

Title:

Cure Poor Eyesight

Word Count:

663

Summary:

People tend to think that better eyesight always relate to eye surgery or glasses. Eye surgery

Keywords:

poor eyesight, eyesight, improve eyesight, better eyesight, improving eyesight, good eyesight, poor

Article Body:

People tend to think that better eyesight always relate to eye surgery or glasses. Eye surgery

Eye chart

Its purpose is to exercise the eye to a healthy behavior of shifting instead of central fixation

Covering

This is a very important exercise. People think that their eyes rest when they sleep. Actual  
Therefore, proper resting is crucial. For best performance you need a quite and comfortable p

Reading

Reading is a very important task for the eyes as it is performed on daily basis. It is import

Tiny writing

This exercise requires the eye to use its central vision. The eyes and the mind should be ven

Physical exercises

It is important to understand that the aim of these exercises is to make eyes muscles more ela

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