

What causes blindness? Often low oxygen areas in eye cause sight loss.

As we age the levels of dietary hydrochloric acid is reduced leaving us the digestive stresses. Using anti-acids makes the problem many times worse. The use of antacids makes us malnourished. We lose health due to the blocking of amino acids, enzymes and nutrients. Many auto immune related diseases are the end result of a long term problem.

Refined foods are the bad guys. "Dead foods" Often full of allergy causing components, and toxins.