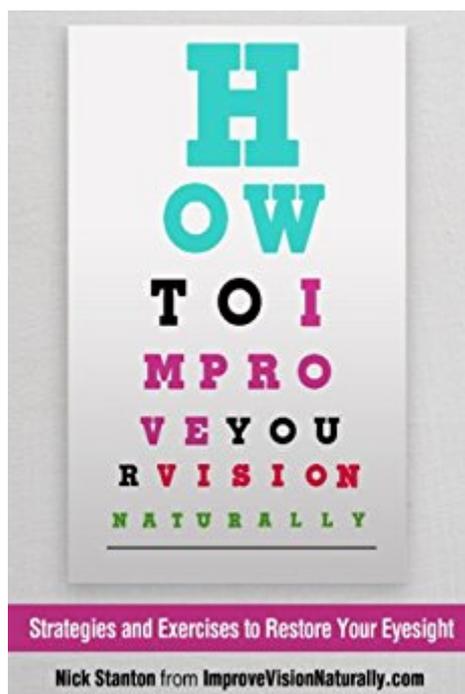


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# How To Improve Your Vision Naturally: Strategies And Exercises To Restore Your Eyesight



## Synopsis

Effective, Natural and Permanent Solutions to Regain your VisionIt is an amazingly simple program providing complete and detailed solutions to improve your eyesight, that you could even throw away your glasses. By just applying the exercises and tips inside Within How To Improve Your Vision Naturally: Strategies and Exercises to Restore Your Eyesight, you can start seeing better from just a few minutes of practice. Get improved eyesight to help see clearly. . . And avoid costly eye surgeries, eyeglasses or contact lenses that only mask the real problem. . . Grab your copy of this book today to start seeing things much clearer!

## Book Information

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## Customer Reviews

'How To Improve Your Vision Naturally' is a comprehensive guide to improving your eyesight. Nick Stanton shows many simple ways to relax your eyes, improve your focus, and lessen the damage on your eyes on an everyday basis. Some of the things covered also include how to curb negative habits that will improve your sight, healthy adjustments to your diet and improving your blood circulation. Also explained is what happens to your eyes as you age and certain drugs that can

damage your vision. This is a great self-help book for anyone wanting to naturally and safely improve their vision, and is handy to help identify any eyesight problems that they currently have.

This book went into great detail on the different eye sight problems, explaining what they are, the symptoms, and so forth. I have blurry vision sometimes and refuse to get glasses. So this book is very helpful to me so that I will never have to. I really liked all of the exercises and plan on doing them as often as time will allow. I did notice immediate eye relief after trying a couple of them. The book also talks about diet and what foods are good and which are bad for your eye sight. It has juicer recipes as well. If you have eye problems (and who doesn't) then I recommend this book to you.

I've had terrible eyesight since I was in high school. I'm near-sighted and I've always wished that I didn't need to wear glasses. It's almost impossible for me to enjoy waterparks because I always worry about my glasses falling off and getting lost (which has happened before!) I've used contacts as well but after a while they severely irritate my eyes. Then I've considered Lasik eye surgery, but that's quite expensive and I've heard many bad stories about vision getting even worse after the surgery. This book has some excellent ideas and exercises you can use to try to restore your vision naturally. It also suggest certain types of foods that will also help. I was a bit surprised to read that eating carrots to improve your eyesight is actually a myth! I always remember my mom telling me that one. While I can't guarantee that everything in this book will work, at least it's a good first step for anyone who finally wants to rid themselves of their glasses without going to extremes. Recommended.

Regarding macular degeneration, unprotected exposure to the sun has been indicated as a causal factor. Don't skimp on good sunglasses if you work or play outside. PROTECT YOUR EYES FROM THE SUN! Also, dark green leafy veggies are highly recommended. My Dad was a letter carrier who walked the equivalent of 2-1/2 times around the world, and he went blind from MD. The exercise didn't protect him from it, but admittedly he never wore sunglasses. An eye chart to test for changes which might indicate MD would have been a valuable inclusion, and was something I was hoping for with this book. I was disappointed that there is nothing in the book about preventing cataracts. A correction: Brightness causes the pupils to contract, not dilate, as stated in a section about pinhole glasses.

This book has everything you need to know about your eye health. It explains how you can improve your vision by doing simple exercises. There is a detailed presentation about the various vision problem you can have and their treatment. I especially liked the insightful chapter on the myths about your eyes health. There are specific exercises to improve your focus, your circulation, your sight at a distance, strenghtening your eye muscles, and much more. The author also discuss herbal remedies and nutrition to improve your eyes health. This is a very well written book, it has a comprehensive approach to your vision and eyes health. Highly recommended book.

I like it -- there are simple concepts and exercises that you can do to improve your eyesight, and this book lays them out in an easily-readable format. This book doesn't try to be more than it is, and I like that. Good ideas, easy. Worth reading and trying out. Dan DeFigio Author of Beyond Smoothies - whey protein recipes

I bought the Kindle version of this book and read it from cover to cover (so to speak) but when I tried to re-read it my kindle would not let me go back to page one! So I lost out on the many good eye exercises it contains. Buy the book, not the kindle edition, it's very clear and helpful.

Book covering natural remedies and exercises on how to improve eye sight. useful exercises and information about relaxing eyes and eye health in general. helpful solutions.

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