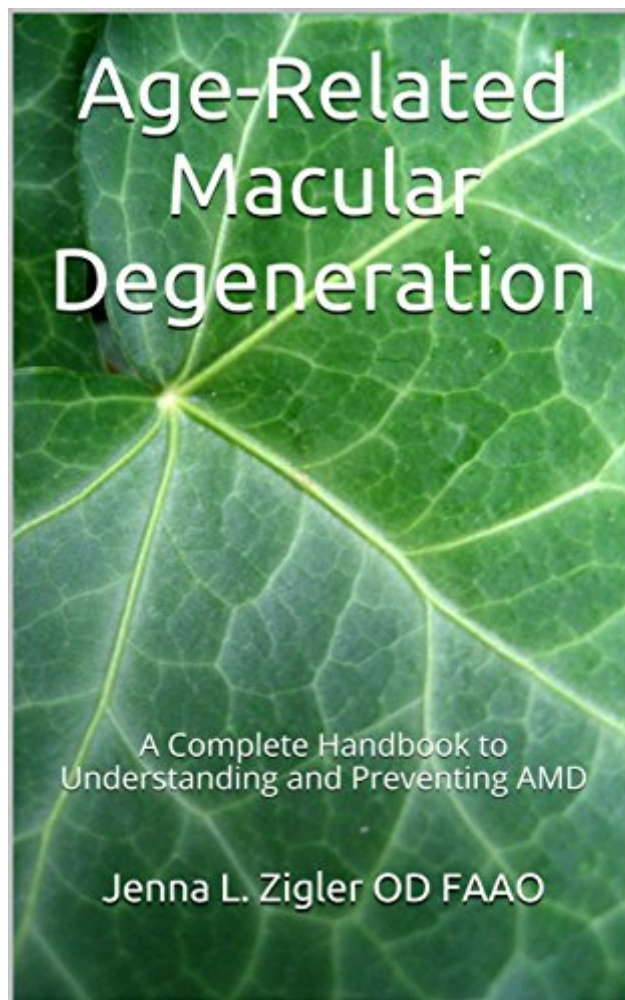


The book was found

Age-Related Macular Degeneration: A Complete Handbook To Understanding And Preventing AMD



Synopsis

Millions of people around the world suffer from Age-Related Macular Degeneration (AMD), which affects not only their vision, but their quality of life as well. Many suffer alone as they undergo expensive, invasive treatments to maintain their vision. It is so important to understand the risk factors for AMD as well as the preventative measures and treatments available, and Dr. Jenna Zigler is here to take you on that journey. An optometrist who cares daily for those with macular degeneration, Dr. Jenna will go over the risk factors for AMD, important symptoms to watch for, vitamins to prevent the disease, and treatments available. In addition to this, you'll also gain access to the Fighting Blindness Support Community which is filled with useful information and answers to all of your eye health questions.

Book Information

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Customer Reviews

I was really pleased with the information Dr. Jenna Zigler put into this Macular Degeneration book. She covers everything from causes and symptoms, to prevention and treatments, and makes it easy to understand and implement where needed. The section I enjoyed the most was about AMD

prevention. My nutrition could be better, like most of America, and she gives simple nutrition and exercise tips intended to prevent the progression of AMD. I can't wait to try out the green smoothie recipe! Lastly, you also gain access to the Macular Degeneration Support Community on Facebook, which looks to be a great resource for those of us with family histories of this eye disease.

Dr Jenna did a wonderful job here explaining all about Age related Macular Degeneration. It covers the background of AMD, the difference between dry and wet AMD, recommended vitamins to take, recommended diet/nutrition, other options available out there. Great flow of information and easy to read. Nice job!

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The First Year: Age-Related Macular Degeneration: An Essential Guide for the Newly Diagnosed
Macular Degeneration: The Complete Guide to Saving and Maximizing Your Sight
Macular Degeneration: A Complete Guide for Patients and Their Families
Stop Vision Loss Now!: Prevent and Heal Cataracts, Glaucoma, Macular Degeneration and Other Common Eye Disorders
How I Beat Macular Degeneration in the Early Stages and How You Can, Too!
Eat Right for Your Sight: Simple, Tasty Recipes that Help Reduce the Risk of Vision Loss from Macular Degeneration
Blind Faith: Reverse Macular Degeneration Thru Diet & Nutrition
Overcoming Macular Degeneration: A Guide to Seeing Beyond the Clouds
Spirit Poles and Flying Plugs
How Cops Die: Understanding and Preventing Duty-related Deaths
Mudras for a Strong Heart: 21 Simple Hand Gestures for Preventing, Curing & Reversing Heart Disease: [A Holistic Approach to Preventing & Curing Heart Disease] (Mudra Healing Book 8)
Menopause: Manage Its Symptoms with the Blood Type Diet: The Individualized Plan for Preventing and Treating Hot Flashes, Loss of Libido, Mood Changes, Osteoporosis, and Related Conditions
The Knee Crisis Handbook: A Understanding Pain, Preventing Trauma, Recovering from Knee Injury, and Building Healthy Knees for Life
Gass' Atlas of Macular Diseases: 2-Volume Set - Expert Consult: Online and Print, 5e
Innovative Teaching Strategies In Nursing And Related Health Professions (Bradshaw, Innovative Teaching Strategies in Nursing and Related Health Professions)
Nutrition and Diagnosis-Related Care (Nutrition and Diagnosis-Related Care (Escott-Stump))
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