

Eye Health: Non-Medical Treatment – REF

Steven Bruce

ecological medicine is open to all medical practitioners of any persuasion.

Sarah Myhill

Well, anybody can join the bfc. But to be the secretary, you've got to be a particular full but there's an awful lot of hard work completely unpaid and completely unsafe to organise meetings.

Steven Bruce

So obviously a person chiropractors could become members of the society just as conventional doctors can.

Sarah Myhill

Absolutely. And you know, just like naturopathic medicine, we are asking the question, why we're trying to work out the root causes of illness. And that should be the basis of all medicine. And in fact, you are chiropractors and physiotherapists and osteopaths, and the you are the engineers, and engineers are very logical, you know, they're asking the question, why does that person have that particular pain, disability, inflammation, and then you look for the root causes, and you will, and that makes you much better doctors than most of the people in this country who call themselves doctors,

Steven Bruce

which is, of course, a slightly controversial approach that you have, which has led to I trailed you in my in the email this morning from the Academy as the most complained about Doctor in the British Medical register. I know you're not on the register now. But I think you have 30 complaints, none of which were stood stood up in.

Sarah Myhill

The current score is my Hill 38, the General Medical Council nil. So good records so far.

Steven Bruce

But of course, significantly, most of the complaints, if not all of them against you were from your fellow medical practitioners, weren't they? Which is, you know, those are tough complaints to answer. And I speak as somebody who's had to answer one myself from a fellow osteopath.

Sarah Myhill

There's never been a patient complaint. In fact, one of my techniques, when in my defence was to do a freedom Information Act search of the GMC records. And there's a very telling comment from one of the GMCs advisors, Mr. Tom Karch who said, The problem with the Myhill cases is that all the patients are better and none of them will complain about her.

Steven Bruce

You know, if you'd had one patient who hadn't gotten better and had complained, that would be nothing by comparison to the statistics of any other doctor, because you can't avoid it linear. But I suspect that that would have been evidence against you. And I think actually, while we're, while we're introducing you, and we ought also to introduce Nancy, who's now sitting behind you on the back of the chair.

Sarah Myhill

This is my best friend, we do everything together, she looks after me and I look after her, like waters or have left home, I have to, I have need something to pull my loving to. And that's my best friend.

Steven Bruce

She was very active participant in the last shows as well. So we look forward to her contribution this evening. So we're gonna talk about ophthalmology about non medical treatment of eyes. So this could be a bit controversial, I imagine as well. So how long have you been pursuing this line?

Sarah Myhill

Oh, well, of course, what makes one really interested in conditions is when the pathology happens to you or your family or your best friend. And, you know, eyes, you don't realise how precious eyes are, until you, you know, suddenly you can't see as clearly as you should. And from an evolutionary perspective, if you lost your eyesight, you will taste you just could not survive. So your eyes are extremely precious, and aged about 14 mid 40s. You know, I can I was struggling to look at, look at foreign bodies, because if you've got somebody comes to you, with a foreign body in their eye, obviously, you have to have very good eyesight to look at that. And that was the first thing I suddenly realised Oh, you know, I'm not seeing as well as I could. And then of course, there's reading. And same thing Oh, I can't see the tick. And you go along, you have your eyes tested, or you pick up a pair of glasses. Oh, that's much easier. Now I can see more clearly now. But to do that, is the start of the rot. Because spectacle glasses make your eyes lazy. They stop them working hard in order to focus. And we are told by every no you must make glasses or you must see things clearly over bla bla bla bla, but And yes, obviously. I did this presentation this a while ago and somebody said, Oh, what about driving? Well, obviously you know, you don't. You don't change whilst you're driving. Yet. Of course you want the best eyesight that you can muster. But you can improve your eyesight by exercises by working your eyes by taking vitamin C by doing a paleo ketogenic diet by not wearing glasses. And all this was has been very well established. There was a wonderful ophthalmologist who improved people's visions using eye exercises. It's well documented. Yes, it's hard work. But not only do you improve your your visual ability, you also prevent major pathology of the eye. And the three common causes for blindness these days are cataract at macular degeneration and glaucoma, and all of those three pathologies can be changed by putting action in place. Now.

Steven Bruce

That's interesting, because you know, the standard, as you've said, the sort of standard doctrine, dogma about eyesight is that roundabout, your mid 40s, your eyesight will start to deteriorate, deteriorate, you become more long sighted. And I can speak as somebody who I think ran about 40, I had to get glasses, I was still serving in the military, I couldn't read I needed to be able to read. But when you look this up, it's not just about the muscles not working isn't it's about the hardening of the lens. And now how do you change that with exercise?

Sarah Myhill

It's the whole thing. So let's start with just the business of being a focusing light on the retina. Now, we are taught at medical school that the only thing which does that is the lens. And when you look at things and the distance the lens flattens, and when you look at things nearer to it, it becomes more fixed. But it's not just that that does it. All the muscles of the eye are involved. So the eyeball itself changes shape. So when you're looking at something in the distance, and I'm very lucky, I live in my conservatory. So I can see a horizon. When I look at things in the distance, then the eyeball will shorten and fatten. As the lens itself flattens it becomes spherical. And, and that's because the light is coming in almost parallel, and it doesn't have to be bent too far to write to land on the retina. By contrast, if I'm looking at something nearer to, then the light is much more divergent, the lens becomes fatter, and the whole of the eye elongated, it becomes egg shaped. And again, that's because it's it was a little bit more room for those very divergent light rays like to then focus on the retina itself. So it's not just the lens that's changing shape, the whole eyeball is changing shape, too. And for that to happen, it needs to be very flexible in the connective tissue needs to be good quality, and it needs to be soft. Now one of the problems with modern Western diets, as we discussed before, is they are very high in sugars and carbohydrates. And sugar is markedly pro inflammatory, and sugar and carbohydrates stiffen the tissues, you lose the elasticity of the tissues. So the first thing we have to do is a paleo ketogenic diet in order to stop that or slow that process from happening. The second thing we have to do to keep the tissues soft and elastic and pliable, is take a good dose of vitamin C. Now, us humans are particularly susceptible to eye problems, because we can't make our own vitamin C. So the reason that you know in dogs, for example, don't develop diseases of the eye like we do that are very tiny. And that's why is because they can make they can make their own vitamin C and dogs. Like that. They can synthesise their own vitamin C, up to 15,000 milligrammes a day if necessary, in response to need such as an infection, goats the same. All mammals, except humans, fruit bats, and guinea pigs can synthesise their own vitamin C. And so what that means is that humans unless they are taking good dose of vitamin C, are in a state of chronic mild vitamin C deficiency. Okay, they've been MFI coming to see maybe stopping getting scurvy, which is, you know, obvious growth, deficiency, but not enough for optimal eye function and connective tissue. So, let me see softens the tissue. And then we have to exercise our eyes and make them work. And we do that by not wearing glasses, making ourselves focus on things. And for things that close nearby if necessary, get some very get very bright light, and that helps the eye to focus because that constricts the pupil, and again, helps exercise all the muscles of the eye. So of course, people don't come to me with eye problems until they're already wearing glasses. And typically, it's for short sightedness. So you don't just cast away your glasses and start doing the exercises. You start by making using glasses slightly weaker. So look at your reading glasses, and it will tell you how many diopters of magnification is there and it might be plus two it might be plus three or plus two and a half whatever. And you take your juices out of a pair of glasses that are slightly too weak half a diopter too weak for perfect easy efforts especially and then you exercise your eyes. So here am I sitting at the computer looking at the computer which is something near to I can see an imperfect focus every time I look at something in the distance and and keep

looking at it until it comes into focus because it takes you know fractions of a second for the eyeball and for the lens to change shape. It's not instantaneous. And if you can't see then do that squeeze your eyes. And we all know that that you know often improves vision. Why? Because it massages the eyeball in the right shape, and also puts a smooth layer of tears over our eyes because that's also involved in the focusing process. So no work at it. And what you will find within after a few weeks is that you can see absolutely fine with half a doubt two weeks, and then you go half a day up to two week again. And you keep at it until your eyes become perfect. And you don't need glasses. Because for reading, you don't need glasses for distance vision, and you're eating obviously a paleo ketogenic diet, and you are taking vitamin C, at least five grammes a day, possibly more. So. So that's how we actually do it. And there's another reason to do it. It's not just about vanities, not just about what I don't have to wear glasses anymore. Having these three interventions protect our eyes from going blind. And the three big assailant if ologies are cataract, macular degeneration and glaucoma, but other benefits as well. So let's see what let's think about what happens when we start to use glasses, the eyes get stuck in the wrong shape, they get stuck in an egg shape. So the eyes should all think tween egg shaped when it's looking at things close to and, and spherical, it's looking at things at a distance. And if you get stuck in that shape, then the linings of the eye don't quite match or there's a there's a tension there. That's let's say that, and if the vitreous lair starts to pull off, then we get floaters in the eye and evidence right damaged within. If the retina gets doesn't quite fit, it gets pulled off, and we risk retinal detachment. So there's the obvious early symptoms of the eye shape not being correct. Another problem that happens then is that the retina is supplied by blood vessels from the back of the eye, those blood vessels are stretched, because there's a tension there. And that is the, the programme or to macular degeneration. Again, if the eyeball becomes a say, egg shaped rather than spherical, the angle between the lens and the anterior chamber is compressed. And that's the pathological lesion that results in glaucoma. And then, of course, the back of the eye is doing a huge amount of work, the business of accepting a photon, converting that photon into an electrical signal that the brain can read is enormously demanding of energy. So just to put that in perspective, you know, at rest, although the brain weighs just 2% of body weight, it consumes 20% Of all the energy generating the body, the retina of the eye, uses energy 10 times faster than other brain, it's massively demanding of energy. So there's an awful lot of oxygen that's required to supply the retina in order that it can do its job. But the oxygen of course, is is very damaging to the lens. And that is the relatively low oxygen environment. So there's an oxygen gradient across the lead across the eye. And if you upset that oxygen gradient, by leaving the eye in a permanent egg shape, then that is a risk factor for Mac for cataracts. So as we can see, the three major pathologies, the three things that can result in blindness are all driven by sugar, high carbohydrate diets. And of course, we all know diabetics get tend to get retinopathy is by looking insufficient vitamin C, and by our eyes being lazy, and what makes our eyes lazy are spectacles and glasses. And the point here is it's never too late to start. All whatever state of vision we are in we find ourselves in, it can be improved by attention to these details.

Steven Bruce

So I got some questions for you far away. I got a feeling that there are some people watching this award he started on the bank holiday gins and tonics because these are not entirely serious remarks that are coming in and from some of them, somebody says when squeezing in our eyes give us wrinkles or we'll ignore that when you won't be able to see them unless you work your eyes to work your eyes hard enough anyway. mischief maker is what this system gives them funny names sometimes. The problem is as you get older, it's a matter of your arms you can't read because your arms get shorter so you need to get a more powerful dog to stretch your arms. And Christiane has said to give you a laugh, Sarah, she

she herself has glaucoma, which has now stabilised in inverted commas after four years. She has been taking oodles of supplements including Karnas in lutein Lion's Mane blah, blah, blah. The ophthalmologist at the last meeting told her that she didn't need to take supplements just have plenty of fruit and veg, completely the opposite of what you've just said. Of course,

Sarah Myhill

we call doctors who say that sort of thing. We call them nutritional Flat Earthers are people who still think the earth is flat? So

Steven Bruce

in that sense, isn't there a possibility of possibility that they would call you a paleo fundamentalist? Because, you know, and I'm not dismissing your arguments at all, but very often your answer to the problem is the Paleo keto diet.

Sarah Myhill

Well, but I'm very happy to be called the Paleo ketogenic and fun fundamentalists, but what I have on my side is hundreds of 1000s of years of evolution, and that cannot be wrong. And humans evolved over hundreds 1000s, maybe millions of years eating a paleo ketogenic diet. Western diets today are so different from paleo ketogenic diets. Yeah, it's it's, it's almost it's apples and oranges. They are two completely different things. The Paleo ketogenic diet can be perfectly delicious, and perfectly satisfying. And guess what, I'm no paragon of virtue. And tomorrow evening, when we have a bonfire to celebrate the pleasure of, yeah, I should probably have a couple of pints of cider and eat the wrong things and behave badly. And that's fine. We have a metabolism that can cope with that. But it's relentless sugars, carbohydrates, three meals a day plus snacks for decades, that drives so much of western pathology, you know, heart disease, cancer and dementia, dementia is now being called type three diabetes. And it's also driving eye disease. You know, we are seeing epidemics of I pathology, so much so that it's almost become an inevitable part of ageing. Oh, wait, we need to Kazakhstan Oh, you will be blind before you get to 100? I don't think so. I want to stay. I want to relive the right age. But I want all my facilities be to be intact, so that I can enjoy my life

Steven Bruce

too. So you said earlier on, I think that your eyes started to regenerate at 45. Do you not wear any form of a correction? No.

Sarah Myhill

No, I don't. I don't even think about it. When it gets dark. I might need a bright light to really see for very fine writing. Yes, I will get I'll need a magnifying glass or I put on my old glasses and see something that's very, very fine. But I don't use them routinely. And if I can't see, then I work at it. I just needed scrum as well. It's a bit Look, look, look. And then it all gradually comes into focus. I don't don't rush to grab the glass at the first bit of fuzziness.

Steven Bruce

I'm a victim of the vanity you talked about earlier on. I wear contact lenses because you know I actually I can't bear the bar of the frames side of my eyes just can't get on with it. And I've got I was panicking recently. I'm called My optician in a panic yesterday, Monday because I haven't brought enough contact lenses to France with me to see me through until next Tuesday when I go home. And of course without them I feel I can't read now I understand from what you've just said that. I'm not going to go instantly from contact lenses

to being able to read but it's because it's more difficult to change the contact lenses. I got to get the optician to agree to do that.

Sarah Myhill

Yes, that's right. And guess what? opticians don't want that. I mean, if you're pointing to an optician, an optician wants to sell you pairs of glasses. So he's going to be incentivized to say yes, you really do need some glasses? Oh, yes, sure. It'd be your visit. He's not going to be incentivized to avoid things. And this is a part one, the problems with doctors, many doctors are in the pay in the pockets of the drug companies. They're incentivized to prescribe. So you know,

Steven Bruce

do you think that's entirely fair? Because I wonder, yes, I'm sure that lots of doctors are incentivized by drug companies, but also a lot are presumably, their, their whole process of education is one of these are the answers. It's drugs. It's the artificial direction, and they genuinely believe this. And

Sarah Myhill

doctors are supposed to be you know, the very clever people, you know, they've chosen from the students who get three A's at a level and come Yeah, and good grades, they are supposed to be clever and intelligent. And the problem with medical education these days is it's not an education, it's a brainwashing. And there's massive input from big pharma. And a friend of mine in his daughter is a medical student. And it's all about the treatment hypertension, you know, it's drug A and then drug B, and then drug C, and then A, B and C. You know, treatment of asthma is first the blue inhaler and then the the brown inhaler and then both. There's no thought at all goes into causation. Nobody is asking, you know, why is this person diabetic? What can we do to reverse this? Why does this person have heart disease? What can we do to reverse that? It's just drugs which manage the situation Shouldn't and of course in the short term, you may get relief of symptoms, but we have symptoms for very good reasons. Symptoms is how nature tells us something's going wrong, you know, and symptoms should make us look for reasons why. And the two big drivers of pathology are poor energy delivery mechanisms, which we talked about in previous and an inflammation. And inflammation occurs when the immune system is busy. And we need to ask it and that often often presents the pain we have to ask the question, why is the immune system busy? And as I say, you guys, working with physical metal, I'm much better at looking at you know, symptoms, mechanisms, and the action to take. Doctors don't do that anymore. shamefully

Steven Bruce

playing devil's advocate, you and I both have grey hair, about I have a little bit of grey hair, you've got quite a lot of it. And we can argue that that is a symptom which is inevitable and growing old and therefore it's not an indication of ill health, so could not failing eyesight be the same sort of thing.

Sarah Myhill

Because grey hair won't make me any worse a hunter or a gardener or gather or look rough my family, but thought that a site is absolutely revenue. By the way, there is a cure for grey hair. It was invented by a Frenchman as described by Peter Woodhouse is called the guillotine.

Steven Bruce

That's what you're gonna say it was Mr. Gillette. Yeah, well, maybe I'll resort to one of those remedies for my grey hair. Carry has asked whether wearing glasses which are too weak or not at all can cause a strain, which could lead to headaches. And should we just ignore

Sarah Myhill

that? Well, we have to do it slowly. An eye strain that causes headaches is probably lactic acid burn of the muscles of the eye. And you've got to get them fit just like any athlete. So you what you do is you wear glasses or half adapts to week and work at it, obviously, but do the PK diet and vision and see, and hopefully you won't get eyestrain. If you do, then you exercise for a shorter window of time. So you wear those slightly weaker glasses for just one or two hours a day and build it up gradually until your eyes become strong.

Steven Bruce

So what period should we be doing this? I mean, you drop them by a couple of diopters. You said?

Sarah Myhill

Well, probably you're going to run about half a doctor every couple of months is a rough rule of thumb. So we do it slowly. So if you're two doctors, then you're going to be looking at about eight to 10 months of, of wearing the right glasses during the exercise to restore normal vision without the need for glasses at all.

Steven Bruce

I suppose the obvious question that people are going to ask here is, you know, this is all very well, Dr. Myhill telling us this, but where's the evidence? Where are we have we got any reliable evidence that this actually works?

Sarah Myhill

Absolutely. There's a wonderful book written by an ophthalmologist whose name won't come into my head in the 1940s. And in fact, there was a well known novelist who wrote a book about his progression to to good eyesight, and again, the name won't come into my head, but it might in the moment. So yes, there is evidence but as I keep saying, This is not a study that the ophthalmologist and the opticians wants to do because it's doing them out of a job. You just have and and this is so so much the case for so many issues. You just have to work it out for yourself and do it yourself. In fact, you're on that theme. I've just finished writing a book which will come out shortly about the underactive thyroid. Now the underactive thyroid is incredibly common. It's massively misdiagnosed, and is responsible for a whole panoply of similar

Steven Bruce

feeling other broadcasts coming on. We look

Sarah Myhill

forward to that. But I've decided to call the book The underactive thyroid, do it yourself because your doctor went and it's a little bit like that with the eyes. You know, do it yourself because your optician won't, your optician and your ophthalmologist is is drawn to prescribing spectacles because you know, that's what makes them money. I mean, who sponsored the last lot of cricket betters Specsavers. I couldn't watch a test match without Specsavers coming up? So the answer is they're making lots of money doing it.

Steven Bruce

Yeah, so and I think I've mentioned on a number of these broadcasts before possibly when you were on with one of our previous shows that I read, I think it was in one of Malcolm Kendricks books that he points out that the pharma pharmaceutical companies spend more on advertising and marketing than they do on research and development. It's all about selling more about selling than it is about development.

Sarah Myhill

And it's worse than that they often steal research from government sponsored institutions such as universities either by Well, well, well, it's not going to the wicked things that they do. But you're absolutely right. Much more goes. I mean, I remember being told as a medical student in the 1970s, that on average, Big Pharma spent 20 pounds per week, the doctor, and that was in the 1970s. Now, what does that scale up to? Now? I hate to think that'd be a lot of money.

Steven Bruce

Yeah, I mean, talking about the research before we before we started this broadcast, I did do a cursory search for what there was out there, I found one paper by I think URI polet from Tel Aviv, is a single author on a paper talking about the eyes response to training methods, most of which are about covering one eye and focusing on different patterns. And in one trial, and I have no idea of the quality of his evidence, whether it will stand up to scrutiny or not. But in one trial, they took some 20 year old students and some 70 year olds, and after a week of doing this, that 70 year olds had reached the levels of visual acuity that the 20 year olds had been at when they started the trial. And the 20 year olds have also got better, but it was quite a it's quite, it's quite an interesting phenomenon. Given you know, there is some hard research out there to support it.

Sarah Myhill

Well, absolutely. Yes. And but like, as I keep saying, people, everybody's unique, and everybody's different. To convince yourself, you just got to do it. And for me, eyesight is so precious, I'm not going to wait for the right study to come along. I'm not going to wait for somebody to prove it or otherwise, I'm going to jolly well do it. And you know, Is it painful or hard work to do it? No, not at all easy paleo keto stand up, take some extra vitamin C. And, and just slowly, slowly, slowly make read your spectacles a little bit weaker and weaker and weaker. And then use it. Now I don't particularly advocate eye exercises, because people hate them here. They hate covering it. But just keep it simple. And what that's all about is never spend any length of time just looking at one distance. Now or every so often just glance up, look into the distance, make sure that's absolutely focus, allow the height because then it's changing shape is going more spherical. And then as you come back to look nearby, it's going more egg shape again, so aren't the muscles are working. And the eye, the connective tissues of the eye are staying flexible. That's the key to it,

Steven Bruce

I guess, use on a point that I didn't use, I guess I'm not alone in the fact that I spend 90% of my life staring at a bright light two feet away.

Sarah Myhill

I spend much of my life doing that. But I'm very privileged, I see to my conservatory, I've got lovely full spectrum light coming in. And of course, that's what primitive women were doing subject to. And I have a lovely VISTA to look at. So I'm constantly looking at having a quick look around. And then back at the screen. That's very helpful.

Steven Bruce

Take you back a little bit. James has sent in a question you said could you explain what you were just saying about the Oh, two gradients a little more, please?

Sarah Myhill

Yes, the back of the oxygen is very damaging to the, to the lens because it's it's oxygen is free radicals. The back of the eye has to be very oxygen rich. And and there is there is an oxygen gradient between the back of the eye and the retina. And that is disrupted. Now, I'm ashamed of it. I don't know what the mechanism of that is. But that is the fact of the matter. So what that means is, you know too much oxygen will get to the the lens, and that has the potential to damage it. So it's all about oxygen damage. But again, what is highly protective against that, that's good vitamin C, because much damage of oxygen occurs through free radicals. Vitamin C mops up those free radicals and neutralises them.

Steven Bruce

Somebody else way back when you were talking about vitamin C to start with what was the amount and how often should we take vitamin C? Well, the bare

Sarah Myhill

minimum I reckon is about five grammes a day, that's 5000 milligrammes but our requirements for vitamin C changes enormously throughout life from day to day, and maybe from week to week as well. So if we have an upper fermenting gut, and the major cause of that is high carbohydrate diets, we overwhelm our ability to sterilise the EPA and it becomes a fermenting gut, then our need for vitamin C increased enormously in order to deal with those toxic adult fermenters. If we have an acute infection, for example, we pick up COVID-19 Or Epstein Barr Virus or influenza whatever, and need for vitamin C increases enormously. As I mentioned earlier, we know that dogs can synthesise their own vitamin C up to 15,000 milligrammes a day, we know that we've come to synthesise their own vitamin C up to 20,000 milligrammes a day, and a very useful way of determining how much bitumen we see is by how much Vitamin C we need it is by taking it to bowel tolerance. And in the event of an acute infection, you want to do that as quickly as you possibly can. Because vitamin C contact kills all microbes 90% of microbes come in through the mouth, and then those and either inhaled, stick to sticky mucus coughed up and are swallowed, or we ingest them directly. The point being is that these microbes end up in the in the stomach in the gut. Now, the stomach should be acid ball, and acid contact kills all microbes, it's some major defence against all infections. And if that stomach is also full of vitamin C, then that will further help to kill any microbes that get in there. And when we have with us infection, and even visually see, it increases hugely. So the key is with any key infection to take between the seat about colons and what I advocate in the event of any respiratory infection, whatever that may be. So a little bit of a snuffle, that itchy feeling you get in the organ, a cold coming a sneeze, runny nose, that take I advocate 10 grammes every hour, every hour, you take 10 grammes until you get diarrhoea. Now that in the acute situation that will abolish symptoms of that infection, whatever it may be, for two reasons. A, you physically wash out those microbes in the gut by having diarrhoea and be you saturate with different needs. So you kill them and you massively reduce the loading dose. And that means that the immune system doesn't have to deal with a huge dose of COVID, or a huge dose of Epstein Barr or a huge SVN frenzy. No, it just has to deal with a small dose, which you can do fine, you can match that fine on it. There's an antibody response that builds up slowly and knocks off those remaining viruses, which then renders you immune to those infections for life. And that's how we should be treating all acute infections.

Steven Bruce

Because I think in medical terms that's described as a sort of a lot of via vitamin C, isn't it?

Sarah Myhill

It's relative, I mean, Vitamin C is much safer than sugar. And yet people are perfectly content to have, you know, 50 or 100 grammes of sugar at one sitting. But Vitamin C is extremely pointless. That dose is only relative to what we consider to be the norm, and the medical profession considers the normal dose of vitamin C to be 30. milligrammes Well, that might prevent scurvy. But vitamin C, that though is going to be a major risk factor for cancer for heart disease, or dementia, for the eye for eye disease. So, you know, what we consider as normal is, it's different for naturopathic doctors, as it is for you know, for other doctors, and again, who educates the doctors, Big Pharma, what the big pharma want sick patients, you know, remember their mantra, a patient cured is a customer lost. We're not going to see doctors advocating, you know, respectability or sufficiency or indeed doses of any vitamin C, any other vitamins or minerals, and we call them nutritional Flat Earthers. You know, they will turn around and tell you, Oh, you can get all you need from a healthy diet, rubbish.

Steven Bruce

Interesting stuff, though. I mean, I Yes, I'm staggered by the amount of vitamin C, you've just mentioned that. But I'm also I think back to things I have read in the literature about this where there will be people saying, well, we don't know what the adverse effects of vitamin C in high doses might be. But if you're getting diarrhoea, then clearly it has an adverse effect. And of course, that's it. So it's a very convenient excuse, isn't it to say, well, I stopped taking a vitamin C

Sarah Myhill

clot there. diarrhoea is not an adverse effect. It's an inevitable result of taking too much vitamin C and as I say, in the event of an acute infection, you are reducing the gut infectious load of that microbe which does a big favour in the chronic situation, then I don't expect people take vitamin C to bowel cancer. If I have somebody who has some sort of chronic disease, whatever that is cancer, heart disease, dementia, chronic fatigue or whatever, I recommend they build up their dose of vitamin C slowly. Some people are very sensitive and can only tolerate 500 milligrammes, but that's rare. Most people can tolerate five grammes absolutely fine. And I recommend they gradually increase their dose of intimacy until they start to get guts, which might be rumbling in the tummy. It might be a loose a loose bowel motion, it might be a foul smelling wind. But when they get that simpler, then they draw the dose back. And when you're on the correct dose of vitamin C, you should have no bowel symptoms whatsoever. You shouldn't know you're taking it at all. So it's different from the acute and the chronic situation as to how you've, you get to your optimal dose of vitamin C.

Steven Bruce

Thank you right now. I will drag you into some different areas, if I may, because of a number of questions. Bernie says, What about a astigmatism?

Sarah Myhill

Well, that's slightly different. That's a, that's when the, the eyes and don't work in parallel. Now I have no experience of working with that. But now, my, my guess my guess is that exercises would do no harm. And it seems as if one isn't lined up, then it can naturally become lazy, then you may well need surgery in order to start to line the AI up. So it's almost there, but then use it. And then the brain was suddenly say, Oh, we can see through both

eyes. And we'll start to use the eyes in parallel together. So, again, as things it's, if it's caught early enough, then my guess is that the the exercise that I'm suggesting, and the intervention I'm suggesting, would fix it. But only all too often it's diagnosed late, and there's a lazy eye and and then yeah, you may need surgical correction to get somewhere in there.

Steven Bruce

You mentioned that the brain will say I can see through both eyes. One of the major findings of that study that I mentioned, I believe, if I remember it correctly was that a lot of the changes which are occurring are within the brain, not simply mechanical with around and within the eye. So moving on, what about blepharitis

Sarah Myhill

blepharitis is fungal infection of the base of the eyelash, and that cuts should be easily treated. Now the best treatment for blepharitis is ideen. But I didn't sting the eye. So don't use Lugo's ID, but better Diem, which is probably an ID should work very well. So before I say fungal infection, so put the idea on adlib on the eye. But then we have to ask the question, why does that person have a fungal infection? And most and again, if you have somebody who's otherwise fairly well suddenly develops a fungal infection. You know, most doctors think they've probably got diabetes, sugar feeds fungal infections. And so what we have to do is Yes, get rid of it with poverty and ideen. But secondly, stop feeding it again. What's that all about? What all the stuff we've been talking about, it's back to the Paleo ketogenic diet, isn't it? Which is low carbohydrate, low sugar. So that's blepharitis.

Steven Bruce

I'll tell you what, I suspect that in the audience, we will have a lot of sceptics about the Keto or Paleo approach to eating and of course, that's that's healthy and natural. We should have sceptics and we want them. But one of the things that struck me with the talk I did with Gary talks on the subject purely of the keto diet was well, it's not going to kill you if you try it for a few weeks, and you will almost invariably see the benefits after three weeks or four weeks of doing a keto diet, or a paleo. You should

Sarah Myhill

see the benefits but some people don't. And I warn this, warn people about this routinely. Because when you start to do a paleo ketogenic diet, you are massively changing the body in many ways, and you can get reactions when I called D D D reactions, diet, detox and die off reactions. So the first things pertained to the diet itself. sugars and carbohydrates are extremely addictive. And as with any addiction, when you give it up, you get withdrawal symptoms, and that's called keto flu. So almost everybody gets that that's very common. That should pass after a week or two weeks, if it doesn't pass within a week or two weeks, that often points to the underactive thyroid, because in order to fat burn, and when we're in ketosis, we're in fat burning mode. We need thyroid hormones. If you haven't got the thyroid hormones, the fat burn, then the body will fat burn with adrenaline instead. And that gives you that horrible feeling of being wired but tied in you can't sleep because you're full of adrenaline. It feels like you've got low blood sugar, but of course a symptom of low blood sugar due to adrenaline rather than than low blood sugar. And so the key takeaway is the Keto flu persists think underactive thyroid, and then you can get detox reactions because as soon as you start to run on fat, you mobilise your own fat stores, and we dump toxins in our fat stores. Those toxins are pesticides, volatile organic compounds and the like. And if you mobilise those fat stores, you can get an acute poisoning, and that people often say, and I feel poisoned. And then the third problem that can arise, of course is you know, as we've already discussed, sugar feeds infections. It feeds fermenting microbes in the gut. It feeds

fungal infections on the skins, it will feed any systemic bacterial infection like bronchiectasis, chronic sinusitis, you know, whatever. And if you stop feeding, there's microbes with sugar, then they will die or they will reduce their numbers. And as they die, they break up and you get allergic reactions to the dead microbes and That's called a Herxheimer reaction. So it can be a bumpy ride. And the more severely ill somebody is, the more likely they are to have a bumpy ride. But if you're otherwise functioning fairly well, then as you say, you should see the benefits of a paleo ketogenic diet within a few weeks. And once you perceive those benefits, and once you realise how well you can feel, you will not want to go back to your wicked ways, just because of carbohydrates. The fact of the matter is everybody does. Everybody does the Paleo ketogenic diet, they feel better. They forget how awful they felt, they go to a party, whatever, they started eating sugars and carbs, they get addicted and the whole thing goes downhill again. So

Steven Bruce

I'm one for the better part of a year and then dropped off the waggon for a little while, and I still haven't got back on it. And it has made a massive difference.

Sarah Myhill

Welcome to the human race. We're all addicts, you know, I think humans are characterised by their addictive tendencies. And if we can get something that gives us such a short term fix, we will do it and we will not the addictions are caffeine, alcohol, smoking, you know, it's not rocket science.

Steven Bruce

Let me get back to the questions that have come in from some of the people were cautious creation is the name given to this particular person. I've no idea who you are gorgeous creation. So I'm going to call you They. They have asked, Have you any thoughts on patients with Mears Arlen Erland syndrome, which is otherwise known as visual stress scotopic sensitivity syndrome? I have never heard of that myself. Apparently, they have this syndrome and they rely on tinted glasses to read easily. Would you advise patients with this syndrome to stop using the glasses?

Sarah Myhill

Well, no, you've if the tinted glasses help that fine, that's absolutely perfect. But the tinted glass won't have any effect on the rays coming in. It's not changing the the angle of the light that's coming in. So if you find the tinted glasses helpful, please use them but do everything else that I'm suggesting the paler you can see red and exercise the eyes as they were looking for this and see things clearly. And then look at all the constantly going from terrible shape that you're keeping your eye moving all the time.

Steven Bruce

Well, getting back to exercises and only treatment and so on two people have now asked about laser treatment. Lawrence has simply said what's your opinion on laser treatment? Vlad has been a bit more complicated and said, What about people who've had laser corrective surgery? Also, can you comment on how to work with the meibomian gland dysfunction? The person also has a yes because it's in. Okay,

Sarah Myhill

well, laser laser correction is a little bit like wearing contact lenses, you know, but it's permanent. So it's never too late to start. And I can understand you know why people have laser but it's not it shouldn't be necessary. If you couldn't know about this stuff early on, and

do it early on. You should obviate the need for laser surgery. Just in the same way that obviate the need for wearing spectacles and glasses. ankylosing spondylitis. Now that's fascinating. When I was at the Middlesex Hospital in 1970s, you professor of rheumatology, there was Dr. Alan e Bringer. And he demonstrated then in the 1970s that Ankylosing Spondylitis is a case of molecular mimicry. This is going to become a big issue in the future because we now know this underpins much of autoimmunity. But the idea here is that people who are hurt who have Ankylosing Spondylitis have a particular tissue type, which is called HLA D 27. Positive. If they get the wrong microbe in the gut, ie Klebsiella, then the body makes antibodies against that Klebsiella which then cross react with the ligaments in the spinal in the spine. And there's inflammation there, you get inflammation and calcification hardening. And Allen II bring it in the 1970s was treating patients with low carbohydrate diets, ketogenic diets, because that starved out the microbiome, the gut the claims, and it improved their back pain. And of course, on top of that daily exercise is essential. Stop the back stiffening up and ankylosing up and going solid. So it's the same principle. And we now know that rheumatoid arthritis is a similar pathology, probably driven by Proteus Mirabilis, a microbe in the gut. And my guess is that many cases of autoimmunity are driven by the gut flora, we have an abnormal microbiome, that microbiome is abnormal because our diets are evolutionary incorrect, and that the wrong microbes are flourishing in there. And and that is driving autoimmunity. In fact, I listened to a fascinating podcast recently by a number Our conductor called Dr. Craig Shiki, suka, who pointed out that this is probably the mechanism of much brain pathology. And the classic example of course, is pandas, which some of you may have heard of, but pandas is an autoimmune condition in children and characterised by neurodegenerative conditions and often very obsessive compulsive disorder. And that's driven by streptococcus caucus, a infection, and it's a case of molecular mimicry be that patient or that person has had that infection and hasn't dealt with it adequately, maybe got to MIT got too many antibodies against a strip of protein on that streptococcus, which then gets into the brain and cross reactive brain proteins to drive inflammation in the brain. And this mechanism of molecular mimicry, I think, is going to be increasingly discovered I recognise as being a major driver of autoimmunity and inflammatory pathologies, like ankylosing spondylitis, like pandas, maybe like dementia. So

Steven Bruce

while you were saying that I was just thinking to myself, This is extraordinary that I don't know if you're the only person talking about this, but I certainly don't hear it for many conventional circles that maybe this is a route we should be taking to look at ankylosing spondylitis, or other autoimmune diseases.

Sarah Myhill

Of course, of course, let's look at the gut microbiome. And there are, we have two major tools that we can use, which we know are very powerful, that treat a whole range of pathology. First of all, we have to restore normal gut function I and for most people eating a Western DAF is full of sugars and carbohydrates, they have an upper fermenting gut. Now the upper guide, of course, should be a steroidal acidic, digesting gut to allow us to deal with meat and fat and protein. But if we overwhelm that we have an upper fermenting gut, then we come up with all sorts of microbes that shouldn't be there like yeast like strep a cockeyed like that like Klebsiella like Citrobacter, through the eye microbes that should not be there. And of course, there's potential we know they get into the bloodstream, and then the same can drive inflammation, existing sites. So the first thing we have to do is sort out the upper gut. And we do that by starting out with the Paleo ketogenic diet. Don't get me wrong, the hydrates go into ketosis, and then we kill with vitamin C to bowel tolerance. Another very useful tool is take ideen last thing at night. So I use Lugo's rd 53 drops last thing at night and

a small glass of water. Again, I do like vitamin C contact kills or microbes, and that helps you pair up a gun. And that leaves us so that's the first big technique sought out the upper fermenting. And then we have another fascinating technique to sort out the load. Now the microbiome should be present just in the large bowel. And we should have hundreds of grammes, if not kilogrammes, of microbes fermenting in the large bowel. And they have all sorts of very important functions. They ferment fibre to produce short chain fatty acids and ketone bodies, which again help the power as they educate the immune system. They put, you know, they teach the immune system to react to the right microbes, not the wrong microbes. They ferment to produce vitamins, neurotransmitters, there's an awful lot of good that goes on in the large micro, large bowel microbiome. And we don't know much about the large bowel microbiome. But what we do know is that the more diversities, the more different species there are, the healthier we are. And it's my guess, and this is his only guess at the moment it's biologically plausible, is that in the large bowel, there is a predator prey relationship, just like there isn't the whole of the rest of the natural world. And there are microbes in the large bowel that are specific for a particular food, which might be land cress, it might be cabbage, it might be cashew nuts, or whatever I eat, the more variety we can bring into our diet, the healthier is going to be our large bowel microbiome. But the trouble with western world is we are very good at messing up our large bowel microbiome with antibiotics is probably vaccinations with not sufficiently diverse diet with having a not a natural childbirth. So it says areas sections near the baby doesn't get a dose of of mom's microbiome at the point of delivery. Dr. dieted down. And there is a technique called faecal bacteria therapy, which okay major yuck factor associated with it, but actually, it's been used widely in the veterinary world for for many decades to treat a range of gut disorders, particularly in horses and the way it works in horses. If you have a horse that chronic diarrhoea, then you wash out the gut from the horse, you go down for nakki yard and when the next dead horse comes in, you take the dead, it might be fine with that horse and you've run it into them via nasal tube. And you really colonise about horses with healthy bacteria. But this technique has been widely used in the human world. Now in human worlds, we don't give them by mouth, you'll be relieved to hear it's it's given the per rectum and it is a proven benefit in bowel inflammation. So for example, Clostridium difficile, which kills many people, curative in about 90% of people to like after colitis can be cured by faecal bacteria therapy. Clostridium difficile, colitis colitis can be cured by faecal bacteria therapy.

Steven Bruce

The obvious question where are we getting it from in humans and we stripping it out of cadavers? cadavers as well?

Sarah Myhill

No, no, we find a healthy donor. And that's the difficult bit finding a healthy donor. But there is a centre in Melbourne in Australia run by Thomas Bardi. Now Thomas Brody and Barry Marshall discovered Helicobacter pylori, so as is this centre has credentials for thinking outside the box. And they use faecal bacteria therapy routinely for a wide range of conditions. And of course, as some of you may know, my special interest is patients with chronic fatigue syndrome. They did a study of 60 patients with chronic fatigue syndrome, where the only treatment they gave them was faecal bacteria therapy 70%. From the store worthwhile benefit from that. It's just now he didn't speculate about the possible mechanism. And of course, there are many possible mechanisms by which that might be helpful. But I just that just blew me away that study. And it just shows what a profound effect that the microbiome has on our health. And this is a very easy, simple tool that's available to anybody. And in fact, there's a gastroenterologist in America called Dr. Silverman, who produced the paper detailing how anybody can do this at home, and the details of that paper

on my website, if anybody's interested. But it's a very simple technique to use to do. And it has profound effects on our health. And it may well be and this is just speculation, at this point, it may well be the faecal bacteria therapy. And of course, sorting out the elementa gut can have a profound effect on our immune system. Now, we don't have many treatments for autoimmunity, it's one of those things that's increasingly common, it's more than one in 20 of the population now suffering from an autoimmune disease. We don't know how to switch it off. And it may be that by using these gut therapies, treating the upper fainting gut, helping sort out the microbiome can massively reduce the inflammation in the body, and thereby switch off these autoimmune diseases. So this is speculation at this stage, but it's biologically plausible. And anybody can put these techniques in place themselves at home.

Steven Bruce

Blimey, I didn't think we'd get on a route like this when we were supposed to be talking about the eyes. But yeah, I would commend your website to everybody watching the show this evening, because there's such a massive information therefore, and but let me drag you one question. First of all, you talk about taking iodine. Is iodine going to cause any damage itself?

Sarah Myhill

No, no. ideen has been maligned, just like vitamin C has been maligned. It's a fantastically useful multitasking tool. And people think, you know, as soon as I mentioned ID, they say, oh, isn't that going to make any thyrotoxicosis? Oh, isn't that going to cause autoimmunity? And the answer is no. And now what happened early on in the in the ideen journey, let's say is that some people who underactive thyroid were treated with big dose of auditing and arthritis. And very often the underactive thyroid, especially, you know, 50 or 60 years ago, young, the commonest cause the underactive thyroid, was it in deficiency. Nowadays, it's probably autoimmunity, but then it was it in deficiency. So the thyroid gland said up at last, we've got some thoughts from it went into overproduction, and there was a window of time and that could become thyrotoxic. And that is called the wolf Czajkowski effects, but it's self limiting. You know, the body is intelligent, it quickly works out Oh, we don't need all those thyroid hormones. The rate of production came back down to normal and and normality was restored. But the wolf Chai cough effect is drummed into the head of every medical student who all and all doctors therefore now think that big dose of ideas are going to be dangerous. But the fact of the matter is, the vast majority of us are profoundly deficient in iodine. And it's not just necessary for the thyroid gland. It's necessary for normal health with the breast tissue. It's necessary for skeletal muscle with Ideally in the heart you can get dysrhythmias immune system is is essential for good immunity. In fact, the immune system concentrates are deeming the mucous membranes, which is the front line of defence against any infection. So it's necessarily the gut is necessary to make oxytocin and oxytocin is the empathy is the love hormone. Oxytocin is what puck dropped onto Tanya's eyes woke up so he fell in love with bottom.

Steven Bruce

I don't think that counsellors medical research says

Sarah Myhill

it counsellors good observation is Shakespeare. Shakespeare obviously observed that mothers when they see that disgusting pink screaming noisy thing in a cot next to their in their bed after just given birth, they fall in love with it. And the reason they fall in love with it is because of oxytocin, and Shakespeare, observe that and I'm quite sure that was how he came to write Midsummer Night's Dream. Good.

Steven Bruce

Chris was asked about thyroid function. He says if someone has confirmed low thyroid function, but not low enough to be diagnosed, underactive or beyond pyroxene, what would be the best way to proceed with a paleo ketogenic diet?

Sarah Myhill

Well, that's you have the peace get paleo ketogenic diet is is a no brainer. We all have to do that. But he's, Chris is a guy who could be a lady, forgive me. The underactive thyroid is massively under diagnosed. And so many people are maltreated as a result. And that's why I've written this book, and I'm calling it thyroid, do it yourself because your doctor went. And it tells you how you can correct an underactive thyroid yourself, effectively, and most importantly, safely. Because the last thing the world we want to do is is over treat, I go into some detail in that book, it will be out in the next few weeks. So look out for it. And that will do it for you.

Steven Bruce

So let me know when it's out. And I'll tell everybody because I'm sure that a week after this, they'll they'll have forgotten but they'll still be interested. And I certainly will be I'd like to read it. So if you let me know, then I'll make sure everyone else knows about it as well. I'll send you a copy. Anyway, getting back to eyes. Andrew says Andrew, I'm pretty sure is male. Andrew says if the eye pressure test is on the high side, is there anything that can be done to improve

Sarah Myhill

that? Yes, all the things we talked about, I mean, if it's on the high side, that's the early stages of glaucoma. And Glaucoma is caused because the eyes the wrong shape, it becomes egg shaped. And therefore the anterior angle the angle between the the ciliary body and the and in the anterior chamber is narrowed, and so the the liquid of the eye can't drain out and therefore the pressure in the eye increases. So yes, all these things. Take vitamin C to bowel tolerance. Take do the Paleo ketogenic diet, wear spectacles that are weaker and weaker and use your eyes are looking for disruptive change. As I'm looking to distance now my eyes are going spherical. And as I look back at the screen, they're going to egg shape and I can now focus very quickly on what's what's nearby and what's in the distance. And and you must do the same and that will help to massage the fluid out of the eye it will improve the drainage and thereby reverse the glaucoma. In fact, there's a very interesting study done by ophthalmologists with cataract surgery. And of course when you with cataract surgery, what you do is remove that lens and you replace it with a with a plastic lens, which actually the business of doing that also opens up the anterior angle. And sometimes cataract surgery can be used to cure glaucoma. If you do have a patient who has got both those with follows and really can't see and really does need a new lens because a cataract is like boiling an egg you know, once the wife or the egg has gone white, you can't undo that. And cataract surgeries is highly effective. And if somebody has to be a Catholic, I would certainly recommend they had cataract surgery, but it also helps prevent subsequently. Okay, so just bear that in mind

Steven Bruce

when you just answered a couple of other questions because a few people have asked Can cataract be reversed. But if I recall and my source of information for this, I'm pretty sure is Qi the television programme that actually there is some weird procedure by which you can boil an egg

Sarah Myhill

well if there is such then I don't know about

Steven Bruce

recommend it for cataracts. I mean

Sarah Myhill

you're using Stephen fries your basis I'm using Shakespeare. The best

Steven Bruce

kind individual a system is calling this person asked Is it a diff From process if you're long sighted because you did talk about myopia a little while ago,

Sarah Myhill

I think it's the same thing, you know, exercise the eye, make it work. What again, I hate to see people wearing sunglasses, because, you know, we should be allowing that full spectrum light to come in our eye. And that exercise is the iris of the eye. And so our pupils become very painful. And that's how we normally cope with you know, bright light. Did primitive man wear sunshades? I don't think so I would say don't wear shades don't wear glasses and make the eyes work. And and that Longsight has a good chance of correcting

Steven Bruce

devil's advocate. Again, we don't know what sort of eye problems primitive man had as a result of not having sudden shades or whatever else. He might have been eaten by a Stegosaurus. And don't tell me he didn't live at the same time as dinosaurs. I know that.

Sarah Myhill

The point, okay, but the point is, it would have been an evolutionary disadvantage. And in natural selection, the survival of the fittest is a crucial tool. And as soon as your eyes start starts to fade, then you can't see the predators you can't hunt efficiently. You can't interact, that's going to be

Steven Bruce

but natural selection takes place at breeding age and your eyesight deteriorates much later in life. So you've already bred by the time your lights your eyes deteriorate.

Sarah Myhill

fair comment, I do see that but don't tell me that having a wise old matriarch like me at the head of the tribe isn't going to be an evolutionary advantage to that tribe.

Steven Bruce

Let's get one of the questions here at Lulu says what about people with very phone calls? Is your advice any different? I mean, she's talking I presume about reducing the power of the two.

Sarah Myhill

They're even worse they make the AI even lazier. So what, just as far as possible, don't wear glasses. But when you say as I said before putting a pair of glasses at half about two weeks and make your eyes work until things come into focus. And then go half a doctor

week again and again. And it will be a process of months that say not only will you not need to wear glasses, but you will also be protected from macular degeneration, glaucoma, detached retina, cataracts and other eye pathologies.

Steven Bruce

Thank you for that. That's actually reassuring. This is an interesting one here for some federal reasons. Dave has said, thanks so much for a great broadcast. He was told ages ago, he had a risk of macular degeneration. And that broccoli was good to eat. I'm not sure whether they're connected those two things that true or false. But if he's been watching any of our broadcasts with knee to magical, he'll know that she advocates using pretty much nothing but broccoli and green leafy vegetables. So yeah, her answer will be broccoli is great. What's yours?

Sarah Myhill

Well, my answer is, is that this is not a battle. It's a war. And it's siege warfare. And when we have a pathology, whatever that pathology may be, we throw it at every tool at our disposal. So when Henry the Fifth was trying to extricate the French from hafla, in 1415, you know, he didn't just starve them out, he poisoned the water, he used battering rams, he used seed ladders. You know, he use arrows he used a lot. And it's the same with any pathology. And so if you've got ifollow Now you don't just eat some cabbage. You cut out the sugar. You do the vitamin C, you do the exercises, you do whatever it takes in order to restore normal eyesight. And I'm Yes, green leafy vegetables are great things as staples, the Paleo ketogenic diet, but that on its own ain't gonna do it. Right. Well,

Steven Bruce

David, I mean, that's a beautiful answer there is there's more to it than just broccoli. But yeah, I'd agree with you that the green leafy stuff is going to be useful. Simon, you sent in a question about the abducens nerve? Not quite sure what question you're asking. Can you give me a bit more information you asked about? What about the syndrome where the lateral abducens doesn't develop correctly? And think perhaps he's asking Will the exercise is still work, but let's see what Simon comes back with on that one. Philip says we're gonna test your physics now. Sarah, Philip says any idea? Well, I can make a tiny people with my fist and it makes my Longsight crisper. And he's got very bad long so I'm very strong and clear, short. So

Sarah Myhill

that's the pinhole camera effect. And that's why you can see much better in very bright light because if the proof will get very small, then you turn your eye into a pinhole camera. So that's a very well known physical effect. i You always in fact, you don't need a lens to focus if that hole is fine enough because it produces an image upside down your retina just like a lens.

Steven Bruce

So perhaps his best record of just the tapes that there were a pair of plain glass Isn't tape something over them with a tiny hole in the middle?

Sarah Myhill

You must give your peripheral vision though it

Steven Bruce

could become fashionable who knows? Julie Chiesa wants to know whether kelp is a good substitute for taking iodine in.

Sarah Myhill

There's not enough iodine in there. There's a bit of Ardan in kelp, but not enough compared to our knee.

Steven Bruce

I mean, press recently, didn't it? I mean, maybe in the last few years about eating kelp.

Sarah Myhill

Well, it's it's a delicious seafood. But if you're going to get any advantage at Cal, you're going to have to settle down eat a pilot, like you do your greens and your brussels sprouts and having a bit of kelp and a capsule, it just ain't gonna do it. It's just not nothing there. It's a bit like people rant on about the benefits of spirulina and yes, it's great stuff. But this is based on work of the tribe of Lake Turkana, where they harvest, you know, spirulina by, you know, a kilogramme and large amounts of it and yes, they are healthy, but so the dose is as critical as you know, whatever it is that you're consuming, and my guess that counts out. Well, I know a few calc cabinets aiming to do it.

Steven Bruce

Sort of dose were you talking about? You said four drops per night. What is that in terms of micrograms milligrammes?

Sarah Myhill

That's three drops of 15% Lugo's rd is about 50 milligrammes of ID, and let's say it's one of my favourite multitasking tools Ardene, because it helps to clean up the epic gut, it's essential for all those parts of the body that I describe. It helps take out toxic metals. It's essential for normal immunity. Oh, gosh, it does lots of very important thing. So I didn't say, these days I, I'm looking for two tools that are available to the man in the street, the woman in the street, which is inexpensive and very safe. And that's what I love things like I do like vitamin C, in exercise, like Epsom salt baths. You know, all these are like the Paleo ketogenic diet like sunshine, when we can get it. These are all things that are within the grasp of everybody are extremely safe, and have profound effects on our health in the short term and the long.

Steven Bruce

I'm struck as you're talking about this, Sarah to think, well, it's all very well, you're saying this, you are a veteran of 38 complaints by your fellow professionals, some of which will be based on your unconventional, not unconventional, but your, your non standard medical approach to treatment. If an osteopath or a chiropractor or physiotherapist says to someone, oh, look, this is what you need to do to prevent the flu or god forbid, they mentioned the COVID word or anything like that, do this because I saw broadcast was ceremonial, we probably stand ourselves into great danger. Because if someone were to complain about that, and say they're giving bad advice here, it's not backed up by evidence, we'd find ourselves in front of our professional conduct committees.

Sarah Myhill

Well, what do you have to do is you have to say, the evidence for this being an effective treatment, you can find that Sarah, my Hills website, and I'm in the throes of updating it as we speak, there's lots of huge information that, and I do the same with my patients, you

know, I don't say you must do this, I say this is the evidence base, you know, you choose. And if you want to choose to take thyroid hormones, and I can help you with that choice, then that's what that's how we do it, if you choose to take, I mean, we travel with, you know, the medical profession is very kind of, you know, doctor patient, and I will tell you what to do, and you will do it. That's not the way it should be, it should be a partnership. And whenever I engage the patient, you know, we have a conversation, we have a discussion, we're working that at the same intellectual level. And they are understanding completely and fully what I'm suggesting and recommending and proposing. But it's their choice, whether they do it or not. And if they choose to do it, that's fine. If they don't, that's, that's fine, too. We can look for other ways around it. So you know, you're not prescribing, you're not dictating, you're not in telling your patients, this is what you must do. You're informing them, and then they can go away and make an educated, informed decision. And that's how you guys need to manage it. Because you want to give your patients the best possible information. And then it's up to them to decide.

Steven Bruce

In thinking Sarah etymologically the word Doctor stems from teacher

Sarah Myhill

just sorry to teach correct we should be we shouldn't be teachers. But you know, at that point, we're not anymore. We're directors.

Steven Bruce

Yeah, well, I mean, there's a lesson in the etymology there I think isn't as honest whether you have any suggestion for dry eyes.

Sarah Myhill

That's difficult. Dry eyes are so often an autoimmune condition and we touched upon that earlier. And my guess is much autoimmunity is driven by Western diets up of men. Got an abnormal microbiomes. But I wish I had an easy answer that and I don't. Sometimes high dose vitamin A is helpful. Funnily enough, and I learned this from a lovely friend of mine, Dr. Dan, if you've been doing his blessing who sadly died recently and well into his 90s he was describes how farmers assess the health of sheep. And what they look for is shiny eye. And what gives you a nice shiny eye is an even layer of tears that sort of cover the eye in a uniform layer. And to do that they need B 12. And vitamin B 12. Again, deficiency is very common, because as soon as you have mente got your mal absorbing B 12. So let's say again, vitro is not one of my favourite multitasking tools. So the two things I tried routinely are beat vitamin B 12. By injection, and anybody can do that themselves. You can buy that from our shop, and vitamin A 10,000 iu daily, well worth trying. But I say my guess is an awful lot of dry eyes. Is is autoimmunity. And that's all about the gut.

Steven Bruce

Interestingly, you say that too, because if you're interested, there is a recording on the website of an interview I did with Tracy witty, which is all about B 12. Really fascinating. And there's an awful lot to be learned about B 12. We are certainly never taught in college. And as you said, Sarah is the culprit behind so many problems in people's health. Simon's come back with a follow up on that question. He says his wife has an abducens nerve that didn't develop so she has an eye that can't focus.

Sarah Myhill

Well, that my guess is that some sort of astigmatism but I'm not sure an app descends nervous. Is that one of the so you've lost me there already. I'm afraid I will maybe could ask him to spell it out. And

Steven Bruce

do you see an S

Sarah Myhill

abducens? Okay, well, that must be one. That's probably a fourth cranial nerve palsy, which stops the eye moving laterally? Well, that's got to have a surgical fix. Probably, if the eyes don't move in parallel, then the the brain is going to ignore the lazy eye. So that's a whole different ballgame. Not sure I can help you there.

Steven Bruce

I thought for a minute there. You're going to test me on my cranial nerves, and I was getting very scared. coring says asks whether bright sunlight causes cataracts to accelerate?

Sarah Myhill

No, absolutely not. That's another complete fallacy. Bright sunlight is very, very good for our eyes, because it exercises the hours and our pupils go pinpoint. And if bright sunlight was painful to us, then you know we'll be looking away from it. Now, I'm very mindful that some of my severe patient, my patient was severely afflicted with me and chronic fatigue syndrome are markedly lighting tolerant. And I think laterite is because they have such poor energy delivery mechanisms that they cannot process, those photons of light bits are landing on the retina. And the brain cannot convert that into a useful signal. But no bright light is not bad for the eyes, it's good for the eyes. Obviously, you don't want to stare at the sun, you will run yourself blind. If you do that, you'll get an awful lot, but I pain before that occurs. Again, we have symptoms for very good reasons. Symptoms protect us from ourselves. And yes, you know, if you stare at the reason we then stare at the sign, it's because it's so damn painful. But don't wear sunglasses, and your eyes will learn to adapt that very bright light, the pupil will shut down to pinpoints and in doing so, exercising your salary bodies and the RS.

Steven Bruce

There's a predictable question here that comes up very often when we talk about supplements, Bob says Does the source of vitamin C matter? Is Holland and Barrett as good as salgaocar, which is obviously much more expensive.

Sarah Myhill

Oh, yeah, it's fine. It's fine. ascorbic acid is ascorbic acid is ascorbic acid, it's the same molecule. And the tube preparations are just as good as the expensive one. I mean, there's been a lot of talk about liposomal vitamin C, which is horrendously expensive. And when that came onto the market, I got in touch with the manufacturers and I said, Can you show me the evidence base by which you're promoting liposomal vitamin C? You know, how do we know that? It's, it's increasing blood levels? Oh, they said we've did a study. Oh, can you show me that study? And the study was two people. Both of them took 35 grammes of vitamin C one took ascorbic acid and the other took 35 grammes from liposomal vitamin C, both of them got diarrhoea, and the blood levels of one with liposomal were marginally higher than those the ones who took ascorbic acid. So I said you've got to be joking you've got to have a better evidence than that. At which point they cut off all communication with me so so that was that so I don't think like assemble this from the sea is any better than ascorbic acid, and it's a darn sight more expensive. Now, the people that I do with probably the same

as the people who didn't do it, well, I see patients with their tapes and they can't work, they haven't got any money. If they can't afford the cues, then they're no good to them. And that's why the interventions I recommend, they've got to be not just doable and accessible, they've got to be affordable, too. And ascorbic acid is cheap and inexpensive. Now, some people don't like the scorebig acid, it's a weak acid. And some people think it might dissolve the enamel of their teeth, or maybe give them indigestion. And you can easily add magnesium carbonate to that then magnesium carbonate is very cheap. The recipe is two parts ascorbic acid and one part magnesium carbonate by weight. And that gives you a neutral solution. It also gives you a nice dose of magnesium. And guess what we're all magnesium deficiency. So again, it's a nice, cheap, simple intervention available to everybody. With the added bonus of having some extra magnesium.

Steven Bruce

I think one of our previous speakers said that if you're going to say vitamin D as a supplement, as we all should in this country, are we I'm in France at the moment, but in the UK and most of Europe during the winter months, you should also take magnesium citrate as well, I think to help it absorb. Well,

Sarah Myhill

Vitamin D is a fat soluble vitamin. So the key thing is that you can do is take it with a fatty meal, and it will be much better absorbed. But absolutely right we should all be taking 10,000 IU of vitamin D Day for life. And if you think that's a big dose of vitamin C, or vitamin D is equivalent to about an hour of Mediterranean sunshine. Now guess how much sunshine primitive woman had, you know, she had 12 hours of African sunshine 365 days a year. So you know, you're not going to overdose it is impossible to overdose at that level. In fact, some physicians reckon it's safe to take up to 20,000 iu vitamin D daily, it may be but my experience is 10,000 i You take with a fatty meal, assuming you can absorb it well gets levels up very nicely to near 200 Peak miles per litre, which is where we should be.

Steven Bruce

A lot of people won't be surprised to hear you saying well, this will of course there will be some watching and there will certainly be some patients who we deal with who will be horrified at taking levels which are so far in excess of what is the recommended daily intake.

Sarah Myhill

But ask yourself before you go any further ask yourself Who sets the recommended daily intake? The answer is Big Pharma. The last thing big pharma wants is healthy people. So of course they're going to dumb down the normal ranges. Of course, they're gonna say you can get everything you need from eating a healthy diet, because I say they want sick people. So it's the old story. Follow the money.

Steven Bruce

Indeed. Gavin This is an interesting one. Gavin says in your mid 40s, your citric acid cycle becomes impaired. For an energy intensive organise the eyes. This leads to the mike mitochondria going into hibernation, which leads to that drastic drop in vision in the 40s. He's a big fan of red light therapy for this. Do you agree you're shaking your head this.

Sarah Myhill

The loss of vision in the 40s is all about the lens stiffening up. It's not about the mitochondria back of the eye. Now you're absolutely right mitochondria are implicated in the ageing process. And as some of you are aware, I published a paper together John McLaren Howard

and Professor Norman Bucha, from Oxford, in 2009, looking at mitochondrial function in patients with chronic fatigue syndrome and me, and because a very long story short, those who are the most fatigue, have the worst mitochondrial function and vice versa. And to compare, we then compare that group with a control group, I think of 49 patients in there. And, of course, the control group had no mitochondrial function. But one of the tests, or what we tested was been done to assess my kind of function was called ATP profiles, developed by John McLaren, Howard. And we could objectively measure if we produced the mitochondrial energy scores, and looking at those 14 people, there was a whole range of people from their 20s Up until their 70s. And there was no age decline in otherwise healthy people in mitochondria function up to the age of about 70. Now, I don't think anybody has done that study on older age groups, but I think he's very likely. And he's just certainly my clinical impression from doing mitochondrial function tests. It's only the people that probably after about the age of probably mid 50s 60s, and certainly 70s or 80s, mitochondrial function does decline. But that doesn't explain the loss of vision in the mid 40s. But coming on to an infrared light, yes, we know that is very good for mitochondria. And there are lots of studies and I often recommend Far Infrared Saunas for my severely fatigue, chronic fatigue and Emmy patients and many find benefit from that, again, heating regime. So far infrared soldering Sunshines. Again, that's another one of my favourite multitasking tools inexpensive available to us all and does lots of good things detoxes and stimulates mitochondria.

Steven Bruce

Right? I actually didn't realise that we were talking about infrared there. I forget who asked the question but he said red light therapy, and I just assumed that was ordinary red light. There's a big difference in red light that you can see an infrared light obviously, which you can't see. kind soul is kind of says do pinhole glasses work to improve eyesight just kind of going back to what I suggested earlier.

Sarah Myhill

My guess is they make the eyes lazy because the focusing is all done by the pinhole camera effect. And so the the lens doesn't do anything at all. So I don't think that's a good idea.

Steven Bruce

Well, we got time for a couple more Jennifer says is metal toxicity associated with glaucoma. She has recently had two patients with hemochromatosis and both have glaucoma. If so, have you any suggestions for them? Well,

Sarah Myhill

hemochromatosis is of its massive iron poisoning. That's that's not just any old heavy metal and yes, that is markedly pro oxidant and that you know, that causes liver damage diabetes and doesn't surprise me in the slightest there too with glaucoma. But you know, and hemochromatosis, the treatment of that is you've got to get the iron down. And that's often done by leading by phlebotomy, but the problem is every time you take a pint of blood or somebody, you're losing all the other goodies. rare blood is extremely nutritious stuff. So you know with hemochromatosis, yes, do the phlebotomy to get the iron down. But then you've got to use lots of supplements in order to replace the other minerals and trace elements and goodies that are lost as a result of phlebotomy coming but the toxic metals we normally deal with on a day to day basis and things like lead mercury, arsenic, aluminium, these the toxic metals that come up you know time and time again and poisons with a very common. Now I don't know if those are associated with with glaucoma, but what they are, you know, having heavy metal poisoning is like throwing a handful of sand into a finely tuned engine. It messes it up in all sorts of different ways. And I'd be wouldn't be in the least bit surprised to find that

those heavy metal poisons are associated with all sorts of identities. And yes, we must get rid of those heavy metals. And yes, the Paleo ketogenic diet and vitamin C are all we'll all be protected against that.

Steven Bruce

So we've got loads and loads of interesting questions coming in which we've got time for and everybody who's watching is loving, not just what you say. But of course the way you put it across as well because it's always it's always a real treat listening to possibly one more we'll see. Wallace says, Sara, I have a patient with Kikuchi, Fujimoto, disease and lupus. Any advice? Read? I reckon I can answer this question for you. She's also

Sarah Myhill

a Lupus sees it. But one of the good things about naturopathic ecological medicine, whatever is not disease specific. The basic workup to treating patients is exactly the same. And I call these regimes groundhog regimes because like the film Groundhog Day, which the comedy where I hear it comes back to being it's a time when it comes back to the beginning and relive that day over and over again, I call these groundhog regimes because I keep coming back to them over and over and over again, the details are what they are on my website. But essentially, there's groundhog basic, which is what we should all be doing all the time. But guess what, I've never had a 17 year old come to me fit and healthy and say I want to live to 100 It's yet to happen, and it's never going to happen is it? So you know I rarely talk about groundhog basic, but it is the theoretical starting point. And then we have groundhog acute, which is what we do in the event of acute infection because we now know that acute infections drives many pathologies. We know that all cancers are associated with an infectious driver. We know dementia is associated with multiple infectious drivers ditto heart disease and an increasing now within the autoimmunity is driven by infection if not by direct infection then by molecular mimicry and epitopes. So, so groundhog duty is what we do in the event of any acute infection to get rid of it before it becomes chronic. But of course most people come to me and we'll come to you with a chronic disease. And in that event, we put in place groundhog chronic which is a package or treatment which does it all. All my favourite multitasking tools Perlick eg Danica prosphere about sleep, rd vitamin C Eatwell tools to switch off information dee da dee da dee da and herbal preparations maybe homoeopathy and we all have different favourite tools that we learn to to use learn to love because they work but you know if there's a difficult situation would apply groundhog chronic and then all the tools that you have found from your own experience that you know are effective. And guess what we all learn by experience. And guess what? I'm certainly and continue to be on a very steep learning curve. I know I will never get there. But of course the fun is in the journey is not in arriving there. And if in the process, we cast awesome healthy patients well, that's a great bonus. Isn't it?

Steven Bruce

Brilliant? Yeah. Mysterious habitant. You asked about hyperthyroidism, we haven't got time to go into that one. And it wasn't the subject for this one. But we'll come back to it and another broadcast in the future. 30 seconds Sara, on helping Mike with suggestions for vitreous detachment.

Sarah Myhill

Well, that is a medical emergency. And you have to do what the surgeons tell you to do. And for some people that's for promoting, say vitreous detachment, presuming retinal detachment, you know, and you have to do it in the short term, you know, what the surgeons tell you to do, and maybe get it stuck down or whatever. But in the longer term, you do all the

stuff that we have talked about tonight, and restore the normal softness of the tissues, the movement of the tissues, the shape of the eye, and prevent that from happening again, because that your risky blindness with a retinal detachment?

Steven Bruce

Sir, thank you. It's been a treat, as always, and I'm sure everybody agrees with me that it's it's such fun talking to you and hearing what you have to say, I'm very sorry that Nancy got bored, but then she's probably heard it so many times before anyway. So

Sarah Myhill

the reason she skipped off is because we go out ratting last thing at night, and she's trying to tell me that it's time to go out and get some do some problem work.

Steven Bruce

I was thinking she's probably as well qualified as a medical practitioner as you are after listening to you talking to so many people so often about these topics. But anyway, it's been a real treat. Thank you. And as I say, I think we can probably expect that we're going to approach you against talking about the thyroid at some point in the future after what you said today.

Sarah Myhill

That will be fun. I look forward to that. Thank you again,

Steven Bruce

well, brilliant. Hope you've enjoyed that. And whoever thought we were to start off talking about the eyes, but we bring in Shakespeare we bring in Henry defeating the French, we bring in all sorts of other stuff, including faecal therapy, which I don't recommend you practice in your own clinic without a little bit of training. That was all history.