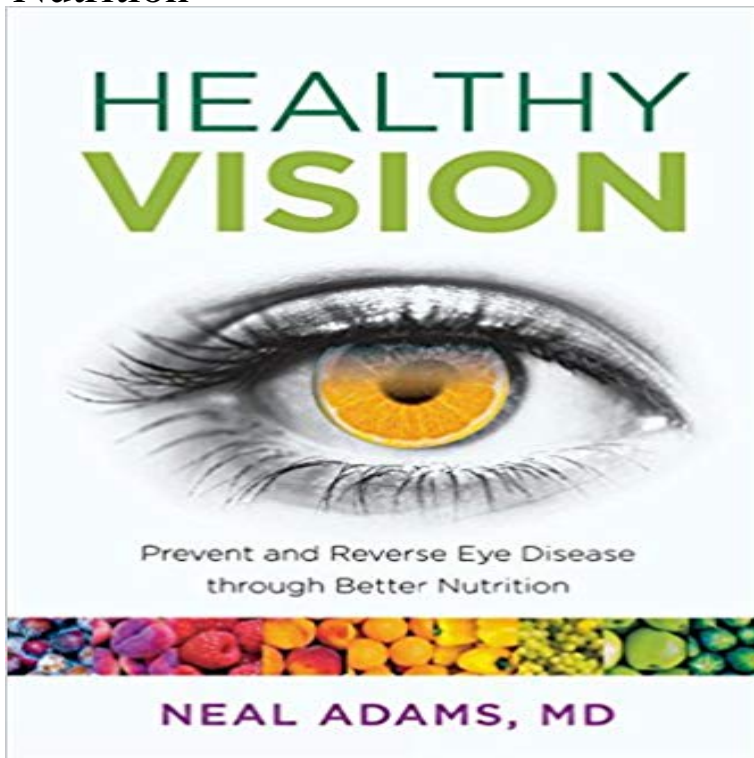


Healthy Vision: Prevent and Reverse Eye Disease through Better Nutrition



More than 180 million Americans have a problem with their vision. Most believe there's not much they can do on their own to change how much (or how little) they see. Now there is hope. In the past decade, an overwhelming number of clinical studies have shown that eating specific nutrients can help maintain vision well into old age, alleviate eye conditions, and even reverse the progress of diseases. In this book, top ophthalmologist Dr. Neal Adams uses clear, accessible language to translate research from hundreds of clinical studies in ophthalmology and nutrition to show how we can restore and maintain eyesight by changing our diet. The solution is simple: just naturally grown foods, with nutrients clinically proven to target the components of the eye affected by disease and/or age. The book explains how the eye functions and what nutrients influence these physiological processes, and includes tailored, easy-to-understand instruction on which foods and nutrients will target the readers' specific concerns. Particularly helpful for the 150 million Americans who visit their eye doctors annually as well as the 95 percent of Americans over 40 at risk for future vision loss.

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