

Visual Ideas That Might Help Fight Eye Strain from Internet Sources:

- Practice blinking slowly and rapidly to help reduce eye strain
- Trace a figure 8 pattern with your eyes to strengthen eye muscles
- Shift focus from your thumb to something far away – 20/20/20 Rule
- Move your thumb closer and further away from you to practice focus
- Hold your palms on your eyes for 5 seconds to relax them – Don't put pressure on your eyes.
- Balance Diet including dark leafy greens; citrus fruits; Omega 3 fatty acids, and Vitamin D

For More Information See:

<https://www.wikihow.com/Improve-Your-Vision-Naturally>

<https://wellnessmama.com/36927/improve-eyesight/>

Dr Matthew Feng

Listen to his Interview from January, 2019. For Information on Eye Health and Vision.

<https://www.gloriagoodtaste.com/jan-2019-become-a-visionary-price-vision-group-eye-health-healthy-recipes/>

From Price Vision Group

Dr. Matthew Feng was a Distinguished Scholar and Surgeon. He graduated magna cum laude from Harvard and earned the prestigious honor of being selected as a Dean's Merit Scholar at the University of Pittsburgh School of Medicine. He was co-chief resident at the University of Arizona, where he discovered his interests in cornea, cataract, glaucoma, and LASIK surgery. Dr. Feng has published multiple peer-reviewed journal articles, textbook chapters, and surgical videos. He serves as a peer reviewer for several journals and is an assistant editor for the Digital Manual of Ophthalmic Surgery and Theory. He has spoken at numerous national and international conferences, where his work has received coverage in magazines such as Ophthalmology Times and Euro Times. He has earned numerous awards, honors, and distinctions, including: One to Watch MillennialEYE2016, America's Best Physician, National Consumer Research Board 2015, Best Paper of Session from American Society of Cataract and Refractive Surgery, 2013.