



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

*Amanda Wallace, Taylor Anderson*

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## **Improve Your Eyesight Box Set (2 IN 1 BOX SET)**

### **BOOK 1: Improve Your Eyesight Naturally: How To Improve Your Vision Naturally - Learn Super Effective Eyesight Exercises To Improve Eyesight Without**

Most people don't think about their eyes or the kind of strain that they put on them on a daily basis. But the eyes, like any other kind of muscle in the body, need exercise and regular maintenance to stay healthy and functional.

Poor eyesight can lead to headaches, dizziness, and decreased night vision, all of which can have a large impact on your life.

You can't afford to ignore your eyesight. It's important to take care of your eyes with good nutrition and effective exercises, and this book offers multiple tips on how to achieve success in both areas.

You will learn easy relaxation techniques to eye-rolling motions to effective vitamins and nutrients that can help to naturally improve your eyesight. And whether you are at home or in your office, these methods can be done anytime, anywhere, with little effort.

### **BOOK 2: Vision Without Glasses: The Ultimate Guide To Naturally Improve Your Eyesight And Restore Your Vision With Natural Remedies And Exercises**

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.

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