

# **Normal Eye Vision Problem**

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**GUIDELINE BY SANJAY G.M.**

- **CAUSES**
  - Vitamin D deficiency
  - B12 Deficiency
  - Less sleep
  - Excess use of mobile & TV.
  - Migraine
  - High BP
  - Reading small font handwriting or reading something for long time
  - High uric acid
  
- **SYMPTOMS**
  - Blurred vision/ reduced vision
  - Red eyes
  - Headache
  
- **SOLUTION**
  - Improve D deficiency by taking 10-20 minutes sunlight (7-8am or 5-6pm)
  - Improve B12 Deficiency by taking fish, eggs, sprout pluses, stale wheat roti.
  - Drink carrot juice regularly
  - Eat fruits & green leafy vegetables
  - Hold water in mouth and splash water on face with eyes open
  - If eyes are red then put drops of desi cow ghee
  - Quality sleep for 8-9 hours also rest your eyes frequently by closing or rubbing your palm n keeping warm hands on eyes.
  - Control uric acid level by lemon, orange & be hydrated.

- Check your medicine side effects.
- When using mobile there should be more light in your surrounding especially behind you, so that your phone rays will reduce harm to eyes.
- When you are reading small font more time then your eye rays are set as per that and if suddenly you change the view and start looking somewhere far then it might seem blur so give some time for your eyes to set as per it, concentrate object for some time, do not strain your eyes to look. Gradually, your eye sight will get better to see other distance as well.
- Do eye exercise, keep your eyes up, down, left & right for 20 seconds each, also rotate clockwise & anti clockwise 2 times each eye ball.
- No smoking
- Do exercise for full body blood circulation

NOTE :- All guideline is on my personal research or study from many author which convince me. Follow guideline under doctor's observation.

