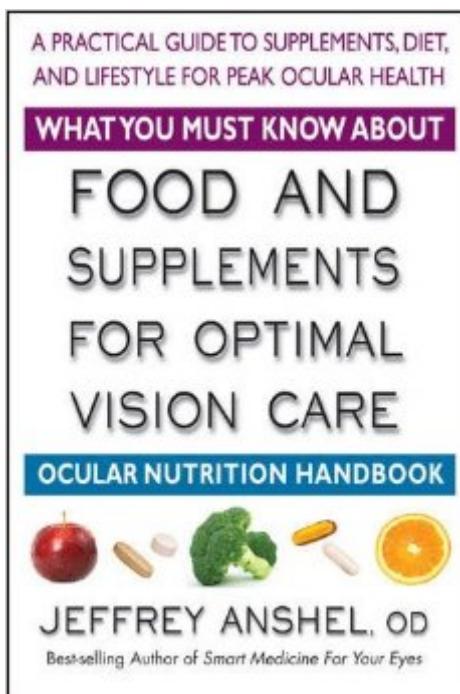


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# What You Must Know About Food And Supplements For Optimal Vision Care: Ocular Nutrition Handbook



## **Synopsis**

As children, we were told to eat our carrots if we wanted good eyesight. Carrots contain beta-carotene, which the body can convert into vitamin A—a necessary nutrient for optimal vision. For most of us, that's where our knowledge of vitamins and eye health stops. Over the last twenty years, many studies have demonstrated that certain foods and natural supplements can play a major role in the treatment of eye problems. From the best-selling author of *Smart Medicine for Your Eyes* comes a new, concise guide to these powerful substances. *What You Must Know About Food and Supplements for Optimal Vision Care* is divided into three parts. Part One is an overview of nutritional principles. This section explores the function of nutrients that benefit not only the visual system but also the entire body. Part Two provides a list of common eye disorders and includes a brief discussion of each condition, supplying handy charts that detail the nutritional, herbal, and homeopathic treatments that may be used to alleviate each disorder. Part Three offers further guidance by presenting dietary approaches to eye health and providing important information on the interaction of various foods and medications. There is so much you can do to support eye health through good food and wisely chosen supplements. In this helpful and easy-to-use resource, Dr. Anshel provides you with a wealth of information on the most effective natural products and foods available to promote optimal vision.

## **Book Information**

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## **Customer Reviews**

This book is now a valuable part of my library, and one which I will use consistently as a resource in

helping my clients. It is exactly what it says it is: a handbook full of concise and accurate information about ocular nutrition. And it is a joy to have the information at hand unencumbered by commercialism and personal agendas. Dr. Anshel has no agenda other than ensuring that the right information is out there for those who recognize the importance of whole-body health. Thank you for organizing it so well in one place! (Dan Roberts, Director, Macular Degeneration Support)

i use this type of book as a reference book, rather than reading it like a novel. good reference book.

this book is a wealth of information. Easy reading and very interesting

good read

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