

RADIO ROUNDUP

a collection of features, oddities,
and helpful tips



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HERE'S SOME EYE-OPENING NEWS: WHAT WE EAT CAN AFFECT HOW WE SEE. BEST-SELLING AUTHOR DOCTOR ROBERT ABEL SAYS MANY EYE CONDITIONS, INCLUDING NIGHT GLARE, DRY EYES, MACULAR DEGENERATION AND EVEN CATARACTS, CAN BE HELPED BY GETTING THE RIGHT VITAMINS AND MINERALS IN YOUR FOOD. THIS INCLUDES A DAILY INTAKE OF FISH, NUTS, FRUITS AND VEGETABLES. IF YOU CAN'T EAT THE RIGHT FOODS, DOCTOR ABEL SUGGESTS TAKING A QUALITY EYE SUPPLEMENT LIKE EYE COMPLEX C-S WITH TWENTY-THREE KEY NUTRIENTS TO SUPPORT EYE HEALTH. LEARN MORE AT EYE-COMPLEX-C-S--DOT--COM.