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## Vision and Sight - Eye Care the Natural Way (Paperback)

By Dweep Jyot Singh, Managing Director John Davidson

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Table of Contents Introduction Eye problem Symptoms How Does Vision Work Common Ailments Due To Age Presbyopia Glaucoma Cataracts Common Eye Ailments in Children Myopia - Shortsightedness Hypermetropia - Also Known As Hyperopia - Long Sightedness Strabismus - crossed Eyes Astigmatism Amblyopia [Lazy Eye] Eye Exercises Palming Index Finger Exercise Tips and Techniques for Healthy Eyes Proper Diet Prevention tips Proper Reading Habits Watching Television Working on Your Computer While Driving Conclusion Author Bio Publisher Introduction Eyes are one of the most precious gifts given to us by Mother Nature, but being human we have the tendency of neglecting them. That is because we have taken this gift for granted. This book is going to give you guidelines for keeping your eyes healthy, and full of vigor. You may have read a large number of articles, in journals about eyes, and most of them are going to concentrate more about how you can beautify these windows to your soul. However, what is the use of all those artificial cosmetic enhancers, applied on your eyes, when you find your...



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