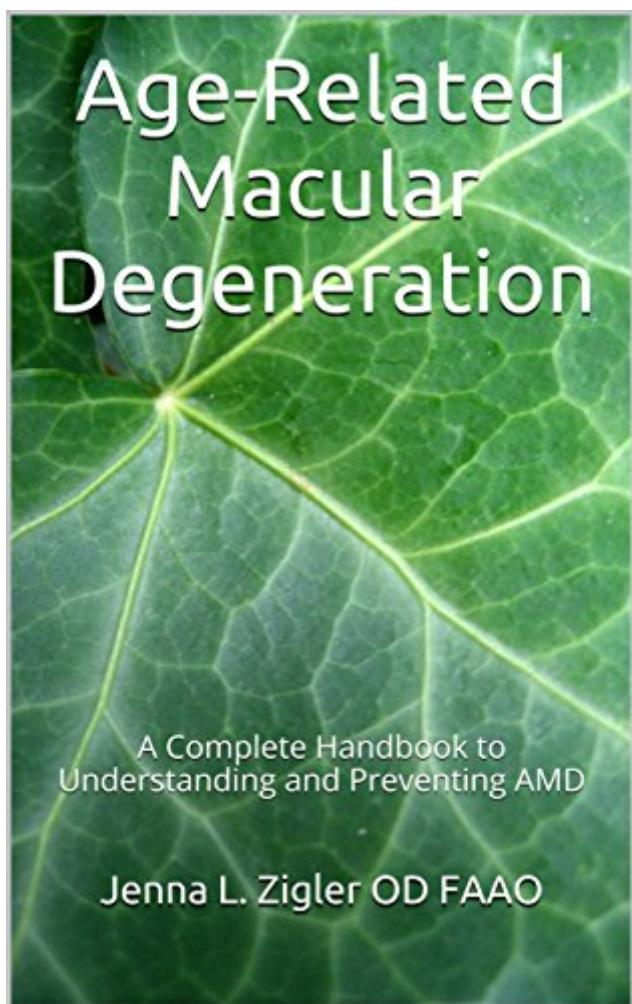


The book was found

Age-Related Macular Degeneration: A Complete Handbook To Understanding And Preventing AMD



Synopsis

Millions of people around the world suffer from Age-Related Macular Degeneration (AMD), which affects not only their vision, but their quality of life as well. Many suffer alone as they undergo expensive, invasive treatments to maintain their vision. It is so important to understand the risk factors for AMD as well as the preventative measures and treatments available, and Dr. Jenna Zigler is here to take you on that journey. An optometrist who cares daily for those with macular degeneration, Dr. Jenna will go over the risk factors for AMD, important symptoms to watch for, vitamins to prevent the disease, and treatments available. In addition to this, you'll also gain access to the Fighting Blindness Support Community which is filled with useful information and answers to all of your eye health questions.

Book Information

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Customer Reviews

I was really pleased with the information Dr. Jenna Zigler put into this Macular Degeneration book. She covers everything from causes and symptoms, to prevention and treatments, and makes it

easy to understand and implement where needed. The section I enjoyed the most was about AMD prevention. My nutrition could be better, like most of America, and she gives simple nutrition and exercise tips intended to prevent the progression of AMD. I can't wait to try out the green smoothie recipe! Lastly, you also gain access to the Macular Degeneration Support Community on Facebook, which looks to be a great resource for those of us with family histories of this eye disease.

Dr Jenna did a wonderful job here explaining all about Age related Macular Degeneration. It covers the background of AMD, the difference between dry and wet AMD, recommended vitamins to take, recommended diet/nutrition, other options available out there. Great flow of information and easy to read. Nice job!

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