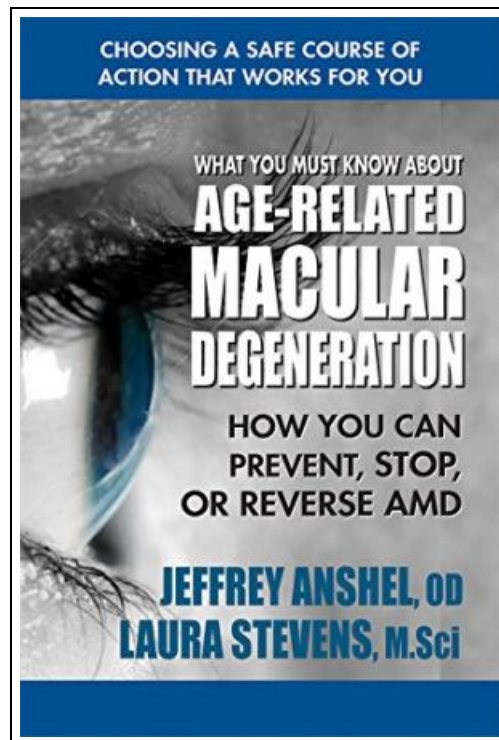


What You Must Know About Age-Related Macular Degeneration: How You Can Prevent, Stop, or Reverse Amd (Paperback)



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Reviews

Merely no phrases to describe. It really is rally intriguing throug reading time. I am happy to tell you that this is basically the greatest book i have go through in my own lifestyle and might be he greatest book for ever.
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WHAT YOU MUST KNOW ABOUT AGE-RELATED MACULAR DEGENERATION: HOW YOU CAN PREVENT, STOP, OR REVERSE AMD (PAPERBACK)

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Square One Publishers, United States, 2018. Paperback. Condition: New. 2nd Revised edition. Language: English . Brand New Book. Age-related macular degeneration--AMD--is the most commonly diagnosed eye disorder in people over fifty. Well over two million Americans have been told they have AMD, and that number is expected to grow substantially. While this is a frightening statistic, over the last several years, medical researchers have shown that a number of effective treatments can slow, stop, and even reverse the progress of AMD. Now, best-selling authors Dr. Jeffrey Anshel and Laura Stevens, who herself has been diagnosed with this condition, have joined forces to produce an up-to-date guide to what you need to know to combat and even prevent AMD. The book is divided into four parts. Part One explains how the eye works and how AMD develops, in both its wet and its dry forms. It then looks at the most common risk factors and explains how each of these factors negatively affects the structures of the eye. In Part Two, the authors look at the specific nutrients that affect the various cells of the eye. Included is a discussion of AREDS--the National Eye Institute's study that showed which supplements help protect the eye from disease. Part Three offers an additional weapon against AMD. It explains why diet matters and offers advice on selecting foods that promote eye health while eliminating those that do the most damage. Part Four provides practical suggestions and easy-to-follow tips on how to incorporate this valuable information into your life. If AMD runs in your family or you have been diagnosed with this potentially life-altering condition, it is important to know that there is not only hope, but a real path to a better, healthier life. Knowledge is power, and the more you know, the...



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