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Apr 19, 2009 Best Answer: Well its obvious that there is no medical way to improve eyesight naturally. Artificial corrections(glasses, contacts, surgery) are poor

How to improve your eyesight naturally

How To Improve Your Eyesight Naturally. How To Have Better Eyesight, From Your Home, Glasses-free, Contact-free

Top 9 foods to improve and protect your eyesight

Selenium. Selenium is a trace mineral that may help prevent cataracts, macular degeneration, and may also improve dry eyes and general eye health.

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The challenge: Improve YOUR eyesight naturally. Want to give it a try? I offer you a challenge to help you improve your eyesight. Spent at least five minutes a day

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