The Eye Do's and Eye Don'ts Of Your Vision

By Ana-Marija Dolaskie — March 22, 2016

Have you ever heard someone (OK, your mom) say, "Don't sit too close to the TV, you'll hurt your eyes!" or "Don't read in the dark, you'll strain your eyes!" and "Eating carrots will improve your vision!" Are any of these true?

OK, we're here to tell you: Eating carrots for the vitamin A boost will not improve your vision, nor will it help you prevent vision loss. But for the rest, check out the video above. Ana Dolaskie chats with an optometrist to flush out some myths and facts when it comes to your eye health.

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