



A Message from Chris Knobbe, MD, Ophthalmologist & Associate Clinical Professor of Ophthalmology at the University of Texas Southwestern Medical Center, in Dallas, Texas...

Ladies and Gentlemen,

Every single textbook and scientific study to date makes some various assertion that “the etiology of macular degeneration is unknown.” Etiology just means “cause.” If we don’t know what causes macular degeneration, we certainly can’t prevent it. Nor do we have any logical means to treat the condition. Hence, the inexorable progression of the disease for those already afflicted. Why? Because the foods being consumed that initiated the disease, in most cases, continue to be consumed. And those foods have been available now for more than a century.

In the 19 th century, macular degeneration was extraordinarily rare and remained so up until about 1930. If this condition is really “age- related,” or a “genetic disease,” why was it rare just 85 years ago? In this book, you will see why! And you will clearly understand exactly when, how, and why the nutrient-deficient, processed, man-made, toxic and dangerous foods, caused AMD in the first place. With the knowledge that you will gain, you will then clearly and simply understand how to avoid those foods, while consuming the critically important “sacred foods” that are so vital to overall health and the prevention of disease.

I believe the days, months, years, and decades of not knowing the cause of macular degeneration are behind us. After developing a hypothesis for AMD, we thoroughly investigated that hypothesis, by collecting nutrition data in 25 different nations, dating back to 1961 in all cases and much further in the U.S. and UK. The data confirms that the hypothesis is strongly supported. In short, we have answers for the cause of AMD. And as such, we now know not only how to prevent AMD, but

how to treat the condition for those who already have existing disease in the form of dry AMD.

Now, if you’re a naturally born skeptic like I am, I invite you to do your own research, even to investigate every scientific study and reference in this book, and draw your own conclusions. I’ve referenced every single scientific fact, statement, and study right in the book – exactly where each detail is presented. In fact, there are more than 1300 references, and you can read each one for validation.



I invite you to read the entire book, particularly all of the food consumption data extracted primarily from the Food and Agricultural Organization of the United Nations (FAO), dating back to 1961 in most every country and even as far back as the 19 th century for the U.S. Then, you can critically assess that data that we’ve compiled and correlated to macular degeneration prevalence in 25 nations. At that point, see if you don’t arrive at the exact same logical conclusions that I did. I believe you will be astonished.



But, like all great change in history, in medicine, or in life, one must begin with a question or an idea – a hypothesis, if you will. The Wright brothers asked themselves if it was possible that man could fly. Thomas Edison asked himself if it would be possible to harness electricity to create an incandescent light bulb.

In the field of ophthalmology, there have been quite a number of tough questions and revolutionary hypotheses, which have led to amazing inventions and life-altering treatments.

In 1946, Sir Harold Ridley of London removed a cataract while a student observed. Afterward, the student asked Dr. Ridley, “You took out the cataract, but you did not replace it with anything. Why not?” Ridley explained that there was no such implantable lens to take the place of the natural lens. But, it made him ask himself if that might be possible – and that later led to his development of an intraocular lens implant. Intraocular lens implants, or IOLs, would become standard of care more than 30 years later.

In the case of age-related macular degeneration (AMD), I only developed the hypothesis for its cause after extensive study in the field of nutrition. In fact, it was late 2013 when I had finally understood that numerous “Westernized diseases,” that is, diseases such as heart disease, stroke, high blood pressure, diabetes, obesity, cancer, osteoarthritis, tooth decay (cavities and abscesses), and numerous autoimmune diseases, all follow the consumption of nutrient-deficient, processed, Westernized foods.

Once I understood this concept, which I will reveal in much greater detail in the book, I simply asked myself the following questions: “Could macular degeneration be another of these Westernized diseases? Could AMD be entirely secondary to diet and, therefore, be completely preventable? Early stages possibly reversible?”

In the field of medicine, biology, or nutrition, any hypothesis should have biological plausibility. If it does, then that hypothesis may be tested in order to determine validity. And that is exactly what my fellow researcher, Marija Stojanoska, and I did. The results of those studies in 25 nations are presented in this book

– and those results are staggering. More importantly, they support the hypothesis that I developed, in every single instance. As such, I feel 99.9% certain that this hypothesis has validity in every respect. In fact, this is about as close as we can get to mathematical certainty. Therefore, I have not the slightest hesitation in recommending ancestral dietary strategy to you and to my family, not only in order to prevent and/or treat AMD, but to treat virtually all Westernized disease.

This, of course, is just a thumbnail sketch of what I’ll review for you in great detail in *Cure AMD – Ancestral*



Dietary Strategy to Prevent & Reverse Macular Degeneration.

PLEASE NOTE: Ancestral dietary strategy will not and cannot recover vision that has already been lost to AMD. Dietary strategy can help reverse early disease, but not vision loss, and there is a difference.

When the retinal pigment epithelial cells and photoreceptors, i.e., the “retinal cells,” atrophy or die, they don’t regenerate. Like the brain and central nervous system (CNS), we don’t get new cells that replace the ones that have undergone cell death for any reason. Hence, the great importance of altering the nutritional state as early as possible, preferably, long before one has ever lost any vision to AMD. As the old saying goes, “The best time to start is ten years ago – and the second best time to start is today.” That said, when it comes to our health, the best time to start is at birth. But, better to begin today – than never!



That's exactly where Cure AMD, Ancestral Dietary Strategy to Prevent & Reverse Macular Degeneration comes in. Rest assured, after reading this book, you will know more about nutrition than most any physician, nutritionist, healthcare provider, or friend that you know. This is a comprehensive approach. It has to be. The eyes don't live in a vacuum. In fact, the eyes require more important nutrients per weight and volume of tissue than probably any other organ or tissue in the body – and the eyes may be more susceptible to lack of nutrients and perhaps toxic foods than any other organs or tissues.

So, get ready for an in-depth review and, hopefully, an amazing journey to begin your nutritional recovery. This will not only set you on a path to help prevent vision loss but on a path to result in your best health ever.

To begin, just click the link below, download the e-book or a physical book if you would rather hold the book in your hands – and let the learning begin! Personally, for most people, I would recommend the full-color, physical book. It has the easiest to read graphs and, as such, I believe it makes the whole book a little more understandable. Keep in mind, this is not only an investment in potentially saving your vision, but an investment in your overall health. Information is the single most valuable commodity there is – and you should review and refer to the concepts in this book regularly, until they become second nature.

My promise to you is that our research and the research reviewed in this book – combined with logically derived conclusions – will set you on a path that will provide the best possible chance to not only prevent progression of your AMD (if you already have this disease), but to benefit your overall health as well. It's the very plan that my family and I now follow, and the same one that I firmly believe is the best plan for virtually every person on the planet. I can guarantee to you that your health will improve and that you will be following the best possible dietary plan for your eyes and your vision. And I make that guarantee without the slightest hesitation or reservation.

If you have a parent or a sibling with macular degeneration (AMD), you likely have a higher chance of devel-

oping this condition. But, with proper diet, your chances of developing AMD literally drop to zero! This is not an exaggeration. The historical reviews and the studies in multiple populations will bear this out – and you will get every detail in this book.

The actor, Jim Carrey, once said, “The effect you have on other people is the most valuable currency there is.” I hope that the effect that I have on you translates to incredible value, and that you will be richly blessed and rewarded with better health, stable and excellent vision for life, and benefits that you and I never even expected. In my experience, this happens commonly for those who truly follow the plan.

Come learn why I have suggested to the scientific community and to you as well, that we change the name of age-related macular degeneration (AMD) to Diet-related Macular Degeneration (DMD), because that's what it is.

Buy Book
Now

Sincerely and Respectfully,
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