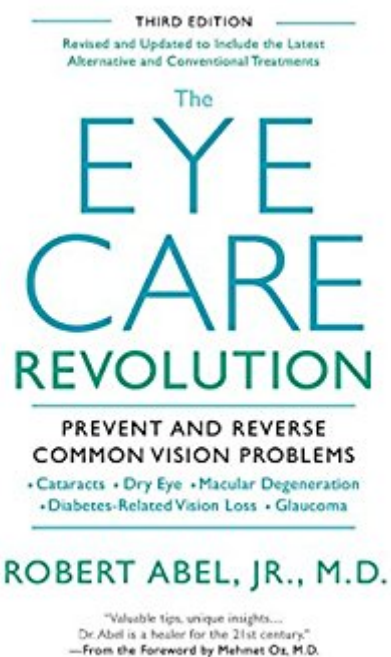


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# The Eye Care Revolution: Prevent And Reverse Common Vision Problems



## Synopsis

"Valuable tips, unique insights. . .Dr. Abel is a healer for the 21st century." --From the Foreword by Mehmet Oz, M.D. Alzheimer's can be predicted through the eye? Sleep apnea can cause blindness? Computers and texting are creating an epidemic of nearsightedness? Retina chips and stem cell therapy offer promise for macular degeneration patients? Your prescription drugs can give you cataracts. . .or glaucoma? Alternative therapies have created new vistas for hope in eye care. In this breakthrough guide--newly revised and updated--ophthalmologist Dr. Robert Abel brings you amazing nutritional, herbal, homeopathic, and Asian therapies, along with conventional methods, to prevent and even reverse most vision disorders. Discover: New devices that allow the blind to "see" through their tongues What you need to know about your children's eyes How to administer eye drops with your eyes closed Antioxidant must-haves for your eyes A safe, herbal treatment for glaucoma Surprising ways vitamins can protect and heal your eyes Easy steps to end eyestrain New developments in LASIK surgery Why lutein may be even more important for vision than beta-carotene How to improve lazy eyes through acupuncture and vision therapy Covering everything from high-tech laser treatments to centuries-old Asian remedies, Dr. Abel's authoritative, reliable information will help you and your doctor become full partners in saving your eyes and your overall good health. "If you have an eye condition, ask your ophthalmologist how he will treat you. Then pick up Dr. Abel's book and note how many more answers he gives. I can vouch for the fact that the options he offers, being natural and nutritional, are far better." --Robert C. Atkins, M.D.

## Book Information

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## Customer Reviews

This is a great book for anyone who is concerned about maintaining good quality eyesight. The author describes the anatomy and physiology of the eye and discusses in depth the various common eye diseases. He gives both the conventional treatments and the natural medicine treatments. He also discusses ways these various diseases can be prevented. The book is written from a nutritional standpoint as the author is into both eye care and nutrition. This is a interesting and informative book. He is quite comprehensive and covers the subject well. I recommended it for anyone who is interested in nutritional approaches for healing and preserving their eyesight. --

Valerie Lull, Author, Ten Healthy Teas

I learned that I had elevated eye pressure as well as ocular nerve damage at the end of 2015. I wanted to know more about what I could do to care for my eyes as the ophthalmologist prescribed drops but didn't really communicate with me much beyond that. This book has been an excellent resource concerning eye care in general and the different types of disorders and options for care and treatment. I'd highly recommend to everyone. You only have 2 eyes a lifetime.

this is inspried. he is an evolved man and an avant garde ophthalmologist. we need more like him, a patient orientated doctor not just focused on pill pushing for symptoms and focusing on just his few square inches of the body. whole body, whole person, whole patient. GREAT. my new hero

A very valuable book. The complementary approach to eye care well presented by Dr. Abel is much needed in all areas of U.S. medicine.

Very good informative book. The author goes into much about nutrition and lifestyle and everything in between. Much food for thought and I did learn allot about vision, preventative care and otherwise.

Good info on eye issues. Was looking for helpful info on dry eyes & found it here.

Buy this book NOW! You will learn about eye health & whole body & soul health.

Excellent book that very correctly looks holistically at eye care both from the treatment and the prevention point of view. Recommend for more than just your eye care but as a handbook for your general care and welfare.

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Healthy Vision: Prevent and Reverse Eye Disease through Better Nutrition  
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Eye Exercises to Improve Vision: Recover Your Vision Naturally with Simple Exercises (Vision Training)  
Stop Vision Loss Now!: Prevent and Heal Cataracts, Glaucoma, Macular Degeneration and Other Common Eye Disorders  
Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes)  
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Nature's Cancer-Fighting Foods: Prevent and Reverse the Most Common Forms of Cancer Using the Proven Power of Whole Food and Self-Healing Strategies  
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The Cancer Revolution: A Groundbreaking Program to Reverse and Prevent Cancer  
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