

A Selfcare Book from the Editors of Natural Health Magazine

# SEVEN STEPS TO BETTER VISION

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EASY, PRACTICAL  
AND NATURAL  
TECHNIQUES  
THAT WILL  
IMPROVE  
YOUR EYE-  
SIGHT

RICHARD LEVITON

FOREWORD BY ROBERT-MICHAEL KAPLAN, O.D.

# Seven Steps To Better Vision Easy Practical Natural Techniques That Will Improve Your Eyesight

**Rose Army**



## **Seven Steps To Better Vision Easy Practical Natural Techniques That Will Improve Your Eyesight:**

**Seven Steps to Better Vision** Richard Leviton,1992 Provides a holistic approach to healing your eyes based on seven steps that show how to use vision boosting tools perform eye exercises and choose foods and supplements that will enhance vision

**Take Off Your Glasses and See** Jacob Liberman,2011-06-22 This revolutionary new look at vision will broaden your understanding of how you see and how you can see without your glasses or contact lenses Take Off Your Glasses and See shows you how to free yourself from the crutch of prescription lenses to build your self confidence and awareness and to open up your inner and outer vision in order to see more clearly Jacob Liberman an internationally recognized authority on holistic vision care explains how most vision problems are the result of an unconscious decision to close your eyes to emotional discomfort or pain and how increasingly powerful corrective lenses only encourage eyesight to withdraw even further By removing lenses and practicing breath and movement awareness techniques to shift your perception you can reintegrate the original disruption in the mind body system Dr Liberman s approach can help you join the thousands who have escaped from the self defeating cycle of poor vision

**52 Simple Steps to Natural Health** Mark Mayell,Claire Zion,1995 This indispensable volume contains the best natural health ideas culled from 20 years of Natural Health magazine the foremost publication of its kind Each of the 52 steps to enduring good health summarizes the best technique for achieving a specific effect from back health to longevity to sharpening vision

**East West Journal** ,1992 *What's Beyond That Star* Richard Leviton,2002-08-29 Carlos Castaneda meets Jack Kerouac in an unforgettable true story a metaphysical quest for the Grail through initiation and inner vision Disillusioned with his life as an entrepreneur in the mid 1980s Richard Leviton headed for the ancient Celtic town of Glastonbury England on a quest for meaning Arriving on Easter Sunday his rebirth as a modern Grail knight was soon to begin What s Beyond That Star records the true story of Leviton s spiritual awakening and his subsequent adventures on a metaphysical search for the Holy Grail tracing his inner and outer journeys Guided by a psychic friend and the family of angels whom he comes to know as Blaise Leviton finds himself initiated into new realms of consciousness One day he is an ordinary person relying on the relatively dense perception of the five senses the next he is living in a world full of angels gnomes demons and dragons

*Natural Health* ,1993 *Paperbound Books in Print* 1995 Reed Reference Publishing,R5ference Reed,1995-12

**EFT -Emotional Freedom Technique and Acupressure, Color Breathing, Visualization for Healthy Mind, Body and Clear Eyesight** Clark Night,2011-03-06 Color version

EFT is an Easy Type of Chinese Acupressure Puncture without Needles or Hard Pressure EFT is applied by TAPPING activating energy points meridians on in the body with the fingertips Tapping removes energy blocks stuck stagnant energy orients polarizes corrects balances and strengthens the energy flow in the body through the Meridians Energy Pathways Energy Points Chakras Nervous System Electric Chi and other Energies Physical and Spiritual Tai Chi Qi Gong Karate Energy Control Methods are related to EFT EFT removes negative destructive emotions thoughts feelings stress from the

mind brain system by correcting energy flow The body s energies flow correct and strengthen EFT balances and improves function of the left and right brain hemispheres This produces good health clear eyesight Neck chest shoulder eye muscle tension stiff infrequent eye shifting movements headaches strain in the mind brain negative unhappy past present thoughts emotions experiences blocked energy flow lowered liver kidney health staring squinting cause unclear eyesight Negative destructive thoughts emotions worry are a common cause of mental strain back chest shoulder neck eye muscle tension and unclear eyesight Lowered eyesight increases worry mental strain which then increases the body neck eye muscle tension Eye function is impaired Light rays focus incorrect in the eye Circulation to in the eye lowers Vision is more unclear EFT Nutrition Natural Eyesight Improvement corrects these conditions Blocked energy experienced during a stressful event happens first before the negative emotions occur and locks them into the mind body Negative thoughts emotions maintain blocked energy flow Removing blocked energy first results in removal of the negative emotions thoughts feelings and often brings instant clear eyesight As EFT Tapping removes energy blocks corrects the energy flow resulting in removal of negative emotions thoughts feelings the person can then place positive constructive thoughts into the mind system think feel in a positive constructive way about the past or present stressful event Positive thoughts emotions help to correct and strengthen the body s energy flow Correct energy flow is now maintained Mental and physical health improve eye function returns to normal eyesight is 20/20 and clearer at all distances close and far Health of body organs systems improve as energy flows correct throughout the body EFT improves the function of the brain visual cortex left and right brain hemisphere activation integration This improves function of the brain with the eyes retina eye muscles and body Eyesight and mental physical health improve Memory imagination math science speech learning creativity art music skills all functions of the brain left and right hemispheres even the oldest deep survival areas of the brain improve This is a main treatment of Natural Eyesight Improvement 20 free PDF E Books Natural Eyesight Vision Improvement Training Do It Yourself Natural Eyesight Improvement Original and Modern Bates 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 Original Better Eyesight Magazine by Ophthalmologist William H Bates Photo copy of all his Original Antique Magazine Pages in the 1900 s Print All of William H Bates Clark Night Books included in the PDF Video and Audio lessons Read this book on Kindle See William H Bates Author s Page for Video of internal book pages full description of the Paperback Kindle and 20 free E books <https://cleareyesight.com/batesmethod/info> *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

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**Better Eyesight Magazine - Original Antique Pages By Ophthalmologist William H. Bates - Vol. 1 - 62 Issues - July, 1919 to August, 1924** Ophthalmologist William H. Bates, Emily C. Lierman, 2009-03-19 This book is Volume 1 of a 3 volume set Better Eyesight Magazine by William H Bates July 1919 to August 1924 62 Monthly Magazine Issues Volume 1 2 3 combined each Vol purchased separately contain the entire 132 Issues of Dr Bates Magazines This set of 3 Volumes is in a larger page print size of 8 5 x 11 A Two Volume set has also been created containing all 132 Issues in a smaller page print size of 7 5 x 9 25 All books flip to be read like a calendar to enable optimum print size Magazines are unedited contain every page article Dr 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 A PDF E Book version of this book color printable with all 132 Magazine Issues in one PDF Address is on the Thank You Page inside the book See William H Bates Authors Page for the entire description for Paperback 20 E Books Magazines Dr Bates Bio Free Natural Eyesight Improvement Training Videos <https://cleareyesight.batesmethod.info> [Forthcoming Books](#) Rose Army,2002

**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 **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://cleareyesight.com/batesmethod/info> *BETTER EYESIGHT* Ophthalmologist William H. Bates, Emily C. Lierman, 2015-01-29 BETTER EYESIGHT A MONTHLY MAGAZINE DEVOTED TO THE PREVENTION AND CURE OF IMPERFECT SIGHT WITHOUT GLASSES July 1919 June 1930 132 Issues 2400 Pages Central Fixation Publishing Co New York N Y USA Natural Vision Improvement By Ophthalmologist William Horatio Bates and Emily C Lierman A Bates and other doctors teachers Natural Eyesight improvement Ophthalmologist William Horatio Bates discovered Natural

Eyesight Improvement The Bates Method He discovered the true function of the eyes visual system and applied natural methods relaxation to return the eyes eye muscles to normal function healthy eyes clear vision He cured unclear close and distant vision astigmatism crossed wandering eyes cataracts glaucoma The Cure of Imperfect Sight by Treatment Without Glasses Perfect Sight Without Glasses and Better Eyesight Magazine 132 Monthly Issues from his Clinic in New York City The eye doctor that discovered Natural Eyesight Improvement The Bates Method He corrected the eyesight of hundreds of thousands of patients without use of eyeglasses surgery drugs during his life and after through his books magazines Review EVELYN CUSHING CAMPBELL Better Eyesight Magazine I have acquired perfect vision without glasses and a relaxed state of once over strained nerves A visit to Dr Bates wrought this seeming miracle VICTORIA COOLIDGE Better Eyesight HOW I HELPED OTHERS When I had become able to read without glasses and my headaches had become less and less frequent and less severe each time I was so enthusiastic over my experience that I was anxious to help others My brother was my first patient He has now done without glasses for about a year and has made remarkable progress in that time CHARLOTTE ROBERTSON Better Eyesight How My Eyestrain was Relieved I Have had such wonderful relief by following Dr Bates method of treating imperfect sight and eye strain I have practiced reading pages from Dr Bates book which I have always found encouraging W Wallace Fritz M D Journal of the Allied Medical Associations The removal of strain causes a return to normal vision Marshall Olive Has nature played trick on us Syracuse Herald Spectacles may be banished by the revolutionary discovery of Dr Bates He claims that all errors of refraction nearsight farsight astigmatism and even old age sight are due to a mental strain resulting in imperfect functioning of the muscles on the outside of the eyeball The cure for all these conditions Dr Bates finds in relaxation      [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](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 unaccommodation 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://cleareyesight.com/batesmethod/info>

[naturalvisionimprovement.com/originalandmodernbatesmethod/default.htm](https://naturalvisionimprovement.com/originalandmodernbatesmethod/default.htm) **Medical and Health Care Books and Serials in Print** ,1997 *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

*American Book Publishing Record* ,1998      [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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