

# EYEsight

**William Horatio Bates**

Better Eyesight Without Glasses Bates, William Horatio Bates, 2008 An updated and revised edition detailing the 'Bates method', a technique which claims to retrain the eye so contact lenses and glasses are no longer needed. The method aims to restore sight by using exercises to relax the eye muscles before retraining the eyes to focus effectively. Prescription glasses act as a prop for the muscles in your eyes and so, over time, the muscles actually get weaker. In fact, in the long term, glasses can only ever weaken your eyes. But, with the Bates Method you can retrain the eye muscles to work again, and perhaps even learn to do without glasses altogether. The Bates Method works two-folds, firstly with a series of exercises that relax and soothe the eye muscles, and secondly, retrains the relaxed eyes to focus effectively. The exercises are simple and easy to follow, and millions around the world have improved their vision using them. The book has influenced whole generations of people who believe that wearing glasses is the best way to improve your eyesight.

**Improve Your Eyesight Naturally** Leo Angart, 2007 Leo's approach is very specific. You will find exercises that work for your degree of vision problem. He explains how you can tone your eye-muscles, release tension and build up energy to regain your natural eyesight with simple exercises. The book includes simple vision tests that you can use yourself to verify your level of vision and monitor your improvement. Leo Angart's Vision Training approach is effective for: Near-sight: the inability to see at a distance, Astigmatism: uneven stress pattern in the cornea, Presbyopia: the need for reading glasses, Eye co-ordination: when the eyes point beyond or closer than the object of interest, Anisometropia: when the two eyes have different degrees of visual ability, Amblyopia: also known as lazy eye, a condition where the brain switches off the input from one eye, Strabismus: when one eye diverges either in or out. Book jacket.

**Natural Eyesight Improvement Discovered and Taught by Ophthalmologist William H. Bates** Dr. William H. Bates, 2011-10-24 This book contains PAGE TWO of 132 Monthly Issues of Better Eyesight Magazine by Ophthalmologist William H. Bates. (Black & White Version.) Page Two consists of the best of Dr. Bates Natural Eyesight Improvement Treatments, Practices. He recorded these natural treatments that he applied to correct his patient's eyesight during 11 years of practice at his Clinic in New York City, U.S.A. Treatments for; Unclear Close and Distant Vision, Myopia, Nearsight, Farsight, Presbyopia, Astigmatism, Crossed, Wandering eyes, Cataracts, Glaucoma, Cornea Scars, Ulcers and other conditions. Done without Eyeglasses, Surgery, Drugs. Hidden by Colleges, Eye Doctors for over 100 years! Dr. Bates Books were destroyed after his death. This book was created with photo copies of the Original Antique Print Pages from Dr. Bates Magazines published in the 1900's. The entire collection of Better Eyesight Magazine in Original print, 2472+ pages and a modern text version with 500 pictures is free in printable E-Book form with this Paperback book. Also available in paperback. 20 Natural Eyesight Improvement E-Books included. Learn from the original eye doctor that discovered and taught Natural Eyesight Improvement, first by curing his own eyesight. 20 E-Books - Natural Eyesight (Vision) Improvement Training; + Do It Yourself-Natural Eyesight Improvement-Original and Modern Bates Method-Book with 100+ Color Pictures. Less reading; Easy to learn steps-Read the short directions on the pictures to quickly learn, apply a treatment, activity for Fast Vision Improvement. (All of Dr. Bates, Clark Night's Kindle, PDF & Paperback books are in this E-Book.) + Better Eyesight Magazine by Ophthalmologist William H. Bates - (Unedited, Full Set-132 Magazine Issues - 11 Years-July, 1919 to June, 1930.) Illustrated with 500 Pictures and additional, up to date Modern Natural Eyesight Improvement Training. + Original Better Eyesight Magazine by Ophthalmologist William H. Bates - Photo copy of all his Original Antique Magazine Pages in the 1900's Print. (Unedited, Full Set 132 Magazine Issues - 11 Years-July, 1919 to June, 1930.) A History Book. Learn Natural Eyesight Improvement Treatments directly from the Original Eye Doctor that discovered and practiced this effective, safe, natural method! Magazines & Method Hidden from the public by eye surgeons, Optometrists, optical businesses for over 100 years because this method works and frees the patient from the need to purchase

eyeglasses, drugs, unnecessary eye surgery. Yes, it can and has reversed cataracts and other eye conditions! + The Cure of Imperfect Sight by Treatment Without Glasses by Dr. Bates (Photo Copy of the Original Antique Book Pages) with Pictures. Dr. Bates First, Original Book. (Text version with Modern Treatments included.) 2nd Printing Title: Perfect Sight Without Glasses. + Medical Articles by Dr. Bates - with Pictures. + Stories From The Clinic by Emily C. A. Lierman/Bates. (Dr. Bates Clinic Assistant, Wife.) + Use Your Own Eyes by Dr. William B. MacCracken M.D. (Trained with Dr. Bates.) + Normal Sight Without Glasses by Dr. William B. MacCracken M.D. + Strengthening The Eyes by Bernarr MacFadden & Dr. Bates - with Pictures and Modern Training. (Trained with Dr. Bates. One of the First Physical Fitness Teachers.) + EFT Training Booklet - with Acupressure, Energy balance, strengthening, Positive Emotions. Easy step by step directions with Pictures. + Seeing, Reading Fine Print Clear, Clear Close Vision (Presbyopia Treatments) with Videos. + Eight Correct, Relaxed Vision Habits- (10 Steps For Clear Eyesight) A Quick Course in Natural Eyesight Improvement. + Astigmatism Removal Treatments + Eyecharts - 15 Large, Small and Fine Print Big C, E Charts for Close and Distant Vision, White and Black Letter Charts, Astigmatism Test and Removal Charts. Eyechart Videos. + Audio Lessons in Every Chapter +140 Natural Eyesight Improvement Training Videos; [www.cleareyesight-batesmethod.info](http://www.cleareyesight-batesmethod.info)

**Better Eyesight Magazine - July, 1919 to June, 1930 -132 Monthly Issues by Ophthalmologist William Horatio Bates M.D.**

Ophthalmologist William Horatio Bates, M.D., Emily C. Lierman, 2011-06-15 Better Eyesight Magazine by William H. Bates, M.D. Ophthalmologist - Central Fixation Publishing Co., New York City, New York, USA. July 1919 to June 1930-132 Magazine Issues. Unedited. (Black & White Version. More pages, Lessons. All Articles, Eyecharts. 20 Natural Eyesight Improvement PDF E-Books, Printable, in Color with this Paperback book (download); Dr. Bates Books, Medical Articles, a scan photo copy of the 132 Original Antique Magazine Issues, a Modern text copy with 500 pictures and Clark Night's books including; 'Do It Yourself- Natural Eyesight Improvement-Original and Modern Bates Method'. All our Amazon.com books in 20 E-Books. Dr. Bates discovered the natural principles, true function of the eyes and applied relaxation, natural methods to return the eyes, eye muscles, nerves, mind/brain, thought patterns, body (entire visual system) to normal function with healthy eyes and clear vision. The Bates Method of Natural Eyesight Improvement. 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, wandering/crossed eyes (strabismus) and other conditions. Hundreds of Natural Treatments are listed. The magazines contain 'True Life Stories' of the doctors, assistants, patients, treatments. Interesting, entertaining, fun to read. A History book, life in the early 1900's. Vision improvement based 'Fairy Stories' and other articles for children are included. The stories produce a positive, relaxed state of mind. This state improves the eyesight. Dr. Bates worked his entire life treating people successfully with Natural Eyesight Improvement. When he cured the eyes, vision of many patients and other doctors in the hospital where he worked with natural treatments, without use of eyeglasses, surgery, drugs and proved his method is fact and that some of the old theories of eye function are incorrect, only theories; the doctors, surgeons that preferred to sell eyeglasses, surgery, drugs expelled him. Dr. Bates then opened his own office, a Clinic in Harlem, New York City. He treated thousands of people by natural methods, including many of the poor people that had little money. He kept his price for medical treatment low and also provided free assistance to people that could not afford to pay for a visit to an Ophthalmologist. His treatments were successful. He cured the young and old, people of all ages, nationalities. The Bates Method is so simple and effective that many of his cured patients, 'often children' then went on to cure their parents, teachers and other children of defective vision including crossed, wandering eyes. Read the 'true story of the two little girls that restored a blind mans eyesight' in the Oct. 1925 Magazine Issue. Read Dr. Bates full story in Better Eyesight

Magazine. Dr. Bates recorded 11 years of work in his clinic, his patients and their varied treatments in his Better Eyesight Magazines, Books and Medical Articles. Dr. Bates discovered Natural Eyesight Improvement, The Bates Method. He discovered the natural, normal function of the eyes and applied natural methods to return the eyes, eye muscles, brain (visual system) to natural, normal function, relaxation with clear vision, healthy eyes. This black and white version is identical in pages, content, to the color paperback book version. (Created for a low price, printing cost.) Eyecharts included. See William H. Bates Author's Page, for Video of internal book pages, full description of the Paperback, 20 E-books; <https://cleareyesight-batesmethod.info/>

**Medical Articles by Ophthalmologist William H. Bates** Ophthalmologist William H. Bates M.D.,2011-11-23 Dr. William H. Bates discovered Natural Eyesight Improvement, 'The Bates Method'. His Experiments prove that tension in the outer eye muscles (oblique and Recti) disrupt, change the shape of the eye and focus of light rays in the eye resulting in; unclear close and distant vision, astigmatism, crossed, wandering eyes, cataract, glaucoma and other abnormal eye conditions. He proved that the outer eye muscles, (oblique) when relaxed, contracting, un-contracting normally change the shape of the eye to normal to produce clear close and distant vision. Relaxed ciliary, iris, tear gland and other inner, outer eye muscles also function correct, produce clear vision, healthy eyes. Mental, emotional strain, tension, using the eyes incorrect is the main cause of outer eye muscle, eye tension and unclear vision. Dr. Bates proved that relaxation of the mind, body, outer eye muscles results in a return of the eye to normal shape with correct focus of light rays in the eyes, on the retina with clear vision at all distances, removal of astigmatism and other eye problems, keeps the eyes healthy with normal circulation, eye pressure, correct function of the optic and other eye, visual system nerves. Abnormal pressure, tension, pulling on/in the eye, lens, retina is removed. The eye muscles; outer (oblique, recti & muscles for blinking, tears...) and inner (ciliary, iris... muscles near and attached to the lens) function correct producing perfect; convergence, accommodation for clear close and reading vision, divergence, un-accommodation for clear distant vision. Shifting 'eye movement' with Central-Fixation (central vision) and function of the retina, lens, brain, entire visual system are perfect. A few of Dr. Bates older articles were based on the beliefs of most Ophthalmologists. As Dr. Bates cured his own vision naturally, treated his patients, performed experiments on the eyes, eye muscles, nerves-he changed his view on accommodation and other eye functions. He then practiced, applied natural eye, vision treatments without the use of eyeglasses, surgery, drugs. This is the origin of Natural Eyesight Improvement. Dr. Bates recorded all his natural treatments, work in his Clinic in New York City, U.S.A. and other hospitals, locations during his lifetime in his book 'The Cure Of Imperfect Sight By Treatment Without Glasses' & 11 years, 132 Issues of his Monthly Better Eyesight Magazine. Eyeglasses are often prescribed unnecessarily or 'too strong' (over-corrected) due to temporary nervousness, pressure to hurry, limited, incorrect eye, head, neck, body movement during an eye exam. Eye doctors also prefer to prescribe an 'extra stronger strength' to the eyeglass lenses. All eyeglasses, especially strong eyeglass lenses, bifocals, astigmatism lenses, sunglasses cause fast, increased vision impairment and prescriptions for stronger eyeglass lenses. This leads to increased vision impairment, cataracts and other eye health, vision impairment. Dr. Bates' Book, Better Eyesight Magazines and 20 Natural Eyesight Improvement Books are Free in E-Book form with this book, on our website; <https://cleareyesight-batesmethod.info/>

**Better Eyesight Magazine Illustrated with 500 Pictures by Ophthalmologist William H. Bates** William H. Bates, Emeritus Professor Department of Biology William Bates, 2008-03-25 Better Eyesight Magazine by Ophthalmologist William H. Bates, M.D. July, 1919 to June, 1930 - 132 Magazine Issues. Black & White Version, all in 1 book. Small, Fine Print. (Color Version available in normal size print, 8.5x11 page size in 2 Volumes.) Unedited. Contains all pages, Articles. Includes additional Modern treatments with 500 pictures & Eyecharts. 12 Natural Eyesight Improvement Printable, Color PDF E-Books download with this Paperback book; Dr. Bates Books, Articles, his Original Antique Better Eyesight

Magazines, every page, 132 issues & this paperback book, all of Clark Night's books including; 'Do It Yourself- Natural Eyesight Improvement- Original and Modern Bates Method'. Video, Audio lessons in the book chapters. Dr. Bates discovered the natural principles, true function of the eyes and applied relaxation, natural methods to return the eyes, eye muscles, nerves, mind/brain, thought patterns, body (entire visual system) to normal function with healthy eyes and clear vision. The Bates Method of Natural Eyesight Improvement. 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, wandering/crossed eyes (strabismus) and other conditions. Hundreds of Natural Treatments are listed. The magazines contain 'True Life Stories' of the doctors, assistants, patients, treatments. Interesting, entertaining, fun to read. A History book, life in the early 1900's. Vision improvement based 'Fairy Stories' and other articles for children are included. The stories produce a positive, relaxed state of mind. This state improves the eyesight. Dr. Bates worked his entire life treating people successfully with Natural Eyesight Improvement. When he cured the eyes, vision of many patients and other doctors in the hospital where he worked with natural treatments, without use of eyeglasses, surgery, drugs and proved his method is fact and that some of the old theories of eye function are incorrect, only theories; the doctors, surgeons that preferred to sell eyeglasses, surgery, drugs expelled him. Dr. Bates then opened his own office, a Clinic in Harlem, New York City. He treated thousands of people by natural methods, including many of the poor people that had little money. He kept his price for medical treatment low and also provided free assistance to people that could not afford to pay for a visit to an Ophthalmologist. His treatments were successful. He cured the young and old, people of all ages, nationalities. The Bates Method is so simple and effective that many of his cured patients, 'often children' then went on to cure their parents, teachers and other children of defective vision including crossed, wandering eyes. Read the 'true story of the two little girls that restored a blind mans eyesight' in the Oct. 1925 Magazine Issue. Read Dr. Bates full story in Better Eyesight Magazine. Dr. Bates recorded 11 years of work in his clinic, his patients and their varied treatments in his Better Eyesight Magazines, Books and Medical Articles. Dr. Bates discovered Natural Eyesight Improvement, The Bates Method. He discovered the natural, normal function of the eyes and applied natural methods to return the eyes, eye muscles, brain (visual system) to natural, normal function, relaxation with clear vision, healthy eyes. Extra Eyecharts in the PDF E-Book. See 'William H. Bates, Amazon.com Author's Page' for Dr. Bates true Life Story, History, Videos of internal book pages, full description of the Paperback and 12 E-books. Free Natural Eyesight Improvement Audio Training as you move through the book pages, treatments, activities in the video.

Better Eyesight William H. Bates, 2000-12-14 Artists, teachers, army officers, housewives, elderly people, parents, and children with vision problems write about their experiences with the Bates Method and giving up their glasses in Better Eyesight. Major eye conditions (myopia, astigmatism, farsightedness, presbyopia, amblyopia, strabismus, cataract, glaucoma, blindness) are discussed by Bates, other ophthalmologists, the medical community, and readers. The significance of this literature is both historical and immediate. For the first time, the connection between eyestrain to shoulder and neck pain, headaches, and other muscular tension is discussed.

**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.

**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/>

**Ten Steps for Clear Eyesight Without Glasses** Clark Night, Ophthalmologist William H. Bates, M.D., 2011-09-19 (Black and White) This book is a short condensed version of our large book; 'Do It Yourself-Natural Eyesight Improvement-Original and Modern Bates Method'. Book is written by Clark Night, a Bates Method, Natural Eyesight Improvement teacher. I have kept my eyesight clear since teen years 1974 to present age of 62. The practices in this book produce relaxation, normal, natural, healthy eye function. The large book contains in depth study of Natural Eyesight Improvement and is included with this paperback by internet download as a PDF E-book. Printable. Includes Ophthalmologist William H. Bates 'Better Eyesight Magazine' collection teaching his many different natural treatments for clear eyesight, healthy eyes. Dr. Bates discovered Natural Eyesight Improvement, cured his own eyesight, then other doctors and patients eyesight using natural treatments, without eyeglasses, surgery, drugs. Treatments for; Clear Distant, Close and Reading Eyesight, Astigmatism, Cataract, Glaucoma, Crossed, Wandering Eyes, Conical Cornea and

other conditions. Hidden from the public by Opticians, Eye Doctors, Eye Surgeons for over 100 years because it works, is safe and people can do It 'On Their own' with basic training. Many children, cured of defective eyesight by Dr. Bates, then on to cure their friends, parents, teachers eyesight. After a neck injury caused by a chiropractor in 2009; my eyes developed double, triple vision, strabismus, dark and white-out hazy vision, astigmatism and low clarity. Natural Eyesight Improvement, Physical Therapy brought the eyes back to normal function, clear eyesight. Video of internal book pages, free Natural Eyesight Improvement Training, Dr. Bates' life story is on William H. Bates' Author's page; <https://cleareyesight-batesmethod.info/> 20 E-Books included; +Do It Yourself-Natural Eyesight Improvement-Original and Modern Bates Method-Book with 100+ Color Pictures. Less reading; Easy to learn steps-Read the short directions on the pictures to quickly learn, apply a treatment, activity for Fast Vision Improvement. + Better Eyesight Magazine by Ophthalmologist William H. Bates-(Unedited, Full Set -132 Magazine Issues-11 Years-July, 1919 to June, 1930.) Illustrated with 500 Pictures and additional Modern Natural Eyesight Improvement Training. + Original Better Eyesight Magazine by Ophthalmologist William H. Bates-Photo copy of all the Antique Magazine Pages in the 1900's Print. (Unedited, Full Set 132 Magazine Issues - 11 Years-July, 1919 to June, 1930.) A History Book. Learn Natural Eyesight Improvement directly from the Original Eye Doctor that discovered and practiced this effective, safe, method! Magazines & Method Hidden from the public by eye surgeons, optometrists, optical business for over 100 years because this method works, frees the patient from the need to purchase eyeglasses, drugs, unnecessary eye surgery. Yes, it can and has reversed cataracts and other eye conditions! + The Cure of Imperfect Sight by Treatment Without Glasses by Dr. Bates with Pictures. Dr. Bates First, Original Book. + Medical Articles by Dr. Bates - with Pictures. + Stories From The Clinic by Emily C. A. Lierman/Bates. (Dr. Bates Clinic Assistant, Wife.) + Use Your Own Eyes by Dr. William B. MacCracken M.D. (Trained with Dr. Bates.) + Normal Sight Without Glasses by Dr. William B. MacCracken M.D. + Strengthening The Eyes by Bernarr MacFadden & Dr. Bates - with Pictures and Modern Training. (Trained with Dr. Bates. One of the First Physical Fitness Teachers.). + EFT Training Booklet - with Acupressure, Energy balance, strengthening, Positive Emotions. + Seeing, Reading Fine Print Clear, Clear Close Vision (Presbyopia Treatments. + Astigmatism Removal Treatments. + Eyecharts - 15 Large, Small and Fine Print Big C, E Charts for Close and Distant Vision, Astigmatism Test & Removal Charts, Eyechart Video Lessons. + Audio Lessons in Every Chapter. + 140 Natural Eyesight Videos.

**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 eyeglasses, 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.

Vision for Life Meir Schneider, Ph.D., 2012-10-02 In *Vision for Life*, natural health pioneer Meir Schneider shares ten essential principles of healthy vision discovered in his forty-year personal and professional journey. Born almost blind, Schneider taught himself to see and developed an innovative program of healing and recovery that has helped thousands of people regain and improve their health. *Vision for Life* is packed with exercises for a natural eye health routine, which you can immediately incorporate into your life.\* This program is not only strengthening but also restorative and deeply relaxing. You will learn how to reverse developing issues before they cause damage and how to remedy existing problems including near- and far-sightedness and lazy eye as well as cataracts, glaucoma, optic neuritis, detached retinas and tears, macular degeneration, and retinitis pigmentosa. *Vision for Life* is not only for people who see poorly and would like to improve their vision, but also for those with 20/20 vision who wish to maintain their perfect eyesight as they grow older. 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 such as arthritis and muscular dystrophy as well as 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 nearsightedness, farsightedness, astigmatism, lazy eye, double vision, glaucoma, cataracts, macular degeneration, retinal detachment, retinitis pigmentosa, and nystagmus. Born blind to deaf parents, Schneider underwent a series of painful operations as a young child and was left with ninety-nine percent scar tissue on his eyes, resulting in his being declared incurably blind. At the age of seventeen, he discovered how to improve his vision from one percent to fifty-five percent of normal vision with the eye exercises presented in this book. Today Schneider drives a car, reads, and proves time and again that vision can and does improve with exercise. His contributions to the field of self-healing are recognized by alternative health practitioners and medical doctors alike. \*Eye-chart posters to use together with the book can be ordered from the School for Self Healing in San Francisco (visit <https://store.self-healing.org/> or email [officemanager@self-healing.org](mailto:officemanager@self-healing.org)).

**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. From the Trade Paperback edition.

**Improve Your Eyesight Naturally** Leo Angart, 2012-04-27 Leo Angart is a business consultant, author and trainer. Having worn glasses for more than 25 years he speaks from personal experience. It has now been more than 19 years since he threw away his glasses.

Eyesight, and how to Care for it George Cuvier Harlan, 1879

Better Eyesight Without Glasses William Horatio Bates, This book is an all-time classic on eye-care. Based on Dr. W.H. Bates's personal experiences in correcting eye problems and improving eyesight, the book explains his theories which have received wide international recognition and come to be called the Bates Method. The Bates Method is a natural, non-invasive and commonsense method of enhancing vision and retraining the eyes to see properly using simple techniques to relieve strain and improve brain/eye coordination. Written in a simple and lucid style, the book is a definitive guide to the Bates Method. The stress is on natural methods such as palming and central fixation (tratak — an ancient yoga technique), and home treatment, wherever practical. Bates Method has helped countless persons recover their natural eyesight proving that good eyesight without glasses is not a myth, but a very achievable reality. The present volume is a thoroughly researched and updated edition of the classic work.

*The Cure of Imperfect Sight by Treatment Without Glasses* William Horatio Bates, 1920 Treatise on how to fix vision naturally, by relaxing and practicing focusing exercises. Includes controversial claims, such as looking at the sun does not cause permanent damage and may improve eyesight.

**Vision for Life** Meir Schneider, 2012 Presents ten simple steps to relieve eye strain, correct vision problems, and improve eye health; includes a full range of restorative vision exercises--

**Ophthalmologist William H. Bates & the Bates Method History - Natural Eyesight Improvement** Dr. William H. Bates, 2011-04-10 True Story of Ophthalmologist William H. Bates 'Battle with the Optical industry, Eye Surgeons, Doctors to Teach and Preserve Natural Eyesight Improvement.' Bates Method History. (Black & White Version.) Includes natural treatments for clear vision without use of eyeglasses, surgery, drugs and 54 Monthly Issues, 4½ years of Dr. Bates Better Eyesight Magazine Illustrated with 500 pictures, a variety of treatments for every eye condition & 14 Free E-Books consisting of an entire Natural Eyesight Improvement Training Course, download from Internet. E-books include the book 'Do It Yourself - Natural Eyesight Improvement-Original and Modern Bates Method & the entire 132 Issues, 11 years of Ophthalmologist Bates Better Eyesight Magazines in Original Antique Print & a modern text version with 500 pictures, The Cure of Imperfect Sight by Treatment Without Glasses..., all the authors Paperback & Kindle books. Eyecharts, Audio & Video lessons in the book chapters. William H. Bates discovered Natural Eyesight Improvement, 'The Bates Method'. He discovered the natural principles, normal function of the eyes (visual system) and applied natural methods, relaxation to return the eyes, eye muscles, nerves, mind/brain, body (entire visual system) to normal function with healthy eyes and clear vision. He cured; unclear close and distant vision, astigmatism, crossed, wandering eyes, cataracts, glaucoma, and other conditions. Natural Eyesight Improvement was practiced years before Dr. Bates discovered it. It is the normal, natural function of the eyes. Hidden from the public by eye surgeons, Optometrists, Optical businesses for over 100 years because this method works, is easy, anyone can learn, teach it, including children. It produces healthy eyes, clear vision and frees the patient from the need to purchase eyeglasses, drugs, unnecessary eye surgery. Yes, it can and has reversed cataracts! Dr. Bates worked his entire life treating people successfully with Natural Eyesight Improvement. When he cured the eyes, vision of many patients, medical students and other doctors in the hospital where he worked with natural treatments, without use of eyeglasses, surgery, drugs and proved his method is fact, that some of the old theories of eye function are incorrect; the eye surgeons that preferred to sell eyeglasses,

surgery, drugs became angry and expelled him. (See: 'Reason and Authority' & 'Dr. Bates Lecture' in Better Eyesight Magazine: November, 1919, April, 1923 & Articles in his book.) Dr. Bates then opened his own office, a Clinic in Harlem, New York City. He treated thousands of people by natural methods, including many of the poor people that had little money. He kept his price for medical treatment low and also provided no charge office visits 'Free Clinic Days' for people that could not afford to pay for a visit to an Ophthalmologist. His treatments were successful. He cured the young and old, people of all ages, nationalities, cured a variety of eye conditions. The Bates Method is so simple and effective that many of his cured patients, 'often children' then went on to cure their friends, family, parents, teachers and other children of defective vision including crossed, wandering eyes. Read the 'true story of the two little girls that restored a blind mans eyesight' in the Oct. 1925 Magazine Issue. Dr. Bates recorded 11 years of work in his clinic, his patients and their varied treatments in his Better Eyesight Magazines, Books and Medical Articles. Dr. Bates Better Eyesight Magazines contain many Natural Treatments, a variety of Activities, Directions, Articles describing how Dr. Bates, Emily Lierman Bates, (his Clinic assistant, wife) and other eye Doctors, School Teachers, Bates Method Students, Bates Teachers, Children and Parents used Natural Treatments to remove, correct, prevent many different eye problems. Dr. Bates Amazon.com Authors page; [http://www.amazon.com/William-H.-Bates/e/B004H9DOBC/ref=ntt\\_athr\\_dp\\_pel\\_pop\\_1](http://www.amazon.com/William-H.-Bates/e/B004H9DOBC/ref=ntt_athr_dp_pel_pop_1)

*How to Improve Your Child's Eyesight Naturally* Janet Goodrich, 2004-03-29 This is a staple reference book for parents who wish to preserve and improve their child's eyesight. Filled with practical and imaginative exercises, this comprehensive resource includes detailed instructions for reversing eyesight blur, tips for adjusting living environments to support healthy vision, and hints for dealing proactively with doctors. The 90 scientifically based vision games and songs are fun, age-appropriate, and reinforce good vision habits.

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## **EYESight Introduction**

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