



# **Vision Without Glasses: The Ultimate Guide To Naturally Improve Your Eyesight And Restore Your Vision With Natural Remedies And Exercises (Vision Therapy, Optometry, Eye Exercises)**

*Taylor Anderson*

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## **Vision Without Glasses**

### **The Ultimate Guide To Naturally Improve Your Eyesight And Restore Your Vision With Natural Remedies And Exercises**

Ever want to say good-bye to your glasses or contact lenses? Long for the days when you had 20/20 vision, before middle age took it? Want better vision, but don't necessarily want to go under the knife for surgery?

For those who are more interested in the natural approach and more holistic methods, this is the book for you. Take a look at a variety of natural treatments, including exercises and therapies. Since what we take in affects what we can get out of our bodies, we also cover various dietary methods to aid poor vision.

Learn about one of the first eye doctors to see glasses not as the eye's helper, but instead as the eye's enemy. Find out just what he did to glasses in his office.


Understand what some of the causes of poor vision are and see if the exercises and treatments can address these underlying causes. See how those within the holistic community are taking back their vision health through a variety of methods.

Learn some techniques that can help reduce eye strain, one contributor to poor vision. This book is full of different exercises that will not only help reduce eye strain but assist in overall relaxation, a key to good eye health.

No matter if you wear glasses or need to buy your first pair of contact lenses, this book will give you quality information to help boost your eye's good health, as well as find some benefits for your overall health.

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