

5 top steps on how to restore your natural eyesight



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1.Kale



Very High in lutein which is very important natural compounds that helps to restore your eyesight.

2.Corn



The medical scientists has shown that corn is high in lutein and zeaxanthin which is excellent for eye health.

3.Spinach



One cup of nutrient-dense spinach packs a healthy 20.4 mg of lutein and zeaxanthin. Add spinach to sandwiches and wraps, use it as a salad starter, or make green smoothies with it. Note: Cooking the greens helps your body better absorb lutein.

4. Broccoli



This fiber-rich veggie is rich in vitamin C, and also contains eye restoring beta-carotene, as well as lutein and zeaxanthin. Add cooked broccoli to omelets and frittatas, or toss it in marinara sauces and pasta dishes.

5.Oranges



These tasty citrus fruits are rich in vitamin C, which may help improve the health of your eye tissue, according to the Age-Related Eye Diseases Study, a major clinical trial sponsored by the National Eye Institute. In the eye, vitamin C may help regenerate other important antioxidants, such as vitamin E.

Other Resources

If you go more depth check out [this website](#) for more information on eye restoration. I also find these videos also helpful.

[5 Natural and Easy Juices To Improve Or Fix Your Vision\(How To Prepare Them\)](#)

[3 Quick and tasty recipe dishes to improve eyesight naturally\(How to prepare them\)](#)

[Six foods to improve your eyesight naturally at home without glasses\(How to do it\)](#)