

Omega - 3 fatty acids is also helpful for improving vision. Fish oil contains Omega - 3 fatty acids. So, build up the habit of eating fish at least twice per week. Fishes, especially fresh and cold water fish such as tuna, salmon etc.

Reduce the strain of eyes: Never stare at the computer or TV screen for a long time continuously. Take short break. Otherwise, the eyes become tired due to the over strain.

In addition to, regular eye exercise also helps to maintain perfect eyesight. Besides, I-Lite Capsules can be used for getting optimum result.

Yoga and meditation also provide effective results for achieving healthy eyesight. Especially, the hatha yoga is effective yoga for improving eyesight. Rub two palms together forcefully. Now, apply the warmth of the palms on eyes.

Tips for keeping healthy eyesight:

1. Never wash the face and eyes when the body is sweating.
2. Protect the eyes from strong light, dust and smoke.
3. Always use sunglasses when going out in the sun.
4. Use cold and clean water for washing the eyes.

Obey the above tips for keeping healthy eyesight as well as to get rid of poor eye vision problem.

I- Lite Capsules: I-Lite Capsules is one of the best supplements which have the efficacy to solve the problem of poor eyesight. The ingredients used for preparing this capsule enhance the blood supply which also improves the eye vision. I-Lite Capsules also cure the problems of frequent irritations, allergies, heaviness in eyes or many other problems.

Over to you: Proper care is very much necessary for keeping the eyesight healthy. Check your eyes once every year and when you experience any kind of vision problem, and then take the advice of health experts.

To read detail about **I-Lite Capsules**, visit <http://www.naturalhealth-supplements.com/weak-eyesight.htm>

Company Name: Ayush Remedies

Company Info: Ayush Remedies is a dynamic company devoted to spread Ayurveda, the holistic life science worldwide. The company focuses on promoting good health through the goodness of nature. The company has played a pioneering role in re-establishing the ancient knowledge by making people aware of the wonders of Ayurveda, the ancient Indian health care system and the magical properties of herbs.

Company Website: <http://www.ayushremedies.com>

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