



# The Good News About Cataracts

*Kevin Hyland*

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## **The Good News About Cataracts** Kevin Hyland

Thanks to new advances in understanding how the eyes work, cataracts and deteriorating vision are no longer inevitable as we get older.

There are, in fact, a variety of methods you can use to maintain your current good sight into old age, or even reverse the start of age-related conditions.

Dietary modifications, antioxidant supplements and avoiding exposure to free radical damage can all help ensure you keep (or even regain) the best possible vision.

In "The Good News About Cataracts", Kevin Hyland gives you practical, down to earth advice in plain English about how to prevent, manage and treat your cataract.

This little gem of a book contains all the information your optometrist is probably using to make the most of his own vision - and would love to share with you, if only he had the time!

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