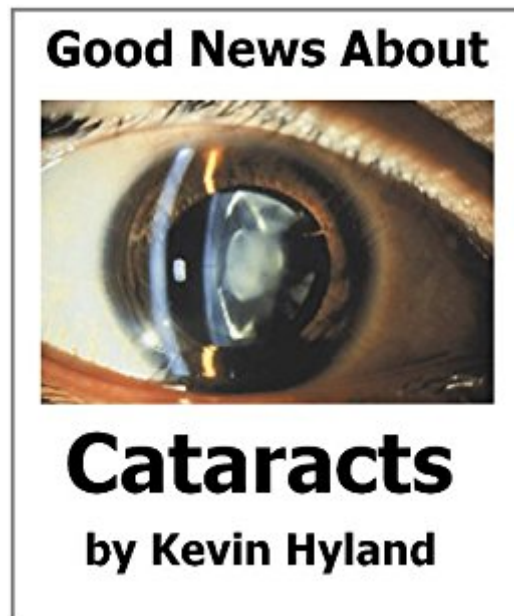


The book was found

The Good News About Cataracts



Synopsis

Thanks to new advances in understanding how the eyes work, cataracts and deteriorating vision are no longer inevitable as we get older. There are, in fact, a variety of methods you can use to maintain your current good sight into old age, or even reverse the start of age-related conditions. Dietary modifications, antioxidant supplements and avoiding exposure to free radical damage can all help ensure you keep (or even regain) the best possible vision. In "The Good News About Cataracts", Kevin Hyland gives you practical, down to earth advice in plain English about how to prevent, manage and treat your cataract. This little gem of a book contains all the information your optometrist is probably using to make the most of his own vision - and would love to share with you, if only he had the time!

Book Information

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Customer Reviews

A common sense book that is well written, researched, easy to understand and comprehend, the author puts forward his own regimen of managing his cataracts. After reading the book I realised that my cataracts had not yet impacted on my life style, I decided to cancel my surgery scheduled for December 2011 and follow some of the alternatives such as diet, NAC eye drops and vitamins. I

always have the alternative to surgery, which hopefully will not happen for another few years yet. Well worth the asking price.

I liked this summary about cataracts in a few pages with several possibilities, so you can think it twice or more instead of rushing into the hands of the surgeon. I missed some testimonials about alternative solutions

Well written and very informative. Got all I was looking for.

X

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