



What You Must Know About Age-Related Macular Degeneration: How You Can Prevent, Stop, or Reverse Amd (Paperback)

By Jeffrey Anshel, Laura Stevens

Square One Publishers, United States, 2018. Paperback. Condition: New. 2nd Revised edition. Language: English . Brand New Book. Age-related macular degeneration--AMD--is the most commonly diagnosed eye disorder in people over fifty. Well over two million Americans have been told they have AMD, and that number is expected to grow substantially. While this is a frightening statistic, over the last several years, medical researchers have shown that a number of effective treatments can slow, stop, and even reverse the progress of AMD. Now, best-selling authors Dr. Jeffrey Anshel and Laura Stevens, who herself has been diagnosed with this condition, have joined forces to produce an up-to-date guide to what you need to know to combat and even prevent AMD. The book is divided into four parts. Part One explains how the eye works and how AMD develops, in both its wet and its dry forms. It then looks at the most common risk factors and explains how each of these factors negatively affects the structures of the eye. In Part Two, the authors look at the specific nutrients that affect the various cells of the eye. Included is a discussion of AREDS--the National Eye Institute s study that showed which supplements...



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