



HOW TO IMPROVE *EYESIGHT NATURALLY*

1

EAT FOR BRIGHT EYESIGHT



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

2

EXERCISE 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

3

GIVE YOUR EYES SOME R&R



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.



**positive
healthwellness**

Naturally Its Better

Jin-Ying Zhang



Naturally Its Better:

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