



No Drugs, No Lenses. How to Improve Vision Naturally: Effective exercises and techniques to improve your eyesight naturally (Natural Health Books Book 3)

Sarah R. Gray

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Good news! You can now better your vision at home - without drugs or corrective lenses.

Sometimes, lenses may be the only solution for a severe vision problem. But there are natural alternatives that many don't know. Some of them can offer better improvement than the common medical approaches. In fact, some of us have sought medical care for a health problem, only to be prescribed a medication that is damaging to our already delicate vision. Most of us do not like to wear glasses or uncomfortable contact lenses; we just get used to them and believe that that's how it's going to be for the rest of our lives. It doesn't have to be that way.

None of these natural eyesight improving methods will risk the quality of your vision. All are beneficial to eye health, and some are even good health practices for the rest of your body. At the price of this book, you know you can't afford to neglect investigating further. You won't be sorry.

In No Drugs, No Lenses. How to Improve Vision Naturally, you will learn:

- Certain myths about eye health and vision that are still often believed
- Foods that are helpful to eyesight and some that can cause problems, including a few recipes
- Homemade juice mixes that are known to improve certain eye conditions and diseases
- Herbs that can naturally improve your vision - with notes about the benefits of each one
- Medical drugs that can damage the eyes - listing the drugs and the side effects that they have on the eyes
- Eye exercises that can actually improve your vision (focus, distance viewing, circulation to the eyes, eye muscle development and relieving eye stress)
- Some tips on improving your night vision (for those of us who are getting a little older)

The author has written an easy to read, well-organized and helpful book. **If you are experiencing declining vision, or know someone who is, this book is a great investment.** You'll find that the remedies offered are not difficult or expensive. They are not dangerous or harmful in any way. You can begin to implement them right away.

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