CATARACTS

Prevention:

Avoid taking drugs or chemicals into your body
Diet should include lots of fresh vegetables, carrot juice
Avoid hair dyes that contain coal tar on eyelashes or eyebrows.
Especially enjoy foods high in vitamin A (beta carotene which is from vegetable sources).
Avoid sugar and sorbitol in your diet.

If you are developing:

Put castor oil on the outside of your eyelids every night when you go to bed. Do for 4-6 months.
Make sure your diet or supplements contains copper, manganese, glutathione, L-lysine, Pantothenic acid (B5), Selenium, Vit. A, B complex, Vit. C with bioflavonoids, Vit. E, and Zinc. Use NAC (N Acetyl Carnosine) daily.