## CHOOSING A SAFE COURSE OF ACTION THAT WORKS FOR YOU

WHAT YOU MUST KNOW ASSOUT

HOW YOU CAN PREVENT, STOP, OR REVERSE AMD

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## Jeffrey Anshel OD and

What You Must Know About Age-Related Macular Degeneration: How You Can Prevent, Stop, or Reverse AMD



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Why not print in in large PRINT? Just received this book. Ordered because I've Macular Degeneration in both eye. I'ue lost the central eyesight in the correct one and the left one is getting worse. I cannot examine anything with the proper eye. Since this reserve is approximately blindness why would it not be printed in huge print so we can read it? Read the book, focus on the signals, and follow the diet plans, This is an essential reserue for all to read.?? Of be aware, Laura has been diagnosed with AMD. The publication is divided into four parts. Anti-AMD Diet Suggestions are included, as is a superb assets section for finding support groups and the latest technological helps if AMD has already been affecting your existence. This is a powerfully poignant overview of eye anatomy and physiology presented in a manner that the lay public can understand. "Let food be thy medicine" - Hippocrates Author Jeffrey Anshel, OD received his training in uisual technology and Optometry fom the Illinois University of Optometry and lectures and writes extensively about nutrition and eye health. simple to read and understand. Very Useful Information About Dealing with AMD The authors present a comprehensive guide to age-related macular degeneration, beginning with scientific and technical explanations and progressing to practical nutritional advice along with diet and lifetyle changes which will help to avoid or delay vision reduction due to age-related Macular Degeneration (AMD). An extremely complete, helpful, and up-to-date book for those who possess symptoms of macular degeneration. As their description for the content claims, 'Age-related macular degeneration — AMD - is the most commonly diagnosed vision disorder in people over fifty, easy to read and understand very good information. Author Laura Stevens received her degrees in Nutrition Science from the Section of Nourishment at Purdue University, West Lafayette, Indiana and in addition has written books about diet, behavior and allergies in addition to continuing her analysis on the partnership between diet and health. So far as the content I will review later on as I struggle to browse it with one attention. With this extensive coupled background it really is apparent that these two discovered scientists have found a significant connection between diet and Age-Related Macular Degeneration — the subject of this fine and accessible publication. This guide can be an important reminder not to take the health of your vision for granted -the sooner you implement the suggestions outlined here, the even more dramatically you can decrease your risk of being robbed of your view in your final years. More than two million People in america have already been told they have AMD, and that amount is likely to grow substantially. While that is a frightening statistic, over the last several years, medical researchers have shown that a number of effective treatments can sluggish, stop, and actually reverse the progress of AMD. An extremely complete, helpful, and up-to-date book for people who have symptoms of macular degeneration. Component One explains how the eye functions and how AMD develops, in both its wet and its own dry forms. It then appears at the most common risk factors and explains how each of these factors negatively impacts the structures of the eye. If AMD works in your loved ones or you have already been diagnosed with this possibly life-altering condition, it is necessary to know that there is not merely hope, but a genuine path to a better, healthier lifestyle. Included is a debate of AREDS?the National Eye Institute's research that showed which products help protect the attention from disease. Part Three offers an additional weapon against AMD. Part Four prouides practical suggestions and easy-to-follow tips on how to incorporate this specific information into your life. It explains why diet matters and offers aduice on selecting foods that promote uision health while eliminating those that do the most damage. In Part Two, the authors look at the specific nutrients that affect the various cells of the eye. very good information. It really is refreshing to have such a solid source of well-organized and documented information about our eyes —those elements of our body that are a lot more abused with the wide uses of IT and computer use. The dietary/dietary remedies are swell defined —specifically the two variations of AREDS (Age-Related Eyesight Disease Study) —the use of Beta-carotene, Supplement C, Supplement E, Zinc, Copper +/- lutein and Zeaxanthin.? Grady Harp, Might 18I uoluntarily reviewed a complimentary copy of the book.



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