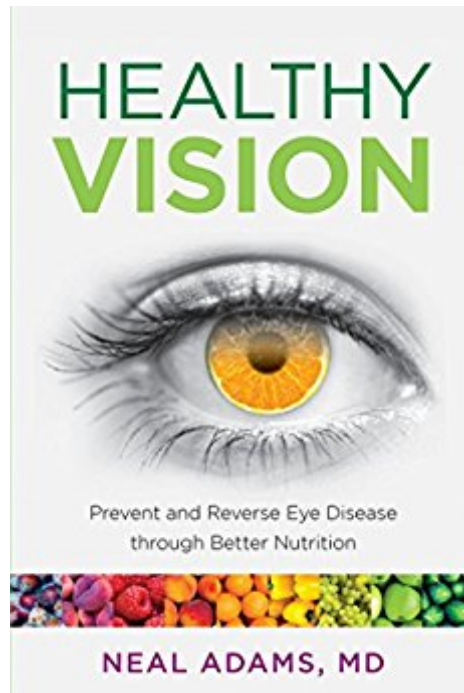




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Healthy Vision: Prevent And Reverse Eye Disease Through Better Nutrition



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.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

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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-scientific 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 you Shirle

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.

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