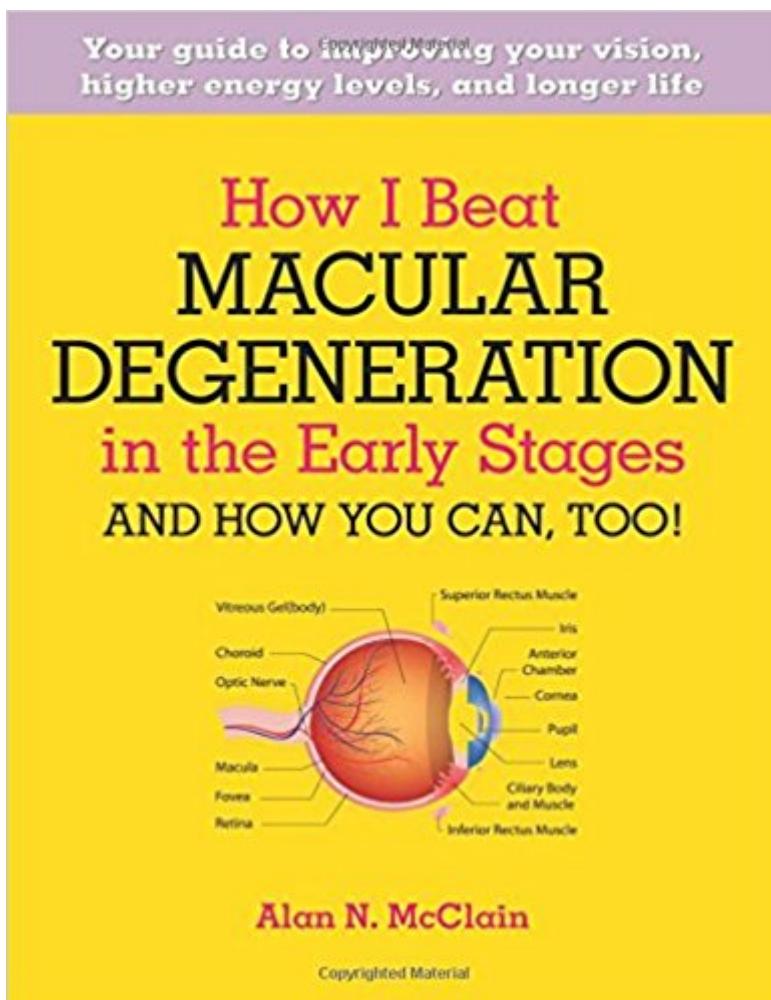


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# How I Beat Macular Degeneration In The Early Stages And How You Can, Too!



## **Synopsis**

A NEW TOTAL HEALTH PROGRAM FOR AGES 18 AND UP -Builds energy & career success - improves vision - many proven health tips -Developed for career success in the exciting computer & aviation industries -Further improved to enable those over 50 to avoid a worldwide eye epidemic currently affecting one in three people over the age of 65 -blurred vision that prevents reading, driving, and recognizing faces -DON'T WAIT - ACT NOW TO BUILD YOUR HEALTH & SAVE YOUR SIGHT! -Simple - easy - affordable -Originally developed and proven for building high energy levels and stamina to meet the demands of career success in the exciting computer and aviation industries, this simple daily natural foods regimen, with certain basic supplements, has been further improved with information from expert sources -- reversing the symptoms of macular degeneration, which currently affects one in three people over age 65. Fully updated with the newest knowledge.Eye doctors are amazed - the symptoms are gone, and many are experiencing crystal-clear vision as never before, with energy levels like people of many years younger! This is ideally suited for active people of all ages who lead busy lives. Based on the Mediterranean diet, with special improvements.Softcover 115-page large print book including lists of most healthy and delicious daily natural foods; the secrets of helpful supplemental vitamins and minerals; natural foods for liver detox; foods to be avoided; practical ways to obtain quality exercise, rest, and the best water; amber sunglasses; eye charts to note any problems and see improvements; tips for busy people - prepare fast quality food; special kitchen tips; additional health and healing tips; return of natural hair color; sources of products tested and proven; and additional reading from expert sources. To contact the author you can call (626) 966-5791.

## **Book Information**

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## Customer Reviews

Alan N. McClain is a paralegal and a former management systems analyst in some of America's most famous computer and aviation companies, having written many original management operating manuals spanning over 15 years, which led to his work as a traveling author and consultant. His wide experience in so many fields led to the devoted research invested in this book and the ways to beat macular degeneration in the early stages.

I think the author did a wonderful job in explaining his experience with this disease. The diet plan is easy to follow and certainly seems timely to me as I am now 73 years old. I found that by adding this diet to my daily routine, I have more energy to enjoy life. As reading consumes a large part of my day, I feel confident that by following the advice in this book I will be able to avoid Macular Degeneration. I would definitely recommend this book.

This book has become my bible for Eye Health!! After being diagnosed with a precursor to macular degeneration (drusen in my eyes), I read this book, and it gave me tools to follow to prevent further deterioration. Actually, I feel that EVERYONE should buy this book (especially everyone over age 50), because it offers valuable information about how to prevent eye disease. It also has given me support to know that I can control my eye health and not just wait for macular degeneration to come to me!! The information presented (foods to eat, foods to avoid, supplements to take, lifestyle changes) is good advice for health in general, and NOT just eye disease!! After I went to a retina specialist who told me not to worry, it might be 10 to 20 years before I get the disease, I thought that I wasn't going to just sit around and wait, when there are painless, scientific research based prevention techniques that I could do! This book has it all! The author, Alan N. McClain, provides a book of advocacy, support, and real ideas about how to keep your eye health, and prevent further damage. I highly recommend this book to everybody over the age of 50!!! I can't thank the author enough for such a wonderful guide that can help give my eyes many more years of good vision! Thank you, Alan!! Wonderful book that everyone should have on their bookshelf!!!!

As a doctor of optometry, I find this a very comprehensive book with an easy and affordable daily regimen that can help to improve or even reverse macular degeneration in the early stages.

It's an easy read and somewhat informative. It has tips on nutrition, food preparation, and supplementation. However, the author goes off the track (perhaps to write a full book) about such things as food storage, removing ants from the house, etc. That's not why I purchased the book. I've read six books on the topic and my favorite is "Stop Vision Loss Now!" by Bruce Fife, N.D.btw, can't help noticing there are quite a few five-star reviews here that are NOT verified purchase. You be the judge.

Excellent first book from Alan N. McClain. Very well explained in a non-technical way, while still rich in useful information. It does not read as a medical book. It is easy to read, well thought out manuscript with lots of pertinent research applicable to MD and much more. I'm very glad to have come across it. Thank you!

Very ,very, very, good book. I am visually impaired and this book provides information that improves one sight. Healthy living is my choice and the information this book outlines is easy to understand . My thoughts this book is definably a winner in healthy living.

This is an excellent book, very well written, focusing on a proven regimen for building all-around strong health and applying doctor-recommended nutritional ways to minimize or even reverse macular degeneration when discovered in its early stages, or to avoid it completely.

Well researched information by the author. Got this book for my mom who is starting to have her vision impaired. Outstanding read and packed with very useful information for an all around healthier lifestyle.

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How I Beat Macular Degeneration in the Early Stages and How You Can, Too! Stop Vision Loss Now!: Prevent and Heal Cataracts, Glaucoma, Macular Degeneration and Other Common Eye Disorders Macular Degeneration: The Complete Guide to Saving and Maximizing Your Sight Macular Degeneration: A Complete Guide for Patients and Their Families Age-Related Macular Degeneration: A Complete Handbook to Understanding and Preventing AMD 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 The First Year: Age-Related Macular Degeneration: An Essential Guide for the Newly Diagnosed You Can Do the Impossible, Too!: How

One Man Overcame Tourette's Syndrome To Become an Acclaimed Professional Magician and How You, Too, Can Live Your Biggest, Boldest Life Hypothyroid Diet Secrets: How I Beat My Hypothyroidism By Eating Smarter and Even When Nothing Else Had Worked and How You Can, Too! The Motley Fool Investment Guide: Third Edition: How the Fools Beat Wall Street's Wise Men and How You Can Too Too Fat, Too Slutty, Too Loud: The Rise and Reign of the Unruly Woman Beat Procrastination: Proven Methods for Motivation, Productivity, and Getting Things Done! No Psychological theory, just simple solution to help you beat procrastination and take your life back! The Haywire Heart: How too much exercise can kill you, and what you can do to protect your heart Gastric Sleeve Cookbook: FLUID and PUREE - 30+ Shakes, Drinks, Broth and Puree recipes for early stages of post-weight loss surgery diet (Effortless Bariatric Cookbook Series 1) Perimenopause--Preparing for the Change, Revised 2nd Edition: A Guide to the Early Stages of Menopause and Beyond Gass' Atlas of Macular Diseases: 2-Volume Set - Expert Consult: Online and Print, 5e You Can Beat Prostate Cancer: And You Don't Need Surgery to Do It Too Good to Leave, Too Bad to Stay: A Step-by-Step Guide to Help You Decide Whether to Stay In or Get Out of Your Relationship

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