



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## The marigold miracle that saved my sight

By [Daily Mail Reporter](#)

Last updated at 9:53 AM on 11th December 2009

As a retired optician, Harry Marsland knew better than most how serious it was when he was diagnosed with an untreatable eye condition.

But his tale of despair has turned into an astonishing story of recovery - thanks to the marigold plant.

Mr Marsland, who at one stage needed help just to walk, could be the first person in the UK to have recovered from a devastating condition that causes blindness.



Harry Marsland from Oundle, Northants, has found a way to improve his own eye sight

Within months of starting to take a food supplement containing marigold extracts he is driving a car again, reads without a magnifier and has near-perfect vision in the affected eye.

Mr Marsland, 73, suffered from age-related macular degeneration, which is responsible for half the cases of blindness in the country.

After a number of standard vitamin treatments, which can only slow decline anyway, failed to work, he was handed a flyer that had been gathering dust in a doctor's drawer for almost a year.

It promoted a vitamin supplement called Macushield, which contains meso-zeaxanthin, derived from marigolds.

'I now know, professionally that I have recovered almost completely from the effects in my left eye,' he said yesterday. 'I am the first person to have such good fortune.'

Mr Marsland, from Oundle, Northamptonshire, started taking a 2mg capsule daily in April 2007. He paid £150 for it as it is not available on the NHS.

He has been blind in one eye since gambling on an experimental laser treatment in 2001, but the vision in his other eye is now 95 per cent as good as it was before.

'It was in August my wife Nina picked up my magnifying glass and realised it was dusty,' he said. 'She was the first to realise I no longer needed to use it.

'A few months later we were walking in the dark and I suddenly realised I was no longer holding on to my wife. It's miraculous, considering at one point I was literally blind in the dark.' Dry age-related macular degeneration happens when light-sensitive cells slowly break down.

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I have been taking Macushield since early 2008 also after finding a leaflet in my Opticians, as my mother lost 95% of the sight in both eyes from an untreatable hereditary disease Central aureolar choroidal sclerosis which 4 of her 8 children have underlying signs of. I lost alot of the sight in 1 eye from measles at 2 yrs of age & am very protective of my other 1. I had an eye test recently & was able to read the bottom line of letters for the first time in 20 yrs & when the optician looked at the back of my eye she discovered that my underlying signs of the condition had massively improved. Since then I have also noticed improvements in my sight, clarity, better night vision and longer periods of reading without tiring. I am amazed and can't wait til I visit the Research Centre in early 2010 for more indepth results, I hope. You will not notice any improvements as they are really gradual until they are actually pointed out to you, so do keep taking the tablets as they are magic.

- Loretto Sheridan, Carrickmacross Co Monaghan, 14/12/2009 13:42

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Hello, can Dorothy Whittle, Fareham, Hants please send me details of where she got her Macushield from. I can be contacted via email [valeriebarber@tiscali.co.uk](mailto:valeriebarber@tiscali.co.uk). I suffer from AMD and am looking at all available options to help me, so if anyone has any suggestiosn i woudl be interested inhearing from you.

- Corrine McArthur, Brentwood, Essex, 13/12/2009 19:30

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Any one who wants info on the Macushield treatment should Google "Macushield MZ", it explains how it was researched and the vitamins that it contains. They sell on this site, but I have found that a good optician will obtain them for you. (Some times a bit cheaper). I have a regular 3monthly order. It is worth a try, but don't expect instant results.

- Dorothy Whittle, Fareham, Hants, 12/12/2009 22:20

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I have been taking Macushield for the past 6 months, I have not noticed any change in my condition. I have macular degeneration in my right eye,which has progressed slowly. I have now noticed signs in my left eye. My consultant was non-committal about the use of supplements but was not against them. There doesn't appear to be any proven treatment, so I'll press on with the Macushield which cost me £34 for 3 months supply

- Dorothy Whittle, Fareham, Hants, 12/12/2009 21:59

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By the grace should you find it.

- Dr Fandrich, Earth, 12/12/2009 02:50

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Interesting. I wonder if this supplement has implications for retinitis pigmentosa?

- Merroney, Durham, 11/12/2009 18:19

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