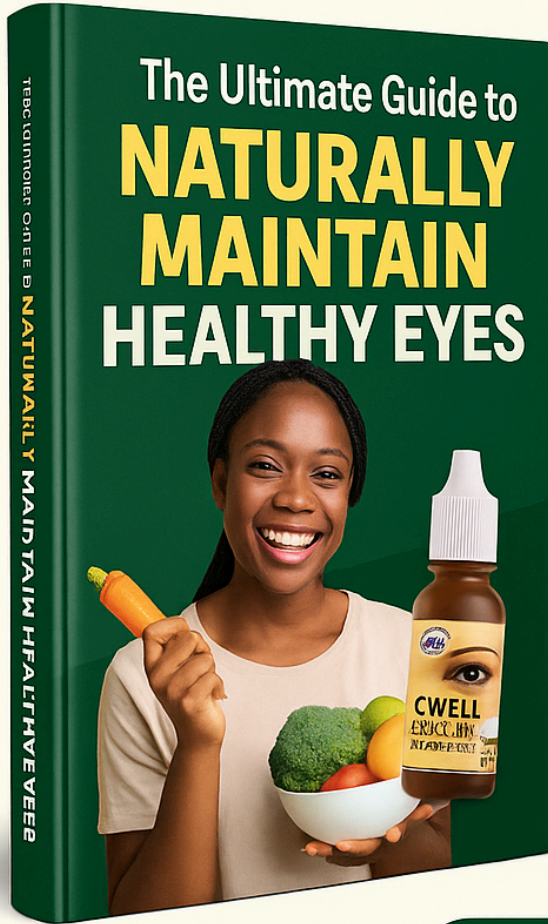


👁️ *“How to Naturally Maintain Sharp Vision at Every Age:
Nutrition, Habits & Herbal Help”*



FREE EBOOK:

The Ultimate
Guide to
**NATURALLY
MAINTAIN
HEALTHY EYES**

✓ Plus, Discover Why
CWELL Is the #1 Eye
Health Solution
Nigerians Are Choosing
for Clearer, Stronger
Vision – Naturally!



CHAT NOW

+2347086731623

(Plus Why CWELL™ is the #1 Eye Health Solution Nigerians Are Choosing)

Introduction: Why Eye Care Should Be a Daily Priority, Not a Reaction

Your eyes are the gateway to life — whether it's reading a message, spotting danger, recognizing a face, or driving safely at night.

Unfortunately, many people only start paying attention to their eye health after a crisis has occurred: when vision blurs, when headaches become constant, or when night blindness develops.

But what if you could protect, preserve, and even restore your vision naturally — using nothing more than age-appropriate habits, nutrient-rich foods, and herbal support?

This guide gives you everything you need to know — broken down by age group — plus foods to avoid, foods to embrace, daily eye care routines, and a natural solution trusted by thousands in Nigeria: CWELL™ Herbal Eye Capsule + Drop Combo.

1. Eye Care in Children & Teenagers (Ages 5–18)


What's Happening:

- *Eyes are still developing*
- *High screen exposure from phones, TV, and games*
- *Common issues: squinting, eye allergies, myopia (short-sightedness)*


 *What to Do:*

- *Limit screen time to a maximum of 2 hours/day*
- *Use anti-glare screens or blue-light filters*

- *Ensure bright lighting when reading or doing homework*
- *Teach the 20-20-20 rule early (every 20 minutes, look 20 feet away for 20 seconds)*

 *Foods to Embrace:*

- *Carrots (vitamin A)*
- *Eggs (lutein and zeaxanthin)*
- *Oranges, mangoes (vitamin C)*
- *Sweet potatoes*

 *Foods to Avoid:*

- *Excess sugar (candies, soft drinks)*
 - *Processed snacks (can worsen inflammation and allergies)*
-

 *2. Eye Health in Young Adults (Ages 19–35)*


What's Happening:

- *Long hours on phones and laptops*


- *Eye strain, dryness, and blurred vision are common*
- *Driving at night becomes riskier due to reduced contrast sensitivity*

 *What to Do:*

- *Take eye breaks every hour*
- *Drink lots of water — dehydration affects tear production*
- *Adjust screen brightness and text size*
- *Sleep 6–8 hours — this is when eyes detox naturally*

 *Foods to Embrace:*

- *Spinach and leafy greens (rich in lutein)*
- *Fatty fish like sardines (omega-3 for tear production)*
- *Avocados, tomatoes, and corn*
- *Zinc-rich foods: beans, pumpkin seeds*

 *Foods to Avoid:*

- *Energy drinks and too much caffeine*
 - *Greasy fast foods contribute to oxidative stress*
-

3. Adults in Their Midlife (Ages 36–55)

What's Happening:

- *Natural loss of focusing ability (presbyopia)*
- *Increased risk of dry eyes, eye fatigue, and early cataracts*
- *Women, especially, may experience hormone-related eye changes*

What to Do:

- *Get regular natural eye support through supplements like CWELL™*
- *Exercise regularly — it helps reduce eye pressure*
- *Wear sunglasses outdoors to block UV rays*
- *Reduce late-night screen usage*

Foods to Embrace:

- *Carrots, beets, and citrus*
- *Red bell peppers (vitamin C bomb)*
- *Walnuts and almonds (vitamin E and omega-3)*
- *Green tea (antioxidants)*

Foods to Avoid:

- *Salty foods (can increase eye pressure)*
 - *Smoking and excessive alcohol (increase risk of macular degeneration)*
-

4. Seniors & Elderly (Ages 56 and above)

What's Happening:

- *Risks of glaucoma, macular degeneration, and cataracts increase*
- *Vision loss becomes more noticeable*
- *Slower adjustment to light changes*


What to Do:

- *Take CWELL™ Capsules + Eye Drop Combo daily to restore and maintain clarity*
- *Do gentle eye exercises (eye rolls, focus shifts)*
- *Use magnifying tools for reading instead of squinting*
- *Get natural sunlight exposure, but avoid midday sun*

Foods to Embrace:

- *Berries (antioxidants)*

- *Kale and broccoli*
- *Orange fruits (papaya, pumpkin, apricot)*
- *Flaxseeds and chia seeds*

 *Foods to Avoid:*

- *Deep-fried foods*
- *Refined sugar (spikes inflammation and weakens capillaries around the eyes)*



 *Daily Natural Eye Care Habits (All Ages)*

1. *Warm compress every night – improves circulation*
2. *Hydrate, hydrate, hydrate! – dry eyes = blurry vision*
3. *Massage around the temples and eyebrows*
4. *Use natural herbal solutions like CWELL™ to nourish from inside and out*
5. *Wear protective lenses if you're in dusty or industrial environments*

 *Why CWELL™ Herbal Eye Solution Is the Missing Link*





CWELL™ Herbal Combo isn't your typical over-the-counter drop.


It is a dual-action solution:

-  *Capsule – detoxes your internal system, flushes toxins, boosts vision from the inside*
-  *Eye Drop – lubricates, relieves redness, repairs surface-level irritation and dryness*

- ✓ *100% Natural*
 - ✓ *Safe for long-term use*
 - ✓ *NAFDAC Approved*
 - ✓ *Works for ALL age groups*
 - ✓ *Trusted by thousands of Nigerians*
-

 *Here's What You'll Get When You Order CWELL Today*

- ✓ *1 Full Pack of CWELL Herbal Capsules*
 -  *FREE CWELL Eye-Drop as a bonus gift*
 -  *Fast Delivery to any part of Nigeria*
 -  *Pay on Delivery (Cash or Transfer)*
 -  *Instant Support via WhatsApp* **+2347086731623**
 -  *FREE 7-Day Natural Eye Care Reset eBook*
-

 *Don't Wait Until Your Eyes Get Worse*

Even if your vision seems “okay,” the damage builds slowly.

Start your detox.

Start your protection.

Start today.

👉 Click below to chat & order on WhatsApp now +2347086731623

📞 Order on WhatsApp +2347986731623

Click the link below to order



<https://instantshopping.net/cwell-eye-care/#customerform>

Your future self will thank you.

Your eyes will thank you.