THE PATH TO HEALTHY EYES

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How often do you think about your eyes' health?

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How would you recognize if there's a problem and what causes it?

We all take care of the place we live in, the car we ride, the books we read… When we feel sick, we take some medicines or go to the hospital.

However, we don't take as much care about our eyes' health, unless our vision worsens or the headaches become unbearable.

Do we have to get that far and can we actually prevent issues like these?

The answer is yes.

We just have to start paying more attention to symptoms like:

- ➢ Eye strain
- ➢ Eye pain
- ➢ Red eyes
- ➢ Dry eyes
- ➢ Trouble sleeping

Eye Fatigue

Itchy Eyes

Dryness

Blurred Vision

Double Vision

Headaches

I'm sure you've experienced at least two of these symptoms, especially if your work requires sitting in front of a computer all day long.

If that's not the case, even staring at your phone screen at night can cause them.

Well, here's one simple question:

Do you take care of your eyes?

Answer by answering a few questions that are even more simple:

- ➢ What did you do when you noticed one of the symptoms above?
- ➢ Did you look it up on the internet or convinced yourself that it's normal and there's nothing to worry about?
- ➢ Or did you make an appointment to see an ophthalmologist?
- ➢ Did you research the reasons why it may be happening?

If you didn't take any of those actions, and you have one of these symptoms regularly, better hurry up.

Stop convincing yourself that it's normal because it's not.

Your eyes need care as much as every other organ in our body.

And just like every other organ, they give signals when they need help.

Why are we ignoring our eyes?

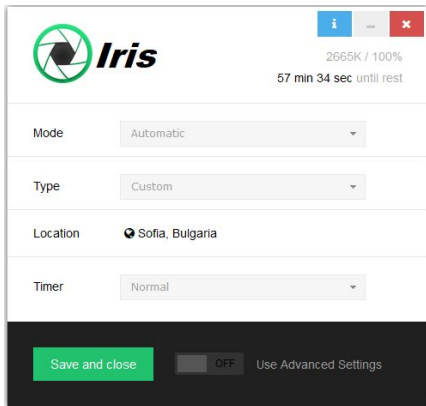I think that the main reason is that it's become normal for us to be surrounded by screens of all kind.

The TV, the PC, the laptop, the smartphone… They're all part of our daily life.

But what makes them bad for our health is the blue light they emit. Well, we can't escape the era we live in, but we surely can adjust to it.

How can we protect our eyes?

That's why "Iris" was created.

It's meant to help people protect their eyes effortlessly – all you have to do is download the software which will filter the blue light so that you won't have to worry about the harmful effect its rays have on your eyes.

If you wonder what [blue light](#) is, the main thing you need to know is that it's not all bad.

The sun is the main source of [blue light](#) we're exposed to and yet we don't get headaches just by looking up at the sky.

Actually, looking at it helps us orient better in biological meanings (when to go to sleep for example).

And here comes the problem that the modern devices cause – the emissions of rays of [blue light](#) mess up with our biological clock and that leads to sleep issues.

Besides, our eyes were not designed to be exposed to [blue light](#) rays almost all day.

Therefore, they can't block them.

So they go directly to the most sensitive part of the eye – the retina – and cause various of discomfortable issues like the ones we mentioned above.

So we all take care of the place we live in, the car we ride, the books we read…

But we don't take care of the one organ that allows us to do all this?

Paradoxical, isn't it?

It's not too late to change that.

[Try Iris](#) and start living healthier and working faster now.