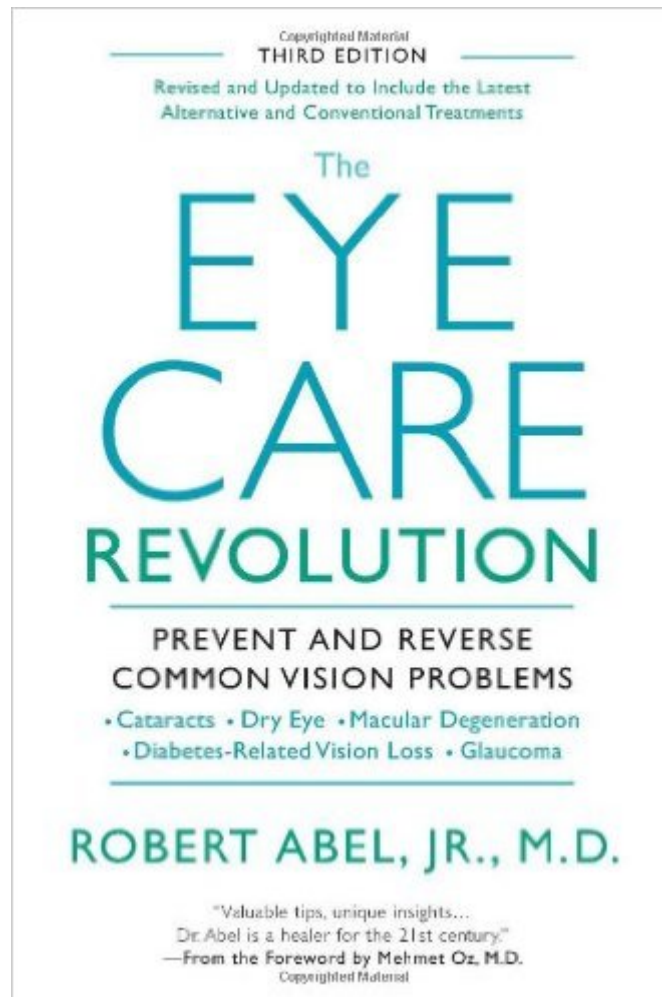


The book was found

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



## 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

Paperback: 512 pages

Publisher: Kensington; 3 Rev Upd edition (April 29, 2014)

Language: English

ISBN-10: 0758293712

ISBN-13: 978-0758293718

Product Dimensions: 6 x 1.4 x 9 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars Â Â See all reviews Â (14 customer reviews)

Best Sellers Rank: #218,395 in Books (See Top 100 in Books) #52 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Eye Problems

## 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

this is insprired. 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

Dr. Abel's approach to eye health is refreshing, especially when you're outside of the US and can't always expect the highest quality of care abroad. His perspective on alternative therapies is most welcome, I wish more doctors would consider and advise their patients of effective therapies that fall outside of the realm of billable medical science.

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.

My mom shelled out supplements every meal but never included this kind of information. My husbands mother didn't. I read this to hubby and he is ready to go forth and reclaim his eyesight. The supplement list is quite inclusive and the diabetes chapter is an excellent one.

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.

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.

[Download to continue reading...](#)

The Eye Care Revolution:: Prevent And Reverse Common Vision Problems, Revised And Updated  
Third Eye: Awakening Your Third Eye Chakra: Beginner's Guide (Third Eye, Third Eye Chakra, Third Eye Awakening, Chakras) Third Eye: Third Eye Activation Secrets (Third Eye Awakening, Pineal Gland, Third Eye Chakra, Open Third Eye) Healthy Vision: Prevent and Reverse Eye Disease through Better Nutrition Anti-Cancer Diet: An Ultimate Guide to Reverse and Prevent Cancer Naturally! (anti-cancer diet, anti-cancer cookbook, anti-cancer diet recipes, reverse cancer, prevent cancer) Stop Vision Loss Now!: Prevent and Heal Cataracts, Glaucoma, Macular Degeneration and Other Common Eye Disorders Eye Contacts, Lasik Eye Surgery, Or Eyeglasses: The Pros and The Cons (Blue Contacts,Discount Contact Lenses, Eye Lenses, Prescription Colored Contacts) Third Eye Awakening:The Ultimate Guide on How to Open Your Third Eye Chakra to Experience Higher Consciousness and a State of Enlightenment (Third Eye, Pineal Gland, Chakra, Kundalini) Third Eye: Third Eye, Mind Power, Intuition & Psychic Awareness: Spiritual Enlightenment (3rd Eye, Spiritual Awakening, Psychic Abilities, Mediumship, Pineal Gland) The 15 Minute Focus: SPORTS VISION: Exercises For Improving Peripheral Vision, Hand-Eye Coordination, and Tracking Ability (The 15 Minute Fix Book 14) The Vitamin Cure for Eye Disease: How to Prevent and Treat Eye Disease Using Nutrition and Vitamin Supplementation Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Osteoporosis: How To Treat Osteoporosis- How To Prevent Osteoporosis- Along With Nutrition, Diet And Exercise For Osteoporosis (Reverse or Prevent Bone ... Supplement Treatments & Exercise Routines) Windows 10 Troubleshooting: Windows 10 Manuals, Display Problems, Sound Problems, Drivers and Software: Windows 10 Troubleshooting: How to Fix Common Problems ... Tips and Tricks, Optimize Windows 10) Eye Power: An Updated Report on Vision Therapy The 180 Degree Wellness Revolution: Simple Steps to Prevent and Reverse Illness Cataract Solutions: Prevention & Reversal Via Accelerated Self-Healing (Natural Eye & Vision Care Book 4) Cats: Cat Care: Kitten Care: How To Take Care Of And Train Your Cat Or Kitten (Complete Guide To Cat Care & Kitten Care With Pro Training Grooming & Nutrition Tips) Orchids Care Bundle 3 in 1, THE NEW EDITION: Orchids + Orchids Care For Hobbyists + Phalaenopsis Orchids Care (Orchids Care, House Plants Care, Gardening Techniques Book 4) Share The Care: How to Organize a Group to Care for Someone Who Is Seriously Ill, (Revised and Updated)

[Dmca](#)