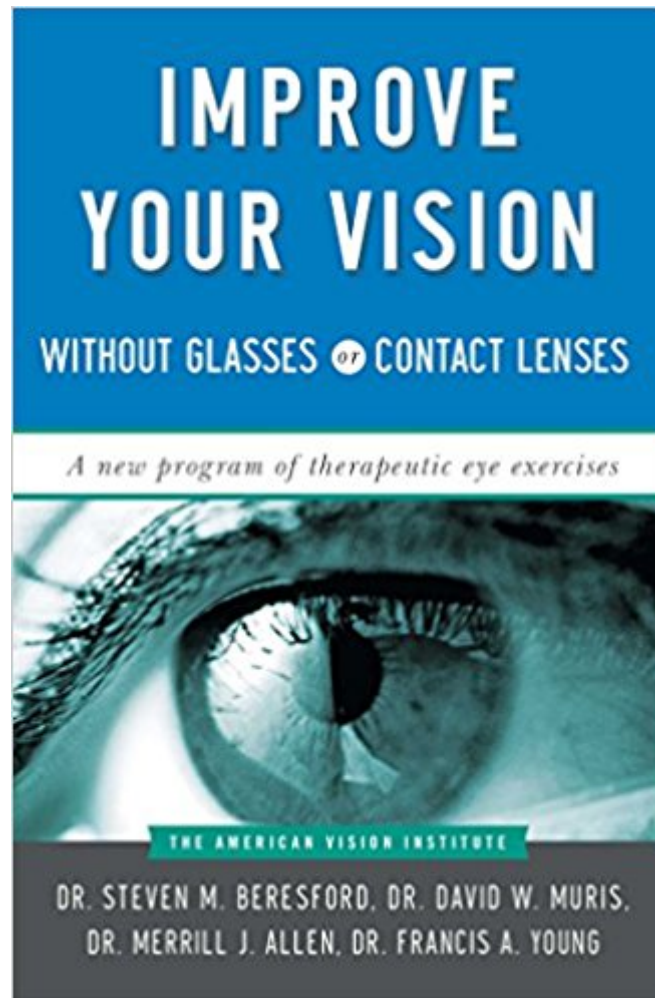




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# Improve Your Vision Without Glasses Or Contact Lenses



## Synopsis

For the millions of Americans who suffer some type of vision problem, this complete course in vision therapy helps increase focusing power, decrease eyestrain, and prevent further deterioration of vision.

## Book Information

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## Customer Reviews

I would have been skeptical of this book if I didn't know someone who completely improved his vision and doesn't need glasses anymore. He didn't use this book, but this was the book I stumbled upon so I got it. However, I have done much more research beyond this book, and I have important notes that I'd like you to know. 1. It bothered me that they tell you to do some pretty weird exercises (like light therapy) without telling you WHY. If I'm going to sit 6 inches in front of a lamp with my eyes closed for 'light therapy,' I want to know WHY. Another eye book that I got by Nathan Oxenfeld is much more thorough and explains why these things are important. I recommend his book Give Up Your Glasses for Good before I'd recommend this book. 2. This book is the cliff notes version of the Bates method. The Bates method, however, costs some \$160 - so I will gladly take a book with exercises and no explanation over an expensive book that I don't want to buy. Nathan Oxenfeld's book is based on the Bates method - and his book is only \$30 - and I found it well worth the price and much more robust in detail and number of exercises to try. 3. That being said, this book is still great for the price you pay. It's simple with solid exercises. They give you a foundation of 7 exercises plus 16 'booster' exercises. If you don't need explanation behind the weird things they tell you to do, then get this book. 4. DO NOT DO THESE EXERCISES EVERYDAY AT FIRST!!! Do you ever workout the same muscle group at the gym 7 days a week? Heck no! But I didn't connect

those dots and I suffered from eye strain and eye fatigue for about 1.5 weeks since starting the exercises. It has since gone away, but I would have liked to avoid that.5. YOUR EYE MUSCLES DO NOT HAVE NERVES. Meaning, if you overwork those muscles, you won't feel pain (unlike the pain you feel when you go 'too hard' at the gym). So again - be careful!!! I was doing these exercises for 15 mins a day (which is half of the 30 mins the book recommends) and I suffered from some serious eye fatigue because of it. Don't do what I did. Take at least one day off a week.6. DO NOT SKIP THE LIGHT THERAPY OR PALMING. They are considered 'booster' exercises - not main exercises - but you will see the majority of your vision improvement from these 2 exercises alone. Just trust me on this, or read Nathan's book to learn why.\*\*UPDATE 5 WEEKS LATER:My vision has improved by 0.5 diopters in each eye! (That's 0.1 diopter a week...) I credit my success to discipline (doing these exercises 6x a week without fail) and the other eye book that I previously mentioned by Nathan Oxenfeld. Some other things that I've learned is that whenever you introduce a new exercise into your regimen, you will feel discomfort. I got lucky and have an open-minded optometrist who, after being impressed by my eye exam (my eye fusion was so strong he told me I almost broke the machine!), told me to incorporate more peripheral exercises. This makes sense since fusion is only exercising our focus right in front of our face, but what about the sides? He compared it to working out your biceps without working out your triceps. THIS IS IMPORTANT. I will update this again next time I see the optometrist (in another 5 weeks). My goal is perfect eyesight by the end of the year. Also, I read more of the other reviews and I do NOT suggest skipping the clock rotation or eye roll exercises. They were simply experiencing the normal discomfort that occurs when you FIRST start an exercise that your eyes really aren't used to. Instead of skipping it, just start slow. Clock rotations are very important for vision improvement.

I bought many books on this topic and this was the shortest and absolutely the most useful. It focuses on what to do to improve vision with enough background information but not too much. It gives clear instructions for exercises to complete and makes it easy to know what to do for a daily eye workout. I've been following the plans and advice given and am experiencing a great improvement in sight. It's not a miracle but it is working well and I'm now functioning without glasses except for when driving at night.

I have several eye books now but this was the first one I bought and still use. I like that it is written by eye Doctors or others in the field. Part of this journey is actually believing it is possible and to me it helped to have such men say it was and even write a book about it. I try and do their outlined

program everyday. I actually FEEL the difference when I'm done. This is a no-nonsense, straight to the point book which I like. Maybe not as many pages as other books but that's because they don't spend 100 pages with stuff you don't really need to know. Get it, follow the plans, and see the improvement. Now, I do also spend time with other eye "exercises" as well, but most of my time (90%) would be on things they cover. Do what they say, reread the book. Do the outlined program but also pick a couple things and spend extra time on those at some point during the day. And yes it works, I was -8 but am now down to about -5.75. I knocked it 1 star just because I think they need to spend more time talking about blur work. Read my comment to this review about chart work for more information.

It works if your consistent and don't give up. Noticed improvement for Myopia in two weeks. Couldn't believe it worked, but you have to continue if only just a few exercised a day.

Was a little skeptical but knew some of the arguments concerning needing correction before getting the book. So I got the book to try and see what exercises I could do. I found that after just a week or so, things appeared crisper and I could easily identify small details such as a 0.25 ul droplet on the inside of a well in a black 96-well plate. Colors suddenly became brighter and fuller. I also do not hate the light in the morning. I used to turn on my lab lights in the morning so my boss would know I was there but now really enjoy having a light on. I dropped the eyeglass prescription with bifocals and 0.5 diopter in each eye within 2 weeks. I wear the 0.5 less with no bifocals except when reading and then with 1.0 less with no bifocals for reading. I am about to start wearing the 1.0 less with no bifocals exclusively. This will put me in glasses with a -2.0 in the right eye and -2.5 in the left eye. I have only made it 30 days in a row of exercises once because of time and distractions but I do try to do exercises daily. I am good for 5 times a week. I do like that when I used to look at telephone poles I used to see 4 blurry poles and now see one. Kinda hard to aim for the one in the middle if you see four. I am now down to one blurry pole about 40 feet away. The remaining items that are not in focus are now at least not lost in the blur of seeing multiple items. As far as driving at night, the book has really helped. Also, I used to get somewhat shaky and blurry letters on the page when reading. I always thought it was sinuses or being tired. Since I have started the exercises, I no longer have this problem. Unless you have the issue, this is hard to explain. With or without glasses, despite the size of the font or distance of the page, the letters were a little blurry and shaky and making studying harder. Minus signs now are more pronounced in books. I have bought this book for my mother (artist) and two cousins (mechanics). I recommend it for anyone curious on what they

can do for their vision. My goal is perfect vision.

Takes time and discipline but this approach works!

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