



Why is my vision blurry?

IRIS TECHNOLOGIES

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Still, you blink to clarify that picture in front of your eyes?

You probably think you need lenses or glasses...

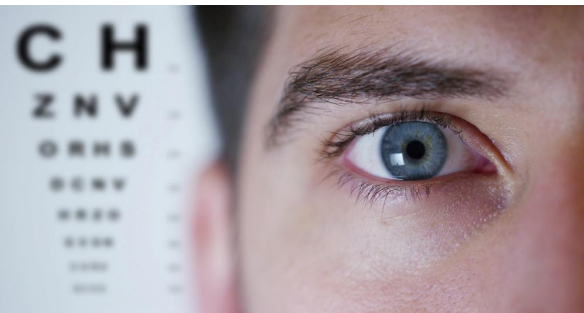
Most people have blurred vision for one reason or another.

Therefore, in this article, we will explain in detail the possible reasons.

And ways to keep your natural vision.

However, it is a good idea to see a doctor under any circumstances.

Still, think about your well-being!



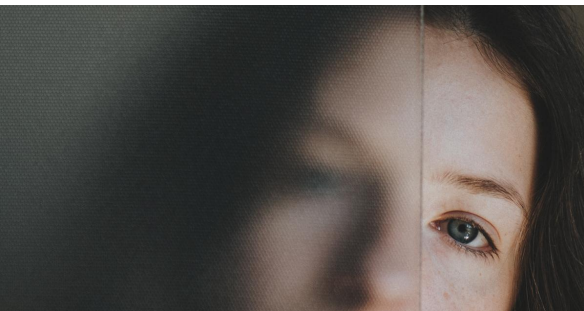
The Causes of Blurred vision

This is a rapid reduction in visual acuity.

In other words, the focus is disturbed and the objects around you appear hazy.

The causes are so-called refractive errors or eye problems.

But nothing ends here; each symptom may evolve into a neurological disorder or cause a threatening disease.

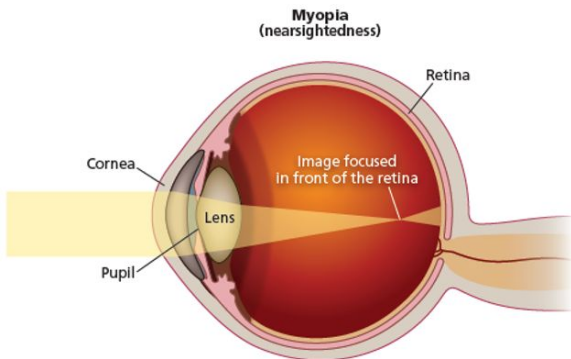


Myopia

There is in one or both eyes, eye strain headache and blurry vision.

Flashing is included as a symptom (reflex in focus).

Glasses or contact lenses are a way to adjust.



Hypermetropia

It is the wrong refraction of light that the eye does not refract light properly.

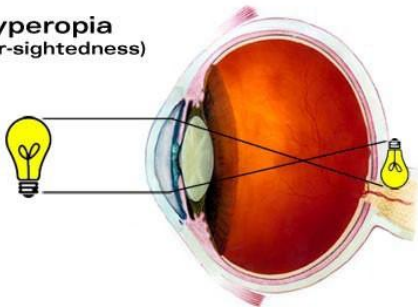
You stop focus on image reflection ...

The views from near are clear, but not far ones.

This causes eye fatigue or unusual tension.

Like myopia, it is corrected with contact lenses and optionally surgery.

Hyperopia (far-sightedness)



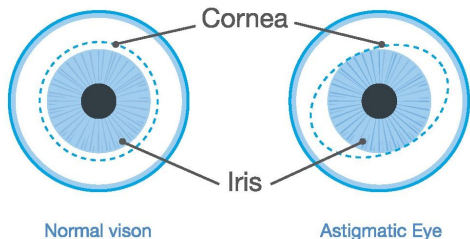
Astigmatism

No clear vision is created, the light rays do not enter the retina concentration.

The very vision is blurred at all distances, different from the others.

An irregular corneal shape is a common symptom.

You can solve this problem like the other problems above.



More Causes

- Presbyopia
- Chronic dry eye
- Eye drops and medicines
- Eye migraines or migraine headaches



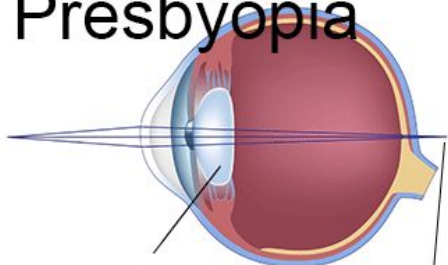
Presbyopia is slightly above middle age disease.

For example, when reading a book or other small printing, blurred vision is obvious.

Presbyopia is an adult common issue of vision.

And while the signs here are the same as in far-sightedness, the focus does not work on close objects. Due to damage to the lens.

Presbyopia



Eye lens changes with age and light focal point is behind the retina

Chronic dry eye can affect the eyes in various ways.

The causes are different because of the dynamics these days.

The eyes are a target for our digital environment.

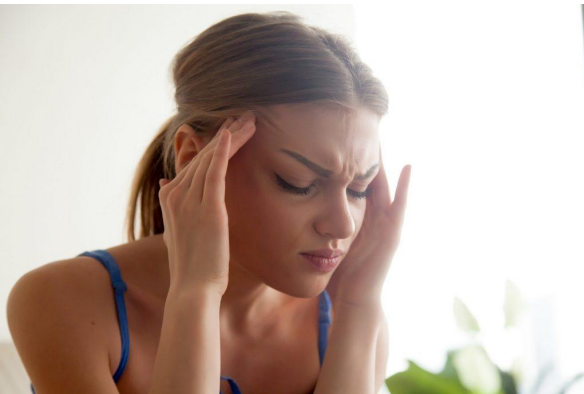


Eye drops that are prescribed by a doctor may help.

Some medicines or preservatives that contain preservatives cause blurred vision.

In Eye Migraines or migraine headaches, although harmless and temporary, in turn, cause discomfort.

Symptoms are blurred vision, flickering lights or broken, unusual shapes.



Sleep well, Eat well - Live life to the full

We all know, and you're probably tired of hearing from friends, your family, and more.

How to Live Well, Eat Right and Get Hydrated.

Well, that's not bad. In this article, you will read this too.

I will mention important foods for the eyesight, as well as loving your body enough to give it everything you need.

EAT WELL
SLEEP WELL
LIVE WELL



Omega 3 foods

Consume foods rich in Omega 3 fatty acids. Fish is a very suitable source of Omega 3.

It is of great importance for the normal course of the body.

Studies have shown that fish oil has a beneficial effect on the eyes, most notably for a diagnosis such as "Dry Eye" or Cataract (eye curtain) and macular degeneration (impaired vision).



Beta-carotene



Carrots are one of the most famous vegetables and also the most preferred.

And no, it's definitely not just rabbits.

Beta-carotene, which is transformed into vitamin A, improves vision and visual acuity.

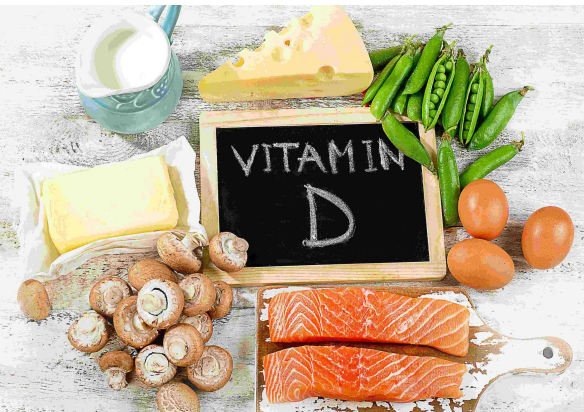
Other foods rich in beta-carotene are butter, white fish, dairy products and darker colored fruits.

And B vitamins, as well as minerals such as calcium, phosphorus, magnesium, sodium and more.

Vitamin D

Studies have shown that Vitamin D has a very beneficial effect on the body of each person and it is the aging of the body and acts as a powerful antioxidant.

Mushrooms, eggs, soy milk are all very good sources.



Vitamin C

It is a vitamin well known to everyone.

It is found in 90% of fruits and vegetables.

It has an inhibitory effect on slowing the development of cataracts and provides the necessary vitamins to eyes.

To prevent the degeneration of the macular.



Lemons, grapefruit, rose hips, goji berries or strawberries, as well as vegetables such as broccoli, peppers, cabbage, zucchini and more.

You have a choice of rich foods of Vitamin C.

[For 10/10 foods for healthy eyes and 10/10 vision, check it now!](#)



DREAM

There is no organism on the planet to live without sleep.

With the exception of somnambulates in the evening.

In fact, they sleep, though rarely, but not at all fun.



Most reliable and first in the column for an important source of the body is the sleep.

It helps you develop fully.

The eyes need a large dose of sleep every night to rest and recover for the morning.

8 hours of sleep is enough.



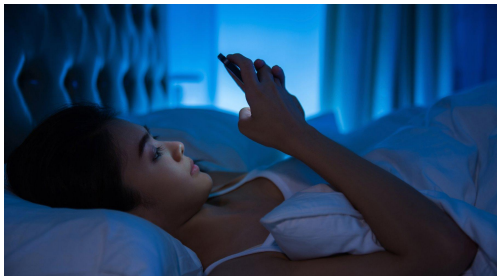
Do you see the Blue Light - RUN!

Don't be scared. You must run, but you cannot escape.

It's all around us, but it shouldn't bother you.

We all suffer from this "blue light syndrome" unlike the others I described earlier.

[Blue light](#) is largely emitted by the digital devices we encounter every day.

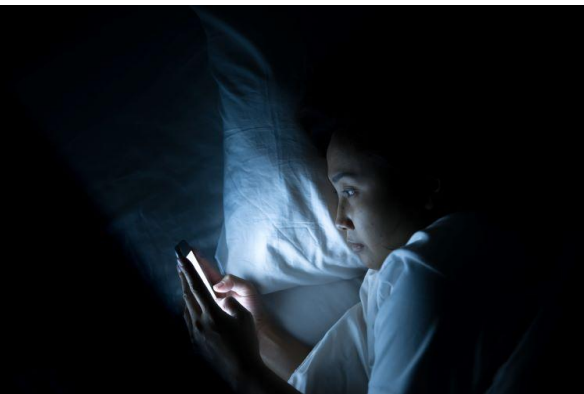


Reflected by screens, not just them.

Much of it is detected by the sunlight, which sends UV rays to the eyes and this disrupts their normal function.

Blurred vision is generated by the digital voltage from the screens.

Along with poor night vision, tired dry eyes or blinding resistance.



I completely understand this situation you are in.

What we at IRIS are fighting for is the unhealthy lifestyle and the lack of attention to the eyes.

You can prevent some of the mentioned issues, like Blurred Vision, with a screen dimmer such as [IRIS](#).

And you can always consult a doctor if appropriate.

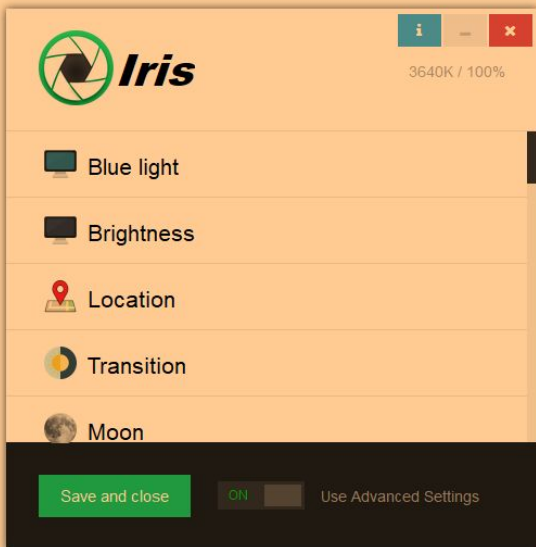


Protect your Eyes. Be Healthy. Achieve more



What is IRIS?

[IRIS](#) comes with manual, automatic and various modes according to your preferred software.



It takes care of your eyes by blocking the [Blue Light](#) from disturbing the integrity of the eye.

Prevents fatigue, dry eyes, and other problems.

Rich in various features that diversify your daily life from your computer, phone, or other digital devices.



It helps you enjoy your favorite book in Reading mode or your favorite movie.

The software rated by thousands of users.

Don't hesitate and think about your health, let your eyes get what they need and don't let them tell you, "Why my vision is blurry?"



Author: Nikolay Tasev

Sources:

<https://www.allaboutvision.com/conditions/blurry-vision.htm>

<https://www.webmd.com/eye-health/why-is-my-vision-blurry#1>

Read more:

[Eye exercises: Myth or a real way to improve your eyesight?](#)

[Improve your vision naturally](#)