

3 natural ways to enhance your vision effectively

Let's take a look at 3 natural ways to enhance your eyesight effectively!

The eyes are a " *very necessary* " part of our body. Your eyesight is very susceptible to deterioration due to eye fatigue or everyday unhealthy habits. Working a lot with a computer, using a tablet or phone constantly, our eyes stare at the screen and forget that those activities are harmful to the eyes.

Do you want your eyes to light up but don't want to use contact lenses or surgery? Although there are still no natural methods that can enhance your eyesight yet, the following **tips and exercises will be very helpful for your eyes** . Follow the 3 ways below!

Method 1: Look at the pencil

1. Use a pencil and mark the point in the middle of the pen



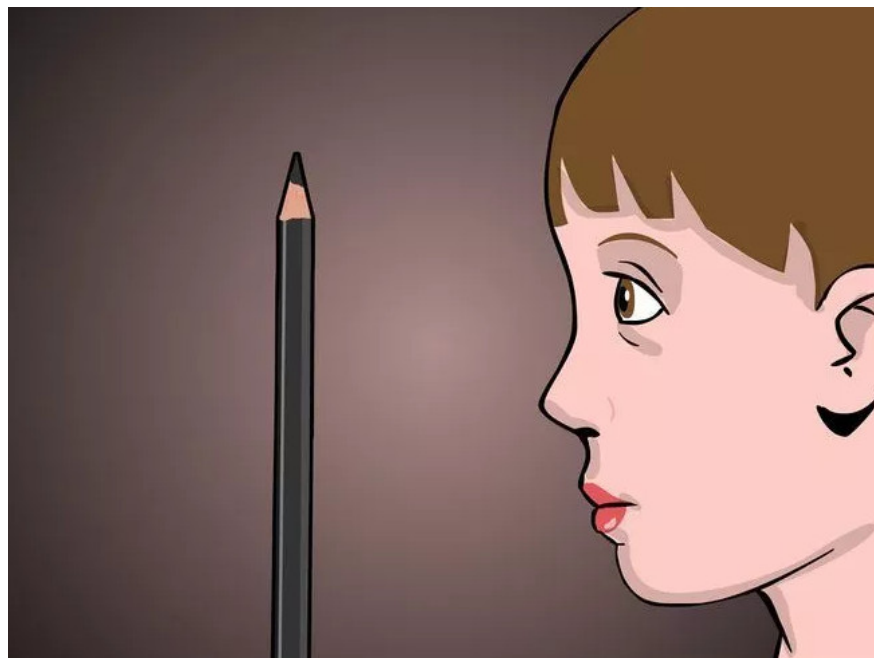
Write a letter, a number or a dot on the surface of the pen. In this exercise, you will **focus on looking at the pencil** and the dot dot on the pen when moving the pen closer or away from the eye. This exercise has the effect of healing eyes or illusions but does not harm the eyes if applied to enhance eyesight. In particular, it is not expensive and painful and you just focus on observing with your eyes.

2. Place a pencil in front of you, about an arm from the eye



Hold the pencil straight up so that the eraser of the pen points to the floor or onto the roof. If someone helps you practice and pen to do this exercise, put your arm forward to measure the distance between the face and the pen.

3. Focus on the point you marked on the pencil



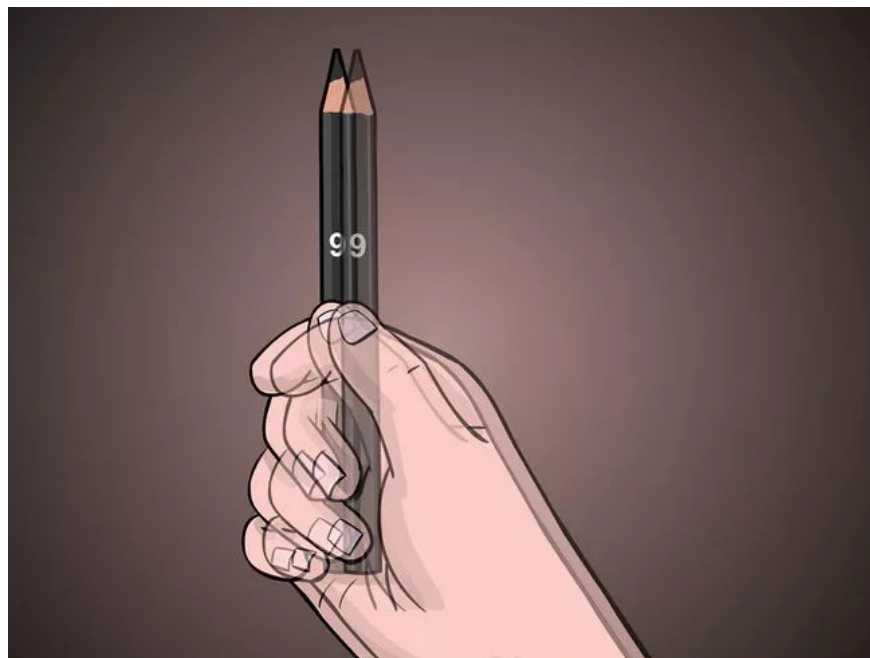
Do not move to the next step if your eyes are not fully focused.

4. Slowly move the pen closer to the face, eyes still looking at the marked point



Try to move the pen in a straight line toward the nose. When the pencil is close to the face, your eyes must adjust to maintain the level of concentration.

5. If you see two pencils, stop



Stop only when you see the illusion of a pencil when brought to your face.

6. Look away for a few minutes or close your eyes



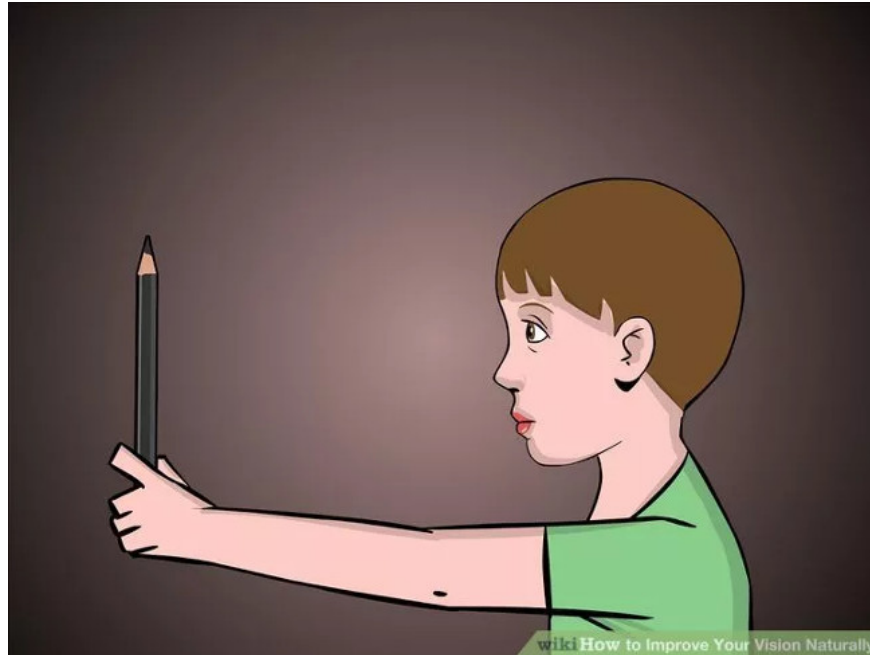
Without moving your head or a pencil, look at something for at least 5 seconds. If you find it difficult, close your eyes for 5 seconds.

7. Look at the pencil again



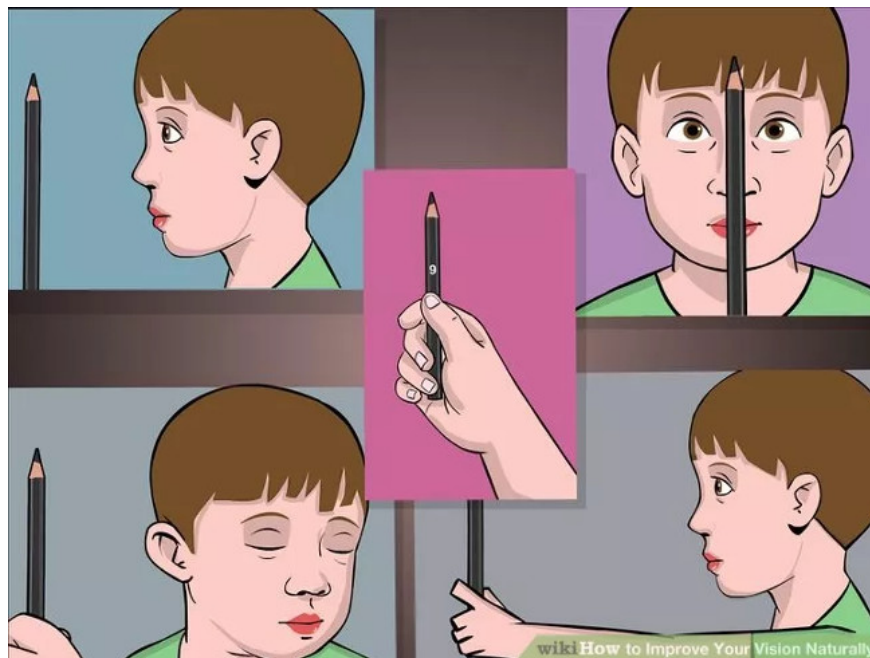
After your eyes are rested, try focusing on looking at the pen again to not see the illusion of the pen. If you still see two pencils, let your eyes rest a little longer and try again. Don't be discouraged when the second time you still see two pencils. Slowly you will do it. By then you can move on to the next step.

8. Slowly bring the pen closer to the face



Focus on looking at the point marked on the pen when you take the pen away. Maintain the posture to look when putting the pen away from an arm against the face.

9. Repeat the above action



The move to bring the pencil close and away from the face is useful if you practice it regularly and treat it as a daily routine. Each day you only need to spend 5 minutes, then increase to 10 minutes to be able to perform this exercise regularly.

Method 2: Change habits

1. Eat eye-healthy foods



Although it is not possible to change your eyesight with a diet, make sure you provide the necessary nutrients to your eyes. Try to incorporate the following foods in your daily diet.

1. Green leafy vegetables (like kale, rainbow cabbage, spinach and spinach) and carrots are great foods.
2. Omega-3 fats (found in salmon and tuna) are good for the body.
3. Fruits and juices (like orange, lemon, grapefruit) are also good for the body.
4. Protein sources (not from meat) like bananas, beans and nuts.
5. Vitamin supplements contain Omega-3 fats, lutein, zinc and vitamins C and E.

2. Quit smoking



Smoking can cause age-related **macular degeneration** as well as **cataracts** . So seek support from quitting smoking or get help from a psychiatrist to get medical treatment for smoking cessation.

3. Wear sunglasses



Like smoking, excessive exposure to **ultraviolet rays** can lead to macular degeneration and cataracts.

1. Make sure your sunglasses can block UVA and UVB rays.
2. It is best to use a pressure-controlled type of eye lens because this type of glass helps block light from the front and sides of the eyes.
3. Try to wear sunglasses every time you go out.

4. Reduce eye strain



Like any other body system, the muscles around the eyes may feel tired and painful if you strain your eyes too much. Try the following tips to reduce fatigue in your eyes:

1. Perform " 20-20-20 " tips. If you have to work in an environment exposed to the computer screen for too long, take a break every 20 minutes and focus on one point 6.1 meters away for at least 20 seconds.
2. Reduce light mode. Reduce the light mode of computer monitors and televisions to the lowest possible level. The light mode must be adjusted so that you can still see it without creating the feeling of increasing the brightness.
3. Adjust the font size up. If you read the text on your computer, use the zoom function to enlarge the font size. When reading on printed books, use the magnifying glass to read or buy books of large font size.
4. Don't forget to blink. We often blink a little when looking at a computer screen. This will dry the eye surface, which can sometimes cause irritation and burning sensation. Practice blinking 12-15 times per minute and maintain this habit when working heavily with computers.

Method 3: Eye treatment according to the doctor

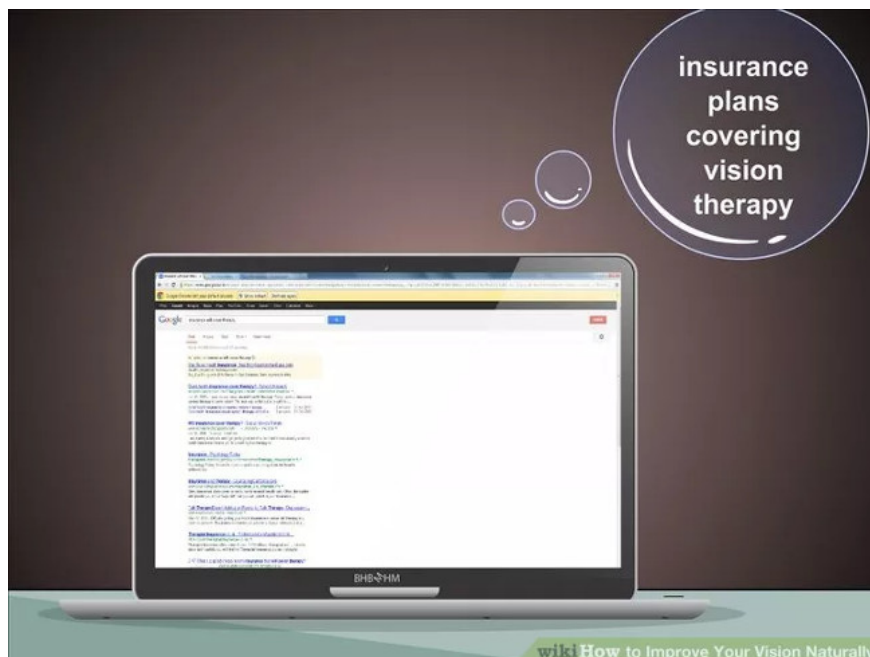
1. Specialized eye examination



There are many different eye treatments, here are two main methods:

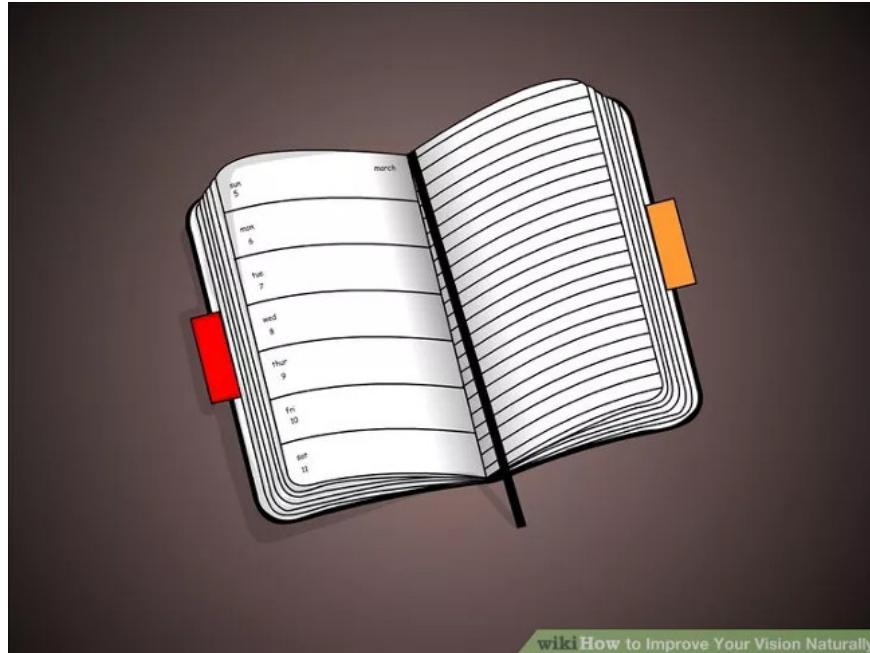
1. Rectification: The orthopedic specialist will focus specifically on what is related to the movement and coordination ability of the eye. If you see illusions, lazy eyes or squinting eyes, this is the best solution. Ask the ophthalmologist to recommend a good orthopedic specialist.
2. Behavioral response optometry: A behavioral optometrist will help patients control visual-related skills and tasks. If you have difficulty remembering information with your eyes or looking at objects with complex structures like maps or jigsaws, consider measuring behavioral vision. Ask the ophthalmologist to recommend a good orthopedic specialist.

2. See if your coverage includes treatment fees



Some insurance plans include eye treatment fees. Therefore, if the cost of eye treatment is too high, contact the insurance company to find out about insurance policies. You may need a referral from a specialist (*like a neurologist*) to get coverage for treatment.

3. Prepare for an eye exam



As well as speech treatment, vision treatment also requires you to have a regular check-up to treat the disease. If you need to schedule a time to have a visit, it is best to ask for permission to leave school or take time off from work first.

4. Perform the exercise according to the doctor's instructions



Research demonstrates that eye treatment will be successful when combined with hospital treatment and home practice. If the therapist gives you practice exercises at home, try to practice these exercises persistently.

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