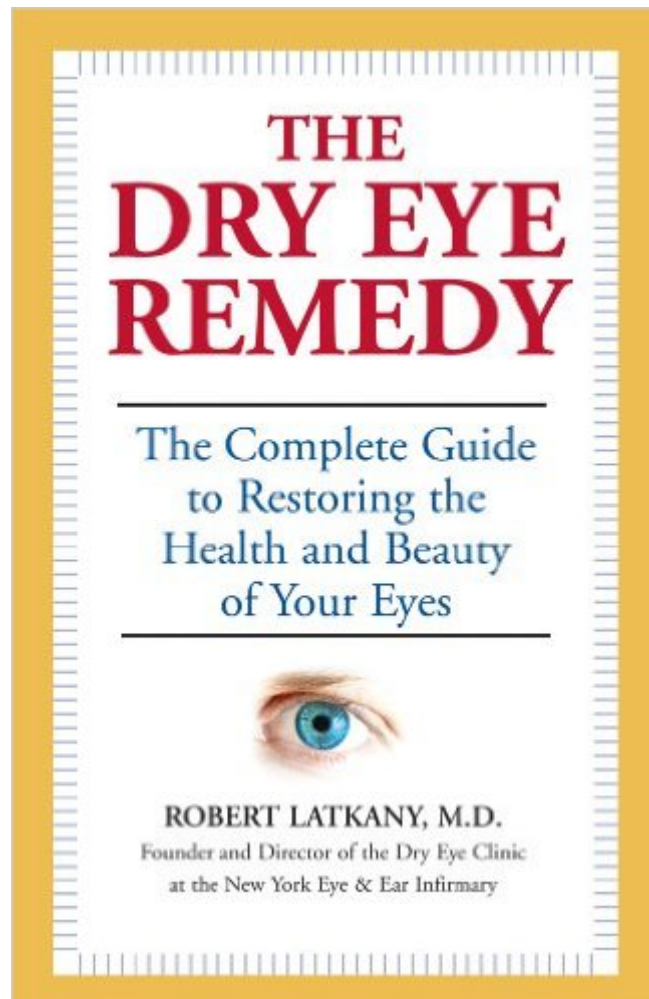


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# The Dry Eye Remedy: The Complete Guide To Restoring The Health And Beauty Of Your Eyes



## Synopsis

IMPROVE YOUR VISION, REDUCE WRINKLES AND REDNESS, AND RESTORE OVERALL EYE HEALTH It can happen any time. Your eyes feel tired. You rub them. You look at yourself in the mirror and see lines, wrinkles, bags, redness that were never there before. Dry eye often starts as a minor irritation but can develop into a deeper problem affecting your vision and appearance. Approximately 77 million Americans suffer from dry eye (also known as dysfunctional tear syndrome). And traditional solutions, such as eyedrops and eyelid surgery, may actually make the problem worse. The Dry Eye Remedy is the first book to give dry eye sufferers simple and practical ways to restore eye health and appearance without surgery. Robert Latkany, M.D., offers: • an innovative Home Eye Spa program with a soothing eye-cleansing massage • easy environmental and lifestyle changes to help you look and feel better • cutting-edge research on which medications and procedures may help and which to avoid. The Dry Eye Remedy is an essential tool to ensure there is not a dry eye in the house. •

## Book Information

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## Customer Reviews

Board-certified ophthalmologist and founder/director of the Dry Eye Clinic Robert Latkany presents The Dry Eye Remedy: The Complete Guide to Restoring the Health and Beauty of Your Eyes, a guide written especially to help the 77 million Americans (and millions of others worldwide) who suffer from "dry eye", also known as dysfunctional tear syndrome. Often beginning as a minor irritation, dry eye causes lines, wrinkles, bags, and redness, and traditional remedies such as eyelid surgery or eyedrops can potentially make the problem worse. Offering recommendations to improve

eye health and appearance without resorting to surgery, The Dry Eye Remedy includes advice for improving one's home environment, proper nutrition, how to set up a "home eye spa", which over-the-counter remedies are harmful, the pros and cons of medical treatments such as hormone therapy or punctal plugs, and a guide to deciding upon the dry eye therapy that works best for the reader. A list of resources and an index round out this solid guide, accessible to readers of all backgrounds, and highly recommended for anyone who cherishes their eyes.

I am so glad I ordered this book. I was having a lot of pain and discomfort and had been to three different eye doctors with no success. After reading The Dry Eye Remedy I felt hopeful that my condition could be treated and managed successfully. Because of the suggestion to stay with the Restasis treatment for several weeks, I am virtually symptom free and feel as if I have my life back.

I learned more about dry eye issues within the first ten pages than I did with all the visits to my eye doctors combined. I wish I had the money to buy copies and mail them to the never ending stream of eye specialists that I have seen over the last few months-but all my money has been used up with these wasted visits. Very well written, easy to understand, and most importantly-you will learn something.

My eyes have been watering for months. I tried over the counter remedies as well as a Restasis prescription from my doctor. The Restasis worked for a while but never really completely got rid of the problem. I tried TheraTears mentioned in the book and although it said it would take 4-8 weeks to be effective, I noticed a lot of relief in just three weeks. It's a natural way to go, and I much prefer that to drugs. I finally think I've found what I was looking for.

I was thrilled when this book came out and I've been recommending it to all the dry eye patients I come across. It's thorough and practical, and fills in essential information gaps about dry eye that far too many people are never told by their optometrist or ophthalmologist, like about meibomian gland dysfunction (oil gland deficiency) and nocturnal lagophthalmos (poor lid closure at night) and how to deal with them effectively. This book has been extremely helpful to many of my customers and people in our dry eye support groups.

I only wish Dr. Latkany had written this book 10 years ago when I first began noticing symptoms of dry eye related to a thyroid condition and excessive computer use. With his commonsense

approach to healing, Dr. Latkany explains how lifestyle changes and medical treatments can work together to combat this modern day plague. Following the excellent suggestions in this book for only a few days, I've already noticed significant improvement.

I have a problem with severe dry eyes and I hoped this book would give me some help dealing with it. All I really got out of it was that there are a lot of causes but no cures. There are things that can be done to ease the pain but nothing I didn't already know.

This book has helped me tremendously. It gives you pretty much all the suggestions my doctors have had for me but it's better because it takes the time to explain why certain things help and why others don't. I am currently trying everything and it's slowly making a difference in my dry eye. The only thing that I can't recall if he mentioned in the book was a humidifier. That has been the thing to help me out the most. I have one for my desk at work and one for my bedroom. Waking up with the humidifier...I don't have such a gritty feeling in my eyes. Anyway, the book is great! If you've been diagnosed with Dry eye, read this book and try his suggestions. Also, as a side note, I used to use a lot of red eye drops. They made the dry eye and the redness worse through time. I'm on day 5 of no red eye drops (used to use them every day). In the morning my eyes are still pretty red but they get better throughout the day and yesterday afternoon...I was happy to see the white of my eyes muuuuch whiter than before. So if one of your problems is redness, try not using the red eye drops for a few days. Hopefully you'll see a difference. Good luck!!

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