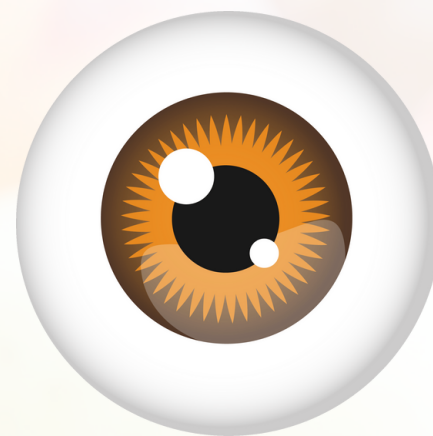
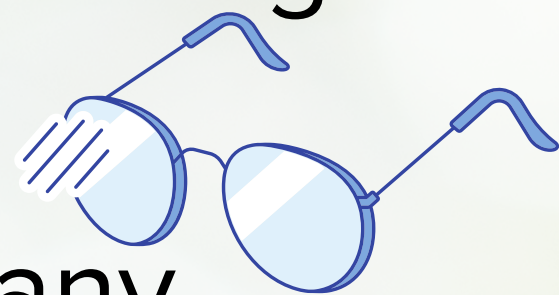


5 Natural Practices To Gain Complete Eye Care In This Virtual World



*Let **nature** take care
of your vision ==>*

Invest in good **anti-glare glasses** and screens (for laptop/mobile) to control the over-brightness entering into your eyes. Consulting a technical person for eye protection while purchasing any device is recommended.



Plant Aloe Vera in your

house/office to apply the gel (for 10

mins) before sleeping.

Never trust the so-called

"100% Chemical-Free or 100% Organic" packaged Aloe Vera

gel

Adjusting screen settings ==>



Increase the text & image size

3

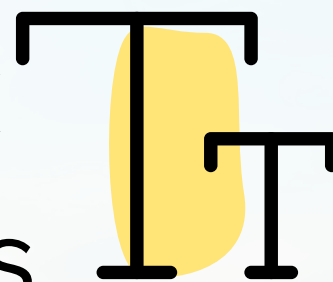
while working on a laptop/mobile.

Too much strain on the eyes will

delay the completion of the task

(may cause a headache if there's

a regular strain on the eyes)



4

Regular breaks by switching

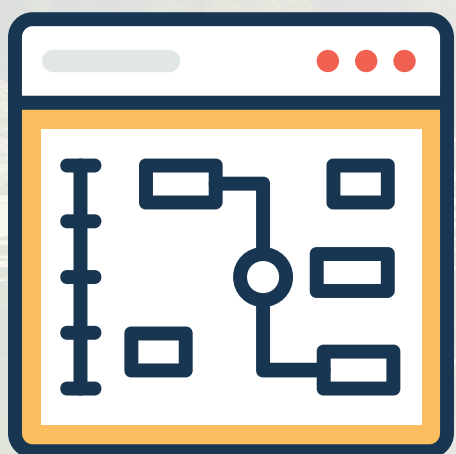
tasks or hanging out in

nature help the cornea & lens

to adjust the vision. It also

makes your body & mind

physically active



*Small **activity** for you ==>*

A variety of green vegetables, salads (cucumber, carrots, etc.), and enough daily water intake will keep the eyes hydrated. Seasonal fruit juices also enhance the eye vision.



Note your daily/weekly screening duration and how was your productivity on those days in that screening time (this'll help you get more work done in less screening time)

