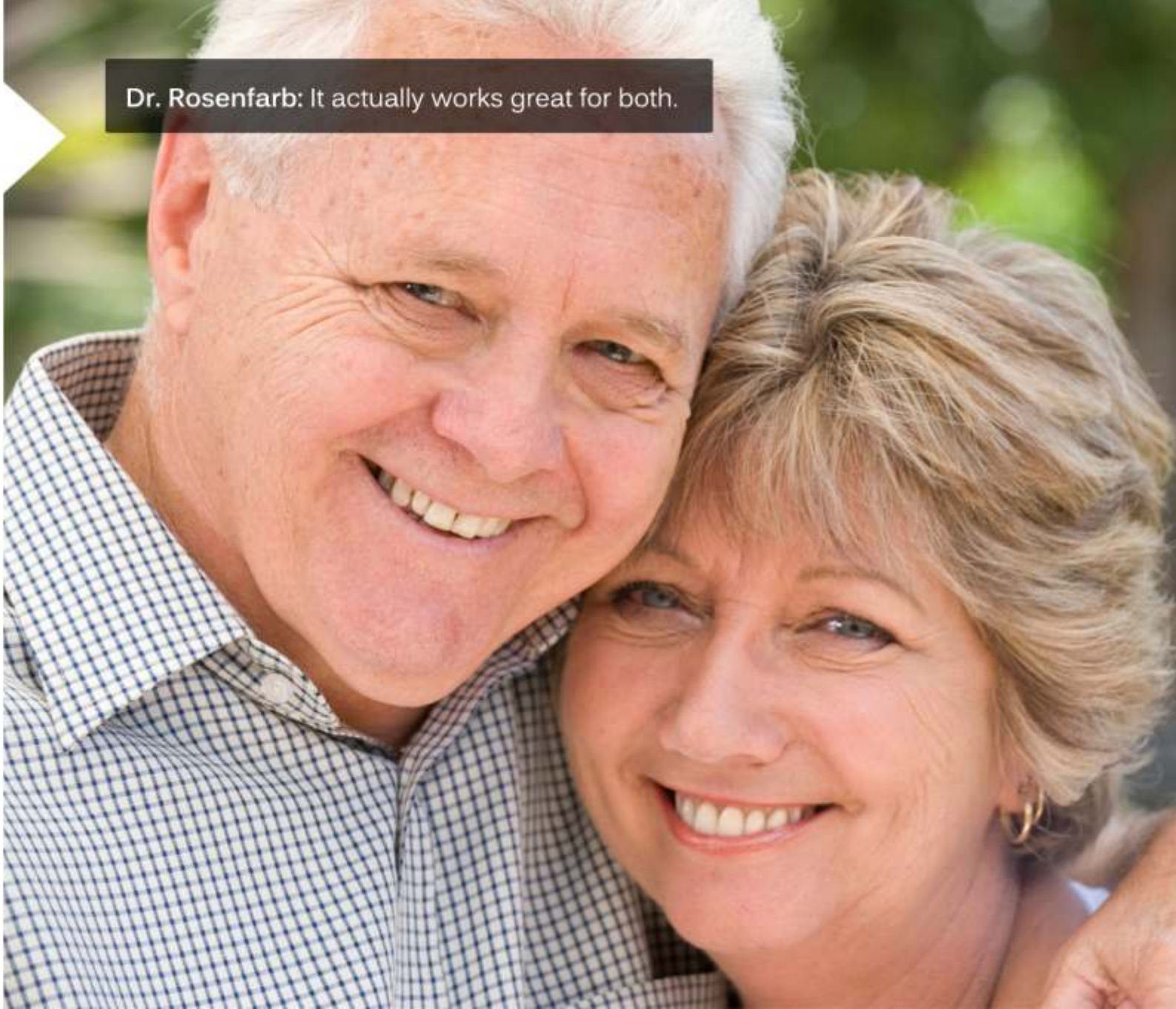


# 27

## **Does Micro-Acupuncture Work Better for Wet or Dry AMD?**

### *Testimonial*

After a few weeks I noticed that I could see the TV better and I was bowling better. My scores are up and I continue to bowl with my friends.  
- Mildred

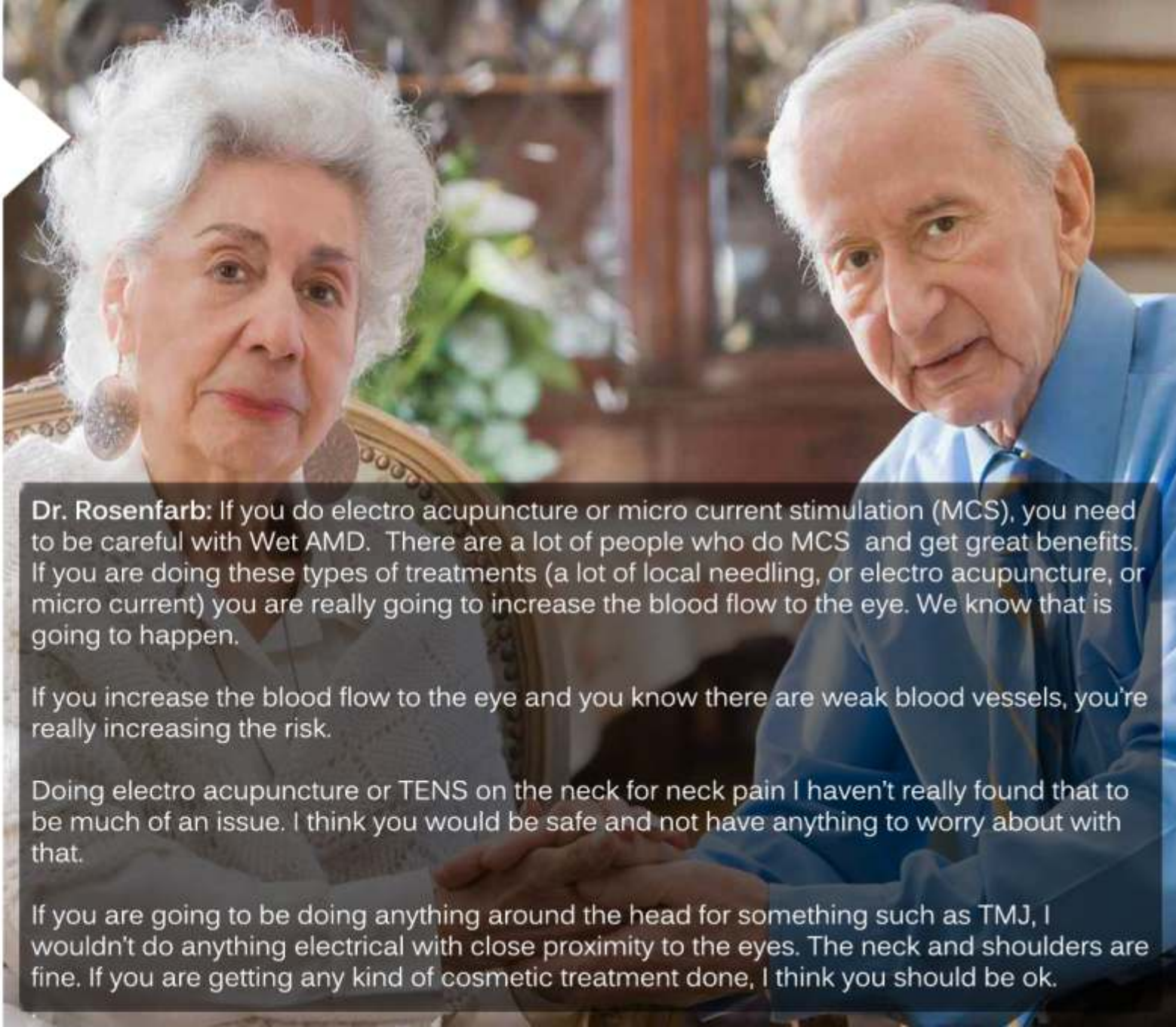


Dr. Rosenfarb: It actually works great for both.



# 28

## Are TENS or Electrolysis Bad for Wet AMD?



**Dr. Rosenfarb:** If you do electro acupuncture or micro current stimulation (MCS), you need to be careful with Wet AMD. There are a lot of people who do MCS and get great benefits. If you are doing these types of treatments (a lot of local needling, or electro acupuncture, or micro current) you are really going to increase the blood flow to the eye. We know that is going to happen.

If you increase the blood flow to the eye and you know there are weak blood vessels, you're really increasing the risk.

Doing electro acupuncture or TENS on the neck for neck pain I haven't really found that to be much of an issue. I think you would be safe and not have anything to worry about with that.

If you are going to be doing anything around the head for something such as TMJ, I wouldn't do anything electrical with close proximity to the eyes. The neck and shoulders are fine. If you are getting any kind of cosmetic treatment done, I think you should be ok.

# 29

## Does Dry Type Heal?

**Dr. Rosenfarb:** Sometimes a practitioner suggests that dry AMD can't be treated and can't be improved. My response to that is it is simply not true. It is either one of two scenarios: Either the acupuncturist does not have the experience or they've haven't had good results. Another thing is that they may have been inaccurately informed by another teacher or acupuncturist that it can't be treated. In these cases, it's likely that they just really don't have confidence, experience and/or a good strategy for what they're trying to achieve.

If you're a student or an acupuncturist who heard this from another practitioner, it was probably parroted or made up. A lot of times in school you will go to a workshop and you will hear a practitioner or somebody lecturing say, "This condition is way too difficult to treat, you'll never get results so don't even bother," or "Chinese medicine and acupuncture can't improve this condition." Again, it's likely that this has been parroted and is not based on real clinical experience. It's just a lack of understanding and experience on how to effectively treat AMD.





# 30

## **What Can Someone Do Before Acupuncture Treatment to Improve Chances for Success?**

**Dr. Rosenfarb:** Great question! A lot of patients ask me this before they come in to see me for treatment. They say, "What can I do to make sure that when I go get the acupuncture, I get the best results?" Here are a couple things: Stop smoking. We all know that that's one of the number one things that will cause the acceleration of macular degeneration.

Other things are to try to clean up your diet a little bit and make sure that you are well hydrated. People don't realize this but even things like drinking alcohol every day or drinking coffee is also very dehydrating to your body. The eyes are 95% water. When you are dehydrated either from alcohol or coffee, it may have a negative impact on your vision. Also a lot of sugar, salt or junk food, and fried foods can cause harm.

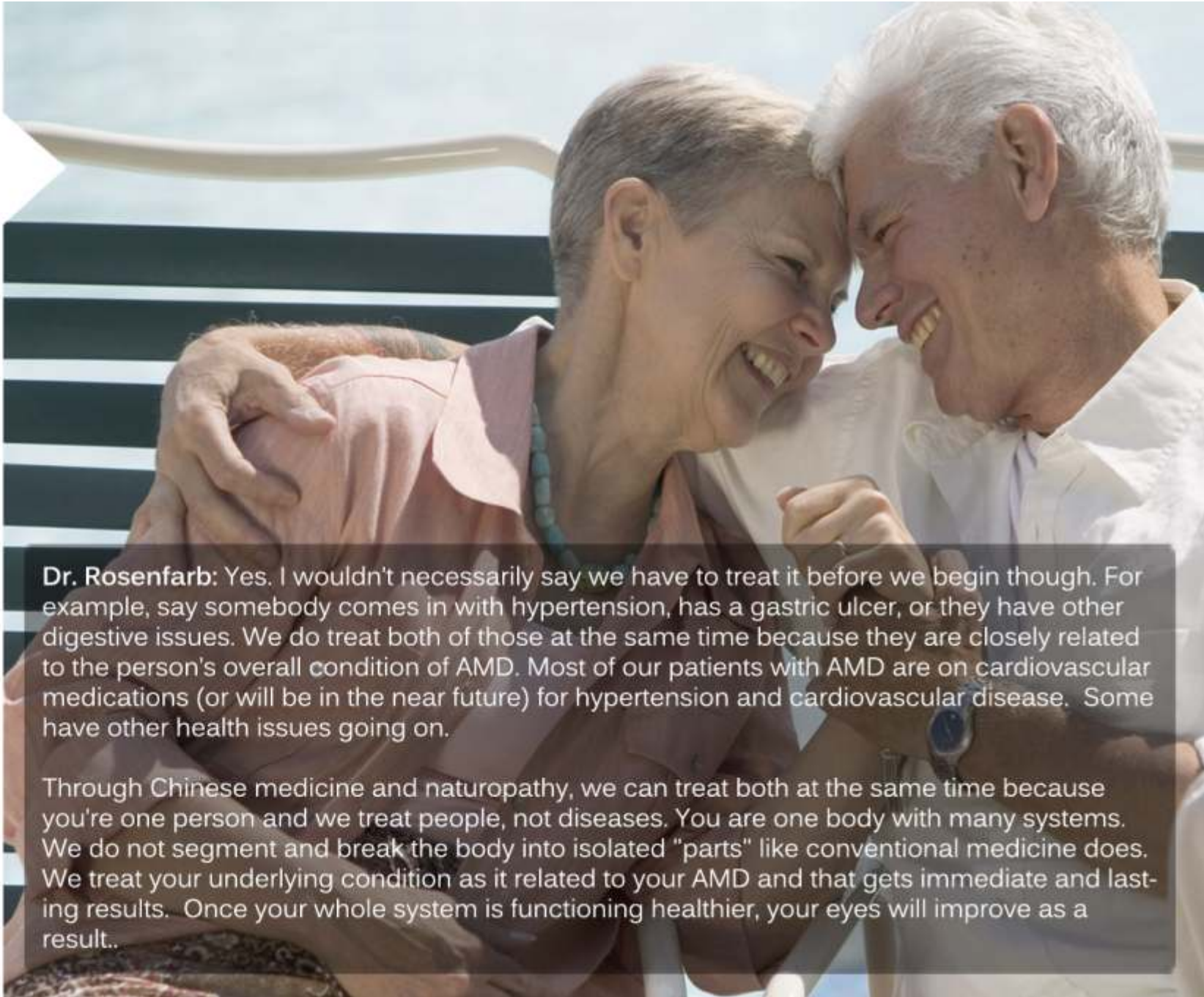
Make sure you're always well hydrated. Make sure you are taking things like electrolytes if you are deficient in these (people with hypertension should use caution). Your overall diet should be pretty clean and "Heart-Healthy." No greasy fried foods and no trans fats. If you can, get aspartame out of your diet, which is present in many diet drinks, gums, mints, etc.

Get on a really good eye supplement like the Micro Acupuncture Formula we use in the office. I'm really not a fan of the Preservation OcuGuard. There are a lot better formulas like ours and Eyemax Plus by Mary Sussman over at [www.bettervision.com](http://www.bettervision.com). Mark Grossman has a great line as well and his web site [www.naturaleyecare.com](http://www.naturaleyecare.com) is a great resource.

There are a lot of great formulas out there. Generally, get your body healthy. Reduce your stress. Get your sleep and clean up your diet a little bit. You want to make sure that you get the best possible results from your treatment.

# 31

## **By Treating Systematic Problems Prior to Treating Eye Diseases, Do Patients Get Better or Longer-Lasting Results?**

A photograph of an elderly couple with white hair, smiling and embracing each other on the deck of a boat. The woman is wearing a pink shirt and a blue necklace, and the man is wearing a white shirt. They are both looking at each other and smiling warmly. The background shows the boat's railing and a clear blue sky.

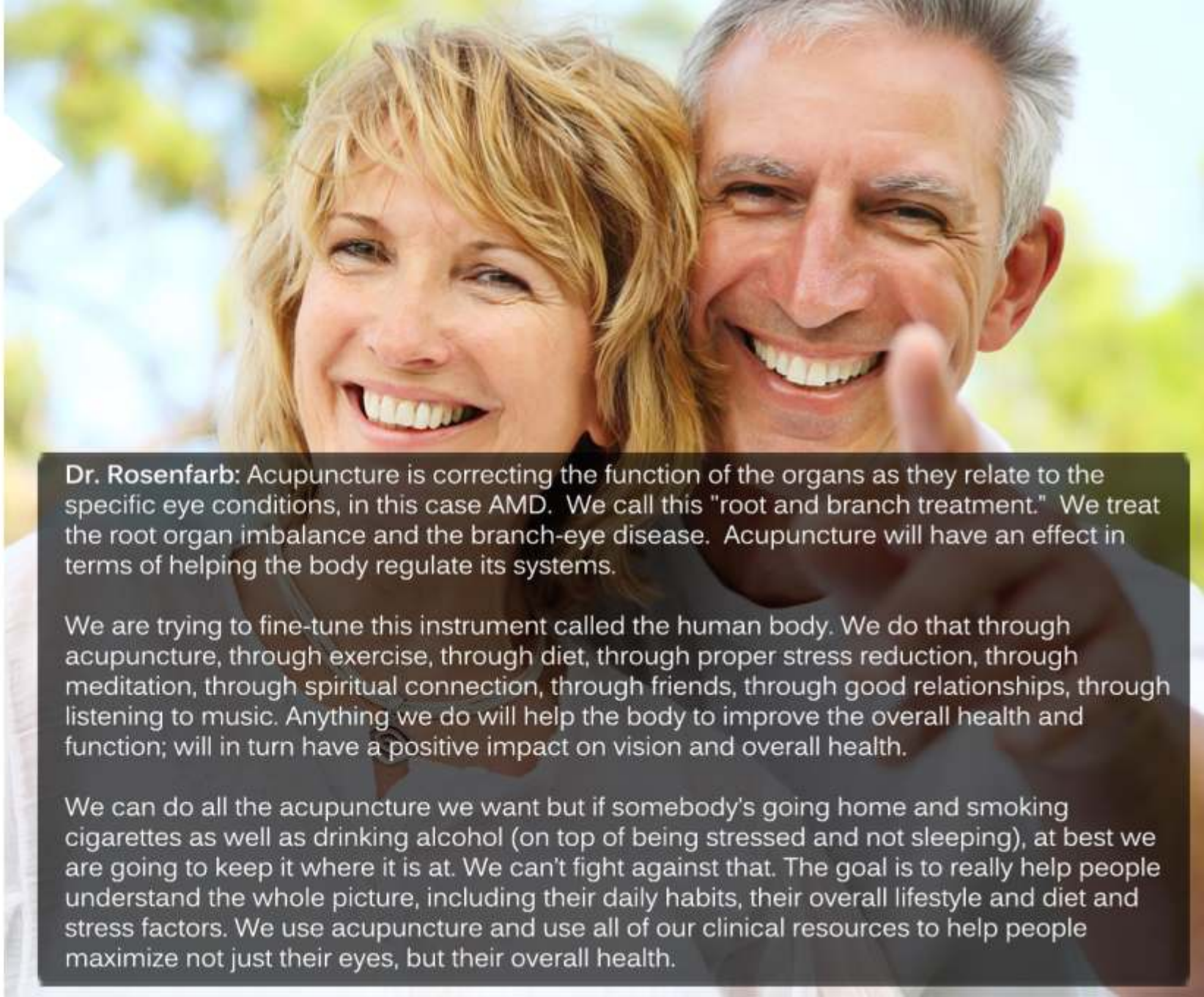
**Dr. Rosenfarb:** Yes. I wouldn't necessarily say we have to treat it before we begin though. For example, say somebody comes in with hypertension, has a gastric ulcer, or they have other digestive issues. We do treat both of those at the same time because they are closely related to the person's overall condition of AMD. Most of our patients with AMD are on cardiovascular medications (or will be in the near future) for hypertension and cardiovascular disease. Some have other health issues going on.

Through Chinese medicine and naturopathy, we can treat both at the same time because you're one person and we treat people, not diseases. You are one body with many systems. We do not segment and break the body into isolated "parts" like conventional medicine does. We treat your underlying condition as it related to your AMD and that gets immediate and lasting results. Once your whole system is functioning healthier, your eyes will improve as a result..



# 32

## **Does Acupuncture Correct Organ Function in Order to Improve the Eyes?**

A close-up photograph of a middle-aged couple smiling warmly at the camera. The woman has blonde, wavy hair and is wearing a dark top. The man has grey hair and is also smiling, with his hand partially visible near his face. They are outdoors with green foliage in the background.

**Dr. Rosenfarb:** Acupuncture is correcting the function of the organs as they relate to the specific eye conditions, in this case AMD. We call this "root and branch treatment." We treat the root organ imbalance and the branch-eye disease. Acupuncture will have an effect in terms of helping the body regulate its systems.

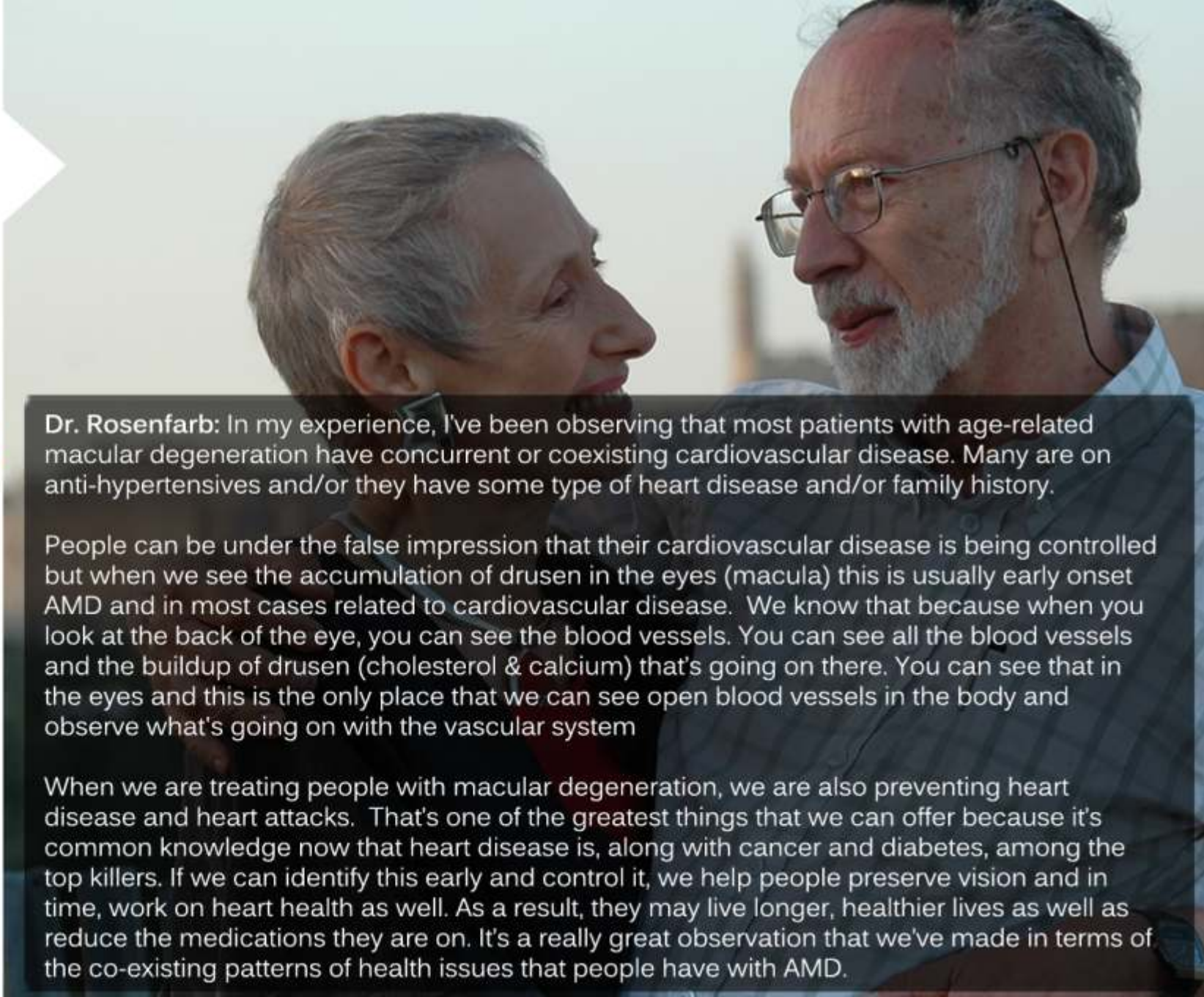
We are trying to fine-tune this instrument called the human body. We do that through acupuncture, through exercise, through diet, through proper stress reduction, through meditation, through spiritual connection, through friends, through good relationships, through listening to music. Anything we do will help the body to improve the overall health and function; will in turn have a positive impact on vision and overall health.

We can do all the acupuncture we want but if somebody's going home and smoking cigarettes as well as drinking alcohol (on top of being stressed and not sleeping), at best we are going to keep it where it is at. We can't fight against that. The goal is to really help people understand the whole picture, including their daily habits, their overall lifestyle and diet and stress factors. We use acupuncture and use all of our clinical resources to help people maximize not just their eyes, but their overall health.



# 33

## **What Other Health Problems Should Someone Watch for in Order to Prevent Further Macular Degeneration Inflammation?**



Dr. Rosenfarb: In my experience, I've been observing that most patients with age-related macular degeneration have concurrent or coexisting cardiovascular disease. Many are on anti-hypertensives and/or they have some type of heart disease and/or family history.

People can be under the false impression that their cardiovascular disease is being controlled but when we see the accumulation of drusen in the eyes (macula) this is usually early onset AMD and in most cases related to cardiovascular disease. We know that because when you look at the back of the eye, you can see the blood vessels. You can see all the blood vessels and the buildup of drusen (cholesterol & calcium) that's going on there. You can see that in the eyes and this is the only place that we can see open blood vessels in the body and observe what's going on with the vascular system

When we are treating people with macular degeneration, we are also preventing heart disease and heart attacks. That's one of the greatest things that we can offer because it's common knowledge now that heart disease is, along with cancer and diabetes, among the top killers. If we can identify this early and control it, we help people preserve vision and in time, work on heart health as well. As a result, they may live longer, healthier lives as well as reduce the medications they are on. It's a really great observation that we've made in terms of the co-existing patterns of health issues that people have with AMD.



# 34

## **What Else Can One Do Between Treatments to Help Retain Improvement?**

**Dr. Rosenfarb:** Since we are not talking about just macular degeneration alone, but also cardiovascular disease, start cleaning up your diet. Get the trans fats (donuts, cakes) out of your life. Get the "Three Whites," white sugar, white flour and salt out of your diet as well.

Start exercising a little more and eat a little less. Reduce your body fat by exercising regularly and eating more protein and vegetables. Improve your lean body mass by cutting carbs, sugar and junk food.

Reduce and learn to better manage your stress. We know that stress places a tremendous amount of extra work on the heart. Reduce your stress and focus on the positive things in your life. Spend more time with your family and friends. Work as you need to support yourself and your family but really try and balance your lifestyle with leisure and recreation. It is very important to look at your life and audit your life to make sure that you have a good work-to-play balance. Schedule regular rest and relaxation time for yourself and enjoy your hobbies more often.





# 35

## What Supplements Do You Recommend?

**Dr. Rosenfarb:** As far as supplements go, we are going back to the idea that each person is individual. Best case scenario, we are going to have supplements that help BOTH improve the macula, and supplements that address each individual person's underlying health issues. In order to figure out which supplements you are going to need for your own health issues, you should seek out a practitioner. Either I or somebody else can help you understand your systemic issues and manage that as it relates to your AMD.

As far as supplements that are going to be particularly beneficial for macular degeneration, whether it's early, mid-stage or advanced, research has shown that AREDS work best. This is basically Vitamin A, biotin, selenium and zinc which are good for the eye. Get on a good supplement like the one we use or EyeMax Plus from Marty Sussman. I'm not a big advocate of the Preservation or the OcuGuard as they are relatively insufficient.

Another great supplement is Resveratrol. Resveratrol comes from red wine. A lot of people are talking about this. There is a lot of press on that for heart disease and cardiovascular disease. If it's good for cardiovascular disease, if it's good for the heart, it's going to be good for the eyes. It helps break down cholesterol and drusen. We drink red wine with red meat, because it helps break down the fats we digest so we don't get cholesterol buildup in the body. Resveratrol is a good supplement for AMD.

There are recent studies showing a specific form of melatonin that can actually help break down drusen as well. It also helps you sleep well. Sleep is critical for nerve regeneration and just overall health. Ask any parent or anybody who has had insomnia. If you get a good night's sleep and you haven't slept in a while, it's gold. Melatonin can help you sleep if you're having sleep problems. Make sure you're getting your sleep. This is very important.


Astaxanthin is a stronger form of zeaxanthin. It is suggested to be about 20 times more potent than Zeaxanthin. It's a carotenoid, generally found in things like krill oil. I highly recommend that.

Vitamin C is also really important for the blood vessels, so particularly people who have wet macular degeneration, the vitamin c is ascorbic acid so it is good for heart health. There is a ton of research that shows how important Vitamin C is for cardiovascular health. Make sure to add that to your supplement regiment as well.



# 36

## **Which Foods Do You Suggest to Help the Eyes Heal From Wet AMD?**

A photograph of an elderly couple smiling and embracing outdoors. The man, on the left, has grey hair and is wearing a grey jacket over an orange shirt and a striped scarf. The woman, on the right, has short grey hair and is wearing a grey jacket over a pink shirt and a brown scarf. They are both looking towards the camera.

**Dr. Rosenfarb:** A lot of research shows that leafy green vegetables and fish oils are great. Stick with carotenoids and leafy greens. Keep your diet clean and organic if possible. Stay away from the junk food and fried foods. Vitamin K and a Chinese herb called San Qi can be beneficial for wet AMD.



# 37

## **Is it Advised to Get Avastin Injections in the Eyes Every Three Months for Maintenance and Prevention?**

**Dr. Rosenfarb:** I'm kind of a mixed bag when it comes to Avastin™. I think it can be helpful in some cases. The pharmaceutical research which is often done by the pharmaceutical companies themselves, suggests that Avastin™ injections be given every four weeks. They have increased recommended frequency from every three months to every month.

I'm not going to tell people to take injections or not to, because I'm not a medical doctor and I can't do that legally. However, I do want people to understand what it is the Avastin™ is doing to the eye and the potential side effects. There is good and there is bad.

We need to look at it and understand what these drugs do. Avastin™ is a chemotherapy drug originally used to treat colon cancer. It is highly toxic. What conventional medicine is doing is injecting these drugs into the eye when you have wet macular degeneration or macular edema (fluid). It's also used for any form of retinal bleeding like diabetic retinopathy. It's indicated for these conditions.

The goal is for the chemotherapy drug agent to 1) mop up the blood and/or fluids and 2) destroy those new blood vessel growths in the eye, called neovascularization. The meds are so toxic that it's going to kill these new blood vessels that are growing in the retina in attempt to nourish and feed the macula.

The injections may help stop the progression of the neovascularization (new blood vessel growth) but through what mechanism? Through increased cellular toxicity! You are actively intoxicating the eyes and you're putting in these harsh chemicals to destroy blood vessels. If you are taking it every four weeks for the rest of your life as they're recommending, what do you think the neurological and cellular consequences might be?

In my opinion, the long term and toxic effects have not been-researched enough and we don't know the long-term consequences. Is the drug going to go into the brain and into the other parts of the body? We don't know how it's going to clear/detoxify through the system and how much medication is too much and how much each person can handle?



# 38

## What is the Comparative Success of Acupuncture to Eye Injections?



**Dr. Rosenfarb:** Again, our success rate is about 80 to 85 percent. We don't really know about the drugs as far as their long term effectiveness (or harm). I don't necessarily trust the research in Avastin™, Eylea™ and Lucentis™ because the research is being done by the pharmaceutical companies themselves that are producing the drugs. There is an obvious bias and conflict of interest since the same companies that profit from the drugs are putting out the research. That goes for a lot of medications, not just these eye drugs. I don't know how accurately or honestly those research studies are being reported.



# 39

## Is Your Technique Covered by Medicare and AARP?

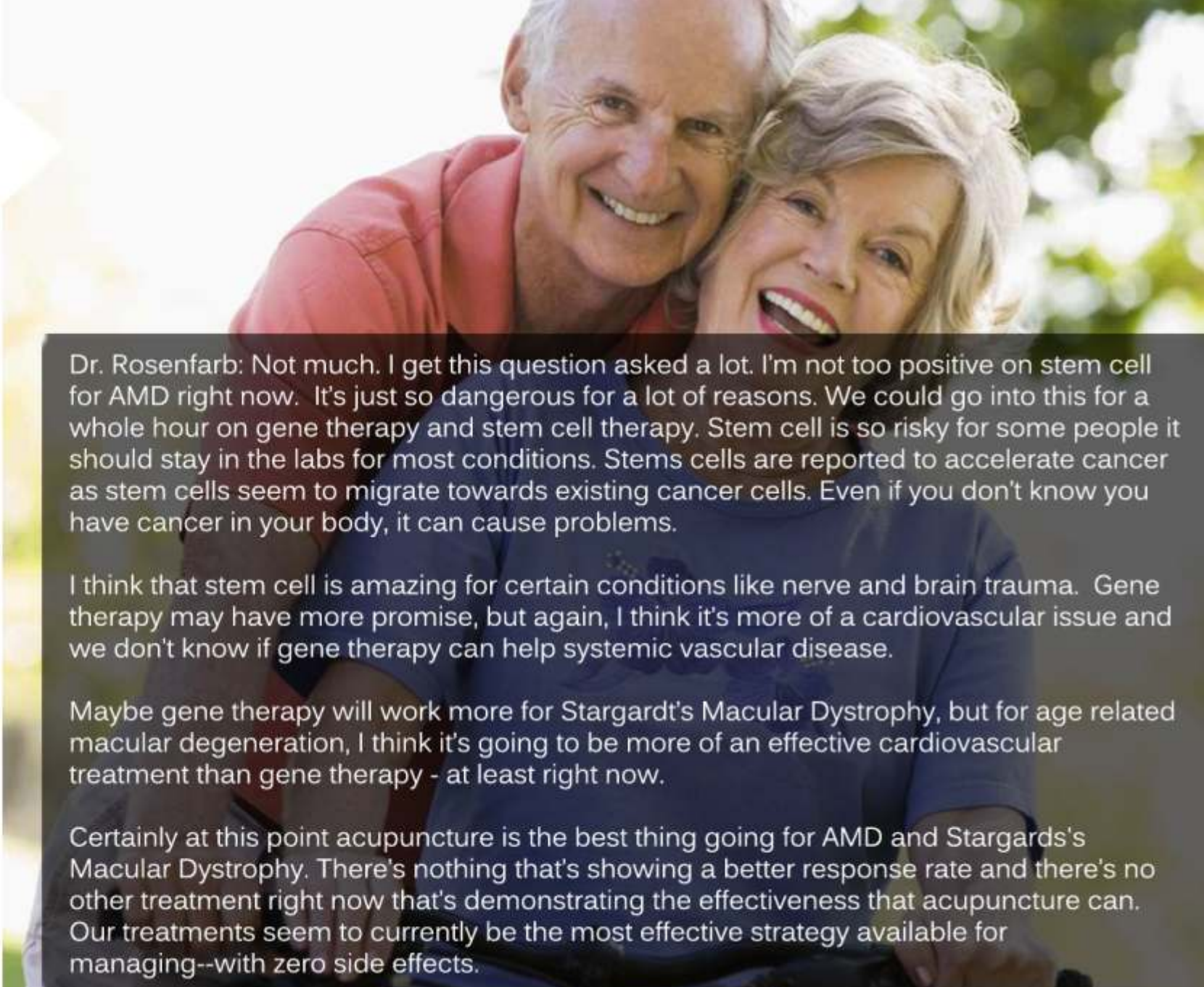


**Dr. Rosenfarb:** Medicare at this time does not cover acupuncture for anything. I am pretty confident in the future it will be, but it doesn't cover it right now. I would say a lot of my patients with Medicare are submitting to their secondary insurance. Secondary insurance is picking up a portion of the treatment costs for some patients.



# 40

## What is the Latest Conventional Research on Gene Therapy and Stem Cell for AMD?

A photograph of an elderly couple smiling and embracing each other outdoors. The man is wearing a red shirt and the woman is wearing a blue shirt. They are both looking towards the camera with joyful expressions.

Dr. Rosenfarb: Not much. I get this question asked a lot. I'm not too positive on stem cell for AMD right now. It's just so dangerous for a lot of reasons. We could go into this for a whole hour on gene therapy and stem cell therapy. Stem cell is so risky for some people it should stay in the labs for most conditions. Stems cells are reported to accelerate cancer as stem cells seem to migrate towards existing cancer cells. Even if you don't know you have cancer in your body, it can cause problems.

I think that stem cell is amazing for certain conditions like nerve and brain trauma. Gene therapy may have more promise, but again, I think it's more of a cardiovascular issue and we don't know if gene therapy can help systemic vascular disease.

Maybe gene therapy will work more for Stargardt's Macular Dystrophy, but for age related macular degeneration, I think it's going to be more of an effective cardiovascular treatment than gene therapy - at least right now.

Certainly at this point acupuncture is the best thing going for AMD and Stargard's Macular Dystrophy. There's nothing that's showing a better response rate and there's no other treatment right now that's demonstrating the effectiveness that acupuncture can. Our treatments seem to currently be the most effective strategy available for managing--with zero side effects.

# What to do Next:

Thank you for reading our consumer awareness guide. We hope that you found it helpful in learning how acupuncture is recovering vision in Macular Degeneration patients.

Now that you are armed with the information, it's time to take action. Here are your options.

## Option 1:

You have decided that acupuncture is not for you. No problem. You can now cross it off your list of treatment options.

## Option 2:

You are still in the exploratory phase and have some questions that we didn't cover in the guide. Be sure and check out the blog for some great free content, and also consider booking a free consultation with me. This is a great way to get your questions answered.

## Option 3:

You are interested in booking an appointment for treatment. Congratulations! I appreciate you trusting me as your vision recovery specialist.

You can book for one week or for two. It will be Monday through Friday. We treat every day during this time period as long as your vision is improving.

To book a treatment, please call my office and Nancy will get you in the books. We book months in advance, so don't put it off once you've decided to book an appointment.

The office number is **908-264-5484**.

In good health,

Dr. Andy Rosenfarb, ND, L.A.c., C.A  
[www.MacularDegenerationSupport.com](http://www.MacularDegenerationSupport.com)