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How to Treat Weak Eyesight Fast and Effectively by Dr Easton Patrick

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Eyesight is one among the birth gifts required for the healthy living of people. As per research, weak eyesight is found to be as a common health disorders reported in hospitals. Multiple causes contribute in forming eye disorders. Closely watching of TV for long period of time, weakness of brain, digestive disorders and vitamin A deficiency due to malnutrition are some among the important causes leading way to the formation of weak eyesight troubles. Treatments for curing eye disorders are usually suggested according to the actual cause of problem. Intake of vitamin A enriched food items is a common recommended natural technique to treat poor eyesight. Best recommended food items with high concentration of vitamin A include liver, carrots, sweet potatoes, lettuce and butternut squash.

For attaining best result, those people suffering from weak eyesight are advised to include a good amount of vitamin A enriched food items in their diet schedule. Apart from improving eyesight, intake of vitamin A enriched food items also helps in boosting immune function, enhancing gene transcription and improving skin health.

Similar to vitamin A deficiency, low level of vitamin C is another main cause for the formation of poor eyesight. Intake of vitamin C enriched food items is a best recommended remedial measure to treat poor eyesight problems. This natural technique builds up collagen in eyes and promotes healthy vision naturally. Citrus fruits like lemon and oranges are found to be very useful for treating weak eyesight problems. It is a best recommended remedial measure for treating eye problems due to aging. Including vitamin C enriched food items in diet cures glaucoma and prevents the risk of cataracts. Consuming food items with omega 3 fatty acids is found to be very effective for treating poor eyesight. Examples of food items with high value of omega 3 fatty acids include tuna, mackerels and sardines.

Following healthy lifestyle is a best recommended remedial measure for treating weak eyesight. As per research made on patients, alcoholism is found to be as a main cause for the formation of weak eyesight. In order to reduce the risk of weak eyesight problems, it is advised to limit or avoid smoking and drinking alcohol. Practicing eye exercise is a safe technique to treat poor eyesight problems. Those people suffering from eye problems are advised to do eye exercise by moving eye balls in clockwise and in anticlockwise direction. Focusing on thumb finger by moving it towards and away from eyes is another common eye exercise suggested by health practitioners.

Washing eyes with triphala water is a natural technique prescribed to treat weak eyesight troubles. It provides a cool effect on eyes and improves vision without inducing any adverse action on user. In order to achieve maximum result, it is advised to daily wash eyes using triphala water. This natural remedial measure has been used for centuries for the treatment of eye problems. Intake of amla powder with honey is another effective cure used for the treating weak eyesight problems. Today you can easily get amla extracts from market in the form of capsules.

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Supplements. Read about a Improve Memory Supplements.

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