The 3-Week "Eagle Eye" System

DISCLAIMER (MUST READ)

Any information in this book should not be reproduced or transmitted in any form without the prior permission of the author.

The materials contained in this book are based on the author’s experience and research through credible sources.

The statements presented here are meant to help you improve your vision without wearing glasses and eye lenses or resorting to surgery, but results may vary from person to person.

In no event, the author will not be liable for any damages of any kind whatsoever concerning the service, materials, and products contained within the package.

The information presented in this book should not be interpreted as medical advice. If you have any doubts or concerns related to your seeing health, I strongly recommend you to seek for the counseling of your ophthalmologist.

TABLE OF CONTENTS

INTRODUCTION

Pending

Chapter 1: 20/20 Vision without Glasses

This is your big chance in becoming glasses free. Some eye exercises can improve your vision without you having to wear contact lenses, glasses, or even resort to surgery. The eye exercises presented in this book will may restore your vision.

The information provided in this book covers everything you need to know to make you see the world at full potential.

All you have to lose are your glasses. Give the following information a try, because they may improve your vision, and you’ll be 100% satisied with the results.

Maybe you are wondering what 20/20 vision is? It is the healthy and regular vision (the clarity or sharpness of vision), and if you have it, you can see clearly. It means you can read with clarity at 20 feet a letter that should normally be distinguished at that distance.

Enough with the stories. You want to see results, therefore, let me show you how to restore your vision.

Chapter 2: How Your Eyes Work?

Through your eyes, you can see the entire world and everything that is happening around you. Without your vision, you wouldn’t be capable of seeing when the sun and stars rise or when people around you are smiling.

To conclude, your eyes are important organs of your body. However, you should be curious how they function and to understand the entire process of vision.

The eye has many components such as:

1. The cornea is the irst seen transparent layer of the eye.

2. The pupil is the dark circular opening in the center of the iris. Its size varies to regulate the amount of light reaching the retina.

3. The iris is a lat, colored, ring-shaped membrane behind the cornea, with an adjustable circular opening (pupil) in the center.

4. The (inner) lens are a transparent and biconvex structure in the eye.

Along with the cornea, these lenses help to refract light to be focused on the retina. By changing their shape, the inner lenses function to change the focal distance of the eye.

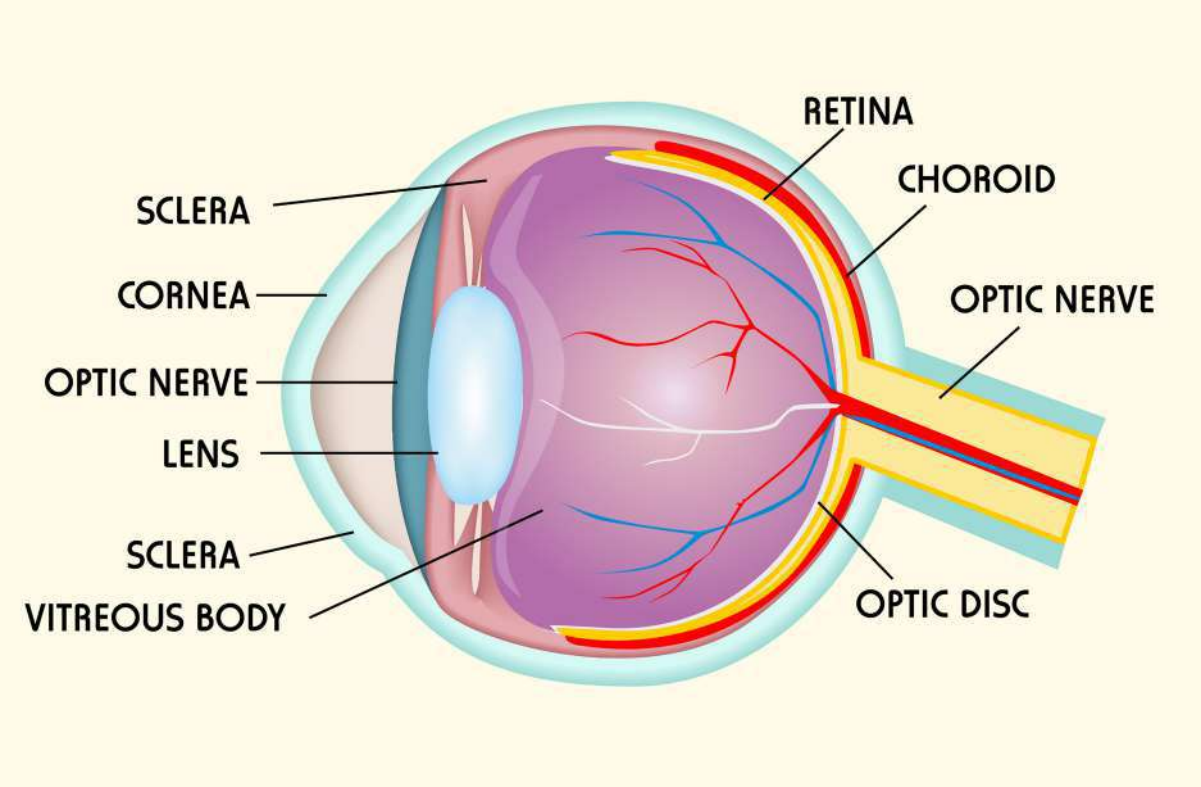
5. The sclera (the white part of the eye) is the outer layer of the eye containing collagen and elastic iber.

6. The retina, the third and inner coat of the eye, is a light-sensitive layer of tissue. Through the cornea and lens, the optics of the eye create an image of the visual world on the retina.

7. The optic nerve is also known as cranial nerve II, and is a paired nerve that transmits visual information from the retina to the brain.

8. The extraocular muscles are the six muscles that control the movements of the eye.

Structure and the Role of Each Component of the Eye



The human eye is an organ that reacts to light and has several purposes. As a sense organ, the eye allows vision. Rod and cone cells in the retina allow conscious light perception and vision including color diferentiation and the cognition of depth. Our eyes can distinguish about 10 million colors.

The eye’s non-image-forming photosensitive ganglion cells in the retina receive light signals, which afect adjustment of the size of the pupil, regulation, and suppression of the hormone melatonin and entrainment of the body clock.

The eye is not shaped like a perfect sphere. Rather it’s a fused two piece unit. The smaller frontal unit, transparent and more curved, called the cornea is linked to the larger white unit called the sclera.

A ring called the limbus connects the cornea and sclera.

The iris is the colored circular structure concentrically surrounding the center of the eye - the pupil, which appears to be black. The iris’s dilator and sphincter muscles adjust the size of the pupil, which controls the amount of light entering the eye.

In case it’s needed, a device known as an ophthalmoscope is used to see inside the eye.

Light rays enter the eye through the cornea, pupil and then through the lens controlled by ciliary muscles. The fascicle falling on the light-sensitive cells of the retina is converted into electrical signals that are carried to the brain by the optic nerves.

The approximate ield of view of an individual human eye (the point at which one’s gaze is directed) is 60° superior (up), 60° nasal (towards the nose), 70-75° inferior (down), and 100-110° temporal (away from the nose and towards the temple).

For both eyes, the combined visual ield is 130-135° vertical and 200° horizontal. When viewed at large angles, the iris and pupil appear to be rotated toward the viewer. As a result, the pupil may still be visible at angles greater than 90°.

About 12–15° temporal and 1.5° below the horizontal is the optic nerve or blindspot, which is roughly 7.5° high and 5.5° wide.

I want to mention that the eye functions at its full potential only if its “components” are in perfect condition. Therefore, you can have a 20/20 vision only if you take good care of your eyes.

Furthermore, in the following chapter, I will present to you some unknown facts about the eye care industry.

Chapter 3: Shocking Facts about Medical Industry

You should know that in many encountered eye conditions (astigmatism, farsightedness, nearsightedness, etc.), heredity isn’t to blame for

The fundamental question, in this case, is why medical indus - tries and even the government didn’t share with us the fact that we could restore our eyesight in the clarity it once had? This question comes as a result of the fact that the eyes should be able to regain their original capabilities of seeing clearly.

If you want an honest answer, they just want you to spend your money on treatments. Don’t get me wrong, I admit that in some cases, doctors and what they prescribe do wonders, but in some situations, they should recommend their patients the best natural solutions they have. The United States spends trillions of dollars on health care each year, more than all the states altogether. Moreover, you should know that drugscan have side efects and can harm your body.

Therefore, don’t try to cure your afection. Instead, try to avoid being in such a situation. God knows if those pills can help or harm you.

Furthermore, instead of spending a fortune on drugs, try to **gain your eye health by practicing eye exercises and eating healthy** .

I know that maybe it is unbelievable, but eyeglasses won’t cure your eye condition. You are paying for the lenses, frames plus other fees.

Therefore, why to spend an enormous amount of money for eyeglasses? Their role is to correct the refraction error in your eyes, but your vision is always changing. At some point, they force your vision to remain consistently in that refraction

error. For you to see all day correctly, the glasses zoom the image, and the eyes become addicted to them. However, certain conditions require wearing eyeglasses, so before taking the drastic decision of not wearing them, consult with your doctor and see if it’s the best decision on the long term.

Contact lenses have the same role as glasses- to correct your refraction error. Think about the fact that you can’t give your eyes a break from this lenses during the day because you should put them in their proper sterile solution.

Laser eye surgery can permanently change your eyes by correcting the refraction error of the eye, but once it is done, you risk sufering from a bunch of side efects such as pain, hazy and poor night vision, regression in vision, dry eye syndrome, weak cornea, etc.

I don’t want you to get me wrong, glasses and contact lenses have their crucial role, but they aren’t a solution to improve your vision.

However, they have the mission to make you see better just for the moment.

Your goal is to regain your perfect 20-20 vision back, and you’ll not succeed this with drugs, sunglasses or contact lenses that feature side efects.

Now, to regain your perfect vision, you should irst know what afects it every day.

Chapter 4: Poor Eyesight: Facts and Misunderstandings

Our eyesight tends to deteriorate with time due to several factors. Some of deterioration is from natural causes that are due to aging. While some are the direct result of the way, we live our lives (lifestyle). Lifestyle, or the way we live our lives, is an extremely broad topic when it comes to discussing its efects on the eyes. Up till now, we have discussed some of our bad habits and a few of the factors pertaining to the environment (glare).

Our diet is yet another important factor in determining the health of our eyes, and we will be discussing nutrition in detail in Chapter 9 of this book.

There are also speciic drugs which tend to have side efects strong enough to harm our eyes. These drugs will also be discussed in detail in the next chapter.

The purpose of this chapter is to empower you with some facts about poor eyesight, as well as clear up some of the misunderstandings that are widespread among people. There are a lot of things that we have been believing for years, and perhaps in some cases, since childhood. It is of the utmost importance to dismiss these misunderstandings so that a clear understanding of what is good and what is not good for our eyesight can be gained.

Let us proceed through this chapter by talking about, and clearing the common myths.

Myths

Myth Number 1: Not using glasses will damage the eyes

This is not entirely true. On the contrary, research has shown that using glasses can actually further deteriorate vision rather than healing it. Our eyes can heal themselves naturally provided that they are given the proper attention and care. A combination of eye exercises, proper nutritional intake, as well as common sense, can go a long way in naturally healing vision problems.

Myth Number 2: Reading in Dim Light Damages the Eyes

This is yet another myth. Reading in dim lighting conditions in no way damages your eyes; however, it can strain your eyes. This is the reason why it is recommended not to read in poor lighting conditions.

Myth Number 3: Consumption of Carrots Can Heal Vision

Carrots are a rich source of Vitamin A, and vitamin A is indeed a requirement of our eyes. However, it is commonly believed that eating lots of carrots can improve the eyesight – this isn't true because the quantity of vitamin A that is required is very little, and it can be absorbed by consuming a healthy diet in general.

Myth Number 4: Nothing Can Be Done To Prevent Loss of Sight

This is among one of the most discouraging statements that are circulated around.

Our eyes are a set of wonderfully crafted organs, and given the time and care, they can heal themselves. Regular eye examinations should be scheduled to keep a track on the eyes' health.

Natural ways of healing include consuming a healthy, balanced diet and performing numerous exercises.

Myth Number 5: Eye Examinations Are Only Necessary When Experiencing Problems

The whole purpose of eye examinations is to ensure that the eyes are functioning properly without any problems. An examination brings to light any lingering problems before they actually set in. The examination may also reveal any serious conditions that may not be showing any obvious symptoms.

That been said; eye examinations should never be missed and must be a part of your health care regime.

Myth Number 6: Using a Computer for Extended Periods Can Damage the Eyes

Computer screens do emit harmful rays at all. X-Rays and Ultraviolet rays are known to damage the eyes, and these types of rays are not emitted by computer screens.

A lot of people tend to confuse eye strain with eye damage – yes, monitors can cause eyestrain if they are used for extended periods of time with no breaks in between – but no, they cannot damage your eyes.

Myth Number 7: Sitting Too Close to a Television Can Damage Children's Eyes

There is no evidence at all that could prove this statement to be true. On the contrary,

children can focus at closer objects much better than adults can. It is also observed that children tend to read books by holding them close to their eyes.

This habit tends to go away with age, but if a child frequently sits close to a television – then they should undergo an eye examination to check whether or not they are sufering from myopia, or shortsightedness.

Myth Number 8: People with Weak Vision Should Avoid Focusing on Intricate Details

It is also commonly believed that focusing on ine details can further deteriorate the vision further, especially in people who already have weak eyesight. This concept is based on the idea that the eye is a muscle, and using it will wear it out.

A better and more accurate comparison of the eye is that to a camera. A camera does not wear out if it is used to take pictures of very ine details – same is the true with our eyes.

Myth Number 9: Eyes can be Transplanted

This is not true. No matter how advanced medical science becomes, this is something that will remain impossible. The eyes are connected to the brain through the optic nerve – which is a collection of millions of nerves. Once the optic nerve is severed, there is no way of connecting these back together again.

This is why during surgery; the eyes are never taken out of the socket. On the other hand, the cornea in the eye has undergone numerous transplantations over the years. People tend to confuse this corneal transplant with an eye transplant. Corneal transplant is possible; eye transplant is not.

Myth Number 10: Wearing Contact Lenses Prevents Nearsightedness from Worsening

Contact lenses, similar to glasses, are not a permanent solution to eyesight problems. They only provide a temporary method to correct vision, and they are not able to heal or improve vision conditions in any way. On the contrary, wearing contact lens exposes the user to many risks as follows:

1 They can cause dryness of the eyes

2 They can result in corneal scratches

3 They can cause corneal infections

4 They can cause the shape of the cornea to change

5 They can cause eye inlammation

6 They can cause eyelid inlammation

7 The lens solutions can result in an allergic reaction

Facts

- Problems related to the eye and vision are regarded as being the second most common healthcare issue in the US. Some sort of vision problems is known to afect more than 120 million people all across the country.
- It is estimated that around 61 percent of the American population needs some form of correction for proper vision. This percentage accounts for around 172 million people. However, majority of these people are not aware of the fact that they can greatly enhance their eyesight without the need of going through a surgery or without wearing glasses or contact lenses.
- Those people who repeatedly go to an optician with the same complaints of not being able to see clearly enough are not aware that wearing glasses will have hardly, if any, efect on improving their vision. Glasses actually cause their vision to get worse day by day.
- Common complaints are about children not being able to see the boards at school, many teenagers’ inability to clearly see street signs – causing them to fail driver license’s tests. The solution that is provided, with the corrective devices increasing in power, rarely solve the problem!
- One out of four of American children aged between 3 and 16 wear glasses to correct their vision.
- Around 75 percent of people who frequently use a computer (at work, on daily basis), sufer from some sort of a vision problem; the symptoms could range from headaches, dry eyes, or blurred vision and irritation in the eyes as a result of excessive eye strain.
- Among one of the most common types of self-reported vision problems are cataracts. It is also the third leading cause of blindness that could have been prevented.

  If you remember the time you got your irst pair of glasses, you would have been told to wear them until you got used to them. Sounds familiar? Well, once you got used to them, and you took them of, everything would seem blurry and cause you to become dizzy. If you remember more precisely, things would be far blurrier than they were before you started wearing the glasses. Why?

  There’s only one logical explanation for all of this. By using stronger prescriptions each time, we have only been causing our vision to deteriorate.

  The human body has been designed in a way that it has the ability to heal itself and regenerate, given the time. There is no doubt that modern medical science has made exceptional advancements and has introduced things that improve healing ability of the body. Nevertheless, there are some things that need time and nothing can accelerate them. Similarly, our eyes can heal and regenerate if given the time without any additional aid such as glasses or contact lenses.

Eyesight is unarguably the most vital sensory channel that humans are blessed with; over 90 percent of all the information that the brain receives from varying senses is actually from the eyes. Through this sensory input, the brain igures out when to react to what we see. Our movements, our speech and conversations with other people, as well as gestures, are the all the result of the interpretation of the electrical signals executed by the eye. All the body’s systems are, in fact, interlinked in one way, or another.

Chapter 5: What Affects Vision Clarity?

The humans are made with perfect vision. You have the potential to see things clearly, and you could have excellent vision.

What has caused your vision to deteriorate in time?

Multiple reasons contribute to your poor vision. Your eyes can be afected by many factors, but the main are the bad eye habits.

Have you ever found your eyes are often dry and irritated? All these happen because of bad habits in caring for your eyes.

Properly looking after for your eyes is essential in protecting your vision. See if you’ve been making these following mistakes that could be harming your eyes.

1. Eating poorly

An unhealthy and poor diet can degenerate the retina and has the potential to increasing the risk of Cataract and Macular Degeneration.

People who have a low intake of Vitamin A can develop night blindness.

A full sugar diet can make the lenses of the eye swell that can increase the eyeball pressure.

Try to change your diet. Instead of eating mediocre food such as carbohydrates and fast food, you should choose more fruits and vegetables.

Eating a well-proportioned meal helps improve your vision and can prevent their deterioration.

If you want to have a healthy balanced diet, you should distribute your food on the plate like this: 40% carbohydrates, 30% fats and 30% proteins (20% vegetal and 10% animal).

2. Not drinking enough water

Our bodies are made up of 70% water, so we must hydrate them by drinking eight glasses of water per day. If you don’t drink between six and eight glasses of water, you risk having dehydrated eyes that could not produce

sufficient tears to keep the moisture they need.

In this way, you risk having red, dry, and tired eyes. Because no one wants this, even if you don’t like drinking water, you should ix an alarm and make sure to drink at least one full glass. However, do not drink it from a breath, but in the course of a few minutes. Reill it to drink another one after another hour.

3. Not giving your eyes enough time to breathe

If you’re wearing glasses or eye lenses, try to not wear them all day long. Allow your eyes to take a break of that magniiers that deteriorates you vision.

Maybe you didn’t know, but your eyes need oxygen to ight bacteria. Alternate between lenses and glasses and always take a break to see the world without any ilters.

4. Lying down while watching TV

If you do that, stop right now! The main reason is that it puts a lot of strain on your eyes. When your eyes are at a diferent level than the TV, they are trying to focus the image at an inconvenient angle. This strain can deteriorate your vision in short time.

I advise you to try to watch straight at your TV when you are sitting on the couch and at a reasonable distance from the screen.

5. Reading in a bad light and while traveling

This habit can hurt your eyes because they are inding di cult to focus due to the dim light. Reading in a bad light can cause you eye fatigue, blurred vision, and dry eyes. I recommend you to always have a reading lamp while reading.

While you are in a moving vehicle, you should not read because your eyes keep adjusting due to the unstable movement. The consequences of reading in a car could be red and dry eyes, blurred vision and headaches.

Next time when you travel try to take a look at the window or to play a car game with your friends.

6. Rubbing your eyes

Your eyes are very sensitive organs and can quickly become infected when you rub them.

Rubbing your eyes in the long term, it can also have dangerous and harmful side efects such as a potential for injury, thinning of the cornea, deterioration of vision, and dark circles.

Thus, if you feel the need to rub your eyes, smoothly tap on the skin from around your eyes with your middle and pointer ingers.

7. Sleeping poorly

If you don’t sleep enough or you have a poor rest, your eyes are the ones who show it. The consequences of an insu cient sleep are dark circles, eye twitching, blurry vision and dry or red eyes.

Try to sleep at least six-eight hours per night and make it a routine.

Think that you are doing a favor to your eyes and sleep well. If you have sleep problems, talk to your doctor.

8. Smoking

Smoking is not healthy for any organ of your body because it can have side efects for your overall health, lungs and it can even cause you several eye conditions such as:

- Cataracts
- Diabetic Retinopathy
- Dry eye syndrome
- Inlammation of the middle of the eye
- Macular Degeneration

Statistics show that if you smoke, your chances to develop multiple eye disorders

double, or in the case of Macular Degeneration, triple.

The best thing you can do is to break that vicious habit. Smoking is toxic to your entire body and can afect your overall health, including your eyes by causing several diseases.

Therefore, when you develop a certain eye disease, it is a certainty that you would not see clearly anymore.

Let your family and friends know that you want to quit smoking and do it now until is not too late.

Undoubtedly, even if it is di cult, you should try to cut back or quit deinitively. Your loved ones will look at you with great appreciation.

9. Using the laptop to watch movies

It is not a great idea at all. Watching movies or various series at your laptop can deteriorate your eyes because you are not keeping it at a reasonable distance. In this way, you put your eyes to focus on the bright screen from just a few inches away.

Furthermore, working or staring at your laptop screen can have side efects.

Therefore, the su cient distance where you should keep your laptop is 16 to 30 inches or if that in not comfortable enough for you, try 20 to 26 inches.

10. Wearing cheap sunglasses

Cheap sunglasses can have diopters you don’t need to wear.

Therefore, avoid using them because the sun can provide you an amount of Vitamin D naturally.

As long as you don’t look straight at the sun and you see it on the horizon or when is the sunset, you don’t need to wear any sunglasses.

11. Taking medications

All drugs or over the counter medications cause side efects such as dry eye syndrome or sensitivity to light.

Furthermore, medicines can trigger other serious eye diseases such as Glaucoma, or you can lose your vision for good.

Allow me to share with you that some categories of medicines such as acne

medication, antihistamines, antimalarial drugs, corticosteroids, erectile dysfunction drugs, phenothiazine, and topiramate can cause dangerous afections (eye syndrome, and sensitivity to light).

Before taking any drugs, irst try using some natural remedies and then wait for several weeks or a month to take efect. Either way, if you see no relieve related to your eye symptoms, you should discuss with your ophthalmologist.

Furthermore, I recommend you to consult your physician before taking any pill whatsoever.

Therefore, instead of doing nothing for your eyesight, you should know that you could prevent the deterioration of your eyes through many ways.

These simple pieces of advice can help you improve your vision fast.

Therefore, to avoid these side efects, you can live a healthy life that can lead to helping us maintain your eye health. There are no consequences; on the contrary, it can help not only your eyes but also your whole body.

In addition, to maintain the health of your eyes, you should also avoid some chemicals. Follow the below advices and you’ll observe an improvement in your life.

Chapter 6: Foods for healthy vision restore vision

The role of nutrition and its efects on vision has been the center of attention for quite some time now. Detailed research has been conducted to ind out how particular foods afect the eye. Scientists are especially interested in how certain minerals and vitamins inluence eye diseases such as AMD (age related macular degeneration) and cataracts (clouding of the cornea).

A good, balanced nutrition is vital for not only the well -being of the human body as a whole but also speciically for the eyes. After all, a healthy human body will have the strength to ight of any ailments that it may be inlicted with.

Among one of the most signiicant examples that portray the importance of good nutrition for healthy eyes is an eye condition called xerophthalmia. This is a condition which is common in developing countries and is known to cause blindness in childhood. This condition results from a lack of Vitamin A intake, which could be prevented by consuming fresh vegetables and protein including meat, ish, cheese, eggs, milk, yoghurt, pulses and grains. However, many people in developing countries are deprived of such foods due to prevailing poverty.

Nutrition for the Eyes

Numerous studies have revealed that antioxidant vitamins found in numerous foods have an important link with the health of the eyes. Such vitamins have immense signiicance in keeping the eyes’ cells and tissues healthy.

The most important of all antioxidant vitamins include Vitamins A, C and E.

These vitamins are found in numerous fruits and vegetables and should be part of a person’s daily food intake:

- Brussel Sprouts
- Dried Apricots
- Grapefruit
- Green Beans
- Green Leafy Vegetables (Spinach, lettuce, kale etc.)
- Green Peas
- Kiwis
- Oranges
- Peppers
- Carrots (Raw)
- Tomatoes

They are also found in abundant quantities in dairy products (milk, yoghurt, and butter), eggs, seeds and nuts.

Lutein and Zeaxanthin

There are two types of antioxidants, known as carotenoids (called Lutein, pronounced Loo-teen) and Zeaxanthin (pronounced zay-aa-za-thin). Studies have shown that those people who have generous intakes of these two antioxidants have a decreased risk of developing age-related macular degeneration.

The antioxidants, Lutein and Zeaxanthin, are found in both vegetables and fruits.

You should consume the following vegetables and fruits regularly and make them a part of your daily diet routine:

- Bilberries
- Green, Leafy Vegetables (lettuce, spinach, kale, broccoli)
- Mangoes
- Yellow Peppers

The following foods are rich in Zeaxanthin:

- Broccoli
- Spinach
- Tangerines

- Oranges
- Eggs
- Lettuce (not iceberg lettuce)
- Corn

The above listed food and vegetables are also rich in Vitamins A, C, and E to varying degrees.

Important Vitamin and Minerals

A balanced diet consists of a concoction of vegetables, fruits, meat and dairy products that are consumed on a day to day basis. If a well-balanced diet is made part of a person’s nutritional intake, then that person will deinitely have the required amount of vitamins and minerals necessary for functioning at optimal levels.

Vitamin A

Vitamin A is perhaps the most important vitamin for the eyes. It is absolutely vital for good, clear vision as it helps in protecting the cornea of the eye. Vitamin A drops are also used to treat dry eye syndrome.

Vitamin A has also shown up to be efective in treating certain types of eye inlammation con - ditions.

It is also known to reduce the risk of age related macular de - generation, a disease that results in severe deterioration of the vision.

If vitamin A is consumed along with Lutein (see above), then vision may be pro - longed in those people who are sufering from an eye condition called the retinitis pigmentosa.

Fruits and Vegetables Rich in Vitamin A

Fruits and Vegetables Rich in Vitamin A:

- Sweet Potatoes
- Carrots
- Dark, Leafy Green Vegetables
- Squash
- Romaine Lettuce
- Dried Apricots
- Cantaloupe Melons
- Sweet Red Peppers
- Tuna Fish
- Mangoes

Vitamin C

Vitamin C is a water-soluble vitamin that is an extremely efective antioxidant. It helps in keeping the eyes healthy by protecting numerous parts of the eye from getting damaged by UV light.

Antioxidants are those substances that protect cells from the damaging efects of oxidation.

Barbara Gollman, who is an expert on functional foods and phytochemicals, is also the co-author of the book called The Phytopia Cookbook: A World of Plant-Centered Cuisine, said:

“Vitamin C might help prevent cataracts or delay their development, but studies do not conirm this yet”, “Cataracts, a clouding of all or part of the lens of the eye, cause blurred or dimmed vision and unusual sensitivity to light.”

Most of the American population consumes the minimum requirement of vitamin C (daily intake) of 75 mg for women and 90 mg for men. However, certain studies have suggested that as much as 300 mg may be required to protect the eyes from cataracts.

Fruits and Vegetables Rich in Vitamin C:

- Broccoli
- Brussels Sprouts
- Guava
- Kohlrabi
- Mango
- Papaya
- Pineapple
- Raspberries
- Red Bell Peppers
- Strawberries

Vitamin E

Vitamin E is a fat-soluble vitamin and a strong antioxidant. It is believed that it may help in preventing the development of cataracts as well as age-related macular degeneration. Vitamin E is found in abundance our food supply and is found in high concentrations in vegetable oils.

Fruits and Vegetables Rich in Vitamin E:

- Almonds
- Cottonseed Oil
- Fortiied Cereals
- Hazelnuts
- Papaya
- Peanut Butter
- Sunlower Oil
- Sunlower Seed Kernels
- Wheat Germ Oil
- Wheat Germ

Zinc

Zinc plays a very important role for the healthy development of eyes and in their maintenance. Zinc is found in intense concentrations in the eye and is vital for retina. The requirement for zinc increases as we age; therefore, it is important that a sufficient

intake of zinc is consumed.

Fruits and Vegetables Rich in Zinc:

- Almonds
- Black-Eyed Peas
- Brown Rice
- Chicken
- Garbanzo Beans
- Ground Beef
- Milk
- Sunlower Seeds
- Tofu
- Wheat Germ

Beta-Carotene

Beta-Carotene helps in night vision and keeps the vision at optimal levels. Beta Carotene, after it is consumed, is converted into Vitamin A (excellent for eyes) and can be obtained easily through a normal, healthy diet. This is why it is not necessary to have beta-carotene supplements.

CHAPTER 7 - 21 Smoothies For Vision & Eye Health

There are lots of studies that show that consuming more fruits and vegetables may help protect against age-related eye problems (like macular degeneration and cataracts).

Dehydration and eyestrain can all cause vision problems that are quickly and easily reversed by resting, getting adequate sleep, and re-hydrating the body.

So what are the key ingredients in these smoothies that are going to help my vision?

Vitamin A & Beta-Carotene

Vitamin A (retinol) is essential for eye health. Beta-carotene from fruits and vegetables is converted in the body to vitamin A. Foods that are rich in beta-carotene include carrots, spinach, kale, broccoli, tomatoes, dandelion greens, mangoes, apricots, pumpkins and just about all orange and yellow fruits and vegetables as well as dark, leafy greens.

Interestingly, a November 1998 article in The American Journal of Clinical Nutritionfound that orange fruit (such as mangoes and apricots) is more efective at raising serum vitamin A and beta-carotene levels than dark green, leafy vegetables.

Lutein & Zeaxanthin

Two other carotenoid compounds, lutein and zeaxanthin, are also found in foods rich in beta-carotene and are known to support eye health. In fact, both lutein and

zeaxanthin are actually concentrated in the retina and lens of the eye, indicating a possible biological, protective function.

Some studies have found that lutein and zeaxanthin are more bio-available when they are processed or cooked, so eating some steamed carotenoid-rich veggies in conjunction with green smoothies may help promote optimal dietary intake of these phytonutrients.

A study published in the October 1999 issue of The American Journal of Clinical Nutrition found that men who had the highest amount of dietary intakes of lutein and zeaxanthin reduced their risk of cataracts by up to 19%. The foods that were identiied as providing the strongest protection were broccoli and spinach.

Resveratrol

Carotenoids are not the only plant compound show to provide health beneits for the eyes. Resveratrol, an antioxidant found in red grapes, shows potential to protect the eyes from age-related macular degeneration.

1. Sweet Potato with Carrot Smoothie (Meal Replacement)

- 1 cup almond milk
- 1 cup (255 grams) mashed sweet potato, cooked and cooled
- 1 medium carrot, chopped
- 1 cup (165 grams) pineapple, cubed

2. Red Grape And Apple Smoothie

- 4 to 6 ounces of iltered water
- 1 cup (151 grams) red grapes
- 1 medium apple or pear, cored
- 2 cups (2 handfuls) fresh baby spinach

3) Creamy Raspberry Mango Smoothie (High-Energy Meal Replacement)

- 6 ounces of iltered water
- 1 mango (lesh minus peel and pit from a 350 gram fruit)
- 1 cup (123 grams) raspberries
- 1 small carrot, chopped
- 2 tablespoons chia seeds

- 2 cups (2 handfuls) fresh baby spinach

4) Coconut-Kale Smoothie

- 1 cup coconut milk (boxed beverage, not canned)
- 1 cup (148 grams) blueberries
- 1 banana, peeled
- 2 cups (2 handfuls) kale, chopped or torn into pieces
- 1 medium carrot, chopped

5) Pineapple-Carrot Smoothie

- 4 to 6 ounces of iltered water (or coconut water)
- 1 cup (165 grams) pineapple, cubed
- 1 orange, peeled and deseeded
- 1 small carrot, chopped
- 1 cup kale, chopped
- 1 cups fresh baby spinach

6. Avocado Superfood Smoothie

- 1 Hass avocado
- 1 1/2 cups of frozen blueberries
- 3 strawberries (without stems)
- 17 mint leaves
- 1/2 cups of organic orange juice
- 1/4 cup plain yogurt
- 2 tablespoons agave nectar
- 1/2 Cups frozen raspberries

7. Berry Green Smoothie

- 1 cup spinach leaves
- 1/2 cup frozen blueberries
- 1/2 cup frozen raspberries
- 1 ripe banana
- 1/2 cup milk

- 2 tablespoons old fashioned oats
- 1 tablespoon sugar

8. Apple, Carrot and Ginger Smoothie

- 1/2 cup apple juice
- 2 large carrots, peeled and chopped
- 1/4 cup applesauce
- 1/4 tsp inely grated fresh ginger
- 1/8 tsp ground cinnamon
- 1/8 tsp kosher salt
- 4-6 ice cubes

9. Strawberry Banana Green Smoothie

- 2/3 cup spinach
- 2/3 cup kale
- 1 cup water
- 1 banana
- 5 strawberries, frozen

10. Blueberry Peach Smoothie with Flaxseeds

- 3/4 cup blueberries
- 1/2 cup almond milk
- 1/2 cup non-fat plain Greek yogurt
- 1 Tbsp. ground laxseeds
- 2 Tbsp. honey
- 1 cup frozen peaches

11. Mango Green Smoothie

- 1 ½ cups frozen mango pieces
- 1 ripe banana, cut into chunks
- 1 cup spinach
- 3/4 cup almond milk

12. Kale, pineapple and almond-milk

- 1 cup unsweetened almond milk
- 1 cup packed chopped kale
- 1/2 cup pineapple juice
- 1/2 cup diced pineapple
- 1 banana

13. Very Fruity Smoothie

- A cup of apple juice and orange juice
- Chopped mango and apple
- One passion fruit
- One banana
- Juice from one lime

14. Veggie Smoothie

- Two branches of kale
- Two stalks of celery
- One orange bell pepper
- One beet
- Three kiwi

15. Spicy Green Smoothie

- One spinach
- Two carrots
- Peppers
- Flaxseed oil
- Lemon juice
- A pinch of salt

16. Berry & Spinach Smoothie

- 1 cup spinach
- 1 cup sliced strawberries
- 1 cup raspberries

- 1/4 cup yogurt
- 1/4 milk
- 1 T honey
- 1 tsp vanilla
- 1 cup ice

17. Carrot Smoothie

- 1 cup sliced carrots
- 1 cup fresh orange juice
- 1/2 banana
- 1/2 tsp ginger
- 1 cup ice cubes

18. blueberry smoothie

- 2 cups of kale, chopped
- 1 cup of blueberries
- 2 handfuls of spinach
- 1 handful of green grapes
- 1 cup of iltered water

19. Green Smoothie

- 1 cups fresh spinach
- 1/2 cup fresh kale
- 2 carrots, including leaf tops
- 2 cups of water
- 1 1/2 bananas
- 1 lemon
- 2 oranges

20. Spinach Green Smoothie

- 1 Banana
- 1 pint of fresh Blueberries
- A handful of green Grapes

- 2 handfuls of spinach
- 2 cups of water

21. Orange, Apple & Carrot Smoothie

- 1 apple
- 1 orange
- 1 banana
- 2 carrots
- 1 cup of water

Chapter 8. Exercises To Improve Your Eyesight

Just like any other part of the body, eyes have muscles that can become strained and tired. If you have ever gone a long period of time without exercising, then had to sprint or lift something extremely heavy, you are well aware of how weak your muscles can become from a sedentary lifestyle. Eyes are no diferent - if they are not regularly exercised, they will be far less resilient.

Training the eyes for two weeks can build the eye muscles’ strength and improve eyesight.

What follows are some techniques that anyone can try to improve their eye muscle endurance and improve eyesight in general. Each technique will list its requirements (whether it uses your eyes only or necessitates additional movement or materials) and its main beneits. As a word of warning: for any technique that requires your hands to touch your eyes, as a preliminary step you should always wash your hands. Natural skin oils and any other substances can cause pain or even damage to your eyes.

Technique 1: Better Blinking

Requirements: eyes only

Beneits: endurance, relief

Yes - simply blinking can be helpful for your eyes. Unless you are reading this on the original Amazon Kindle, chances are you are staring at a bright computer screen of some sort. While using a computer, tablet, or smartphone, people tend to blink far less than normal, which causes the eyes and thus the brain to strain due to a combination of lack of moisture and overexposure to light and information.

1 You must train your eyes to blink more often subconsciously. To start, force yourself to blink once every four seconds for 2-3 minutes. Repeat this at least every hour.

2 After a day of this, set up a webcam or ask a friend to observe you while you are engaged with a computer, tablet, television, or another device. Count how many times you blink in a minute.

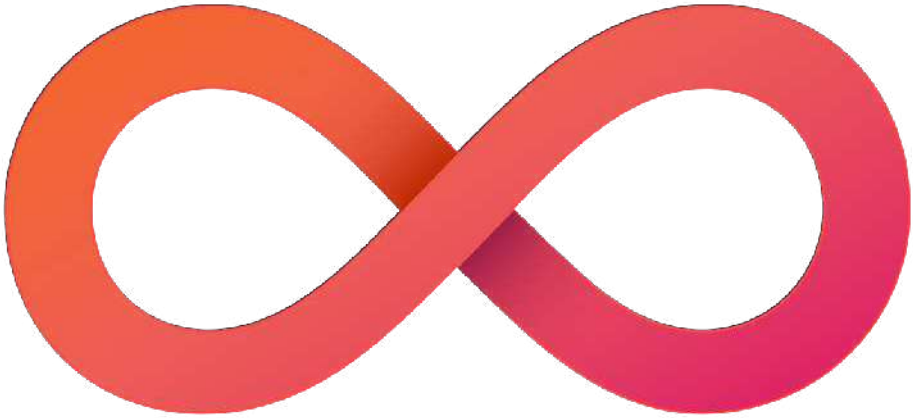
3 If you are blinking between 10 and 15 times per minute, you are in great shape. Most people blink two to three times a minute while using a computer. If your number is less than 10, resume step 1 until it becomes natural to you.

- Step 1 can also be used for quick relief of strained eyes. Do not blink more than once every three seconds, as this can have the reverse efect over a long period of time.
- Try applying this technique in conjunction with any others where it is applicable.

Technique 2: Ininity

Requirements: eyes, optionally a drawing or print out of the ininity symbol

Beneits: endurance, lexibility



With this exercise, you will be tracing an imaginary (or real) ininity symbol, or a sideways number 8. It is important that the 8 is sideways, as this is how your eyes are aligned - tracing a vertical one may cause strain. Using a drawing or print out may increase focus as well - if you wish to use one, print a bold number 8 in black that takes up the entire page.

1 Sit or stand ten feet (about the length of two people laying down) from a blank wall in a well-lit room.

2 If you printed the 8, tape it sideways to the wall. Otherwise, take a moment to imagine the symbol on the wall in front of you.

3 Begin slowly tracing the igure with your eyes. Try not to let your eyes speed up as

they cross the middle intersection - this is a natural reaction.

You may speed up after a few seconds, but do not move your eyes too quickly.

4 After a minute of this, reverse your path. Repeat this for six minutes (three minutes total of each direction).

Technique 3: Switching Focus

Requirements: eyes, hand and/or situationally placed objects

Beneits: muscle endurance, visual acuity, faster focusing

If you have ever seen a camera switch focus to a diferent object, you have witnessed this technique. It can be done anywhere, and for the opportunistic (or lazy), can even be done without the use of your hands.

1 Find an object or surface that is at least ten, but no more than twenty feet away from you. Anything closer or further will strain your eyes.

2 Extend your arm as far as you can toward the object or surface and hold up a inger. Alternatively, if there is another object in your line of sight that would be at the same distance as your inger, you may use that. Windows work excellently for this - especially if they have relections as you can also focus on those.

3 Focus on the near object for ive seconds. Breathe deeply and regularly - eyes beneit from oxygen from the bloodstream just like any other part of your body.

4 Switch your focus to a far object for ive seconds. Remember to breathe.

5 Repeat this for three minutes or so (36 sets in total or 18 for each object). You will beneit most from this by doing many short repetitions per day, rather than a few long sessions.

Technique 4: Palming

Requirements: eyes, hands

Beneits: relaxation, relief, other (non-eye related

This technique can be used as a quick way to relieve strain or a daily routine to fend it of before it happens. Especially for professionals who spend great amounts of time in front of a computer, a simple ive-minute exercise may refresh and extend your visual and mental focus.

1 Sit somewhere comfortable and quiet. Dimly lit (not dark) areas that transition slowly into well-lit areas are best for this. The ideal setting would be a kitchen table with lights that can be gradually brightened.

2 If possible, rest your elbows on a table/desk. If you have no surface, sit with your back straight - this will keep your arms from getting tired in the next step.

3 Rest your head in your palms so that the heel of each palm is just below your eye and your eyes are completely encased, yielding total darkness. Do NOT put pressure on your eyes - if you feel pressure, adjust your hands so that the pressure is on your bone instead. If you are sitting up straight, do not bend your neck - bring your palms up to your face.

4 Breathe slowly in through your nose, hold your breath for one second, then exhale slowly through your mouth. Repeat this 20-30 times.

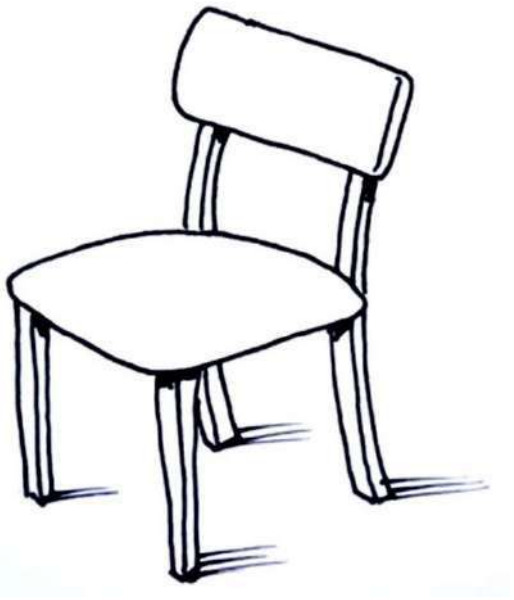
5 Slowly remove your palms from your eyes. Wait ive seconds, then slowly open your eyes. Gradually transition into a lighter area.

This should be repeated at least once a day. If you work a desk job, try palming before work, on your breaks, and after work. Aside from the ocular beneits, the darkness, silence, and regulated breathing will calm your nerves and relax your mind.

Technique 5: Tracing

Requirements: eyes only

Beneits: muscle endurance, focus, visual acuity



Similar to “Ininity”, this technique involves following the contours of objects in your line of vision. By default, most people’s eyes will not trace, but rather jump from point to point or remain ixed on a point. This can cause strain and will tire your eyes out quickly. After practicing this, it will become natural to you.

1 Choose one object with interesting shapes, such as a wooden chair or a dormant tree. Try not to use drawings or images - three-dimensional objects are best.

2 Find a starting point anywhere on the object. Sweep your eye slowly along any visual lines as if you were drawing it on paper. Do not let your eye jump. This may be difficult at first.

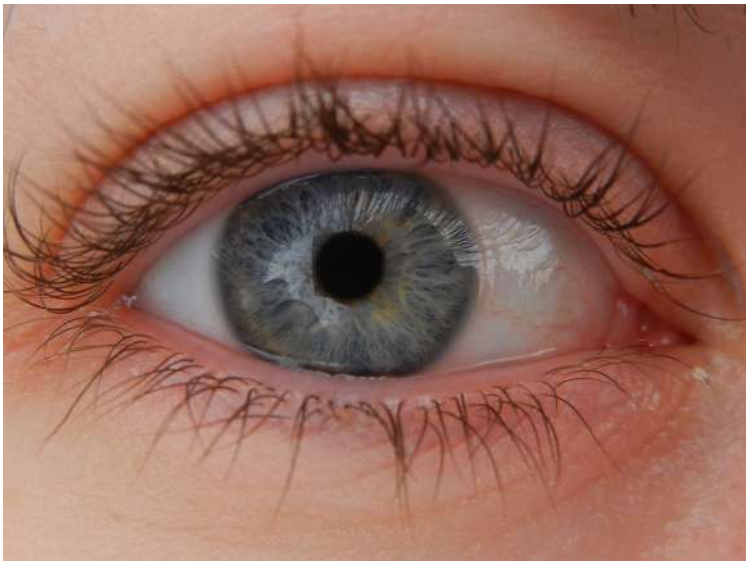
3 Continue this for a couple of minutes. You may switch to other objects if you wish. Remember to blink and breathe regularly, as this activity can require a bit of concentration for beginners.

This method of looking allows you to collect more information about what you are looking at, as well as move your eyes without straining them. It will become second-nature after a while. Try also doing it spontaneously as well throughout the day.

Technique 6: Peripheral Exercise

Requirements: eyes only

Beneits: lexibility, muscle endurance



At some point in history, the myth developed that looking toward the extremities of one’s vision could cause ocular damage. It is actually the opposite; in doing so, you are conditioning your eye muscles to be more comfortable in a wider range of movement. Of course, it must be done properly, or it may simply end up straining the muscles - think again about the sedentary sprinting/lifting example.

1 In a well-lit room, sit up straight in a chair, facing forward. Ideally, you should be ive or more feet from a blank wall with nothing or very little else in your ield of vision.

2 Very slowly, look at your left arm. Move your focus up your arm to your shoulder until you are at the extreme corner of your vision. Do not turn your head or move your body, and remember to blink.

3 Hold your vision here for ten seconds or until you begin to feel the strain at the top of your eyes. Do not look away - close your eyes slowly, then center your vision. Doing so will prevent excess strain. Open your eyes when they are facing forward again.

4 Repeat this with your right side.

5 Do this three times for each side. Repeat 2-3 times per day as desired. Try increasing the amount of time spent at the extreme by ive seconds after several sessions.

To increase your vertical range, try repeating this exercise instead using your upper lip and eyebrows. Do not worry if your eyes accidentally cross - once again, the belief that doing so will cause damage to your eyes is a myth.

Technique 7: Tracking

Requirements: eyes, hands

Beneits: mocus, muscle endurance, visual acuity

This is yet another technique that will allow your eyes to quickly change focus and see objects in greater detail. It is particularly useful for training close-range vision and may aid in teaching your eyes (physically) how to perform the tracing technique described earlier.

1 Sit or stand straight in a well-lit room. Extend both of your arms out directly in front of you and raise a inger on each hand.

2 Focus on your right hand’s inger. Slowly bring it closer to you until it is halfway between your other hand and your eyes.

3 Move your inger slowly to the side without turning your head. Keep focusing on it. When you begin to see a double image, hold this position for five seconds and reverse its path.

4 With your right hand back in its original position, repeat the same with your left hand.

5 Repeat this 3-5 times with each hand once or twice a day.

Technique 8: Soaking

Requirements: clean rags or hand towels, warm and cool water

Beneits: relaxation, relief

This is a good technique to perform after other, more strenuous eye exercises. It is an alternative to palming that may provide better relief for some, and certainly provides more relaxation.

1 Fill a small container (such as a bowl) with warm water. You may wish to try wetting a corner of the rag and pressing it gently against a closed eye to determine how hot you can handle the water. Fill the other container with cool (not cold) water.

2 Sit in a chair or lay on the bed. Soak a rag in the warm water and wring it out so that it is no longer dripping.

3 Fold the rag so that it is an appropriate size to cover both eyes and your eyebrows completely.

4 Lay down lat on your back or lean back in your chair. Place the rag across your closed eyes and gently press it down so that the entire surface of your eyelids are touching the rag.

5 Gently press the rag with your inger and/or palms. Be careful not to cause any strain or pain on your eyes, however you may exert some pressure around them for added relief.

6 After two or three minutes, remove the rag and slowly open your eyes. Repeat this with the cool water. You may switch back again to the warm water, but be sure always to end with a cool rag.

Performing this technique just before bed is a great way to relax in general as well. This is an excellent sleep aid, especially for those who experience di culty falling asleep after a long day of work due to strained eyes.

Technique 9: Quick Focus Breaks

Requirements: eyes

Beneits: relief, strain prevention

Second in simplicity only to the Better Blinking technique, this is a quick way to periodically “refresh” your eyes without much efort. It can (and should) be combined with Better Blinking. Simply look away from whatever you are focusing on periodically or when your eyes begin to feel slightly strained. Looking at the wall, your desk, the ceiling, or any large object for 5-10 seconds is best. Be sure not to look at any sources of light.

Some prefer this instead of Palming, (especially at work or in public), but be aware that Palming is more efective. One great use for this applies to o ce workers; if you come to a point where you must stop and think (especially for writers), turn away from your computer for a quick focus break until you are ready to work again.

Technique 10: Fingertip Massage

Requirements: hands

Beneits: relief, relaxation

One of the worst mistakes people make when trying to relieve eye strain is rubbing their eyes. Putting pressure on your eyes is never helpful and, while your eyes may feel slightly better while rubbing them, they will be even more strained when you are done. This massage is an alternative that actually works, but it requires some patience. Also note that massaging your eyes after Palming is quite efective.

1 Find a dimly lit area and face away from any light source nearby. Ideally, face an empty wall that is 5-10 feet away.

2 Close your eyes and tilt your head back at about a 45 degree angle.

3 Gently place the tips of your index and middle inger of each hand on your closed eyelids. Do not press down.

4 Slowly rub your eyelids in a circular motion. Do not drag your ingertips across them, but rather reposition your ingertips every few seconds to cover a diferent area.

5 Continue this for 2-3 minutes and gently lift your ingers from your eyes.

Open your eyes slowly and wait for your vision to adjust before leaving or turning the lights back up. The empty wall will provide an easy transition.

Technique 11: Distinguishing at a Distance

Requirements: eyes, two similarly colored objects

Beneits: visual acuity, muscle endurance, focusing speed

This technique is excellent for visual acuity and can be combined with Tracing for even better results. It is a great way to gain sharper vision at longer ranges - practice this one to two times each day and you may be reading the next two or three lines of the eye chart next time you visit the eye doctor!

1 Find two objects of diferent but low contrasting colors, such as a pale yellow and white, or a medium-dark blue and black. Make sure one object is signiicantly larger than the other.

2 Place them somewhere where they will not be disturbed - ideally hanging on the wall at eye level at the end of a long hallway. The smaller object should, of course, be in front of the larger one.

3 Move far enough away from the objects so that it is di cult to distinguish them from each other. Then step forward slowly until you can make out the contours of the smaller object. This is your starting point. Place some kind of temporary marker at your feet (or a permanent one if you wish).

4 Take a step back and focus your vision on the small object. Try to make out its details and overall shape. If you wish, perform Tracing as well, but not exclusively. Make sure you are blinking regularly. 5. Continue looking at the object for thirty seconds, then look away and rest your eyes. You may use any relaxation technique you wish.

5 Look back at the object and get it in your focus. Take a step back and repeat the

process. Continue doing this until you can no longer clearly make out the object or your eyes begin to strain despite your relaxation techniques. If you wish, place a marker where you stopped.

Next time you perform this exercise, if you used markers, you may wish to start halfway between your original and inal marker to speed up the process.

You may also wish to remain at your furthest possible point of focus for multiple repetitions.

Technique 12: Art

Requirements: eyes, hands, art materials

Beneits: visual acuity, focusing, muscle endurance, visual memory

Finally, we have a method that essentially rolls four of the non-relaxation techniques into one: art. You need not be artistically talented or creative at all to beneit from this, though you may ind yourself gaining a new skill in the process!

For this technique, you will need the following materials:

- An art surface (paper, canvas, wood panel, etc.);
- An easel (cheap desk easels work ine);
- Drawing or painting utensils (if using paper, a regular pencil works just ine);
- One thin dowel or a spare unused wooden pencil;
- Objects varying in complexity for a still-life setup. Try to avoid round objects.

If you already draw or paint, you can of course use whatever materials you like, however if you decide to paint use either ink or watercolors for iner and quicker control - the aim here is to improve your ocular health, not to create a masterpiece. Think of it like visual art therapy!

1 Set up your still life on a table or the loor with at least 15 feet of space in one direction from it. Make sure the area is well-lit.

2 Place your easel 10 to 12 feet away from the still life. Sit or stand so that you can see both the easel and the still life relatively centered in your vision without turning or

moving your head.

3 Hold the dowel or spare pencil with one hand and extend it as far out toward the still life as possible. Remember to blink regularly during this process - it is as attention-intensive as working at a computer

4 Rotate it so that it aligns with an angle of a contour on one of the objects.

Only rotate your wrist sideways, not up and down, so that the dowel stays on one visual plane. In doing this you will naturally shift focus from the dowel to the still life - sound familiar?

5 Move the dowel and your thumb so that the tip of the dowel is at one end of the contour line while your thumb marks the other.

6 When you are satisied, focus on the dowel and slowly (without changing the angle) bring it over to the paper or canvas. Draw or paint the line between your thumb and the end of the dowel. You just performed Tracking.

Additionally, you are Tracing while inding contours in the still life.

7 Repeat this and draw as much of the still life as you want. Do not bother with shading or ine details - the contours are the important part. Ideally, do this in 20-minute sessions two times per day.

Some artists may be comfortable drawing without a dowel or pencil for measuring, but doing so eliminates a majority of the ocular exercise gained from this activity.

Tracing, Tracking, Better Blinking, and Switching Focus are all combined in this activity.

How Often Should You Exercise Your Eyes?

As was mentioned in many of these techniques, eye exercises are better repeated in short sessions multiple times per day. Doing so will both increase your muscle endurance (how long you can endure eye strain) as well as muscle recovery (how quickly your eyes recover from the strain). Extremely long sessions of eye exercises can actually cause more harm than good.

Eye exercises should be done every day if possible, even if you only spend a total of ive minutes on them. Many exercises can be done anywhere; for example:

● If you are waiting in line at the bank, trace some of the countertops or even your own hand.

● Waiting in line at the drive-through? Shift your focus between the interior of your vehicle and something stationary on the outside - or follow slower cars with your eyes as they go down the road.

● Waiting for an advertisement on a video or commercials on television to end? Use

Palming to minimize post-entertainment eye strain.

Making efficient use of your otherwise wasted time throughout the day by performing these exercises will have your eyes feeling better in no time. These exercises have been known to stave of worsening vision, and even improve vision that has already deteriorated in minor to moderate cases. Most people report noticing a diference within the irst one or two days - and of course, the beneits of relaxation and relief techniques are almost instant.

Exercising Your Eyes: A 14 Day Workout Plan

One hour a day can dramatically increase your vision. Complete Each Activity for 15-20 minutes daily.

Day One

- Better Blinking
- Switching Focus
- Ininity
- Palming

Day Two

- Better Blinking
- Peripheral Exercises
- Tracing
- Tracking

Day Three

- Soaking
- Tracing
- Ininity
- Palming

Day Four

- Better Blinking
- Distinguishing at a Distance
- Quick Focus Break
- Fingertip Massage

Day Five

- Art
- Soaking
- Quick Focus Break
- Art

Day Six

- Better Blinking
- Palming
- Tracing
- Better Blinking

Day Seven

- Ininity
- Better Blinking
- Soaking
- Ininity

Day Eight

- Ininity
- Tracking
- Tracing
- Palming

Day Nine

- Peripheral Exercises
- Fingertip Massage
- Quick Focus Break
- Soaking

Day Ten

- Art
- Distinguishing at a Distance
- Palming
- Palming

Day Eleven

- Tracing
- Distinguishing at a Distance
- Ininity
- Quick Focus Break

Day Twelve

- Quick Focus Break
- Better Blinking
- Palming
- Soaking

Day Thirteen

- Peripheral Exercises
- Ininity
- Switching Focus
- Fingertip Massage

Day Fourteen

- Art
- Soaking
- Better Blinking
- Art

It is important to vary your exercises as much as possible. Continue at least four exercises per day to maintain eye health.

CONCLUSION

Now you are armed with all of the information you need to efectively reverse your vision loss. One choice you can make is to not implement this information and not continue to take VisiRestore.

You can continue blindly following the advice of “experts” who are incentivized to sell you expensive glasses that will never improve your vision and you can stand by and do nothing as your vision deteriorates to the point where you’re diagnosed with an incurable condition.

Or worse … until your entire world is cloaked in a relentless, never ending darkness.

Don’t think this will happen to you?

Think again.

Every single second, including this very moment, your body is under attack, environmental and dietary toxins are looding your system with destructive free radicals that then ruthlessly wreak havoc on your defenseless eye cells causing the vision loss you’re experiencing right now.

In fact, every ive seconds, someone in the world goes blind.

Which is a whopping seven million people per year and as we’ve already talked about, that number is only going to increase over the next two years.

Are you willing to risk something as important as your eyesight for the sake of a few dollars?

Are you truly okay with becoming a burden to your family, or worse, ending up in a care home unable to do what you want when you want?

Incapable of simply bathing yourself? Dressing yourself? And walking around the house without running into furniture?

The sad reality is if you decide to do nothing poisonous free radicals will continue eating away at your eyesight until you can no longer see your children, your grandchildren, and even your own face in the mirror.

More and more Americans are facing this frightening reality every year… and there’s a high chance you’ll become one of them if you carry on as you are.

And then there’s the other choice you can choose and let’s face it, this is the only real choice you have.

Right now, you have the opportunity to not only protect your eyesight for decades to come but to also enjoy clear, sharp, 20/20 vision within a matter of weeks and to save hundreds - if not thousands - of dollars in eyecare costs along the way.

The best part?

You can do it all from the comfort of your own home, in no more than a few seconds a day.

Just imagine the excitement you’ll feel as your vision improves bit by bit, day after day and how happy you’ll feel reading your favorite book, watching your favorite movie, and simply seeing the leaves on the trees change colors with the seasons.

But most of all, imagine the sheer joy you’ll experience growing old with your children and grandchildren, seeing them mature into young men and women, and never missing out on a minute of their lives.

Friend, your vision is one of the most important things you’ll ever own and right now you have the choice to dramatically improve your vision or not to make any changes and stand by and do nothing as your vision continues to deteriorate.

Make the right choice. Make a decision and change today.

Yours in health