

# Naturally Fixing Dry Eyes: The Missing Nutrients You Need



**Naturally Fixing Dry Eyes: Missing Nutrients** by Trent Black

★★★★★ 5 out of 5

Language : English  
File size : 571 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 27 pages  
Lending : Enabled



Are you suffering from dry eyes? You're not alone. Millions of people struggle with this common condition, which can cause discomfort, redness, and even vision problems.

But what if there was a natural way to fix dry eyes? In her new book, *Naturally Fixing Dry Eyes*, author Jane Doe reveals the missing nutrients that could be the key to your dry eye relief.

Doe, a certified nutritionist and author of several other books on natural health, has spent years researching the causes of dry eyes. She has found that many cases of dry eyes are caused by a deficiency of certain nutrients, including:

- Omega-3 fatty acids

- Vitamin A
- Vitamin D
- Zinc
- Selenium

These nutrients are essential for the production of tears, which keep the eyes moist and protected. When the body is deficient in these nutrients, the eyes can become dry and irritated.

In her book, Doe provides a detailed plan for getting the nutrients you need to fix dry eyes naturally. She includes recipes for nutrient-rich foods, as well as a supplement plan to help you get the nutrients you need even if you're not eating a perfect diet.

If you're struggling with dry eyes, *Naturally Fixing Dry Eyes* is a valuable resource. Doe's plan is easy to follow and can help you get the relief you need from dry eyes.

### **About the Author**

Jane Doe is a certified nutritionist and the author of several books on natural health, including *The Allergic Child* and *The Candida Cure*. She has been featured in numerous magazines and newspapers, and her work has been translated into several languages.

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