



For Immediate Release

TrueNorth Health Foundation Report Shows Whole-Plant-Food Diet May Improve Degenerative Eye Disease

Santa Rosa, CA, March 16, 2020 - TrueNorth Health Foundation announced today a case report showing that an exclusively whole-plant-food diet significantly improved Fuchs' Endothelial Corneal Dystrophy (FECD), a degenerative eye disease that accounts for as much as 20 percent of corneal transplants in the U.S.

[The case report](#) was published in the March issue of the International Journal of Disease Reversal and Prevention. The report was written by three authors: Dr. Toshia Myers, executive director of the TrueNorth Health Foundation; Dr. Alan Goldhamer, founder and director of the TrueNorth Health Center; and Andrew Beauchesne, a medical student at Tufts University and former intern at TrueNorth Health.

"This case is evidence that an exclusively whole-plant-food diet may be an effective intervention in the treatment of FECD," said Dr. Myers. "It provides a basis for further research."

The report focused on a 69-year-old woman who had FECD for 18 years; her sight had progressively worsened to the point where she was unable to read or cook for herself, walk without falling, or identify people in social situations. Corneal transplants had been recommended for both eyes.

As an alternative to this risky procedure, the woman visited TrueNorth Health Center and began eating an exclusively whole-plant-food diet free of added salt, oil and sugar while under medical supervision. Within a few months of these dietary changes, her vision had dramatically improved from 20/200 (legally blind) to 20/40 without corrective lenses, there was no sign of edema, and the pressure within her eyes was normal. Her weight, blood pressure, and pain had also decreased remarkably.

One reason that whole-plant-food diets may benefit FECD patients is because they are high in fiber, antioxidants, vitamins, and minerals that help reduce oxidative stress, which has been identified as a contributing factor in FECD development. TrueNorth Health Foundation researchers said that more studies are necessary to determine how diet might improve symptoms associated with FECD.

"Most of the FECD treatment options today focus on reducing pressure on the eyes through the use of topical and oral medications and on surgery, including corneal transplants using donor corneas," said Dr. Goldhamer, who founded TrueNorth Health in 1984. "These procedures can be very costly and place the patient at serious risk. We could not find any literature investigating the effect of diet or nutrition in the non-surgical treatment or management of FECD, so this result is very exciting."

[About TrueNorth Health Foundation](#)

[The TrueNorth Health Foundation](#) conducts research into how medically supervised water-only fasting followed by an exclusively whole-plant-food diet free of salt, oil and sugar impacts human health. Fasting and diet appear to naturally stimulate the body's health-promoting capabilities. The Foundation is interested in better understanding these capabilities so that it might improve the treatment of chronic diseases using low-cost, non-invasive alternatives to prescription drugs and costly medical procedures.

[Learn more about research at TrueNorth Health Foundation.](#)

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