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## 5 Crucial Ways to Help Save Your Sight

By [CMPR1](#) | Posted May 6, 2013 | Dade City, Florida

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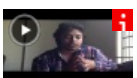
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According to the National Institutes of Health, 1.75 million people in the country have age-related macular degeneration. The Glaucoma Research Foundation reports that 2.2 million individuals around the nation have glaucoma, the leading cause of blindness. Clearly, millions of people suffer from vision problems, whether from these two conditions or others. The good news is that, no matter what your age, there are things you can do to help save your sight.

“Most people don’t do a whole lot to take care of their eyes or vision,” explains Dr. Edward Kondrot, founder of the Healing The Eye & Wellness Center. “Vision is so very important, yet it is something they don’t pay much attention to preserving – at least, until there are problems and their vision starts to be affected.”



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Many people are unaware that are steps they can take to help protect their sight, including these five:

1. Forget prescriptions. Each year, over 2.6 billion prescriptions are provided to patients around the country, according to the Centers for Disease Control and Prevention. We live in a society that tends to believe they can take a pill for anything that ails them. Not true, and those pills come at a cost, because they often have side effects. There are better routes to take, ones that will help your vision.
2. Focus on health. It is important to live a healthy lifestyle, which includes eating a healthy diet and getting plenty of exercise and sleep. This is going to do a lot toward helping you to have healthy eyes.
3. Understand the connection. It is important to understand that there is a connection between being healthy and protecting your health. For example, one of the biggest risk factors for getting glaucoma is being diabetic.
4. Learn all you can. Knowing the various things that can help or harm one's vision is important. Read about the natural and alternative methods for helping to preserve sight.
5. Choose wisely. Those who want to work with a physician to meet their vision needs should seek out one that is qualified to offer alternative therapies. This is the best route to effective treatment and bypassing prescription drugs.

"Much of the information that people get about protecting their eyes is not all that accurate or effective," adds Dr. Kondrot. "I have spent my career helping people to protect their vision and improve their sight. My therapies have helped thousands of people over the years, including those facing macular generation and glaucoma."

Dr. Kondrot is the author of three best-selling books, including "10 Essentials to Save Your Sight" (Advantage Media Group, July 2012), and president of the Arizona Homeopathic and Integrative Medical Association. He has founded the Healing The Eye & Wellness Center, located just north of Tampa, Fla., which offers alternative and homeopathic routes to vision therapies known as the "Kondrot Program." The program focuses on such conditions as macular degeneration, glaucoma, dry eye, cataracts, and others. His advanced programs have helped people from around the world restore their vision. The center sits on 50 acres of land and features a 14,000-square-foot state-of-the-art complex, an organic ranch, jogging trails, swimming pool, hot tub, and more. For more information, visit the site at [www.healingtheeye.com](http://www.healingtheeye.com).

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**TAGS:** [optical](#), [edward](#), [kondrot](#), [alternative](#), [eye](#), [medicine](#), [doctors](#), [holistic](#)

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