

A close-up, artistic photograph of a person's face, focusing on the right eye. The eye is light-colored and contains a clear reflection of a landscape with a body of water and trees. The person's skin is fair, and their hair is dark. The background is a soft, out-of-focus green, suggesting foliage. The overall lighting is soft and natural.

**Clean
Eye**

**The Vision Recovery
Accelerator**

Your gaze, your transformation. It starts now



You didn't get here by chance. Choosing **CleanEYE** means taking control — of your visual comfort, the clarity of your vision, and how your eyes respond to the demands of everyday life. It's not just about seeing better. It's about reducing fatigue, regaining focus, and reconnecting with the world around you in a natural and healthy way. **CleanEYE** was developed with you in mind — someone who seeks real, safe, and effective solutions to protect eye health and minimize the impacts of modern lifestyles, such as excessive screen use, blue light, and constant visual stress.

This is not just a supplement.

It's a careful protocol, created to respect your rhythm, your routine, your age, and your visual needs — adapting to your daily life to deliver progressive and lasting results.

Each capsule is a step towards visual balance:

- helping to reduce eye fatigue and irritation,
- supporting the antioxidant protection of the retina,
- contributing to macular health,
- and promoting greater focus, sharpness, and comfort throughout the day.

And when you combine **CleanEYE** with simple habits — such as regular screen breaks, good hydration, a diet rich in antioxidants, and restorative sleep — it becomes a powerful ally in your vision care journey. You are not alone. We are here to support you — with guidance, information, and motivation whenever you need it.

Because caring for your vision is not just a physical change. It's a complete transformation of well-being, quality of life, and the freedom to see each moment clearly.
This is your moment.

You are in control.

Welcome to conscious vision care.

Welcome to a new way of seeing life.

Why Take Care of Your Vision Today?



We live in one of the most challenging periods for eye health in history. The modern lifestyle—excessive screen time, sleepless nights, stress, artificial light, and continuous exposure to blue light—places an enormous burden on the eyes.

What does this cause in daily life?

- Constant eye strain
- Dry and irritated eyes
- Difficulty focusing, especially at night
- Increased sensitivity to light
- Blurred vision after long hours on the computer

After age 40, these conditions intensify due to the natural aging process of the eyes, where there is less tear production, more cellular oxidation, and gradual macular degeneration.

How can CleanEYE help?

CleanEYE was developed as a complete nutritional support to promote:

- Visual comfort and performance
- Antioxidant protection of the retina
- Increased focus and clarity
- Healthy response to blue light
- Macular health
- Improved ocular circulation

You are about to embark on a journey that can transform how your eyes respond to the world.

| Introduction

Welcome to **The Vision Recovery Accelerator**, a practical guide developed for people who want to actively, consciously care for their vision using natural and functional strategies.

I am Dr. Sarah Martinez, a specialist in visual rehabilitation and integrative eye health. Over the past few years, I have worked with hundreds of patients who believed that loss of visual comfort, eye strain, or even degenerative processes were irreversible. The good news is that, in many cases, it is possible to support functional vision recovery, stimulate retinal protection, and improve visual quality with correct habits and consistency.

This e-book is structured as a practical masterclass, divided into simple modules applicable to daily life, even for those who have lived with visual discomfort for years.



Module 1 — Nutritional Plan for Retinal Regeneration

The retina is a highly metabolic tissue and sensitive to oxidative stress. Proper nutrition is one of the most important pillars for nourishing it and stimulating its functional regeneration.

- ✓ Essential Nutrients for Eye Health
- ✓ Lutein and Zeaxanthin – protect the macula and filter blue light
- ✓ Vitamin A – essential for night vision and retinal integrity
- ✓ Omega-3 (DHA and EPA) – improves ocular circulation and reduces inflammation
- ✓ Vitamin C and E – antioxidant action
- ✓ Zinc and Selenium – ocular cellular and immune support



Foods that are good for your vision



Spinach, kale, and dark leafy greens



Egg yolk



Carrots, pumpkin, and sweet potatoes



Blueberries, blackberries, and red berries



Salmon, sardines, and tuna



Brazil nuts and walnuts



How to create a retina-focused meal plan



Prioritize colorful dishes



Include sources of healthy fats (olive oil, avocado)



Avoid ultra-processed foods, excess sugar, and trans fats



Stay adequately hydrated throughout the day



Module 2 — 5-Minute Eye Exercises

Eye muscles also need stimulation, rest, and mobility. These exercises can be done daily in just 5 minutes.

Exercise 1 — Circular Motion

- ✓ Sit comfortably
- ✓ Look up, right, down, and left slowly
- ✓ Perform 5 complete cycles in each direction



Exercise 2 — Near and Far Focus

- ✓ Hold your thumb 30 cm from your face.
- ✓ Focus for 5 seconds.
- ✓ Then, focus on a distant point for 5 seconds.
- ✓ Repeat 5 times.



Exercise 3 — Conscious Blinking

- ✓ Blink slowly for 30 seconds.
- ✓ This helps lubricate the eyes and reduce dryness.
- ✓ (Suggestion: insert simple illustrations demonstrating each exercise)



Module 3 — Ancient Tibetan Techniques

Eastern traditions have used visual practices for centuries to strengthen the eyes and preserve vision.

Technique 1 — Warming the Hands

- ✓ Rub your hands together until they are warm.
- ✓ Gently cover your closed eyes (without pressing).
- ✓ Breathe deeply for 1 minute.



Technique 2 — Natural Light Bath

- ✓ Morning or late afternoon
- ✓ Look towards the natural light with your eyes half-open
- ✓ Never look directly at the sun
- ✓ Duration: 1 to 2 minutes

These practices help relax the visual system and stimulate neurosensory connection.



Module 4 — Smart Lighting Adjustments

Correct lighting can dramatically reduce eye strain.

Practical tips for indoor environments:

- ✓ Avoid very bright white light at night.
- ✓ Prefer warm light in resting areas.
- ✓ Adjust screen brightness so it doesn't compete with ambient light.
- ✓ Position the light laterally, never directly in the eyes.



For those who already have macular degeneration

- ✓ Use diffused light sources.
- ✓ Increase contrast on screens and printed materials.
- ✓ Enlarge fonts and avoid direct reflections.

Small daily adjustments create a much more comfortable and protective visual environment.



Practical Checklists for Your Daily Life

Habits that help your vision

- ✓ Blink more while using screens
- ✓ Use the 20-20-20 Rule (every 20 minutes, look 20 feet/6 meters for 20 seconds)
- ✓ Consume anti-inflammatory foods
- ✓ Sleep 7 to 9 hours
- ✓ Stay hydrated throughout the day

Habits that harm your vision

- ✗ Excessive screen time at night
- ✗ Lack of hydration
- ✗ Diets poor in nutrients
- ✗ Very bright environments or direct light
- ✗ Going for long periods without blinking



Conclusion: You're in Control

This challenge goes far beyond reducing eye strain. It represents a commitment to your vision, your visual comfort, and your quality of life. By completing these 10 days of care, you didn't just support your eyes — you took back control of how you see and interact with the world.

Each habit applied, each screen break taken, and each healthy choice you made is a step toward clearer vision and less visual fatigue. It's not about perfection, but consistency.

Small daily actions create lasting results.

Now you understand your eyes better.

You know how they respond to rest, nutrition, hydration, and daily habits. More than that, you proved to yourself that change is possible — and that it starts with you.

Keep going. Adjust when needed. Continue evolving.

Because when you take care of your vision, you take care of your focus, comfort, and overall well-being.

Believe in yourself. Trust the process.

You're in control — and your clearest days are ahead.

| Closing Remarks

The Vision Recovery Accelerator is not a miracle promise, but a structured and conscious path to support your vision over time. With proper nutrition, simple exercises, ancestral practices, and an intelligent visual environment, you provide your eyes with the best conditions to function with more comfort, clarity, and protection.

Vision is a precious asset. Start today.



