



Cuida tus ojos (MANUALES INTEGRAL) (Spanish Edition)

Carmela París

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A principios del siglo XX, el doctor Bates, un oftalmólogo norteamericano, desarrolló un método con el que pretendía mejorar efectivamente la visión y no solo corregir sus defectos. Consistía en fortalecer los ojos a través de una gimnasia ocular y en restablecer la coordinación mente-cuerpo imprescindible para que todo órgano funcione correctamente; pero, sobre todo, insistía en la necesidad de aprender hábitos visuales correctos para eliminar la tensión excesiva a que están sometidos, causa de la mayor parte de los trastornos de la visión.

Este libro pretende divulgar técnicas y cuidados basados en estos principios de forma práctica. Explicado de forma muy sencilla pero también muy rigurosa, en *Cuida tus ojos* podrá encontrar:

- Métodos para evitar las tensiones oculares en situaciones habituales de la vida cotidiana.
- Respuestas a preguntas frecuentes de las personas con dificultades en su visión y soluciones para el cuidado y la belleza de los ojos.
- Indicaciones y consejos para fomentar la salud general y mantener y mejorar la visión.
- Indicaciones específicas para los trastornos y las enfermedades visuales más frecuentes, junto con los ejercicios de gimnasia ocular más adecuados en cada caso.
- Consejos de índole general referentes a gimnasia, relajación o alimentación.

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