

(Free pdf) Improving Eye Disease in 30 Days: Reduce Your Risk of Eye Disease in 30 Days: Macular Degeneration, Retinitis Pigmentosa, and Diabetic Retinopathy Rehabilitation

Improving Eye Disease in 30 Days: Reduce Your Risk of Eye Disease in 30 Days: Macular Degeneration, Retinitis Pigmentosa, and Diabetic Retinopathy Rehabilitation

Robert Redfern

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Robert Redfern : Improving Eye Disease in 30 Days: Reduce Your Risk of Eye Disease in 30 Days: Macular Degeneration, Retinitis Pigmentosa, and Diabetic Retinopathy Rehabilitation before purchasing it in order to gauge whether or not it would be worth my time, and all praised Improving Eye Disease in 30 Days: Reduce Your Risk of Eye Disease in 30 Days: Macular Degeneration, Retinitis Pigmentosa, and Diabetic Retinopathy Rehabilitation:

'Improving Eye Disease in 30 Days' is the latest book by nutritionalist and health coach Robert Redfern, published by

Naturally Healthy Publications. The book shows how to improve your eye health naturally, without the use of drugs and how by taking the right nutrients and following a naturally healthy lifestyle, you can see significant improvements...often in as little as 30 days.

About the Author Robert Redfern is the author and creator of 'The Miracle Enzyme', 'Turning a Blind Eye', 'Mastering Acupuncture' and a series of holistic health books including amongst others, 'Healthier Lungs in 30 Days'. The books cover a wide range of health conditions that can be improved by using natural methods and techniques. An internationally renowned health coach, author, broadcaster and nutritional formulator, Robert has helped hundreds of thousands of people in over 24 countries through his online health websites, radio interviews and nutritional discoveries. Robert is also well-known for his work and support of serrapeptase, an enzyme that when ingested helps dissolve blockages in the body, particularly in the arteries. Robert's interest in health started when he and his wife Anne decided to take charge of their family's health in the late 80's. Up until 1986, Robert did not take much notice of his health - in spite of Anne's loving persuasion. It took the premature death of his parents, Alfred and Marjorie, who died in their 60's, to shock Robert into evaluating his priorities. They looked at the whole field of health, available treatments and the causes of health problems. They found, from doctors researching the causes of disease, that lifestyle and diet were the most important contributions to health. In addition to improved health, Robert and Anne both look and feel like they have more vitality than they did decades before they started their new health plan. Currently, Robert, 69, and Anne continue to make healthy choices to live energetically and youthfully, by basing their lifestyle on a foundation of natural health.