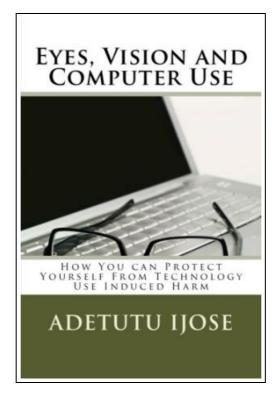
# Eyes, Vision and Computer Use: How You Can Protect Yourself from Technology Use Induced Harm (Paperback)



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### Reviews

Thorough information! Its such a good study. Sure, it is perform, still an amazing and interesting literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Evie Emmerich)

## EYES, VISION AND COMPUTER USE: HOW YOU CAN PROTECT YOURSELF FROM TECHNOLOGY USE INDUCED HARM (PAPERBACK)



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Createspace, United States, 2011. Paperback. Condition: New. Language: English. Brand New Book. The computer is here to stay and indeed indispensable in today s world. What with laptops and ipadds, iphones, video games, cell phones and so on. For whether we know it or not computer devices like cell phones are also computers. All this exposure to artificial light is unnatural to our natural coded way of life and consequently hurts us like any incompatible software or hardware will hurt any computer system. The human machine is coded and consequently anything not naturally code to it will hurt whether we want to believe it does or not. In this her new book, Adetutu ijose helps the computer user understand the impact of computer use to the eyes and vision. She takes the reader through the biological process and provides practical solutions. The effects of the various chemical, biochemical and light imbalances, dehydration, nerve infection and so on are explained. She provides preventive and management measures as well. This is a must read for all computer users sand their loved ones and healthcare providers.



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