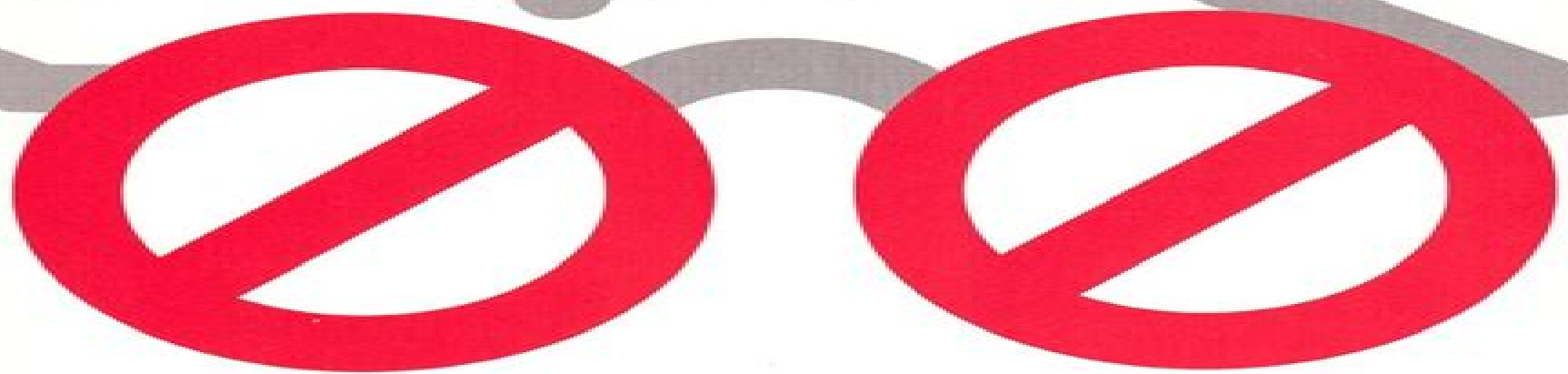


SEEING WITHOUT GLASSES



IMPROVING YOUR
VISION NATURALLY

DR. ROBERT-MICHAEL KAPLAN

Seeing Without Glasses Improving Your Vision Naturally

Clark Night, William Bates



Seeing Without Glasses Improving Your Vision Naturally:

Seeing Without Glasses (EasyRead Edition) , *Seeing Without Glasses* Roberto Kaplan, 2011-06-21 It is as easy to develop vision fitness as it is to tone and strengthen other parts of the body You can improve your vision through unique exercises proper diet and even by modifying your thought patterns according to Dr Robert Michael Kaplan author of *Seeing Without Glasses* and an international authority in vision training Over 100 million Americans are nearsighted and at least six out of ten depend on glasses or contacts to correct their vision Even those with healthy eyesight experience eyestrain from vision stress 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

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 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 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/B004H9DOBC/ref=ntt_athr_dp_pel_pop_

The Bates Method - Perfect Sight Without Glasses William H. Bates, Emily A. Bates, 2017-06-29 See our YouTube Channel for VIDEOS of the book with color pictures animations video in video Natural Eyesight Improvement training by Bates

Method author teacher Clark Night https://www.youtube.com/watch?v=GhEy4Ys_pKU This book is the Google Play text version of Perfect Sight Without Glasses Contains only Ophthalmologist Bates book Better Eyesight Magazine extra training pictures to learn the method quickly and eyecharts Dr W H Bates started his career as an orthodox ophthalmologist following the old long time rules of the practice prescribing eyeglasses During his practice working with different patients eye conditions he realized that unclear close distant vision astigmatism and other conditions often cured itself reversed back to clear vision especially when his patients stopped wearing their eyeglasses and relaxed He noticed that wearing glasses tensed the eyes eye muscles lowered the vision and resulted in stronger and stronger eyeglass lens prescriptions being needed in order to see clear through the glasses He began his own studies on the eye and its function This led him to discover that many of the old ophthalmology optometry supposed facts about the eye lens and its function and cause of unclear vision are incorrect Dr Bates began teaching his patients to stop wearing their glasses He taught them natural methods including relaxation correct use of the eyes vision shifting to produce clear vision Dr Bates cured his own eyesight close vision presbyopia Distant vision also clear He wrote an article in his book magazine describing how he did it with Memory Imagination Relaxation He controlled changed the focus of light rays in his eyes with his mind Dr Bates performed experiments on the eyes of animals and observed the function of animal patient s eyes under different conditions He used the retinoscope to see the refraction of light rays in the eye under various conditions He proved that the refraction clarity of vision changes often And when the eyes are left alone eyeglasses avoided the refraction clarity returns to normal clear vision He proved that the state of the mind thoughts emotions body change the refraction of the eye clarity of vision Example when the mind body is relaxed positive happy thoughts emotions the refraction is normal and vision is clear When the mind body is under stress strain the refraction is abnormal and vision is unclear Dr Bates discovered that the main cause of unclear vision and other eye problems is Wearing Eyeglasses Mental Strain Mental Visual Effort to See Poor Vision Habits incorrect use of the eyes vision squinting staring not shifting lack of normal relaxed eye movements lack of central fixation poor memory and imagination Perfect Sight occurs with Perfect Relaxation deep or active dynamic relaxation Relaxation occurs first and then the eyesight becomes clear Practicing normal relaxed eye vision function induces relaxation of the mind eyes and perfect clarity Dr Bates experiments on the outer eye muscles proved that tension in these muscles mainly caused by eyeglasses strain in the mind incorrect vision habits disrupts their function the eyes movement accommodation convergence un accommodation divergence causes pressure tension pulling on in the eye alters the eyes shape and lens retina disrupts refraction focus of light rays in the eye on the retina and the clarity of vision When the mind is strained tense the brain and retina do not communicate function together at optimum level Function of the retina is lowered Relaxing the mind returning normal eye movement relaxes the outer inner eye muscles returns the eyes lens retina to normal shape with clear vision Website <https://cleareyesightbatesmethod.info> <https://naturalvisionimprovementoriginalandmodernbatesmethod.default>

htm *Seeing Without Glasses (EasyRead Large Bold Edition)* , *Clear Close Vision - Reading, Seeing Fine Print Clear*
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Video Lessons in Every Chapter Learn a Treatment Activity Quick and Easy **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 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 <https://cleareyesight.com/batesmethod/info> **Perfect Sight Without Glasses** William H. Bates, Emily C. Lierman, 2021-01-16 Dr Bates 1st Original book in the Antique 1920 Print Color Edition Includes the 1st Edition The Cure Of Imperfect Sight By Treatment Without Glasses Five editions combined All of W H Bates treatments and Dr Bates Better Eyesight Magazine Page Two of 132 Issues of his best Natural Eyesight Practices for every eye vision condition Myopia Presbyopia Astigmatism Fundamental Treatments Steps by Dr Bates unclear close and distant vision astigmatism crossed wandering eyes cataracts glaucoma Perfect Sight Without Glasses The Cure of Imperfect Sight by Treatment Without Glasses by Dr Bates Photo Copy of the Original Antique Book Pages with Pictures Text version with additional Modern Treatments included Original Antique Better Eyesight Magazine by Ophthalmologist William H Bates Photo copy of all his Original Magazine Pages in the 1900 s Print Unedited Full Set 132 Magazine Issues 11 Years July 1919 to June 1930 Learn a variety of Natural Eyesight Improvement Treatments directly from the Original Eye Doctor that discovered and practiced this effective safe natural method 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 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 Easy to learn steps read the short directions on the pictures to quickly learn

apply a treatment activity for Fast Vision Improvement Clear Close Vision Reading Fine Print Clear Ten Steps For Clear Eyesight The Basics of Natural Eyesight Improvement Astigmatism Removal and other books Eyecharts Book with Training 15 Large Small and Fine Print Big C E Charts for Close and Distant Vision White and Black Letter Charts Tumbling E Chart Astigmatism Test and Removal Charts Eyechart Video Lessons Pass the driver s license eye exam Audio Videos in Every Chapter Learn a Treatment Activity Quick and Easy 78 Natural Eyesight Improvement Training Videos See William H Bates Author s Page for Pictures Videos full description of the Paperback and 17 E books amazon com William H Bates e B004H9DOBC ref ntt_athr_dp_pel_pop_1 *Relearning to See* Thomas R. Quackenbush,2000-01-24 In this accessible presentation of the famous Bates method Thomas R Quackenbush who teaches the Bates method in California and Oregon describes how eyesight can improve naturally at any age and regardless of heredity This book is a wonderful tribute to the genius of Dr Bates who was a pioneer in discovering how vision becomes blurred and how it restores itself naturally to clarity and acuity Now 80 years later his findings and teachings remain light years ahead of our contemporaries His approach to treating vision problems was truly holistic and the theme throughout this book is very much an extension of that holistic approach Dr Quackenbush is to be commended for his dedication in getting the truth out and keeping the torch burning in this bible on vision improvement *Better Eyesight Magazine - Original Antique Pages by Ophthalmologist William H. Bates - Vol 2 - 59 Issues: August, 1925 to June, 1930* Ophthalmologist William H. Bates,Emily C. Lierman,2011-11-26 This book is Volume 2 of a 2 volume set *Better Eyesight Magazine* by William H Bates August 1925 to June 1930 59 Monthly Magazine Issues Volume 1 unclear close and distant vision astigmatism cataracts glaucoma conical cornea cornea scars wandering crossed eyes and other conditions Dr Bates recorded 11 years of work in his Clinic his patients eye conditions and the natural treatments he applied to correct their eyesight in his *Better Eyesight Magazine* Hundreds of different Natural Treatments are listed The magazines contain True Life Stories of the Doctors Assistants Patients Entertaining A History book life in the early 1900 s The Bates Method was 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 When Dr Bates cured the eyes eyesight of many patients and other eye doctors in the hospital where he worked with natural treatment and proved his method is fact that some of the old theories of eye function are incorrect only theories the eye doctors that preferred to sell eyeglasses surgery drugs became angry and expelled him See Reason and Authority November 1919 April 1923 Dr Bates then opened his own office a Clinic New York City He treated thousands of people by natural methods 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 a variety of eye conditions in 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 went on to cure their friends family teachers and other children of defective vision including blindness crossed wandering eyes Read the True

Story of The two Little Girls that Restored a Blind Mans Eyesight in the Oct 1925 Magazine Issue A PDF E Book version of this book color printable with all 132 Magazine Issues in one PDF <https://clearsightbatesmethod.info> Better Eyesight Magazine-Original Antique Pages By Ophthalmologist William H. Bates - Vol.1-73 Issues - July, 1919 to July, 1925 - Natural Vision Improvement Ophthalmologist William H. Bates, Emily C. Lierman, Ophthalmologist William H Bates Original Antique Magazine Pages from the 1900 s The origin true source of Natural Eyesight Improvement Learn directly from the eye doctor that discovered this safe effective method Dr Bates discovered the true principles of the eyes function and applied relaxation natural methods practice of normal eye function to return the eyes visual system to normal function with clear vision healthy eyes The Bates Method of Natural Eyesight Improvement Natural Treatments by Dr Bates correct prevent many different eye conditions without use of eyeglasses surgery drugs Treatments for unclear close and distant vision astigmatism cataracts glaucoma conical cornea cornea scars wandering crossed eyes and other conditions Dr Bates recorded 11 years of work in his Clinic his patients eye conditions and the natural treatments he applied to correct their eyesight in his Better Eyesight Magazine Hundreds of different Natural Treatments are listed The magazines contain True Life Stories of the Doctors Assistants Patients Entertaining A History book life in the early 1900 s The Bates Method was 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 When Dr Bates cured the eyes eyesight of many patients and other eye doctors in the hospital where he worked with natural treatment and proved his method is fact that some of the old theories of eye function are incorrect only theories the eye doctors that preferred to sell eyeglasses surgery drugs became angry and expelled him See Reason and Authority November 1919 April 1923 Dr Bates then opened his own office a Clinic New York City He treated thousands of people by natural methods 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 a variety of eye conditions in 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 went on to cure their friends family teachers and other children of defective vision including blindness crossed wandering eyes Read the True Story of The two Little Girls that Restored a Blind Mans Eyesight in the Oct 1925 Magazine Issue *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 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 http://www.amazon.com/William-H-Bates-e-B004H9DOBC/ref=ntt_athr_dp_pel_pop_1 *The Cure of Imperfect Sight by Treatment Without Glasses* W. Bates, W H Bates M D, 2011-07-03 Black July 1919 to December 1919 and Eyecharts attached in this Paperback book Ophthalmologist William H Bates discovered and perfected Natural Eyesight Improvement The Bates Method He discovered the natural principles true normal function of the eyes visual system and applied natural methods relaxation to return the eyes eye muscles to normal function with healthy eyes clear vision He cured unclear close and distant vision astigmatism crossed wandering eyes cataracts glaucoma Natural Eyesight Improvement Training Do It Yourself Natural Eyesight Improvement Original and Modern Bates Method 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 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 Links to 35 Natural Eyesight Improvement Training Videos See William H Bates Author s Page for Video of internal book pages full description of the Paperback 12 free E books [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 Dr Bates Books Articles his Original Antique Better Eyesight Magazines every page 132 issues 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

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://clareyesight.com/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 *Ten Steps For Clear Eyesight Without Glasses - A Quick Course* Clark Night, William H. Bates, This book is a short version of the large book Do It Yourself Natural Eyesight Improvement Original and Modern Bates Method for people that are busy prefer quick training Black and White 8 5x11 Book is written by a Bates Method Natural Eyesight Improvement Graduated Student that has kept her eyesight clear since my teen years to present age of 54 The practices in this book produce relaxation normal natural healthy eye function The large book contains in depth study of Natural Eyesight Improvement is included with the paperback by internet download PDF Contains 11 E books 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

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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.com/batesmethod/info> **Perfect Eyesight** Robert A. Zuraw, Robert T. Lewanski, 2010-06 The Miracle of Perfect Eyesight The Truth About The Eyes It is said that the eyes are the windows of the soul How clear is your vision Can you see the world without blurry vision or distortion The so called normal eye can easily read the 20 foot line on the Snellen Eye Test Chart at 20 feet away this is called 20 20 vision There is no limit as to how much one can improve their vision beyond the 20 20 range Healthy eyes are a marvel of nature s creation A person with above average eyesight can easily read the 10 foot line smallest bottom line on the Snellen Eye Test Chart at 20 feet away 20 10 vision I have seen people who can read the 10 foot line at 50 to 60 feet away 60 10 vision This is called telescopic vision There is also no limit to reading small Microscopic Type Print known as micro scopic vision There is no limit to how sharp and clear one can see in the distance and close up We are all walking talking seeing miracles of Great Nature The sages say human beings are solidified sunlight or trails of light because our eyesight and our very life is totally dependent on the Solar Orb We would all become blind without the healing rays of sunlight upon our retina Sunlight also gives us natural Vitamin D for healthy skin and eyes The eye training secrets contained in this book have taken me from 20 600 progressive advanced myopia or blind without glasses to better than 20 20 vision If you practice and are persistent in your eye training you too can improve vision quickly Eye Muscles Accommodation The Mystery Unveiled In order to see properly the eyes must accommodate Accommodation takes place when focusing on various distances close and far Which muscles are doing the focusing during accommodation is debatable among Ophthalmologists Dr Helmholtz an early eye doctor found that only the ciliary eye muscles do the accommo dating The Helmholtz Theory is the accepted belief of most modern eyeglass doctors Dr Bates a natural eye specialist felt that the two oblique eye muscles performed eye accommodation by compressing the round eyeball in the middle and making it longer horizontally Dr Bates cut these muscles in rabbits and found the eyes could not accommodate When he injected a drug to paralyze the oblique muscles the eyes failed to accommodate When he put together

the severed muscles and washed out the drug the rabbit's eyes were able to accommodate again. The Helmholtz theory holds that accommodation is due to the expansion and contraction of the crystalline lens caused by the action of the ciliary muscle. Dr. Bates through his experiments discovered and proved that it is not the crystalline lens but the six external muscles that act upon the eyeball and give the eye its ability to adjust and accommodate to near and far objects. The fact that patients who have had the crystalline lens removed are still able to see and have the power to accommodate should be convincing proof of this theory. It is obvious both the oblique muscles and the ciliary muscles work in conjunction when focusing. Here is the reason why the normal eye when looking at a distant object becomes shortened and when looking at a close object is elongated. The external muscles oblique recti iris and the ciliary muscles all enable the eyes to accommodate properly. The external muscles lengthen and shorten the eyeball to enable light rays to fall upon the macula. The iris adjusts the pupil for the amount of light necessary to see clearly. And the ciliary muscle contracts the lens to focus upon the object. The ciliary muscle changes the lens and directs the rays of light to focus upon the macula or center of sight. While looking at a distant object of more than twenty feet away the rays come into the eyes parallel. When looking at a close point rays come into the eyes at an angle. The normal eye must accommodate these rays in order to see clearly a close or distant point. All rays fro

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