



How To Improve Your Eyesight - 21 Natural Ways to Improve Your Vision Fast and Easy

David Brugger

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The eyes are to the soul, but most people don't think about taking care of their eyes until it is too late and their eyesight begins to fail. Caring for one's eyesight is as important as caring for other parts of your body. Poor vision is sometimes genetic, but can also result from poor diet or continuous eye stress. Proper diet and eye exercises can go a long way to helping prevent these eye health issues.

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