

“Must be Something in the Water...”

Fluoride, the Humble Cup of Tea,
and Sight Loss

It's time to Open your Eyes



Our eyes could be considered one of our most precious possessions, and we look after the things that are precious to us. Why then is there so little information on what is damaging them? Things like fluoride, pharmaceutical drugs like Ozempic, LED lights, blue light from screens and stress? We will examine these and other issues – and, importantly, how we can protect our precious eyes – in this highly enlightening article.

Note. This article has been referred to as “pseudo-scientific”. It is not intended to be a learned scientific article; it is intended as a heads-up for people who might like to look a little deeper than the conventional knowledge available. Throughout history people with vested interests argued that smoking was “safe” (high-ups and shareholders of the tobacco industry), that thalidomide posed “no danger” (the pharmaceutical industry), and that tap water is “clean to drink” (all water companies), and anyone who casts doubt on this wisdom is vigorously attacked by those with a stake in the status quo. My message has always been: trust nothing on face value; investigate everything behind the professed “wisdom”. And most of all, enjoy the process.

oOo

I was lucky. Very lucky. I was born in 1947 into a military family, was sent to a good school and on the whole had an idyllic and happy childhood. I grew up knowing that policemen were my friends and that those set over us were honest and desired the best for all. Indeed we were told we had “never had it so good”.

After school I joined the Royal Marines as a probationary 2nd Lieutenant. After 15 months of a somewhat character-forming experience, I left and eventually found my way into social work. It was here that, for the first time, I learned that the world, and particularly Britain, was not an entirely nice place.

As the years passed my disillusion grew. The constant witnessing of rampant injustice, casual cruelty and the perfidy of the great and the good can have such an effect.

It was not, however, until I lost my sight that my eyes were truly opened.

I, like everybody else, had never given my eyes a thought. It was only when I lost their use – and I am now 100% black-blind – that I appreciated the true relationship of the eyes with me as a person. I discovered the blindingly obvious fact that whatever happens to us in life also happens to our eyes. Why do I say that? Because, believe it or not, our eyes are part of us and not some disassociated tool we use for gathering information.

I began to look at the causes and implications of sight loss, and it was then that any last vestiges of trust in those set above us disintegrated. Why? Because not only have they failed to make people aware of the importance of looking after their eyes, they have also colluded with the agencies that have actively, and probably knowingly, been directly responsible for creating an environment that has caused a worldwide epidemic of sight loss.

Some numbers and some questions

Referring to sight loss as an epidemic may be considered extreme. It is not.

We are told that one-in-five of us will lose some or all of our sight during our lifetime. The Royal National Institute of Blind People (RNIB) claim that 250 people are joining the ranks of the sight impaired each day. That is 91,000 people a year in the UK alone. We are also told that between 30-50% of sight loss is unnecessary. A broad figure like that usually indicates guesswork, and in all probability the figure is much higher. The RNIB glibly state the current figure is 2.2 million. They also tell us that one-in-four

people who are 65 or over are living with sight impairment. This faction alone constitute 80% of all people living with sight loss or blindness, and there are eleven million of us [1].

This does not take into account half a million people with learning difficulties, or those with Parkinsons, dementia or Down Syndrome. Another group who are grossly underrepresented are those with an ethnic minority heritage or living in conditions of social deprivation or both.

There is also the matter of there being no central database for those affected by sight loss in the UK, and those who are affected either not applying or not being told about the vital Certificate of Visual Impairment (CVI) that would make the real numbers clear, not to mention making the lives of the visually impaired or blind much easier. A number of studies have consistently found that more than half of eye patients who need certification do not get it. Other studies found that half the people who do receive certificates do not go on to register as its importance is never explained to them.

The problem of quantifying sight impairment or loss is therefore clearly aggravated by the fact no one has the vaguest idea of how many people are involved and, it would appear, no one has the vaguest idea what is causing such large percentages.

In NHS waiting rooms leaflets on taking care of our eyes are not on display because they don't exist. There is no mention of:

- Ozempic (weight loss drug)
- Fluoride
- Stress
- Blue light
- Mobile phones and AirPods
- LED lights
- Environmental pollution

According to UK Research and Innovation, Sight loss accounts for 6% of outpatients in the NHS, yet the sight loss sector is managed by 2% of consultants, 1.5% of doctors, and is allocated only 1.5% in medical research funding [2]. What research is done uses wildly inaccurate data as there is no central database, as stated. It is only "after the fact" that leaflets will appear from drawers pointing patients in the direction of eye clinics. It is often too late by then, particularly as the waiting time for an eye

clinic appointment stands at just over 12 months. This is because there is the best part of a million people on that waiting list.

Q. If it is said that 30-50% of sight loss is unnecessary, where is the information telling people what to avoid to prevent becoming one of the 250 a day?

Q. Is it ignorance on the part of the great and the good, or are they just indifferent to our welfare so long as they are OK?

Q. Are they aware of the environmental factors that severely impact our eyes?

Q. If they are and they do not share this information, does that make them criminally liable?

It is only when we look at the factors that impact our eyes – apart from the obvious culprits of smoking and alcohol, both of which reduce blood flow to the retina and eyes – that we begin to appreciate the depth of officialdom's involvement in our sight loss. What I will share now is by no means exhaustive, but it provides an enlightening look at just seven modern-day factors that are critically affecting our eyes.

Ozempic and other drugs

Many people are realising that the pharmaceutical industry doesn't appear to be in the business of keeping us well; on the contrary, it seems committed to keeping us unwell so we continue to consume the drugs they manufacture and sell for huge annual profits. A case of a cured patient being a lost customer, perhaps?

Ozempic (a semaglutide) is a drug taken by an increasing number of people to manage the associated risks of having diabetes, like heart attack and stroke. It is also taken by those who would prefer to take a drug injected under the skin to lose weight rather than improve their diet and lifestyle. Alongside the long list of side effects including breathing problems, rashes, hives, a racing heart, vomiting and severe joint pain, alarmingly it has been associated with **a sudden onset of sight loss**.

According to an article published online on 16 June 2025 by Keri Wiginton, and medically reviewed by Timothy G. Murray MD MBA FACS [3]: "The main concern is a rare serious condition called non-arteritic anterior ischemic optic neuropathy (NAION)." NAION causes mild, severe or permanent vision loss.

Further research into Ozempic revealed numerous statements along the lines of the data not being reliable, or in sufficient quantity to be taken seriously, and to contact your GP if you notice changes in your vision or experience loss of sight... A cover-up? You decide.

This is not an isolated example in terms of the pharmaceutical industry. When we have something wrong with our eyes we put whatever drops are recommended to us into them without question. But do we read the small print? For instance, the drops used to expand our pupils for an eye examination contain chemicals that can cause glaucoma. Another example is the drops prescribed for dry eyes, which contain chemicals that can cause dry eyes. Timolol, a drug used for the treatment of glaucoma, has the following side effects [4]:

- Fatigue
- Headaches
- Dizziness
- Bradycardia, or slow heart rate
- Burning or stinging in the eyes
- Dry eyes
- Puffiness or swelling of the eyelids

Drugs used to treat Parkinson's can cause blurred vision and sometimes temporary blindness. Statins are linked to calcified arteries, which can affect blood vessels in the eye and an increased chance of developing glaucoma. In my own case, a new drug was prescribed by a trainee ophthalmologist without any discussion. In the space of four days my remaining sight was halved.

It should be noted that these side effects can happen, not that they will, but the point is made.

I have recently observed the word pharmacy with cynical amusement, and clarity. Remove the beginning and the end and you have the word HARM. Is this a coincidence, or are they telling us something in plain sight?

Fluoride

Fluoride is a waste product of the petro-chemical industry, not to be confused with the fluorine ion, a derivative of the naturally occurring mineral fluorite. Having no way

of legally disposing of it, it was determined it would be a good idea to put fluoride in our drinking water, toothpaste and pharmaceuticals. Yet another triumph for the maximisation of profit regardless of outcome. And as far as I am aware this was without consultation or consent.

The reason given for the “safe” introduction of fluoride into our drinking water was “to provide a protection for our teeth and reduce cavities”. On the contrary, it has been found that its ingestion can have serious effects on our health. The damage to the skeletal and muscular systems have been long known. It now appears that fluoride can have a bad effect on our eyesight by providing conditions that will favour the development of cataracts, macular degeneration, diabetic retinopathy and glaucoma [5].

Fluoride is present in almost all toothpastes and mouthwashes, in drinks manufactured and made with fluoridated water, including beer, and vegetables which are irrigated with water containing fluoride. It was also discovered to be present in 99% of over 357 tea bags tested, whether organic or not, with the UK’s top-selling brands – Typhoo, PG Tips, Teapigs and Tetley – scoring the highest percentage of ppm (parts per million) of fluoride. One concerning feature of this is that the incidents of fluoride-related sight impairment is particularly high in New Zealand, Australia, the Republic of Ireland and the UK because of the amount of tea consumed. Only 1% of teas retailed in the UK – Rooibos and herbal teas – passed thorough, repeated testing and are free of fluoride [6]. Tea also contains lead, arsenic and pesticides as a result of their cultivation and processing.



I recently had a furious row with my water supplier after I asked them how they had the gall to call what they pipe into my house “drinking water”, but more on this later.

A recent study carried out in the Republic of Ireland [7] concluded that fluoride is clearly linked to the creation of a biological environment which disrupts the replication, protection and repair mechanisms within the eyes and elsewhere. In short, the disruption of these functions results in the conditions mentioned above.

I am not a biologist of any stripe; but after reading the above I was left with the clear conviction that fluoride is instrumental in contributing to the escalating levels of sight

loss. Are the great and the good aware of this? And if they are, why does tap water not contain a health warning?

Stress

I have always felt that the effects of stress are not given the attention they warrant. Further to this, I feel it is one of the reasons why the frequency of sight loss is associated with those living in poverty and deprivation, who number a staggering 14 million in the UK. This would certainly appear to be the case with one glaucoma deprivation study [8].

For those of us who are not living in deprivation, but are still struggling to make ends meet each month, we must accept that our lives are not best suited to enjoying a stress-free life. We are all battered with taxes, high fuel and food prices, and increasing rents and high mortgages to the point where even with two incomes life is stressful financially. In every respect, the pace of life, the pressure of working, raising families and navigating a constant stream of doom and gloom and fear-mongering care of the media is taking its toll.

A body in a state of stress is running on cortisol, a known toxin which affects multiple systems in the body. For the immediacy of the fight or flight mechanism it is required for action, but not all day for weeks, months and sometimes years on end. Stressed people do not breathe deeply. They breathe in shallow sips that deprive the body's organs and systems – and our optic nerve – of vital oxygen.

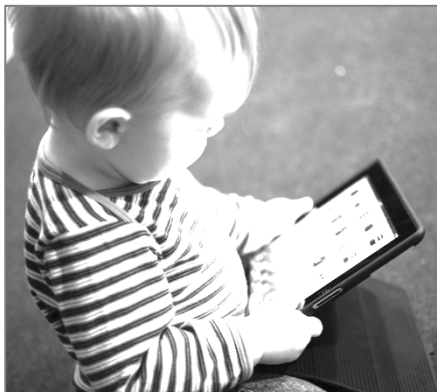
We need to accept there is a relationship between stress and sight loss, and look at practising some stress-busting techniques. Pilates. Yoga. Tai Chi. A hobby. A walk outside. Breathwork. Meditation. Anything that is going to reduce stress in the body is a positive for our overall health and our eyes.

To think that our eyes get a free ride when it comes to stress is to ignore they are part of us, not separate from us.

Blue light

Blue light comprises shortwave light waves that are also high frequency. This means the light waves trigger the photo-electric cells in the retina at a rapid rate. Blue light is also high energy, so our retina is bombarded by this level of energy at a fast rate [9]. When we think about how much time is spent looking at phones, tablets, laptops, computer monitors and TV screens every day, all of which emit intense blue light, it is a cause for concern.

When a cell is activated, electrical energy is involved; and for each unit of activity there is also a unit of waste produced. When the eye is subjected to high energy, high frequency blue light, the waste disposal system within the eye cannot keep up. This results in a build-up of waste in the eye which can cause fogging, and as it is toxic it can also cause permanent damage to the retina. This is why when I hear of toddlers



being given iPhones, iPads and tablets to play with to keep them quiet I feel nothing but horror. This goes too for use of tablets instead of books in schools, where children have no choice but to stare at screens for most of the day, and come home and glue themselves to their phones, laptops, gaming consoles and TV screens for the rest of the evening, including mealtimes, until they fall asleep. We are

already seeing the effects of blue light in adults; we have yet to discover just how harmful it is to the immature eyes of babies, young children and teenagers.

Another side effect of blue light is it inhibits the production of melatonin, which is necessary for long, deep sleep. Sleeplessness or poor sleep is rife, and another problematic issue for eyes that require long periods of rest for their health whether suffering with an ongoing condition or not. Lack of sleep can also exacerbate stress, which we've discussed.

In spite of denials from reputable sources (e.g. Harvard University), the idea that blue light can damage your sight is at last beginning to gain some traction. Moorfields, the specialist eye hospital, have written on the topic [10].

At a recent visit to my local doctors' surgery, I asked my GP how her eyes felt at the end of a week of logging endless patient details into a computer. She admitted they were pretty sore. I explained blue light to her. She immediately went onto settings and flicked on the blue light filter on her monitor, and recognised her eyes were more comfortable after a minute or so. Blue light filters are now deployed throughout the

entire practice. Would there be a blue light filter on a computer if it was NOT harmful? If we look at sources of blue light it becomes obvious why there has been such a campaign of denial. Like everything else, it all revolves around maximising profit regardless of outcomes.

Applying the 20/20/20 rule when using all blue light devices will give your eyes a break. In other words, every 20 minutes look away and focus on an object at least 20 feet away for at least 20 seconds, preferably through a window. It may also be worth purchasing some blue light filtering glasses if you do not need prescription glasses for screenwork, and adding it to your prescription glasses if you do.

Mobile phones and AirPods

In spite of claims to the contrary, using a mobile phone is harmful. When you use a mobile phone you are basically holding a mini-microwave to your head. I recently had a CT scan, and it was found that the left frontal lobe of my brain has been abraded. *I hold my mobile phone on my left side.* I might also add that I have long since ceased believing in coincidence.

Using a mobile phone or AirPods sends high levels of electromagnetic radiation sleeting through your head. One of the recognised effects of this is the impaired functioning of the parasympathetic nervous system [11].

This part of the nervous system is responsible for controlling the unconscious aspects of body maintenance such as blood pressure, digestion, appetite, breathing and so on. A vital role is its ability to bring the body back to normal after a fight/flight event. If electromagnetic radiation from our phones disrupts the function of the parasympathetic nervous system, then our bodies remain in a constant stress response. Stress, as has already been discussed, is detrimental to eye health. Incidentally, it may be that this constant exposure to electromagnetic radiation also accounts for the extremely high levels of ADHD amongst adults and children.

Another role of the parasympathetic system is its effect on the ocular motor nerve which controls the motor functions of the eye such as blinking, pupil dilation, tracking and also lubrication. If any of these were to be disrupted through the malfunctioning of the parasympathetic nervous system, then it figures the eyes are soon going to be in trouble.

AirPods

Many people are exposed to huge levels of radiation from AirPods whether walking, resting, working or at the gym, even when they are not switched on. This was taken from a report published online on 1 January 2025 by the Environmental Health Trust [12]:

“AirPods and Bluetooth headsets constantly emit radiofrequency (RF) radiation, aka microwaves, while they're in your ears whether you are using them or not. The RF radiation is absorbed into your skull, brain and ear tissues.

RF radiation is the same type of wireless radiation that your cell phone emits and the same type of radiation that the World Health Organisation listed as a Class 2B carcinogen in 2011 [...].

The left AirPods communicates with the right AirPods using a technology called ‘near field magnetic induction’ (NFMI). The fields go right through your brain. Magnetic fields are linked to cancer and oxidative stress [...] Earphones do not have this same level of radiation.”

For a much deeper exploration of electromagnetic fields and the prolonged effect of electricity on the body, read *The Invisible Rainbow* by Arthur Firstenberg [13]. This book is an eyeopener, and examines in comprehensive detail the impact of electricity on our bodies covering a period of 220 years. From the very first light bulbs to the incalculable worldwide network of electricity and electromagnetic radiation that bombards us every second of every day, wherever we are, this may well change your belief in the consistently maintained insistence that electricity is “safe” for humans.

In *The Invisible Rainbow*, Firstenberg traces the history of electricity from the early 18th Century to the present, making a compelling case that many environmental problems, as well as the major diseases of industrialised civilisation – heart disease, diabetes and cancer – are related to electrical pollution.

It should be noted that all electrical devices, including cookers, microwaves, kettles and so on, emit electromagnetic radiation even when not in use. Many people unplug all electrical devices until they need to use them, and wrap their mobile phone and router in Faraday copper EMF-shielding cloth. It is also possible to buy EMF deflecting stickers for devices like phones and laptops [14]. A traditional alarm clock,

if you need one to get up in the morning, instead of a mobile phone on the bedside table right next to your head might also be an idea.

LED lights

LED lights, or light emitting diodes, have a high proportion of blue light. Whilst LED lights are heavily marketed as economic and long-lasting, using only a fraction of the energy used by incandescent lighting, they present a hazard to our eyesight. This is because they emit a high-speed flicker that cannot be detected by the human eyes, but which causes all manner of health issues like headaches, pressure in the skull, pain behind the eyes, and neurological issues such as anger, aggression, attention disorders, anxiety and sleep disruption. The intensity of the light can also cause cataracts. Another major risk is the increased likelihood of developing age-related macular degeneration (AMD). This does not cause total loss of sight, but can impair it to a considerable degree [15].

In recent years many local authorities have introduced LED lighting into standard street lighting. A woman in Barnet, Hertfordshire, successfully forced her local council to change the street lighting to a less invasive form. This provides a precedent for many others across the country, and the account can be found online.

In addition to this, LED lighting is having a disastrous effect on wildlife, particularly birds and bats, as presented by the Barnet case. We can, however, rest assured that the welfare of wildlife and the eye health of countless millions of council tax payers will be of little importance next to the money that can be saved by using LED lighting. In the case of Barnet alone, it is estimated to be in excess of £750,000 per annum.

There is also the matter of LED headlamps in cars, which are so blinding at night that there are now petitions against their use. Many people have simply given up driving at night. Others have purchased LED filtering night driving glasses to reduce the blinding glare, which can cause immediate pain, not to mention danger, because the human eye is not able to adjust in time and its natural reaction is to close. For further information see the reports by *Light Aware* [16] and the RAC [17].

It has been suggested that in order to protect our eyes we should adopt the following measures:

- Not all LED bulbs are high in blue light. Look to buy incandescent bulbs, or at least bulbs with diminished blue light or warm tones.
- Do not look directly at LED lighting.
- Use, where possible, indirect lighting by reflecting the light off a wall or ceiling.
- LED lights and LED emissions from televisions will cause damage to your eyes in the long term. With sensible management, including the use of blue light filters, the danger can be managed.

Environmental pollution

The air we breathe, the water we drink, cook with and bathe in, and the ground upon which we stand and grow our food is compromised. In spite of pious utterances from the great and the good, there is little preventative and remedial action.

Air

Long-term exposure to air pollution has been linked to glaucoma according to the findings of a major study in England [18]. This amounts to about 480,000 people with chronic open-angle glaucoma. The participants underwent an eye examination, which was then measured against where they live. The results revealed that neighbourhoods with higher amounts of fine particulate matter pollution were at least 6% more likely to report having glaucoma than those in the least polluted areas. Of these, the research team found that people in the most polluted 25% of areas were 18% more likely to report having glaucoma than those in the least polluted quartile, and they were also significantly more likely to have a thinner retina, one of the changes typical of glaucoma progression.

Eye pressure was not associated with air pollution, which the researchers say suggests that air pollution may affect glaucoma risk in a different way. Professor Paul Foster (UCL Institute of Ophthalmology and Moorfields Eye Hospital) said: “We have found yet another reason why air pollution should be addressed as a public health priority, and that avoiding sources of air pollution could be worthwhile for eye health alongside other health concerns” [19].

A recent UNICEF report [20] claims that 90% of schools are situated in areas that have air pollution in excess of WHO (World Health Organisation) legal limits. This could be another concern for the future eye health of children. Any study involving

air quality has many other factors which make any findings difficult to justify. A major problem is that poor air is often present in built-up areas of deprivation, which also contributes to sight loss from a social as well as an environmental aspect.

Water

As discussed, our drinking water is contaminated by fluoride and has been associated with sight loss. There are other “interesting” contaminants in the water, the ground, and therefore the food chain, amongst which are nanoplastics, oestrogen, pesticides, heavy metals, sewage, pathogens, and a variety of other chemicals and toxins like arsenic and lead.

Heavy metals

Heavy metals can inhibit the functioning of the central nervous system (brain, spine and optic nerves), and can affect sight by either attacking the optic nerves or degrading the visual cortex in the brain. Heavy metals also settle in the organs and inhibit their function. As I used to comment when I was an artist: “I use bottled water to mix my paints; drinking water is not clean enough.”

Oestrogen

Oestrogen in drinking water has long-term effects on eyesight. Oestrogen makes the cornea more elastic which, in some cases, renders the cornea useless and results in sight loss. This particularly affects women as the changes in oestrogen levels during puberty, menstruation, pregnancy, childbirth and menopause can cause permanent changes in their eyes. With levels of oestrogen in our water being so high, it is said that not only the sperm count but also the sight of males has been affected.

Nanoplastics

As far as plastic is concerned, we are all severely compromised, as nanoplastics are present in the water we drink, the air we breathe, and the food we eat due to almost everything we purchase being wrapped in plastic. Current research published online in *Science Direct* in December 2025 revealed that nanoplastics in the bloodstream “bind metal, PFAS (forever chemicals), pharmaceuticals, dyes, organic contaminants and biomolecules”, all of which accumulate in the bowel, organs, the placenta, the mitochondria and the nuclei of cells, and cross the blood-brain barrier. Nanoplastics are therefore referred to as “detrimental environmental pollutants” [21].

These contaminants have also been associated with damage to both organs and the vascular system, and we know from the effects of obesity and diabetes that any compromise to the vascular system can have negative consequences for eyesight. I feel it is fair to say that an association between sight loss and the ingestion of the contaminants bound by nanoplastics has been clearly demonstrated.

With reference to my dispute with my local water company and the undrinkable nature of what they pipe into my home, if it was any other product under debate they would have been prosecuted under the Trades Description Act. Unfortunately when you have a weak and venal government big money will always win.

Summary

These are only a limited selection of things of which we really need to be aware. The key message is to not sit passively and be spoon fed whatever the mainstream media and our “professionals” are paid vast sums to feed us. We must be proactive and search for knowledge about our environment, the water we drink, the devices we are told are safe, the drugs we are told we must take, and the specific implications on our eye sight.

Those who compile the national curriculum clearly think a scripted education by rote is far more important than children learning the truth about the effects on their bodies of stress, blue light from devices, and the toxins they ingest every day. This includes their eyes. Children are at school for over six hours a day. Surely their “education” could include some or all of what we’ve discussed here, relative to their age group? Information like this could have a considerable influence. As part of my personal commitment to sharing information about our eyes since losing the use of mine, I have been trying to get into my local grammar school to talk to the children about self-help and sight loss awareness for the last six years. I am met with smiles I can sense but cannot see, patronisation and obfuscation. They are just not interested.

After years of research I am now convinced that Big Money, Big Pharma and government bodies know about the consequences of the seven issues I have discussed here and just do not care. Why would they? Eye-watering sums of money line their overseas bank accounts because of the people who get and stay sick because of their decisions. As a play on something Roosevelt once said, “The bucks

stop with them.” The scoundrels who routinely ignore the health implications of what they foist on us, and particularly those related to our sight, appear absolutely determined that, regardless of consequences, the bucks *definitely* stop with them.

Knowledge is our power, so we must get it, and, more important, use it to make our own decisions. Without it we are sitting ducks to a system that chooses to misinform us, or not inform us at all, about the steps we can take to prevent and to manage sight impairment and loss.

I would suggest that even at a basic level we must consider doing at least some of the following:

- Assess our diet for toxins and make better choices.
- Research the side effects of medication and look at natural alternatives.
- Filter our water.
- Wrap our devices in Faraday copper cloth.
- Unplug devices and appliances when we’re not using them.
- Use EMF deflecting stickers on our devices.
- Use blue light filters and glasses.
- Frequently rest the eyes when doing computer work.
- Replace LED lights with incandescent bulbs or buy warm-tone bulbs.
- Research traditional methods of caring for our eyes, like using castor oil on the eyelids, which was used by the Egyptians to clean and treat ailments of the eyes. Colloidal silver spray and drops also remove debris and pollutants from the eyes.

Our eyesight is a precious possession, and we naturally protect the things that are precious to us. Along with our general health and fitness, our eyes should be top of the list, and I will never cease from sharing the information that is emerging at a pace now with respect to factors that affect our eyes.

As I always say, it is essential you take nothing on trust, so do your own research, draw your own conclusions, and do what you feel is necessary.

Simon Mahoney

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I retired to the Peak District in 2012 to paint and walk, but started to lose my sight. Over the course of the next few years I went completely blind, an experience salvaged in the first instance by the expertise of Blind Veterans UK.

I published my first book, *A Descent into Darkness (or Blindness in Hindsight)* in 2018, which was followed in quick succession by five others. My latest book, *Magic in the Mess (or How not Can't)* is a vital call for improvement in the rehabilitation processes of people with severe sight impairment or full sight loss, and includes anyone with any sort of altered ability in this proposed rehabilitation revamp.

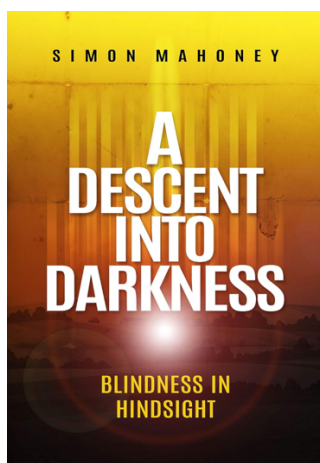
When I'm not writing I spend much of my time sailing, talking to different groups about sight loss, and acting as a consultant and contributor to the work of four sight loss organisations, three hospital trusts and two universities. I am a member of the Moorfields vision loss advisory panel, the Derbyshire sight loss council, and on the committee of his local RBL (Royal British Legion).



Recently I was awarded the Founders Day Award for "Life Beyond Sight Loss", the highest honour presented by Blind Veterans UK for achievements after losing one's sight.

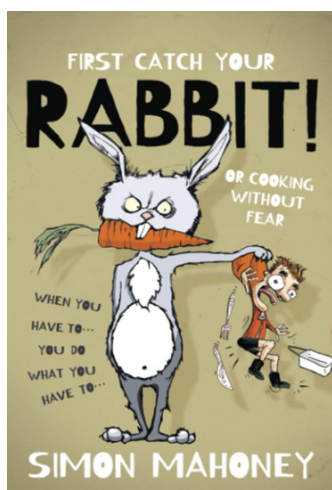
I continue to live in the delightful town of Ashbourne with three dogs and a cat called Spitfire.

Books



Descent into Darkness, (or Blindness in Hindsight) A biographical account of dealing with fading sight packed full of solid information and tips for managing the onset of losing your sight. A useful book for significant others to begin to understand what is going on.

Available on Amazon, Kindle and Calibre Talking Books library. Also available from the author at a discount at www.wingingitblind.com



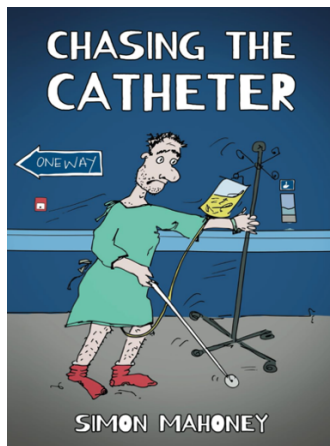
First Catch Your Rabbit, (or Cooking Without Fear) A survival guide for the kitchen. This was written after the death of my wife required rapid re-mastering of the kitchen and the necessity of learning to cook as a completely blind person.

Available on Amazon, Kindle and RNIB Talking Books library. Also available from the author at a discount at www.wingingitblind.com



Winging it Blind, (or Challenge What You Think is Possible) An extension of *Descent into Darkness* which explores some of the key issues surrounding blindness after my sight finally failed.

Available on Amazon, Kindle and at a discount from the author at www.wingingitblind.com



Chasing the Catheter, (or Medics & VIPs) A short guide for medics on how to treat visually impaired people, and drafted as a wish list for inpatients or those attending A&E when sight impaired or blind.

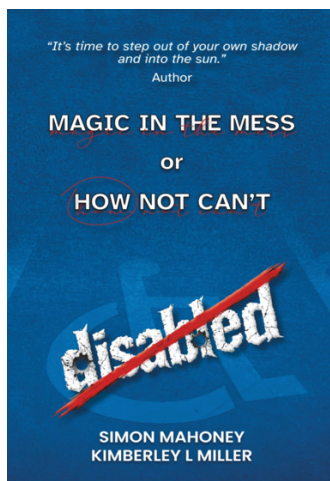
Available from Amazon and Kindle or from the author at www.wingingitblind.com

A leaflet derived from the book is available for learning how to be in the company of a blind person.



Who are Keeping the Blind in the Dark? (or The Chaos) A look at the various stake holders in the world of sight loss. Described as an "angry book", the content will reveal why; but it is interspersed with much humour along the way too!

Available from Amazon or at a discount from the author at a discount at www.wingingitblind.com



Magic in the Mess (or How not Can't) Written from the heart of nearly a decade of experience of sight loss, this book is a message to anyone who lives with an altered ability of any kind to adopt the "How, not Can't" mindset that will radically change the way they live. This article has been adapted from chapter 8 of this extensively researched and informed book, co-written this time with his editor Kimberley.

Just published and available from Amazon, and very soon at a discount at www.wingingitblind.com

Sources and references

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