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The Hidden Food and Vision Link

Close your eyes and visualize a large serving bowl of colorful vegetables. Visualize spinach, red tomatoes, yellow pepper, orange pepper, sliced cucumber, sliced onions, mushrooms, etc. Now visualize a cheeseburger. I propose that a vision therapy patient who eats as per first image will progress better than the patient who eats as per the second image, all other factors being hypothetically equal.

Dozens of studies over several decades, including the famous China Study, have investigated the connection between food and health. The results are consistent. Consuming animal-based food promotes a wide range of diseases, whereas consuming plant-based food creates wellness. Apparently, the animal-based protein is the problem, not the solution. I will review some data as well as my own personal experience with a whole-food plant-based (WFPB) diet. I am confident that you can use this information to advise your patients accordingly. A healthy body sets the stage for greater gains in vision therapy. A WFPB diet is a powerful weapon against human ailments, vision included. I define diet as food choice rather than deprivation.

Roughly 50 years ago, T. Colin Campbell, PhD, assisted a project in the Philippines to investigate the cause of why many Filipino children were getting liver tumors, usually an adult disease. The goal was to address malnutrition among the poor by feeding these children as much protein as possible, mainly from animal-based foods. Campbell was shocked to discover that the children who ate the most protein got the most liver tumors. They were the children of the wealthiest families. This was an

eyebrow raiser for Campbell, who then dug into the literature to find some interesting information and data.

For example, in the 1960's, Indian researchers studied two groups of rats. In one group they administered a potent carcinogen aflatoxin and fed them a diet composed of 20% animal based protein, typical western level. In the other group they administered the same amount of aflatoxin, but they fed them a diet only 5% protein. Every single animal in the 20% group developed liver tumors; every single animal in the 5% group avoided liver tumors. Diet negated the potent effects of a carcinogen.

Campbell repeated these experiments himself. Like a light switch, Campbell could control tumor promotion by altering the level of animal protein despite the aflatoxin exposure. He repeated the experiment with 20% plant protein. These rats did not develop tumors.

In another study, Campbell administered aflatoxin to two rat groups and observed them two years later, their average life span. He fed one group 5% casein, the other 20%. ALL rats in the low protein group thrived without tumors. Every single rat in the high protein group developed liver tumors. Casein, a protein in cow's milk, is a potent cancer promoter in rats dosed with aflatoxin. Rats and humans have an identical need for protein and protein operates the same way in rats as it does in humans.

The results of these and many other studies showed nutrition to be far more important in controlling tumor development than the dose of the carcinogen. Nutrients from animal-based foods increased tumor development; nutrients from plant-based foods decreased tumor development. Campbell said that casein, a protein found in cow's milk, is the most significant carcinogen we can consume.

Still not convinced? I will move on to human studies.

In the early 1980's, a team of scientists and physicians conducted one of the most comprehensive nutritional studies ever undertaken known as the China Project. Rural China at that time presented researchers with a unique opportunity. Their diets were in contrast to the rich diets of the Western countries. The truly plant-based nature of the rural Chinese diet gave researchers a chance to compare plant-based diets with animal-based diets. An article in the May 1990 NY Times science section called it "The Grand Prix of Epidemiology."

Some of the findings from The China Study

Campbell states in his book, *The China Study*, "Here in the U.S., we are affluent and we die because of it." Heart disease, cancer, stroke, Alzheimers, obesity, and diabetes are rare in cultures such as rural China that subsist on a WFPB diet. These ailments arrive when a culture accumulates wealth and starts eating more and more animal-based foods.

In rural China, they found an average animal protein intake of 7.1g/day; in U.S., Campbell stated an average of 70g/day.

In China, the cholesterol average measured 127; in U.S., average cholesterol measured 215.

The China Study found that as cholesterol levels decreased so did cancer. So cholesterol is more than a heart problem.

Caldwell Esselstyn, MD, heart specialist, never saw a heart disease patient with cholesterol lower than 150 in over 35 years of practice.

Cholesterol is clearly an indicator of disease risk. Animal-based foods were correlated with increasing cholesterol; plant-based foods correlated with decreasing cholesterol. Sadly, few MD's will say that animal protein has anything to do with cholesterol levels.

Chinese breast cancer rates were found to be one-fifth that of US women.

Fiber, found only in plant-based food, binds with carcinogens in digestive tract and then get eliminated. Without fiber, one is more prone to constipation induced diseases. Average fiber intake in China was found to be 3 times that of U.S.

Campbell states that U.S. men die of heart disease at a rate of 17 times higher than their Chinese counterparts. Japanese men living in Hawaii and California have a much higher cholesterol level and incidence of heart disease than men living in Japan.

The evidence obtained from researchers around the world shows that the same diet that is good for prevention of cancer is also good for prevention of heart disease, diabetes, cataracts, macular degeneration, glaucoma, MS, Alzheimers, osteoporosis, and other diseases.

Still not convinced?

Dr. Esselstyn treated eighteen patients with significant heart disease. These patients suffered a combined 49 coronary events. Average cholesterol was 246. He placed them on a WFPB diet. Cholesterol dropped to a 132 average. In the following 11 years, only one coronary event ensued. That patient strayed from the diet. Imaging showed stunning before and after pictures of the arteries of one of the patients. The coronary event score ended up forty-nine to zero before and after WFPB. He knocked out heart disease with diet.

Can anyone dispute these findings?

But wait, there's more...

Dean Ornish, MD found similar results.

James Anderson, MD treated 25 type 2 diabetic patients who went on a WFPB diet. An amazing 24 of 25 patients discontinued their insulin medication in a matter of weeks.

Scientists measured diets and diabetes in a population of Japanese men in Washington state. These men were sons of immigrants to the US. They had four times the incidence of diabetes compared with similar aged men who stayed in Japan.

Cancer incidence varies dramatically according to geography. They found a 34 per 100,000 male death rate colon cancer in the Czech Republic; in Bangladesh, death rate was 0.63 per 100,000 males. Migrant studies have shown when populations move from low cancer risk areas to high cancer risk areas, they assume an increase risk within 2 generations. This cannot be explained by genetics. Countries where high amounts of animal-based foods are consumed have significantly higher rates of colon cancer.

Type 1 diabetes is autoimmune. The immune system attacks the pancreas. Numerous studies link this to cow's milk consumption. For example, Campbell states that Type 1 diabetes is 36 times more common in Finland than Japan. Large amounts of cow's milk are consumed in Finland compared with Japan. The evidence of the link between cow's milk and type 1 diabetes is overwhelming. Campbell concludes that one of the most damaging actions a mother can take is to substitute cow's milk for her own.

Animal protein consumption is linked to autoimmune diseases including iritis. There appears to be a direct cause and effect between animal protein and macula degeneration, glaucoma, and cataracts. In The China Study, Campbell states that one may go blind from eating a standard American diet.

Bones: Campbell states that the U.S. ranks close to the top for consuming dairy products; the U.S. ranks close to the top for bone fracture rates. Animal protein increases acid in blood; calcium gets drawn from the bones to neutralize the blood. Drinking cow's milk may weaken bones rather than strengthening them.

Kidney stones: One of the most painful conditions a human can go through, this ailment is linked to animal-based foods.

Worried about getting enough protein? Gorillas are 4-9 times stronger than humans. How about oxen and other strong plant-eating animals?

Campbell discusses the concept of whole. The body knows what to do with the countless number of plant nutrients. One cannot gain health simply by taking individual nutrient pills or individual vitamins.

My Personal Experience

I suffered with frequent periodic classic visual migraines most of my adult life. After going WFPB 11 years ago, the frequency, duration, and severity of the headaches reduced over a few months. I have had no episodes for over 10 years.

Some celebrities who are WFPB include Eric Adams, Bill Clinton, Martina Navratilova, Carl Lewis, and Edwin Moses.

My Opinions About Vision

Only one disease exists - cellular malfunction. There is indisputable evidence that a WFPB life creates health across the board. If we agree that the structure of the eye changes as a result of visual stress at near, might a WFPB life counteract these changes? In other words, might healthier ocular tissues better resist these stressors? Might a healthier person also be more resistant to maladaptations such as binocular vision dysfunctions? Might a WFPB life help reverse binocular dysfunctions in conjunction with VT?

What to Eat?

Eat a variety of vegetables, fruits, grains, nuts, and beans. Avoid eating anything that had a face. Just eat plants as close to their natural state as possible. Any plant-based food that is sold in a legitimate grocery store is safe.

Conclusion

1. Campbell said that “People who ate the most animal based food got the most chronic disease; people who ate the most plant based food were the healthiest.”
2. Pesticides in your food are not the main cause of cancer.
3. A WFPB diet stops disease promoting gene expression. Having a bad gene is like carrying a loaded gun. The loaded gun is harmless unless someone pulls the trigger. A WFPB diet prevents the gun from firing.
4. Intake of any one nutrient such as omega-3 will not necessarily result in long term health
5. Vitamin supplements alone do not protect against disease.
6. The protein from animal sources is the problem, not the solution. The protein from plant sources is the solution.

Much like VT, the WFPB diet is a well kept secret even though the research for VT and for general health has been done. How animal protein promotes disease is unknown. But it's known that it does. How cigarette smoking promotes cancer is unknown. But it's known that it does. Clinical observation counts. We don't need double-blind studies for everything. We know parachutes work for skydiving; that's known by observation only. Based on tons of research done over decades by various researchers and medical doctors, science knows the true cause of many of our aches and pains, cancers, diabetes, blindness: animal protein. On the other hand, a WFPB diet makes the body a self-healing machine. You and your family have the ability to prevent most diseases. In fact, you have the ability to reverse diseases most of the time. Now you don't have to worry if a disease runs in your family. Caldwell Esselstyn, MD said in an interview with Wolf Blitzer on CNN, "The body heals itself."

"All truth passes through three stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident." -Arthur Schopenhauer

