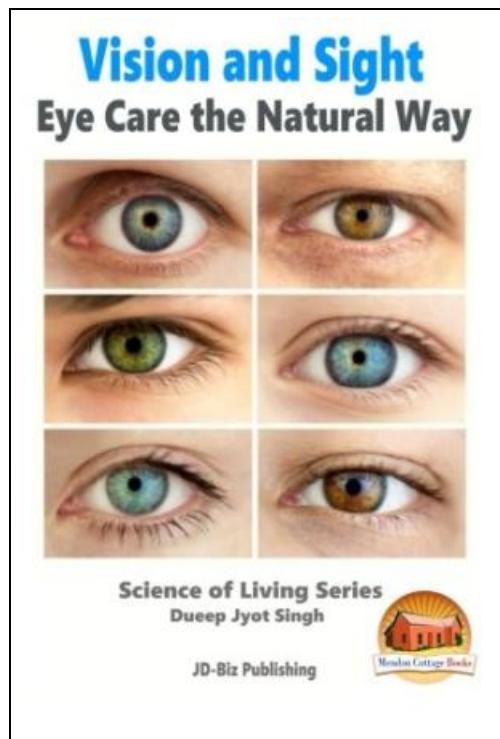


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Introduction Eye problem Symptoms How Does Vision Work Common Ailments Due 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 vision blurry, your eyes aching, and headaches brought about due to eyestrain? Most of us tend to neglect the health of our eyes and take them, as I said for granted because we are so used to using them that we do not bother much about their general health. The moment they start aching, we rub them and go to the Internet to see for any remedies, which are going to stop them aching. And then we apply slices of cucumber or tea bags to those eyes, which are tired in a measure to refresh them. Look at us, we have reached...

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