

Dr Vision Vision Exercise

Dean Liguori

The Power Behind Your Eyes Robert-Michael Kaplan,1995-10-01 Good vision is more than the ability to see 20/20 on an eye chart. Any vision problem is a message alerting us to an unbalanced inner state. Eyeglasses, medications, and surgery may correct poor vision but they cannot correct this inner imbalance. In *The Power Behind Your Eyes*, Robert-Michael Kaplan presents Integrated Vision Therapy a comprehensive daily program that can actually improve as well as treat the inner causes of poor vision. More comprehensive than other vision care techniques, Integrated Vision Therapy takes a holistic approach to identifying the causes of vision problems and developing noninvasive, natural strategies for treatment, including clear, easy-to-follow exercises, diets, and changes in daily habits.

Eye Exercises Lily King,2016-11-26 As soon as you complained of having blurry vision, the first solution might you think of is to go to the ophthalmologist and get prescription eyeglasses. But what if I tell you that there is a natural and effective way to improve your vision? Yes, this is through eye muscle exercises. Performing eye exercises regularly can make your eye muscles stronger and it's also known to ease eye problems like focusing problems, double vision, strabismus, and others. The eyes, just like other parts of the body that are supported by muscles, are also required to have exercise to keep healthy. The only problem, however, is that we tend to do normal things every day like watching TV or facing the computer for long period of time, reading in the dim light, sleeping with makeup or lenses on, that we forget that we're slowly damaging it. Luckily, by spending a few minutes of our time every day by performing of simple eye exercises, we can avoid the problems

Vision Therapy Dean Liguori,2015-05-12 In 2000 A.D., the author experienced physical eye trauma to one eye resulting in an injury that was compounded by an erroneous medical prescription designed to treat the injury. The combined trauma and damage caused by the prescription drug resulted in severely limited vision in his injured eye. Unable to accept the result of this injury, he embarked on a mission to overcome it. As a result of the damage he sustained, he had the opportunity to interact with accomplished doctors in many prestigious universities and institutions. He participated in events and seminars that only doctors were invited to and engaged in all available rehabilitation. He researched and sought all information, studies, and associated work on vision impairment and restoration that he could get his hands on. One important observation of his journey was the adherence of most of the vision industry to the medical model of healing. This failed model takes a general approach to correcting vision problems by mitigating symptoms without offering any solution to the underlying disorder. One important discovery of this journey was the field of sequencing neurosensory and neuromuscular activities that are individually prescribed to develop, rehabilitate, and enhance visual skills and information processing. This field is also referred to as vision therapy. The author's journey resulted in the restoration of his vision. The restoration of the vision of others that he shared these concepts with motivated him to develop his own Vision Therapy System that he now shares with you in this book. About the Book: *Vision Therapy: Exercise Your Eyes and Improve Your Eyesight* examines vision therapy and the historic application of it to correct vision problems. How eyesight works and the key components of successful vision therapy programs are explained. The reader is taught the impact of additional factors that should be considered and addressed to improve eyesight including; correcting poor visual practices, computer vision syndrome, disease, medication, aging, diet and nutrition, hormonal cycling, physical exercise, and multiple methods of stress relief. The reader will learn how glasses and contacts are practically guaranteed to ruin your vision over time and how they can protect themselves. The book concludes with the author's Vision Therapy System, providing board certified vision therapy at a fraction of the cost. Simple explanations and multitude of treatment plans are contained for you to choose from to create your own personalized vision therapy program designed specifically for your needs. Printable eye charts are included for measuring your vision improvement progress. This book has been sold for over 10 years online and recently converted to Amazon kindle. Readers have reported: * Drastically improved vision as measured by vision testing * Relief of eye strain and stress headaches caused by reading, computer use, or studying for long time periods * Significant reductions in physical and mental stress * Discarding eyeglasses and contact lenses * Increased reading speed, concentration, and comprehension * Improved cognition and learning capability * Athletes have reported improved ability to track and follow moving objects, visual reaction time, hand eye coordination, peripheral awareness, and eye focus speed * Improved vision after damage from strokes, traumatic brain injuries, cerebral palsy, multiple sclerosis, developmental delays and some other neurological ailments * Improving, minimizing and eliminating symptoms of ADD / ADHD and learning disabilities for both children and adults Vision Therapy System includes: Vision Therapy Eye Exercises Eye Region Massage and Relaxation Exercises Eye Relaxation Exercises Eye Movement Exercises Eye Focusing Exercises Preventing and Correcting Computer Vision Syndrome Hand Eye Coordination Exercises for Improvement in Athletic Performance Exercise Tips Vision Therapy Journal Downloadable Eye Charts

Eye Yoga Jane Rigney Battenberg, Martha M. Rigney, 2010 Simple eye exercises can reawaken your deep brain capacities.

Vision for Life, Revised Edition Meir Schneider, Ph.D., 2016-05-03 All parts of the body need exercise for optimal health, and the eyes are no different. *Vision for Life* presents an approach to eye health for people with 20/20 vision who wish to maintain their perfect vision as well as people who see poorly and would like to improve their eyesight. Clients of the Meir Schneider Self-Healing Method experience their own capacity to bring about recovery, reversing the progress of a wide range of degenerative conditions including eye disease. Based in part on the established Bates Method of eyesight improvement and in part on his own professional and personal discoveries, Meir Schneider's pioneering approach has helped thousands of people successfully treat a host of eye problems, including near- and farsightedness, astigmatism, lazy eye, double vision, glaucoma, cataracts, macular degeneration, retinal detachment, retinitis pigmentosa, and nystagmus. This revised edition includes a new chapter on children's eye health and new research and exercises for specific conditions, i.e., glaucoma and nystagmus, near- and farsightedness. Born blind to deaf parents, Schneider underwent a series of painful operations as a young child and was left with 99 percent scar tissue on the lenses of his eyes, resulting in his being declared incurably blind. At the age of seventeen, he discovered how to improve his vision from less than 1 percent to 55 percent of normal vision with the eye exercises presented in this book. Today Schneider drives a car, reads, and enjoys the benefits of full natural vision. He and his clients prove time and time again how much vision can improve with exercise. His contributions to the field of self-healing are recognized by alternative health practitioners and medical doctors alike. In *Vision for Life*, Schneider shares forty years of discoveries made on his personal and professional journey. The book details simple but effective techniques to gain great vision such as sunning and palming. Such exercises are not only strengthening but also restorative and deeply relaxing. The

reader learns how to reverse developing issues before they cause damage or to remedy existing problems, including pathologies such as glaucoma, cataracts, macular degeneration, retinal detachment, and optic nerve neuropathy.

Sportsvision Leon Revien, Mark Gabor, 1981

The Bates Method for Better Eyesight Without Glasses William H. Bates, 2011-04-01 Better Eyesight Without Glasses is not only the definitive source for the classic Bates Method, it is in itself a remarkable phenomenon. Dr. William H. Bates's revolutionary and entirely commonsensical theory of self-taught improved eyesight has helped hundreds of thousands of people to triumph over normal defects of vision without the mechanical aid of eyeglasses. If you think that your eyesight could be made better by natural methods, you are right. After years of experimentation, Dr. Bates came to the conclusion that many people who wore glasses did not need them. He gradually and carefully developed a simple group of exercises for improving the ability of the eyes themselves to see, eliminating the tension caused by poor visual habits that are the major cause of bad eyesight. These exercises are based on the firm belief that it is the natural function of the eyes to see clearly and that anyone, child or adult, can learn to see better without glasses.

Understanding Eye Exercise Dr Dexter Colter, 2022-08-19 We are aware that working out our muscles is beneficial to our overall health. How about doing some eye exercises to sharpen your vision? Eye exercises are helpful for optimizing visual abilities, but they are ineffective for correcting refractive abnormalities such as astigmatism, myopia, or hyperopia. However, eye workouts can assist improve overall visual acuity. Vision therapy is a form of physical therapy for the eyes that has shown promise in treating a variety of eye-related problems, including those that affect alignment and concentration. A patient may be given a regimen of eye exercises to perform during vision treatment for a variety of eye disorders, including lazy eye. Even while being under the supervision of an eye doctor might provide greater direction on how to do eye exercises, there are certain eye muscle exercises that can be done at home. Even though I wouldn't anticipate these eye exercises to enhance my eyesight overnight, I do believe that with consistent practice, they have the potential to aid with focusing problems and eye strain over time.

The Eyes Have It Earlyne Chaney, 1987-04-01 Medically proven modalities for improving -- even saving -- eyesight. Includes complete step-by-step instructions and exercises using the Bates system plus holistic, herbalistic, folk, spiritual, and yogic techniques. Latest medical breakthroughs are included, as well as a discussion of the many daily things you can do to save your eyes.

Perfect Eyesight Robert A. Zuraw, Robert T. Lewanski, 2011-08-24 Discover the Real Secrets of How You Can Attain Perfect Eyesight Without Glasses or Surgery! Yes, he quit wearing eye-glasses and he attained 20-20 vision in both eyes. He was eager to tell his story--and why not for he had been wearing eye-glasses for years and had been told by eye doctors that he would always have to wear them. But, he followed the advice of Natural Eyesight Improvement Specialists and discovered the real truth about eyes. Robert Zuraw discovered the method for strengthening the eyes and correcting eye troubles, that is now acclaimed by many thousands to work wonders for their vision. You don't have to wear eye classes or contacts. Perfect Eyesight will show you the secrets of a simple eye training system to correct your vision naturally. Why suffer with unnecessary eye problems? Truly a revelation. And what a sense of accomplishment and satisfaction. Think of it. After being a slave to eye-glasses for years--you can discard your glasses forever. Building up the strength of your eyes can be an enjoyable process--that doesn't take much time to perform. Only a few short months, in most cases, of self-treatment, in correct eye exercise techniques--eye supplements and natural habits, can improve your vision tremendously. Over 40 years ago, Robert Zuraw had a most trying experience with his eyes--he was legally blind without glasses. Eye doctors gave him no hope of ever improving his vision or discarding his glasses. The idea of wearing glasses was intolerable. Always willing to back up his theories by experimenting upon himself, and with the help of Natural Eye Training Specialists, improved his vision from 20- 600 to 20-20. He reversed advanced myopia in his 50s. Mr. Zuraw discovered a startling revolutionary system of eye training, which quickly enables you to train the muscles of the eyes so that you too can make them work properly at all times, and without effort or strain. This new system was coordinated by Robert Zuraw, in collaboration with the latest scientific natural eyesight discoveries, and with the help of co-author Robert Lewanski. Another grateful reader of the Perfect Eyesight book writes: I had been wearing glasses since I was eight years old, and now I no longer need glasses. There is hardly any condition (except degenerative chronic eye disease) that is beyond the reach of Robert Zuraw's revolutionizing Perfect Eyesight method of eye training. Perfect Eyesight contains the latest and most important vision improvement discoveries of the 21st century. The Perfect Eyesight book took over 40 years of research, practice and testing. The real facts are in. Find out the real Perfect Eyesight healing secrets, passed down from Master Teachers from around the world, in all cultures. Then, you will know the secrets of how you too can attain Perfect Eyesight without glasses or surgery. Discover the inner eye secrets behind: The Egyptian Black Dot and Letter Gazing techniques, How to use Positive Lens' glasses, Easy-to-do, no routine, natural eye exercises, Special internal chi kung oriental exercises for vision power, Natural foods, herbs and supplements to give you superior vision and clarity, Avoid these foods if you want Perfect Eyesight, 3 extraordinary 10 minute easy eye improvement techniques, Oriental Acupressure points for clear vision, The Secret Black Globe Palming Exercise, Tibetan Peripheral Vision technique. You will discover this, and much more, when you read the revolutionary secrets in Perfect Eyesight.

The Truth about Eye Exercises Philip Pollack, 1956

Seeing Without Glasses Roberto Kaplan, 2009-01-09

Fixing My Gaze Susan R. Barry, 2009-05-26 A revelatory account of the brain's capacity for change When neuroscientist Susan Barry was fifty years old, she experienced the sense of immersion in a three dimensional world for the first time. Skyscrapers on street corners appeared to loom out toward her like the bows of giant ships. Tree branches projected upward and outward, enclosing and commanding palpable volumes of space. Leaves created intricate mosaics in 3D. Barry had been cross-eyed and stereoblind since early infancy. After half a century of perceiving her surroundings as flat and compressed, on that day she saw the city of Manhattan in stereo depth for first time in her life. As a neuroscientist, she understood just how extraordinary this transformation was, not only for herself but for the scientific understanding of the human brain. Scientists have long believed that the brain is malleable only during a critical period in early childhood. According to this theory, Barry's brain had organized itself when she was a baby to avoid double vision - and there was no way to rewire it as an adult. But Barry found an optometrist who prescribed a little-known program of vision therapy; after intensive training, Barry was ultimately able to accomplish what other scientists and even she herself had once considered

impossible. Dubbed Stereo Sue by renowned neurologist Oliver Sacks, Susan Barry tells her own remarkable journey and celebrates the joyous pleasure of our senses.

Instant Eyesight The INSTANT-Series, 2015-07-31 The Instant-Series Presents Instant Eyesight How to Improve Eyesight Instantly! The gift of sight is not one to be taken for granted, as well as the care for it shouldn't be taken so lightly. Our eyesight is our most invaluable dependable tool we use every day, working for us every second we are awake. Can you imagine living without your vision? Scary, huh? In our modern world, with the ever-growing surge of new technologies and hand-held devices, we are spending far more times behind the screen on our computer, smartphone, and good old television damaging our eyes. The rise of visual impairments, causing the increased need for vision correction eyewears, is staggering, and it's only going to get worse with the common indoor sedentary jobs and lifestyles nowadays...no longer spending enough time outdoor in nature with natural sightings for our eyes as we used to. Thus, taking care of our eyes has never been more crucial than ever. Truth be told, eyewears help us see better, but they don't improve our eyesight - our natural-born eyesight - but instead become crutches we depend on. Without them, we simply and plainly can't see, making life difficult and even unlivable. Now what if you could toss your glasses or contact lenses aside, while improving and strengthening your natural eyesight? How? Within Instant Eyesight: * How to develop sharper vision by doing effective eye pushups. * How to see farther by using the zooming in and out technique like a camera. * How to enhance visual focus by strengthening connection with eye and brain. * How to train your eye muscles by doing different eye exercises to improve vision. * How to maintain everyday healthy eyes by picking up simple habits. * Plus, custom practical how-to strategies, techniques, applications and exercises to make your eyesight better. ...and much more. The aim is to stop relying on artificial eyesight through eyewears, but gain back natural eyesight through your natural eyes. Condition your eyes to see naturally and clearly again, without glasses, contact lenses, or expensive laser eye surgery.

Improve Your Vision Without Glasses Or Contact Lenses David W. Muris, Steven M. Beresford, Merrill J. Allen, Francis A. Young, 1996-11-07 Suggests techniques and therapeutic exercises for the eyes to keep them healthy.

Eyegames: Easy and Fun Visual Exercises Lois Hickman, Rebecca Hutchins, 2010 Developing healthy visual-motor abilities is more difficult in the complex stimulus of today's world than ever before. Our visual experiences can be overwhelmed by the vast complexity of artificial colors and sounds which did not exist in our ancestors' lives. Much more time is spent indoors, exposed to a myriad of unnatural colors, movement and imagery. We hibernate inside, interacting with machines instead of being out in the sunlight, looking at the far horizons, exploring natural environments. More and more time is spent sitting rather than moving, watching rather than doing. Here is a book that has: An overview of the development of vision, with a checklist of warning signs of vision problems-based on the studies of behavioral optometry A discussion of the importance of integrating all the senses equally in the development of optimal visual skills, rooted in the field of occupational therapy Practical, playful activities designed to improve visual skills in both adults and children. Excellent for use at home, in the clinic, at school, or amid outdoor settings

Perfect Vision for Life: Strange Natural Remedies to Cure and Prevent Eye Problems (Eye Diseases, Natural Cures, Eyesight Improvement, Vision R Dr Laura Zeaman, 2019-03-28 Discover How to Cure and Prevent Eye Problems Naturally, Improve vision FOREVER! Just for today! Get this book for only \$4.99. Regular price: \$7.99. Read on your PC, Mac, smartphone, tablet or other devices. You're just inches away from discovering some strange natural remedies that, for thousands of years, have been used in simple and well-proven methods to cure and prevent many eye problems, induce vision recovery and eyesight improvement for life! Millions of people around the world suffer from eye problems, eye diseases and vision loss every single day of their lives. They go about their day to day activities using drugs, eyedrops, glasses and contact lens to contend with their problem; they feel they've got no choice in the matter. They are victims of ridicule, they get called names like blind fool, four eyes etc. Most of these people are well aware of the troubles they're going through, but are unable to do anything because they lack the knowledge and the will to step out of their comfort zone, that established lifestyle. The truth is, if you're suffering from bad eyesight, poor vision or eye diseases, getting medical solutions, such as glasses, drugs or surgery, will be very expensive yet so troublesome and full of side effects. On the other hand, this book, Perfect Vision for Life, provides you with the same solutions you seek, better even. In actual fact, people are unable to step out of the flawed medical way of handling eye problems because they are uninformed and critically lacking in opinions when it comes to eye problems and eyesight improvement. They shy away from taking on the challenge of new and effective strategies for getting rid of eye problems and inducing vision recovery, but instead settle for whatever the doctor tells them. In this book, Perfect Vision for Life, you'll learn how your doctor cares more about profit and less about your eye problem. You'll be introduced to strange, but very powerful natural remedies and natural cures that will help you Cure and Prevent all kinds of eye problems and eye diseases as well as induce vision recovery and eyesight improvement. Now, you'll be able to take control of your life and set yourself free from unhealthy eyes and poor vision. You'll get rid of those glasses and eyedrops and see clearly again forever! Below Is A Preview Of What You'll Learn... The Bates Method Special Exercises for Your Eyes Natural Cures Foods, Juice and Herbs for Healthy Eyesight and Vision Ancient Chinese Medicine And lots more! Get your copy today! The power to overcome your eye problems and induce vision recovery and eyesight improvement naturally is now in your hands. Begins today by downloading this book Perfect Vision for Life: Strange Natural Remedies to Cure and Prevent Eye Problems (Eye diseases, Natural Cures, Eyesight Improvement, Vision Recovery) Download and start reading today! Tags: Perfect vision for life, Vision recovery, Eyesight Improvement, Natural remedies, eye problems, Eye diseases, Natural Cures, improve eyesight, eye diseases, improve vision, Vision improvement, Eyesight and Vision Cure, better vision, eye health, get your eyesight back, vision loss remedy, restore vision care, improve eyesight, restore eyesight, healthy eyes, glasses no more, perfect eyesight cure, perfect vision, eyesight improvement now, better eyesight, vision cure, natural vision improvement, vision rehabilitation, natural eyesight remedies, natural eyesight improvement, eye care, natural remedies now, eye relief, Eye care remedies, Eye health books, Eye care books, Eye exercises, Take off your glasses and see, vision for you, better vision without glasses, better vision now

High Performance Vision Donald S. Teig, Dr., 2021-07-12 Beyond physical superiority, mental stamina, and smart play, most of the world's best athletes possess another specific advantage that gives them an edge. We're not talking about performance-enhancing drugs or blood doping, but something a lot more natural-good vision. Being able to follow a fastball as it flies over home plate, judge the shooting distance to a basketball hoop, or leap in the air to catch that spiraling football at just the right moment all depend on good eyesight. And maximizing

one's vision can make all the difference between a good player and a great one. While wearing corrective lenses is certainly one way to sharpen visual acuity, it isn't the only one. In his new book, *High Performance Vision*, sports-vision specialist Dr. Donald Teig, shares his highly successful approach to visual enhancement. During his work with professional athletes over the past forty years, Dr. Teig developed a series of visual and visual-motor performance tests to determine the strengths and weaknesses of their eyesight. After establishing an initial baseline of test results, the athletes were given specific exercises designed to improve their visual skills. He then tested them again and measured the results against the baseline. With each succession of exercises, their sight and motor coordination improved, as did their performance on the playing field. In *High Performance Vision*, Dr. Teig details his unique approach and offers his highly effective exercise regimen for improving your own vision. If you've been looking for a safe, natural way to improve your game, *High Performance Vision* offers the perfect solution. In a clear and reader-friendly style, it shows you how to gain the edge that many pros have used for years.

Do It Yourself - Natural Eyesight Improvement - Original and Modern Bates Method Clark Night, William Bates, 2011-12-08 Natural Eyesight Improvement based on the Method, Treatments of Ophthalmologist William H. Bates. (Color Version) Paperback contains popular EFT book and Dr. Bates books, Magazines in the E-Book. Amazon 'look inside' will soon have the color preview. Includes 20 Color Printable PDF E-Books with this Paperback book, Eyecharts, Audio, Video Lessons, 600+ color pictures, all the Author's and Ophthalmologist Bates 50 books. Contact the Author for the download link; Address is on the 'Thank-You Page' inside the book. E-Book contains 'Word Search' - type in any word, Example; Myopia to see 50-100 Treatments for unclear distant vision. Adobe Translates to Italian, Spanish, German... Activities; Shifting-Natural Eye Movement, Central Fixation, Relaxation, Memory & Imagination, Switching Close, Middle, Far for perfect equally clear vision, convergence, accommodation, divergence, un-accommodation in the left and right eyes at all distances, Left and Right Brain Hemisphere Activation & Integration, Color Treatment, Visualization, Alpha, Theta, Delta Brain Wave Deep Relaxation, Palming, Positive Thinking, Posture, Body Movement, Physical Therapy, Abdominal Breathing, Chi Energy Circulation, Strengthening, Sunning, Saccadic Sunning, Seeing, Reading Fine Print and Eyecharts Clear, EFT, Acupressure, and other Activities for clear Close and Distant, Day and Night Vision, Healthy Eyes. E-mail, phone support. 20 E-BOOKS CONTAIN; +This Paperback Natural Eyesight Improvement Book in Color, with 100 pictures. Less reading, Easy to learn steps; Read the directions printed on the pictures for Fast Vision Improvement. +Better Eyesight Magazine by Ophthalmologist William H. Bates (Unedited, full set: 132 Magazines -July, 1919 to June, 1930.) Illustrated with 500 pictures and additional, up to date Modern Training. +Original Antique Better Eyesight Magazine by Ophthalmologist William H. Bates. Photo copy of all his Original Magazine Pages. (Unedited, full set: 132 Magazines - July, 1919 to June, 1930.) Learn the Method, Treatments directly from the Original Eye Doctor that discovered Natural Eyesight Improvement! +The Cure of Imperfect Sight by Treatment Without Glasses by Dr. Bates (photo copy of all the original book pages) with pictures. +Medical Articles by Dr. Bates - with pictures. +Stories From The Clinic by Emily C. Lierman/Bates. +Use Your Own Eyes by Dr. William B. MacCracken. +Normal Sight Without Glasses by Dr. William B. MacCracken. +Strengthening The eyes-A New Course In Scientific Eye Training In 28 Lessons by Bernarr MacFadden - with pictures & modern training. +EFT Training Book. +Clear Close Vision - Seeing Fine Print Clear. +Ten Steps For Clear Eyesight without Glasses. +Astigmatism Removal Treatments. +New additional books.+Eyecharts - 15 Large, Small and Fine Print Charts for Clear Close and Distant Vision, White and Black Letter Charts, Astigmatism Test and Removal Charts. +Audio and Video lessons in training chapters. Dr. Bates discovered the natural principles, true function of the eyes and applied relaxation, natural methods to return the eyes, eye muscles, mind/brain, body (entire visual system) to normal function with healthy eyes and clear vision. Dr. Bates Better Eyesight Magazine stories, articles describe how Dr. Bates, Emily Lierman Bates, other Doctors, School Teachers, Bates Method Students/Teachers, Children and Parents used Natural Treatments to remove, correct, prevent many different eye problems without use of eyeglasses, surgery, drugs. The natural treatments they applied removed/prevented; unclear close and distant vision, astigmatism, cataracts, glaucoma, conical cornea, cornea scars, retinitis pigmentosa, detached retina, wandering/crossed eyes (strabismus) and other conditions. See 'William H. Bates Author's Page' for entire Biography, Videos of internal book pages, description of the Paperback, 20 E-books. http://www.amazon.com/William-H.-Bates/e/B004H9D0BC/ref=ntt_athr_dp_pel_pop_

Use Your Own Eyes, Normal Sight Without Glasses & Strengthening The Eyes, 2011-12-04 William B. MacCracken, a Medical Doctor, trained in Natural Eyesight Improvement by Ophthalmologist William H. Bates. Dr. MacCracken cured his patients of unclear eyesight and other eye conditions with the Bates Method. (Black & White Version.) This book contains MacCracken's two books, Bernarr MacFadden's book 'Strengthening The Eyes - A System of Scientific Eye Training in 28 Lessons' & Treatments from Ophthalmologist William H. Bates Better Eyesight Magazine, 10 Natural Eyesight Improvement Treatments with 1-3 magazine articles for each treatment. Modern Natural Eyesight Improvement Treatments by Clark Night, Natural Eyesight Improvement Teacher. 20 E-Books contain; +This Paperback Natural Eyesight Improvement Book in Color, with 100 pictures. Less reading, Easy to learn steps; Read the directions printed on the pictures for Fast Vision Improvement. +Better Eyesight Magazine by Ophthalmologist William H. Bates (Unedited, full set: 132 Magazines -July, 1919 to June, 1930.) Illustrated with 500 pictures and additional, up to date Modern Training. +Original Antique Better Eyesight Magazine by Ophthalmologist William H. Bates. Photo copy of all his Original Magazine Pages. (Unedited, full set: 132 Magazines - July, 1919 to June, 1930.) Learn the Method, Treatments directly from the Original Eye Doctor that discovered Natural Eyesight Improvement! +The Cure of Imperfect Sight by Treatment Without Glasses by Dr. Bates (photo copy of all the original book pages) with pictures. +Medical Articles by Dr. Bates - with pictures. +Stories From The Clinic by Emily C. Lierman/Bates. +Use Your Own Eyes by Dr. William B. MacCracken. +Normal Sight Without Glasses by Dr. William B. MacCracken. +Strengthening The eyes-A New Course In Scientific Eye Training In 28 Lessons by Bernarr MacFadden - with pictures & modern training. +EFT Training Book. +Clear Close Vision - Seeing Fine Print Clear. +Ten Steps For Clear Eyesight without Glasses. +Astigmatism Removal Treatments. +New additional books. +Eyecharts - 15 Large, Small and Fine Print Charts for Clear Close and Distant Vision, White and Black Letter Charts, Astigmatism Test and Removal Charts. +Audio and Video lessons in training chapters. Dr. Bates discovered the natural principles, true function of the eyes and applied relaxation, natural methods to return the eyes, eye muscles, mind/brain, body (entire visual system) to normal function with healthy eyes and clear vision. Dr. Bates Better Eyesight Magazine stories, articles describe how Dr. Bates, Emily Lierman Bates, other Doctors, School Teachers, Bates Method Students/Teachers, Children and Parents used Natural Treatments to remove, correct, prevent many different eye problems without use of eyeglasses, surgery, drugs. The natural treatments they applied

removed/prevented; unclear close and distant vision, astigmatism, cataracts, glaucoma, conical cornea, cornea scars, retinitis pigmentosa, detached retina, wandering/crossed eyes (strabismus) and other conditions. See William H. Bates Author's Page for entire Biography, Videos of internal book pages, description of the Paperback, 20 E-books; <https://cleareyesight-batesmethod.info/>

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