



Improve Your Eyesight Naturally: See Results Quickly

Leo Angart

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This updated edition of this widely popular book details strategies designed to improve your eyesight by literally exercising your ability to see and without the need for surgery of any kind. The author's approach is very specific and targets each degree of vision problem. He explains how you can tone your eye muscles, release tension and build up energy in order to regain your natural eyesight. *Improve Your Eyesight Naturally* includes simple vision tests that you can use yourself to verify your level of vision and monitor your improvements. It is effective for:

Near-sightedness, the inability to see at distance

Astigmatism uneven stress patterns in the cornea

Presbyopia the need for reading glasses

Eye coordination when the eyes point beyond or closer than the object of interest

Anisometropia when the two eyes have different degrees of near-sight

Amblyopia also known as lazy eye, a condition where the brain switches off one eye

Strabismus when one eye diverges in or out.

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