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# **Eyesight Improvement: The Ultimate Guide How To Improve And Cure Your Eyesight And Vision Naturally (Eyesight Improvement, Vision Improvement, Eyesight Cure, Health Restoration, Natural Cures)**





## Synopsis

Discover How to Improve and Cure your Eyesight and Vision Naturally FOREVER! Today only, get this Kindle book for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. You are about to discover a proven system and easy to follow approach on how to Improve your eyesight and cure your vision naturally for the rest of your life! Millions of people suffer from eyesight failure and vision decline every single day. These same people go about their day and are forced to use contacts, thick lenses, and glasses as they feel they have no other choice in the matter. They tend to get picked on, criticized, singled out, being called things such as "four eyes" etc. Most people realize how much of a problem this is, but are unable to change their possibilities, belief and understanding, simply because it's been apart of their lifestyle for so long. The truth is, if you are suffering from eyesight decline, and vision decrease and looking for that solution without spending thousands of dollars to get a painful, nerve raking operation on your eyes then this book will provide to you the solution you are looking for. The true reason why you haven't been able to change, is because you are uninformed of all the valuable information and options that you have for your eyesight improvement. Not only that but you are lacking an effective strategy and haven't yet changed your beliefs and associations to your eyesight and vision and haven't embarked on your eyesight and vision recovery journey. This book goes into a step-by-step strategy that will help you free yourself from your declining eyesight and help you to be able to take control of your life and see clearly again forever! Here Is A Preview Of What You'll Learn... The Bates Method Yoga Exercises for your Eyes Food for your Eyes Herbs and Juice for Healthy Vision Traditional Chinese Medicine Much, much more! Download your copy today! Take action right now to overcome your eyesight decline and improve your vision naturally starting today by downloading this book "Eyesight Improvement: The Ultimate Guide How to Improve and Cure your Eyesight and Vision Naturally" for a limited time discount of only \$2.99! Download today! Tags: Eyesight Improvement, Vision improvement, Eyesight and Vision Cure, improve vision, improve eyesight, better vision, better eyesight, eye health, eye care, vision care, eye relief, restore vision, restore eyesight, health eyes, glasses no more, eye training, eyesight cure, eyesight improvement, better eyesight, vision cure, vision rehabilitation, natural eyesight remedies, natural eyesight improvement, natural remedies, natural vision improvement, perfect eyesight, get your eyesight back

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## Customer Reviews

Being partially blind in one eye, which is ok with glasses, I want to make sure good eye stays that way. Was very glad I found this book. It contains simple and easy instructions on various eye exercises, one in particular improves clarity of vision within minutes, simply amazing. Am doing exercise on bad eye helps loads, will stick with the program for sure. Book is very informative, and easy to follow, it is also well formatted. Thank you Dr. Shullman!!!

I didn't know until I got this book that there was any way that a person could improve their eyesight. Turns out there are lots of ways, everything from the Bates Method, which was something an ophthalmologist from 1890 came up with to help work the muscles of the eye, to Yoga exercises. There is one technique that I like called a Color Day and you spend one day in finding one particular color of your choice, and you simply notice that color the whole day.

Alright, so it is getting to be time for new glasses and I remembered that my old eye doctor told me there were things I could do to make my eyes stronger I started looking for books. This one came up and I got it. Guess what? It had some of the exercises I had been told to do and others I'd never

heard of! Great resource! I'm doing the palm technique at work and it is starting to ease up the eyestrain I've been feeling at the end of the day.

A concise book for those like me who have a degenerative problem with eyesight. Reading the book and practicing the exercises were "eye-opening" for me, and hope I can motivate myself to continue these exercises. Being lazy, and always taking the quick medical fix, popping a pill for a headache, rather than finding the trouble causing the headache, is modern societies way of dealing with our health problems. I certainly see myself bouncing between contacts and eye glasses, or wearing contacts and a cheaper over the counter pair of reading glasses while wearing contacts. It is frustrating! The diet tips (again, I am very lazy when it comes to my own health) seem just as helpful as the eye-yoga, and again, hope I can motivate myself into even a small routine, taking steps to maintain my vision, preventing it from deteriorating more. Thank you for such an excellent resource!

Wow, I had no idea about all of the different ways to improve eyesight. The author has done a great job with this book, explaining in detail on how to improve your eyesight with different types of food, juices, herbs, exercises, and much more. I have already noticed a large improvement to my eyesight after reading this book and following the tips listed. I highly recommend this book!

Eyesight is a concise book, yet packed with vital information that may save your eyesight! Just by reading this book, my inner eyesight suddenly improved, as I received a clear visualization of "Eye Yoga" shops popping up all over town! All kidding aside, "Eye Yoga" seems like a very good idea, and I even tried a few of the exercises. This book discusses the things that can hurt your eyesight, as well as ways to prevent eyesight loss. What I enjoyed most, is that this book has a holistic approach, without giving us "prescriptions" for eyeglasses, but "prescriptions" for healthy living. This book even outlines Chinese medicine "acupressure techniques", the best foods and juices, which not only could make our eyes healthier, but our overall health!

I enjoyed great eyesight until I became diabetic. I read lengthy eye care books wishing for shorter versions. Dr. Shulman gives us, "Cliff Notes for better eyesight." His presentation of the Bates method outlines eye exercises. I did each exercise as I read along. Swaying back and forth, breathing in and out relaxed me. The palming technique helped where I rubbed my palms together, heating them, and placed them over my eyes. Also covered was diet, eye yoga, eye diseases, and

eye acupuncture points. I learned I do not have to take Lutein supplements because many foods contain lutein. Ophthalmologist organizations in the early 1900s banned the book written by Dr. Bates!

Our eyes are very precious - and this new book by Richard Schullman is just what I needed to improve my knowledge of how to care for my eyes. I found the book to be very well-written and it had lots of helpful advice on how to manage my eyes and improve eyesight. Highly recommended.  
Jake

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