

10 ways of eye muscle training and vision enhancement are not to be missed

Join us to learn 10 ways to practice eye muscles and improve your eyesight so that you can improve your eyes and improve your eyesight without depending on glasses.

1. Smiling tears, have you ever been like that? But why is that so?
2. Things to know about amblyopia (amblyopia)
3. 3 natural ways to enhance your vision effectively

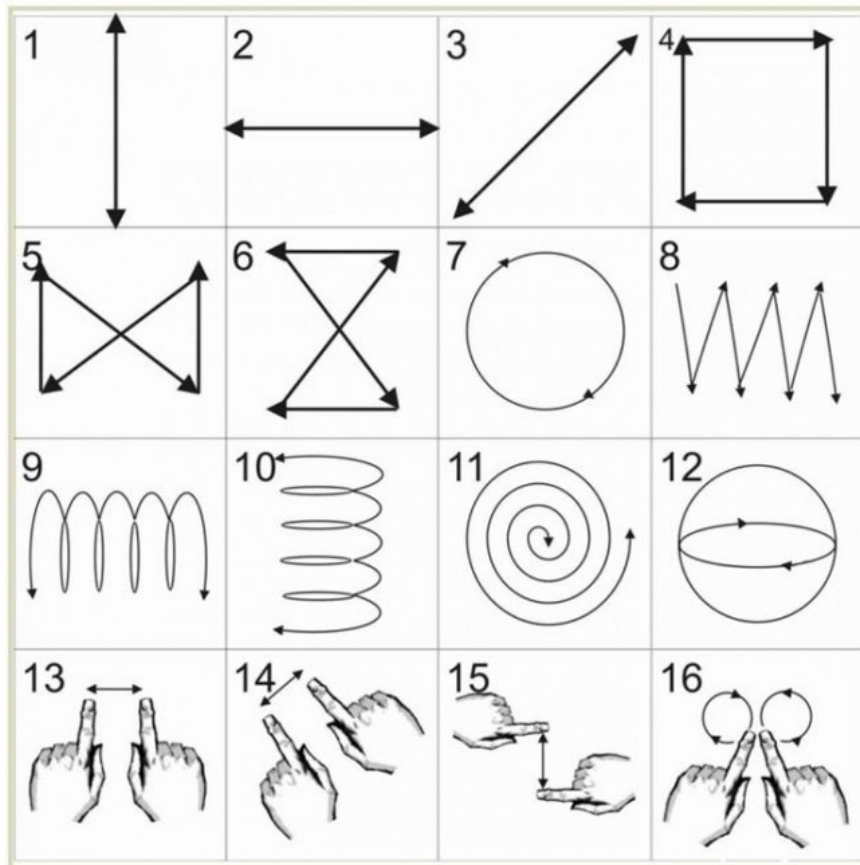
A basic principle of medicine is: '*If you don't use muscles, it will become weak*'. Just like any other muscle, you need to practice the eye muscles and keep them functioning well.

If you wear glasses regularly without eye training, your eyesight will decrease and the glasses will increase. Therefore, eye muscles also need to be exercised like all other muscle types.

Join us to learn **10 ways to practice eye muscles and improve your eyesight so that you can** improve your eyes and improve your eyesight without depending on glasses.

1. **Avoid eye strain throughout the day** . If you often have to work on your computer, you should relax your eyes by 2-3 hours, close your eyes for a few minutes.

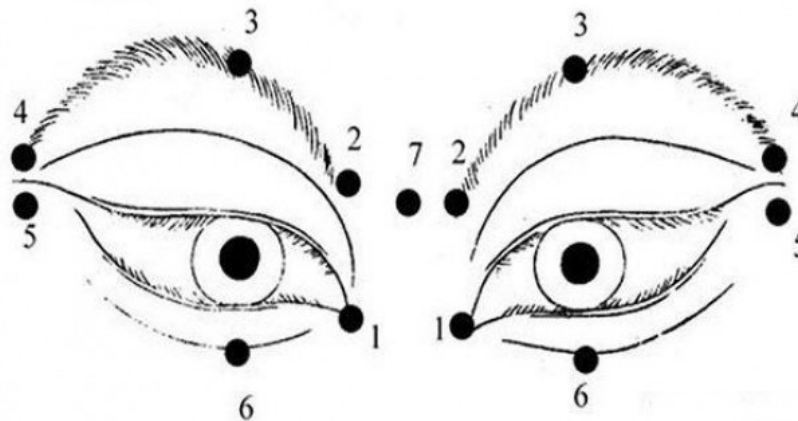
2. Here are **16** extremely useful **basic movements** that you can apply to eye muscle training and visual acuity. Move the gaze in the direction of the arrow arranged as shown below.



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3. If you are short-sighted and wear glasses, you should wear them only when necessary. For other times, let your eyes relax, this is how you train your eyesight.

4. It is recommended to massage the eyes according to the following instructions: use the middle finger and index finger to press the eye, moving from point 1 to point 6 clockwise as shown below. You can repeat the gesture several times. When massage, you will feel slight pressure, but certainly not hurt when you do the movements.



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5. When going out to breathe fresh air, try to **look away** , not just look at your feet or look at objects in front of you at close range.

6. **Drinking carrot juice every day will be good for the eyes.** If you want to achieve the best effect, add 1 to 2 drops of olive oil to carrot juice. Olive oil will make the flavor of the juice less attractive, but will help absorb the nutrients in carrot juice well.

7. If your eyes are irritated at night, you can use **aloe juice** instead of regular eye drops. However, you should consult a doctor's advice before using this natural therapy.

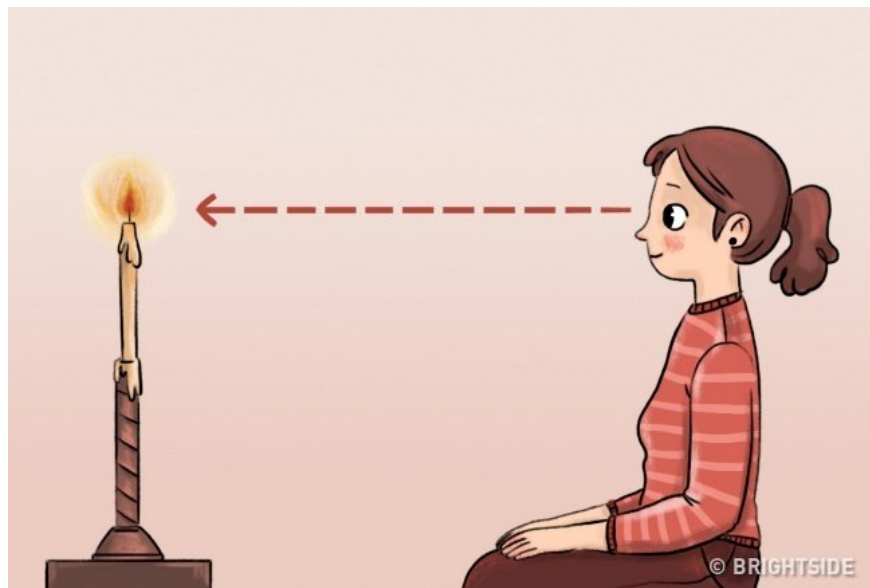


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8. When you feel eye strain, wash your face and masage your eyes with warm water.

9. Limit looking at your computer screen, TV or smartphone at least 2 hours before going to bed.

10. Practice **Trataka** exercises of Indians. Exercises will help increase the concentration of your eyes and brain.



Do the following: sit opposite a stationary object of a small size and a distance away (*eg a candle*). Focus all eyes and attention on the object. Try not to blink. You should try to remember a specific image of the object into your mind.

Then, close your eyes and focus your attention on the space between your eyebrows, trying to keep the image you just thought in your head. Do this for about 10 minutes.

When you look at it for a long time, the tears will flow out, then close your eyes and rest for a while. The purpose of the exercise is to **test the strength of your eyes** until you have tears in your eyes.

See also: 8 signs of abnormal eye warning about your health

Having fun!

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