

6 'golden habits' keep eyes from increasing

An increase in eyes is a common condition many people face, making you nervous. However, if you apply the following 6 golden habits, then your eyes will never increase.

Today, the more society develops, the sooner children have access to the facilities and equipment for learning and entertainment needs, in addition to the benefits, its harm is not as small as the number of people approaching. The market is increasing rapidly, especially recently the rate of children with nearsightedness has increased, there are some very young children. According to the World Health Organization, there are currently more than 800 million people with myopia.

Nearsightedness reduces people's vision, obstructs and challenges daily work. So, those who are nearsighted if you don't want your eyes to be leveled up, don't forget these 6 "golden habits" to protect your eyes.

1. Experience traveling safely into the rain for the near-sighted people
2. 15 difficult to say only those who wear glasses close to understand

1. It is recommended to wear the right eyeglasses



Wearing eye goggles is the leading cause of increasing your eyes. Besides, wearing glasses should also have a method to wear properly to keep the eyes from increasing.

According to the advice of doctors that, to protect the eyes as well as help the eyes do not increase the level, those who are close to below 0.75 do not need to wear glasses often, when necessary, they should wear and

should let the eyes Be comfortable, for people who are 1-2 degrees, should wear glasses to see clearly the distant objects. Note, you need to wear the right glasses in the middle of the eye's vision, avoiding the delay of the glass under the nose, which also makes you more vulnerable to getting close to the eye and causing the eyes to fall apart.

2. Add good eye foods



In addition to wearing the right eyeglasses, supplementing with vitamins and minerals is also beneficial for the eye, it not only prevents an increase in the nearness of the eye, but also supports visual improvement. So every day you should pay attention to the daily diet menu of the following foods to protect your eyes:

1. **Foods rich in vitamin A** : this is the most essential vitamin for your eyes, vitamin A is found in some foods such as tomatoes, carrots, gac, pumpkin, egg yolk .
2. **Food rich in carotene** : Beta carotene is a precursor of vitamin A, helping the body prevent vitamin A deficiency, preventing blindness, strengthening the immune system, making eyes brighter.Carotene is present in a number of yellow, orange or dark green vegetables, tubers and fruits such as broccoli, green beans and sweet potatoes . Beta carotene is absorbed in the small intestine, so processing should be combined. They with oils and fats for better absorption.
3. **Chromium-rich foods** : Chromium is very beneficial for insulin activation and enhances the biological effect of insulin.Chromium deficiency seriously affects normal functions of insulin, increases the pressure of plasma and causes nearsightedness, protruding eyeball . Common chromium in animal liver, grape juice, mushroom and nuts.
4. **Calcium-rich foods** : Calcium is not only known for its strong effects on bones and teeth but it is also essential for our eyes.When we provide the body with insufficient calcium, it will affect the elasticity of the retina, stretching eyeball and can cause myopia.So every day we should add shrimp, shellfish, crabs, sea fish, milk, eggs . During meals to protect bones and eyes.

3. Exercise your eyes regularly



Not only do our bodies need to exercise every day, but the eyes also need to be exercised regularly especially for people who often sit in front of a computer screen and a person with short-sightedness. Regular exercise and eye massage are beneficial for the eyes, making your eyes avoid fatigue. With such eye care not only helps the eyes become more healthy, but also helps the nearsightedness to prevent the increase of eye level, which helps you avoid rabies eyes when wearing glasses for too long and does not suffer drooping.

4. Eyes also need to be out with nature to be healthy



To protect your eyes and your body, you should participate in more outdoor activities to bring positive effects to your eyes.

Many studies show that people with myopia often lack vitamin D in the blood, which is an essential vitamin to support the activity of the muscles around the lens in the eye. To provide vitamin D to the body in addition to foods, the sun is the most abundant source of vitamin D. However, the sun exposure you do not always benefit, early morning and late afternoon is the best time for you to participate in activities and provide vitamin D for the body.

5. Create good habits when working with computers and books



In order to preserve and protect the eyes, prevent the eyesight from increasing, you need to pay attention to creating good habits when studying and working.

1. Keep a safe distance between your eyes and your computer / books: 30 - 35cm.
2. Sitting in a straight, balanced position while studying and working, avoiding constant posture changes.
3. After about 1 hour, you should rest for 5 - 10 minutes to relax your eyes

6. Get enough sleep, avoid staying up late



Our bodies every day need to sleep 7-8 hours a day to help our bodies get enough energy to work for the next day. Moreover, getting enough sleep also helps our eyes rest after a long day of hard work. This is the best way to help prevent your eyes from getting worse.

You finished reading the article "**6 'golden habits' keep eyes from increasing**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.