



Case History: Seeing clearly after using MUCOKEHL 5X eye drops

by Dr. Kimberly Landino

Subjective and history of present condition

A 57-year-old woman presents to the Naturopathic Physician to receive alternative treatment for her 17-year diagnosis of Type II Diabetes.

She had never received alternative medicine before. Currently, she is taking five prescription drugs including injectable insulin to manage the diabetes. Three months before seeking alternative treatment, she had cataract surgery on her right eye with a plastic lens replacement. The vision in her left eye was blurry but she was told by the Ophthalmologist that the vision needed to worsen before cataract surgery would be performed. After the cataract surgery on the right eye, the patient was given two ophthalmic eye drop prescriptions that the patient used for several months. However, she was no longer using the eye drops when she began seeking alternative medical care.

After the first office visit with the Naturopath, she began using MUCOKEHL 5X eye drops in each eye. The vision in her left eye dramatically improved and when she returned to the Ophthalmologist, he was amazed to find that the left eye cataract was improving and concluded that at this time, she will not need cataract surgery.

Past medical history

Five years ago, during an annual eye exam, the patient was prescribed with eyeglasses. The vision in her right eye was blurry, but it

was not a „complete“ cataract and the patient was told that she would have to wait for cataract surgery until the lens worsened.

Over the 5 years, she used an over-the-counter eye drop formula to help with her blurry vision in her right eye and she received no preventative treatment for eye health. The cataract worsened and she had the cataract surgery in the beginning of this year. She was prescribed two eye drop formulas: Prednisolon and Vigamox®.

They both serve as anti-inflammatories to reduce any swelling in the eye. The first is a corticosteroid and the latter is also used to prevent any infections in the eye as a result of surgery. The patient used the prescribed eye drops for two months at a dosage of 2 drops in the right eye that received the surgery twice a day and 2 drops in the left eye every other day. After the surgery, the vision in her right eye improved and the blurriness was gone, but the vision in her left eye had decreased acuity with a dark yellow hue to her vision.

Naturopathic treatment

The patient was educated on improving her diet and including foods with adequate amounts of protein and more green vegetables and avoiding refined carbohydrates, sugar-substitutes and foods with high glycemic indexes to help balance her blood sugar levels. A multi-vitamin and essential fatty acid supplement (EPA) were also prescribed. The patient was also given MUCOKEHL 5X eye drops

and told to administer one drop into each eye twice a day (preferably morning and night).

Conclusion

After using MUCOKEHL 5X eye drops for about two months, the patient returned to her Ophthalmologist for an assessment of her left eye. She was previously told in the beginning of this year (prior to using MUCOKEHL 5X eye drops) that she would need cataract surgery on her left eye and that it would occur in the early summertime.

Upon examination of her left eye, the Ophthalmologist was „confused“. He asked the patient what she had been doing to her eye because upon his examination he said that it looked like the cataract had been „dissolving“.

The doctor even had to double-check that he had the right patient and file chart because of his amazement in the health improvement of her left eye. The patient did not tell him that she was using MUCOKEHL 5X eye drops because she felt that he would not understand the paradigm of alternative medicine. The doctor cancelled her for cataract surgery and will see her in the next couple of months for a follow-up visit.

The patient reports that her vision has dramatically improved from once seeing a darker yellow hue to her vision to now a more white hue with clearer vision. She continues to use the same dosage of drops in her eyes and is grate-



ful for not needing the cataract surgery and is hopeful that her eye health will continue to improve.

As an aside note, with the improvement in the patient's diet, her blood sugar levels have gone from 180-200 to 90-140, and she is using less units of insulin as a result.

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