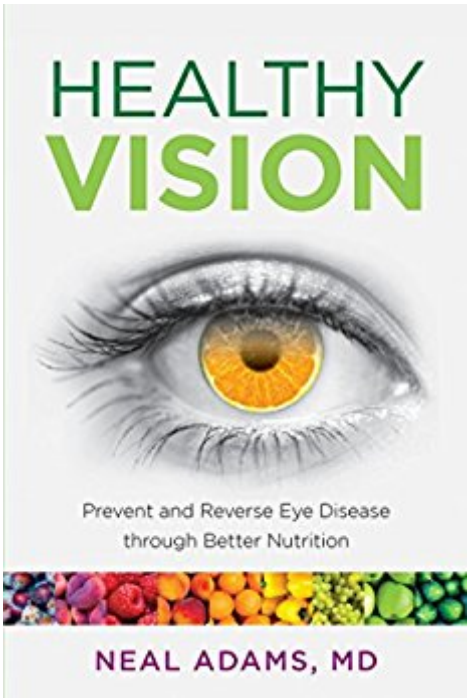
Ebook Directory
the best source of ebook

The book was found

Healthy Vision: Prevent And Reverse Eye Disease Through Better Nutrition



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

More than 180 million Americans have a problem with their vision. Most believe there’s not much they can do on their own to change how much (or how little) they see. Now there is hope. In the past decade, an overwhelming number of clinical studies have shown that eating specific nutrients can help maintain vision well into old age, alleviate eye conditions, and even reverse the progress of diseases. In this book, top ophthalmologist Dr. Neal Adams uses clear, accessible language to translate research from hundreds of clinical studies in ophthalmology and nutrition to show how we can restore and maintain eyesight by changing our diet. The solution is simple: just naturally grown foods, with nutrients clinically proven to target the components of the eye affected by disease and/or age. The book explains how the eye functions and what nutrients influence these physiological processes, and includes tailored, easy-to-understand instruction on which foods and nutrients will target the reader’s specific concerns.Ã Â Particularly helpful for the 150 million Americans who visit their eye doctors annually as well as the 95 percent of Americans over 40 at risk for future vision loss.

Book Information

File Size: 4971 KB

Print Length: 240 pages

Publisher: Lyons Press; 1 edition (November 4, 2014)

Publication Date: November 4, 2014

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B00PV650US

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #289,885 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #10 inÃ Â Kindle Store > Kindle eBooks > Medical eBooks > Specialties > Ophthalmology #30 inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Eye Problems #94 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Eye

Problems

Customer Reviews

Very informative. Also good recipes.

Excellent book. informative.Rec'd quickly in excellent shape.

Very well written so that it is still full of information even though the presentation is for the non-scentific reader. Easy to read and understand without having a scientific background. Pleasant commentary throughout. Excellent rendition of the subject matter.

Very Good information. Very clearly written. Thank youShirle

This excellent treatise gives you all need to know about maintaining a healthy vision, how to prevent deterioration of this important physiologic function by means of eliminating bad habits and the exposure to toxics substances as well as adopting good eating habits and proper nutrition. A Healthy Vision is too important to take it for granted.

This book is a must read for anyone who wants to avoid vision problems. I bought the kindle version first. It was very good on kindle, but I was bookmarking so many pages that I went and bought the paper copy, so I could underline things to go back to. I found the charts helpful when I just wanted to check one thing. I also loved the way Dr. Adams explained things I never understood about the eyes by using analogies. I found his book informative and comforting. It gave me tools to help myself in the fight against eye disease. Thank you Dr. Adams!

Very interesting book. Well researched and organized. I like that the author advocates getting necessary nutrients from foods rather than supplements. Useful lists of nutrients recommended and their specific food sources included.

One of the best, maybe the best. Still reading it. Update as of May 27, 2017: as of yet, there's no better book about vision that I've read.

Download to continue reading...

Healthy Vision: Prevent and Reverse Eye Disease through Better Nutrition The Vitamin Cure for

Eye Disease: How to Prevent and Treat Eye Disease Using Nutrition and Vitamin Supplementation Third Eye: Third Eye Activation Mastery, Easy And Simple Guide To Activating Your Third Eye Within 24 Hours (Third Eye Awakening, Pineal Gland Activation, Opening the Third Eye) The Eye Care Revolution: Prevent And Reverse Common Vision Problems, Revised And Updated The Eye Care Revolution: Prevent and Reverse Common Vision Problems Eye Exercises to Improve Vision: Recover Your Vision Naturally with Simple Exercises (Vision Training) Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure The Paleo Cure: Eat Right for Your Genes, Body Type, and Personal Health Needs -- Prevent and Reverse Disease, Lose Weight Effortlessly, and Look and Feel Better than Ever The Wills Eye Manual: Office and Emergency Room Diagnosis and Treatment of Eye Disease (Rhee, The Wills Eye Manual) The End of Heart Disease: The Eat to Live Plan to Prevent and Reverse Heart Disease Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) The Prediabetes Diet Plan: How to Reverse Prediabetes and Prevent Diabetes through Healthy Eating and Exercise Stop Vision Loss Now!: Prevent and Heal Cataracts, Glaucoma, Macular Degeneration and Other Common Eye Disorders The Fatty Liver and Weight Loss Solution, Proven Natural, Safe and Non-Toxic Strategies to Reverse, Cure and Prevent Fatty Liver.-Fatty Liver Cure, Fatty ... Fatty Liver Disease, Fatty liver cure) Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease Skinny Liver: A Proven Program to Prevent and Reverse the New Silent Epidemic—Fatty Liver Disease The Prevent and Reverse Heart Disease Cookbook: Over 125 Delicious, Life-Changing, Plant-Based Recipes The 30-Day Heart Tune-Up: A Breakthrough Medical Plan to Prevent and Reverse Heart Disease

Contact Us

DMCA

Privacy

FAQ & Help