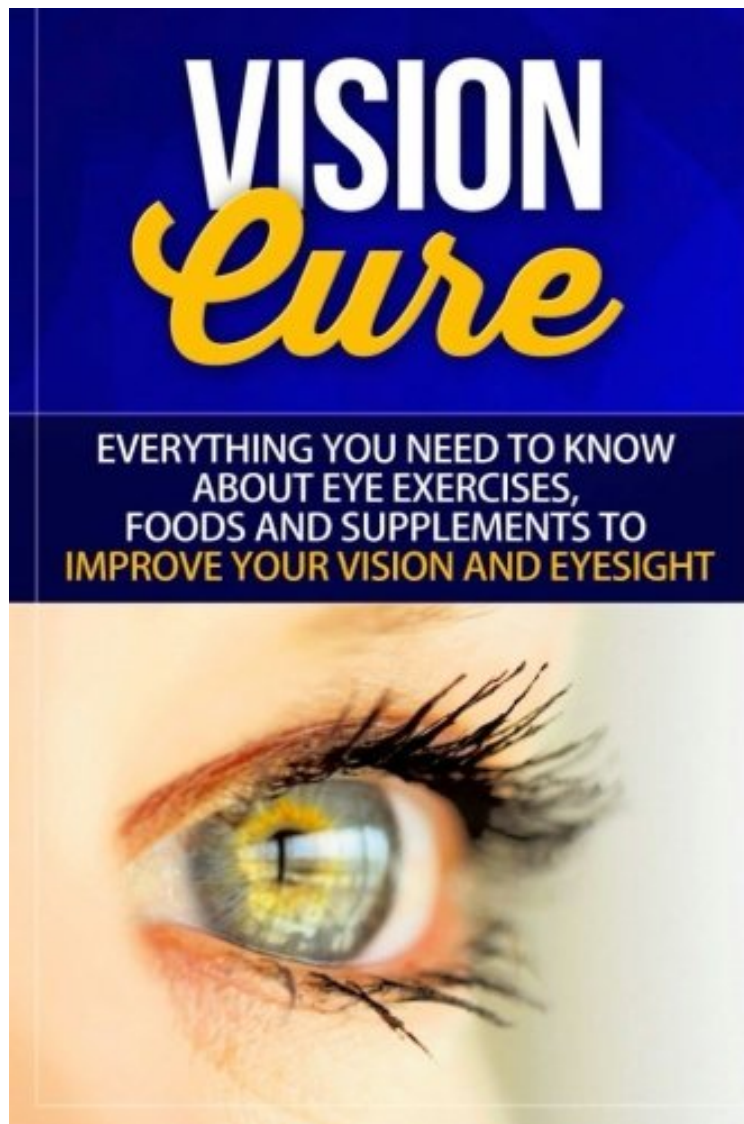


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## **Vision Cure: Everything You Need To Know About Eye Exercises, Foods And Supplements To Improve Your Vision And Eyesight**

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1 of 2 people found the following review helpful. Another book teaching Natural Eyesight Improvement wrong. By Mary I. Oliver Not moving the head with the eyes; seems every eyesight author is saying this in these short books by people claiming to be eyesight teachers. Eye stretches, not moving the head with the eyes is a main cause of eye muscle tension and blur. It can sprain the eye muscles. The nutrition section has some good advice, you can find it on the internet. Also has some incorrect advice. Too much wrong in this book to list. Please study the method completely, teach it correct. Please stop giving Natural Eyesight method a bad name by teaching wrong.

**Vision Cure: Everything You Need To Know About Eye Exercises, Foods And Supplements To Improve Your Vision And Eyesight** Caring for the eyes does not have to be expensive. It is best that you learn the ways of how to properly take care of your vision before it's too late. This book helps you understand the complexities of various eye problems and points you toward the right techniques to counter the problem. The topics include: Most Prominent Causes of Vision Problems The health of your eyes deteriorates as you age. Although you cannot stop the natural aging process, you can do various techniques in order to slow down the negative effects of the process. If your doctor recommends that you wear eyeglasses or contact lenses, do not abuse the apparatus. It helps in improving your condition, but its prolonged use will worsen your vision. The other causes of vision problems are the activities that you normally do without thinking how these will affect the health of your eyes. Common Eye Problems Eye problems are experienced by people of all ages. Some are inborn and must be detected early, so that you can refer the case to the right doctor. There are certain vision problems, which you will notice that a young individual has, by carefully observing how he/she reacts when using his/her sense of sight. Older individuals suffer from eye problems due to causes that they cannot quit doing because it is necessary to their schools or jobs, such as reading and using the computer. In this case, you have to give your eyes enough time to rest and recharge whenever you feel that it is strained and tired. Helpful and Easy-To-Do Eye Exercises It is crucial to learn the right exercises that can help in strengthening the muscles of your eyes. The exercises range from closing your eyes, moving the eyeballs in different directions, relaxing and giving the eyes a massage. The exercises are easy to follow. You simply have to allot time each day to get this done. Foods that Improve Your Vision There are many more food items that you can eat aside from carrots, to keep your eyes healthy and its muscles strong. Carrots are rich in nutrients, such as beta-carotene, which is beneficial to the eyes. As you get older, your body and your eyes will require more nutrients than what the carrots can provide. Great Supplements for the Eyes If you are on a diet or you simply do not have the access to nutritious food every day, you can get a fill of the nutrients that are beneficial to the eyes by taking supplements. It is important that you research about the brand and manufacturer of the supplement before taking it. You must also tell your doctor about it, especially when you are taking other medications, you are pregnant or suffering from certain health conditions. Other Useful Techniques to Keep Your Eyes Healthy If you are serious in maintaining good eyesight, you have to make certain lifestyle changes and get rid of the habits that pose dangers to your vision. Do not wait till your eye problems get worse and uncontrollable. Learn about the conditions that affect the eyes and the natural ways to deal with these by downloading this book today.