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A FOOD PLAN FOR HEALTHY EYES



DR. LAURIE CAPOGNA, OD & DR. BARBARA PELLETIER, OD

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A FOOD PLAN FOR HEALTHY EYES

eyefoods is the simple plan to help save your sight!

Highly respected optometrists Dr. Barbara Pelletier and Dr. Laurie Capogna have developed a groundbreaking guide to improving eye health and preventing, suppressing, and slowing common eye disorders. With the latest scientific study results, practical advice, and meal ideas and recipes, *Eyefoods: A Food Plan for Healthy Eyes* is a comprehensive and easy-to-understand guide to science and health. Eyefoods explains exactly how simple it is to keep your eyes healthy for a lifetime while improving your overall health in the process.

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