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Protecting Eyes in the Natural Way by [Tonydavins](#)

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Poor eyesight and other problems are now very common. By way of regular visual exercises and relaxation of eyes most of the problems including poor vision, strain, cataract, myopia and twitching, etc. can be cured. There are various methods for exercise and relaxation and they are found very effective in solving the problems with eyes. Instead of spending heavy amounts for glasses, contact lens, medicines and surgery, etc. these natural methods ensure permanent remedy for the problems. Eye exercises to improve vision are found so effective that many people who followed those methods could read without wearing glasses and some of them could permanently stop wearing glasses. Moreover, when the users of glass are able to remove them their face gets back the original appearance. After removal of the glass, they become clear and the red tinge will vanish. The eye sockets and nose also can regain the original shape.

The use of computer for long hours regularly and the habit of watching TV every day led to phenomenal increase in the number of people who wear glasses and lenses. Just as in the case of other muscles in the human body, eyes also require regular exercise in order to remain healthy. It is not correct to say that they will certainly get affected as we grow old and lenses are unavoidable. The truth is that if eye exercises to improve vision are regularly performed one can have good sight throughout without wearing lenses or glasses. The sight invariably goes worse gradually with the use of glasses and lenses. They will require more powerful glasses or lenses every two years. The fact is that not less than 90% of the people who wear glasses or lens can get rid of them if they perform exercises regularly.

People who have affected visions due to other serious problems are exceptions. Healthy people who have no other serious ailments can avoid wearing glasses and lenses if they regularly perform the exercises. Blinking is the simplest exercise. Blinking provides a brief period of rest for the eyes and it reduces the strain on them. Palming provides rest to them and mind simultaneously. There are a few exercises that help to improve the flexibility of the muscles. Near and far focusing, zooming, etc. are other types of eye exercises that will help to improve the focusing of eyes and also to improve the strength of the muscles.

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