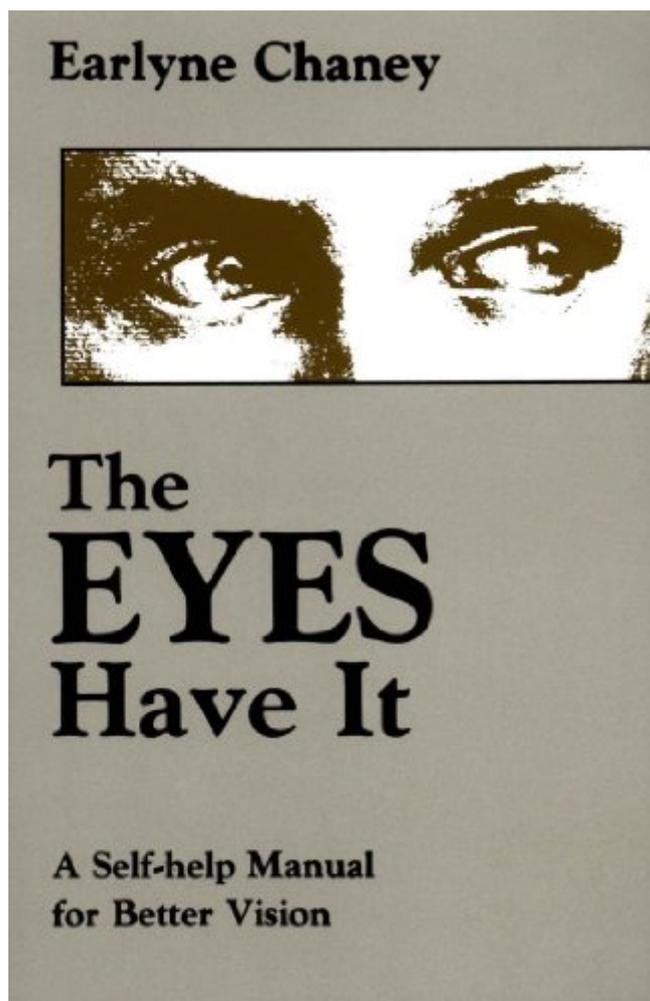


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The Eyes Have It: A Self-Help Manual For Better Vision



Synopsis

Medically proven modalities for improving -- even saving -- eyesight. Includes complete step-by-step instructions and exercises using the Bates system plus holistic, herbalistic, folk, spiritual, and yogic techniques. Latest medical breakthroughs are included, as well as a discussion of the many daily things you can do to save your eyes.

Book Information

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Customer Reviews

This is my 3rd copy. I have bought them for friends. I am 76 and do not need eyeglasses to read or sew. Just spend 5 mins. each morn. before getting out of bed. Simple, easy to do. Strengthens the eye muscle.

Excellent resources about eliminating eye problems & helpful NATURAL HERBAL ingredients & eye exercises for improving & having better eye vision. The book also came in excellent condition!!!

Excellent, did help my boyfriend tremendously. Well worth it

this book the eyes have it is a very good book/ thank

As described, many thanks!

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