

## ***How I Beat Macular Degeneration in the Early Stages and How You Can, Too!***

by Alan N. McClain

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reviewed by Barbara Bamberger Scott

*"Beating macular degeneration at its earliest stage when druses are first seen, and eliminating them completely in two years, is a stunning achievement."*

Author and former management systems analyst McClain was shocked to learn at his yearly eye exam that he had Age-Related Macular Degeneration (ARMD), a condition that can lead to decreasing vision, making activities like reading and driving impossible. Tests revealed "drusen" (gold flecks) around the macula (part of the retina). Even worse, the doctors said that there was nothing they could do for him. McClain took this bad news as a challenge, devising his own strategy for combatting ARMD. Thanks to his determination, the drusen disappeared after two years. For others wishing to follow his lead, McClain stresses the importance of B-complex vitamins, fish and vegetable oils, and lesser-known supplements like lutein. He lists good foods, surprisingly including coffee and red wine along with orange juice, seafood, salads, berries, and nuts. He recommends using amber lenses for sun-blocking and lists exercises to facilitate the sound sleep so important to eye health.

This large, colorful book includes an Amsler Grid—used for self-checking for ARMD—so readers can literally "see" for themselves if they have any signs of the onset. In addition, McClain helpfully presents his findings and advice in a big print format, explaining medical and scientific terms and utilizing numbered lists and bulleted points. He also provides a resource list for products he has referred to. His manual could be a guide to general good health, not just for the eyes but for the entire body, as many of the tips would affect total well-being. His enthusiasm for the subject is evident throughout, along with his sincere wish to help others. The author's book is about more than just a medical problem and its remedy; it is about one man's inspiring journey to solve a problem by refusing to take "no answer" for an answer.