

# HOW TO IMPROVE EYESIGHT NATURALLY

1

#### EAT FOR BRIGHT EVESIGHT



Protect your peepers with a vision-ary diet! Our eyes require multiple nutrients to function optimally. 2

## YOUR EYES



Perform these exercises first thing in the morning, before bedtime, or any time your eyes feel fatigued.

Warm your eyes Roll your eyes Focus Massage your temples Take a mini-nap 33

#### GIVE YOUR EYES SOME RAR

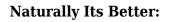


Getting enough sleep is essential for eye health. Sleep allows your eyes to fully rest, repair, and recover. Insufficient sleep may weaken your vision, so shoot for 8 hours of sound sleep a night.



### **Naturally Its Better**

Jin-Ying Zhang



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