

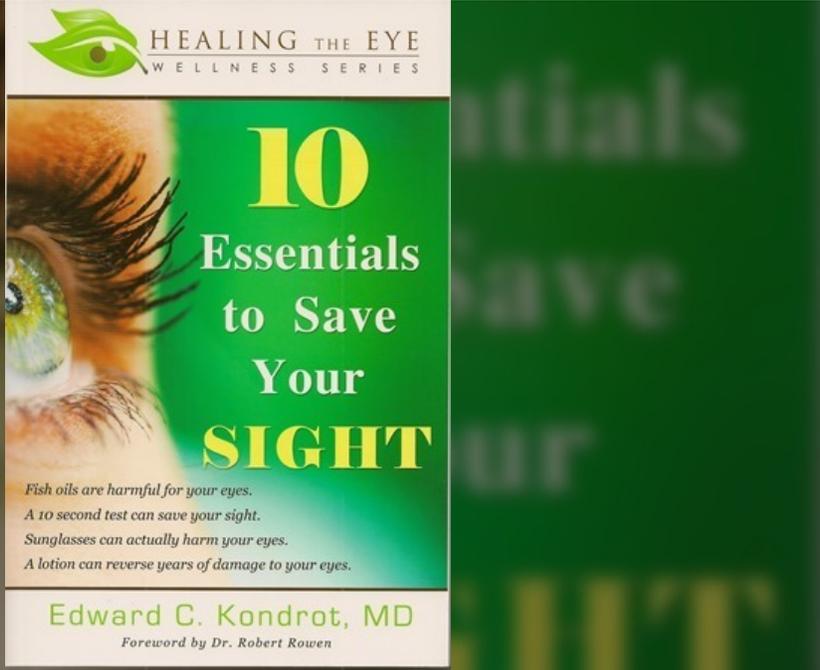


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## 10 Years in the Making, Book Helps People Overcome Vision Problems

By AubreyDavis | Posted 22 hours ago

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According to the Centers for Disease Control and Prevention, 61 million adults in the United States are currently at risk for serious vision loss. While it is a serious issue, millions of people don't know what to do and what not to do, or do not realize that they are the ones at risk for vision loss. The answers to these issues, and more, are all being offered in one book that was ten years in the making and is founded on a vast amount of research.

"It took me a decade to pen this book because there was so much work and analysis that needed to be done in order to get it right," explains Dr. Edward Kondrot, founder of the Healing The Eye & Wellness Center. "I wanted to make sure that this would be the best possible book out there for offering information on vision health to the public. And I think I have achieved that goal."

The book, titled "10 Essentials to Save Your Sight" (Advantage Media Group,



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July 2012), offers crucial information about what people can do to help save their sight. This groundbreaking look at vision is revolutionary and takes a homeopathic and alternative approach to maintaining eye health. No stranger to revolutionary ideas, Dr. Kondrot is the only board-certified ophthalmologist and board-certified homeopathic physician in the world, and is president of the Arizona Homeopathic and Integrative Medical Association.

His therapies, known as the "Kondrot Program," draw people from around the world who are seeking to restore their vision. The programs are aimed at helping those with macular degeneration, glaucoma, cataracts, and dry eye, among other conditions. The book offers a look at some of the essential information that people need in order to help save their sight, including addressing such questions as:

- Whether or not fish oils are harmful to the eyes.
- How a 10-second test can help save your sight.
- Why sunglasses can actually harm the eyes.
- How a lotion can reverse years of damage to the eyes.

Whether one already has sight problems or not, the information in the book can help lead them to vision restoration, as well as helping to avoid any vision loss.

"Really anyone who has eyes should be reading this book," adds Dr. Kondrot. "The information is crucial in being able to maintain good eye health now, and as people age. The information in this book is invaluable, especially to the 61 million currently facing serious vision loss."

The Healing The Eye & Wellness Center sits on 50 acres of land and features a 14,000-square-foot state-of-the art complex, an organic ranch, jogging trails, swimming pool, hot tub, and more. For more information on the book, visit the site at [www.healingtheeye.com](http://www.healingtheeye.com).

TAGS: [health](#), [wellness](#), [books](#), [eye](#)

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