

Eye Exercises to improve EYESIGHT

METHOD 1

- 1 Hold a pencil at an arm's length & focus on it.
- 2 Slowly bring it closer to your nose.
- 3 Move it farther from your vision until you can no longer keep it in focus.
- 4 Repeat about 10 times a day.



How I Gained My Vision

Emilie Sanchez



How I Gained My Vision:

Embark on a breathtaking journey through nature and adventure with is mesmerizing ebook, **How I Gained My Vision** . This immersive experience, available for download in a PDF format (PDF Size: *), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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web step 1 cook the grains bring 5 gallons of water to a boil in a pot big enough to hold the water and the grain once the water starts to boil lower the heat and add the cracked corn and the sweet feed then continuously stir for 30 minutes note if you don't stir continuously you run the risk of letting the grains scorch on the bottom of the pot

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