



The Eye Care Revolution

By Robert Abel



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"Valuable tips, unique insights. . .Dr. Abel is a healer for the 21st century." --
From the Foreword by Mehmet Oz, M.D.

Alzheimer's can be predicted through the eye?
Sleep apnea can cause blindness?
Computers and texting are creating an epidemic of nearsightedness?
Retina chips and stem cell therapy offer promise for macular degeneration patients?
Your prescription drugs can give you cataracts. . .or glaucoma?

Alternative therapies have created new vistas for hope in eye care. In this breakthrough guide--newly revised and updated--ophthalmologist Dr. Robert Abel brings you amazing nutritional, herbal, homeopathic, and Asian therapies, along with conventional methods, to prevent and even reverse most vision disorders. Discover:

New devices that allow the blind to "see" through their tongues
What you need to know about your children's eyes
How to administer eye drops with your eyes closed
Antioxidant must-haves for your eyes
A safe, herbal treatment for glaucoma
Surprising ways vitamins can protect and heal your eyes
Easy steps to end eyestrain
New developments in LASIK surgery
Why lutein may be even more important for vision than beta-carotene
How to improve lazy eyes through acupuncture and vision therapy

Covering everything from high-tech laser treatments to centuries-old Asian remedies, Dr. Abel's authoritative, reliable information will help you and your doctor become full partners in saving your eyes and your overall good health.

"If you have an eye condition, ask your ophthalmologist how he will treat you. Then pick up Dr. Abel's book and note how many more answers he gives. I can vouch for the fact that the options he offers, being natural and nutritional, are far better." --Robert C. Atkins, M.D.

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Editorial Review

About the Author

Dr. Robert Abel, Jr., M.D integrates modern medicine, alternative remedies and natural options in order to connect eye care with general health. His mission is to provide the best of eastern and western approaches to health in order to provide people with holistic solutions to eye care and mind-body wellness. Dr. Abel is a graduate of Wesleyan University and received his medical training at Jefferson Medical College. Dr. Abel co-founded the alternative medicine curriculum at Thomas Jefferson University where he is a former clinical professor of ophthalmology. Dr. Abel has performed over 17,000 eye surgeries and helped found three eye banks. He holds patents on artificial corneas and received the senior honor award from the American Academy of Ophthalmology (AAO) where he helped create the Committee for International Ophthalmology. He has spent 30 years teaching eye surgery courses nationally and has taught eye surgery in many other countries. He practices with Delaware Ophthalmology Consultants, and resides with his wife in Wilmington, Delaware. Visit him at eyeadvisory.com.

Users Review

From reader reviews:

Suzanne Jensen:

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