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If you are eager to improve your eyesight naturally by doing vision exercises, you need to know that each person is different How fast and how much your eyesight will improve very much depends on the type of your vision disorder, its causes and your overall lifestyle and habits You may notice a great improvement very quickly or figure out that

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Improve Your Eyesight Naturally: Effective Exercise to Improve Your Vision Without Glasses and Lenses (Guide to Healthy Eyes) Sarah Benson If you have eye problems already then you know how difficult it can be to overcome them You know how hard it is to suffer as your eyesight continues to get even worse Yet most people don't know

Eye Exercises Introduction

Improve Your Vision, Without Glasses or Contact Lenses, Beresford et al, (1996) Improve Your Eyesight Naturally: See Results Quickly, Leo Angart, (2012) Exercises that you can do now to improve your vision CAUTION: Take care when exercising your eyes Do not strain or stretch eye muscles Be gentle and build up strength over time 1 Changing

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