

Leo Angart



Gesunde Augen trotz Computer



Wie man Sehproblemen
effektiv vorbeugt
und die Augen trainiert

herbig

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Gesunde Augen Trotz Computer Angart:

Gesunde Augen trotz Computer Leo Angart, 2019-09-19 M de Augen verschwommene Sicht Kopfschmerzen wer viel am Bildschirm arbeitet kennt diese Symptome Leo Angart hat ein Sehtraining speziell f r Computer Nutzer zusammengestellt Es werden die typischen Probleme behandelt und Ma nahmen zur Entspannung der Augen und Linderung von Beschwerden erlutert Er geht auf Sehschw chen ein die sich durch die Arbeit am Bildschirm versch rfen k nnen bietet Sehtests und effektive bungen So kann man direkt am Arbeitsplatz sein Sehverm gen trainieren und verbessern **Gesunde Augen trotz**

Computer Leo Angart, 2015-06-22 **So verbessern Sie Ihre Sehkraft mit ganzheitlichem Augentraining** Martin Leopoldseder, 2019-08-05 Computer Handy und Fernsehen belasten heutzutage zunehmend unsere Augen Neben den medizinischen Ursachen und falscher Ern hrung gibt es auch tiefer liegende seelische Gr nde die zu einer st ndigen Verspannung der Augenmuskeln f hren Eine solche dauerhafte Anspannung kann die unterschiedlichsten Augenprobleme nach sich ziehen Ganzheitliches Augentraining kann viele Fehlsichtigkeiten und Sehschw chen verbessern Martin Leopoldseder zeigt in diesem Praxisbuch wie mit f nf einfachen Schritten die Selbstheilungskr fte aktiviert und das vollst ndige Sehpotenzial entfaltet werden kann egal wie lange schon eine Brille getragen wird Aus dem Inhalt wie Sie m de Augen wirkungsvoll entspannen wie Sie ersch pfte Sehkraft auf sanfte Weise regenerieren wie Sie kontrastreicher und farbenfroher sehen wie Ihr Sehsinn optimal gest rkt wird und Sie Sehprobleme vermeiden und noch vieles mehr *Kinder brauchen keine Brille* Leo Angart, 2016-05-03 Lernprobleme sind oft Sehprobleme und die kann man spielerisch loswerden Leo Angart hat eine spezielle Methode entwickelt die Kinder mit gezielten bungen zur Wiederherstellung des nat rlichen Sehverm gens f hrt Die in einem Schulprojekt erprobten Sehtests und bungseinheiten helfen den Kindern ihre Augenmuskeln zu st rken die Augen zu entspannen mit Energie zu versorgen und das Sehverm gen aus eigener Kraft zu verbessern So helfen Eltern ihren Kindern wirklich f rs Leben

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