

This PDF is created to warn people about unhealthy methods that can impair the eyes health and lower the clarity of vision. It's mainly to warn about the dangerous Plus Lens-Anti-Corrective (falsely labeled 'stress-relieving) method. (Scroll down the page to the red title.) It causes cataract, bleeding in the blood vessels in the retina, can lead to retina detachment and other eye-vision problems. It causes addiction to stronger and stronger eyeglasses. Other warnings, directions about various methods, teachers are included.

So I no longer have to go on the Internet Groups, Forums to constantly re-type *over and over* the truth when the Plus Lens people try to take over, sell eyeglasses; Myself and others who are against the Plus Lens, speak the truth about it can just state this; *It's unhealthy, harmful*. Then link to this PDF.

PDF consists of parts of 3 webpages. The information needs to be combined, refined, less repetitive but the essential information is here. In the future I will complete it and add pictures, more information, methods.

(This PDF is copyrighted © by Clark Night, ClearSight Publishing Co. It's part of a copyrighted-published book that is not yet distributed and will be placed in all our books. It is not part of my articles on iblindness because it has been copyrighted, created with/by my publishers, printers.)

<http://cleareyesight-batesmethod.info/id4.html>

Warning; Choose a Natural Eyesight (Vision) Improvement Teacher, Books, Forum-Group Carefully!

Natural Eyesight Improvement has been in existence before Dr. Bates discovered it. Eye doctors and the public have used it in the 1800's and earlier. Sailors have used it for hundreds of years to navigate the sea by looking at the stars in the sky, flow of ocean water, landmarks, birds, fish migration, wind... and lighthouses. Natural Eyesight Improvement is the normal function of the eyes 'visual system' and has been in existence since the beginning of fish, humans, animals on this planet, the evolution/development of the eye. Sunlight is the main cause of the development of the eye and it maintains the eyes health, function. Even trees, plants have a visual instinct. They react, are drawn to, grow healthy due to sunlight.

Practice only the Bates Method. It is the true natural eyesight method. The Bates Method teaches; relaxation of the mind, body, eye muscles, eyes, neck, shoulders, correct posture, correct relaxed, natural vision habits (the normal function of the eyes, visual system; shifting, central-fixation 'centralizing', memory, imagination...), tests/improvement of accommodation, convergence, un-accommodation, divergence, movement, left and right brain hemisphere activation and integration, color treatment, full spectrum sunlight (sunning) and other natural activities that produce 20/20 and clearer eyesight at all distances, close and far, day and night. The Bates method returns the eyes, eye muscles, brain, body 'entire visual system' to normal function, maintaining clear eyesight automatically, on its own. *The Bates Method does not consist of repetitive, forceful eye exercises, eye stretches...*

Switching, shifting on close and far objects, 'kind of an exercise' is done in a relaxed way, integrating Dr. Bates natural practices.

Many eyesight improvement teachers (businesses) claim to teach the Bates Method but they do not. They teach tension inducing eye exercises and other unnatural treatments that cause mental strain, eyestrain, eye muscle tension, headaches, neck tension, unclear vision and other side effects. Eye exercises are not natural and do not produce perfect and permanent clear eyesight. Avoid these

teachers. Avoid teachers that refuse to give free help for advanced eye, vision conditions, blindness. A honest teacher will help you free of charge, has years of experience, written one or more books and provides their book and Dr. Bates Better Eyesight Magazines, books (complete training) for a honest, affordable price and free when they can afford to. Clear eyesight, Healthy eyes is the birthright of ALL people. (Dr. Bates always helped the blind, people needing vision improvement. He charged a low price and often trained free in his New York City Clinic, Offices.)

Avoid the crooks charging hundreds of dollars for classes, thousands for teacher training. Note; if a teacher will not give the full training free to help a blind, partially blind person; they are dishonest. Avoid them. Many people with retina conditions, cataract, glaucoma, partially or full blind, advanced myopia, presbyopia, astigmatism, cross eye... have contacted me for free help after teachers have taken their money and not given complete training, ask for more money, have given incorrect training or refused to give free training. It is cruel, inhuman to allow a person to go blind because they have little money. If a teacher does not provide Ophthalmologist Bates Better Eyesight Magazines, Books, Medical Articles and his wife Emily Lierman's book; then the teacher is withholding the true, entire method. Also avoid teachers charging hundreds of dollars for Dr. Bates Better Eyesight Magazines, books.

(They are free in the Copyright office and some Optometry, Ophthalmology public access college libraries.)

I notice many teachers' books teach tracing on objects with the nose-feather incorrectly; they have the person looking in space near but not on the object. This is diffusion, the opposite of central-fixation. Their pictures should show the nose-feather, 'central field' tracing line - - - - directly ON the edge of the object or part of the object you are tracing on. Not off to the side into space. Example; looking at, tracing on the edge of the roof of a house. Trace on the edge. Do NOT trace on the sky away from the edge. See the Nosefeather Chapter; [Click Here](#)

Even some teachers that are certified to teach by famous, very good teachers become corrupt; after they get their diploma, they then alter the Bates method, make it unnatural, teach it wrong and speak against their teacher. They do this so the method they teach is different, they can call it 'their own' and charge a high price, direct students away from the honest teacher that certified them. One of my teachers and I experienced this. I have certificates for completing a variety of classes, have written books, created videos and trained many people for free. Some students I have trained, even a few of the previously blind; once cured they then go against me after they set up their own business selling what I taught them. People and certified teachers and certified want-to-bes on the Internet Forums have obtained clear eyesight from my free books and Skype, phone training but are now putting my books, teaching down as they try to pull in students from the Internet and charge them \$150.00+ per hour.

Many Teachers Teach Things I Disagree With, That are Unnatural, Wrong, Unsafe; are Not the True Original Bates Method;

Avoid Teachers, websites, discussion groups that advise, sell, teach; Lasik and other Cornea Eye Laser... Surgeries, use of Contact Lenses or Contact Lens Treatments to force the cornea/eye to change shape (Ortho-keratology, Orthocology-Ortho C... This can injure the cornea.), the harmful Plus Lens-Anti-Corrective-Stress Relieving Eyeglasses Method (It CAUSES stress, cataract, detached retina, astigmatism, eye muscle tension-dysfunction, eye and vision impairment...), use of Eyeglasses, Bifocals, Multi-Section and Mono-Vision Glasses, Sunglasses, Tinted/Colored Eyeglass Lenses, Bifocals..., Autostereograms (Artificial 3-D Fusion Exercises, 3-Cups, Magic Eyes Pictures...) that can impair the eye muscles, eyes movement (Read more below.), Eye Muscle Surgery for Crossed/Wandering Eyes (Strabismus), Eye Muscle Stretching (forcing the eyes to look, stay far left, right, up... and keeping the head in the opposite direction), Chiropractic and other unnatural methods. Try to avoid implanted eyeglass prescriptions for myopia, presbyopia,

astigmatism, bifocal... in cataract surgery artificial lens replacement in the eyes; it traps you with an eyeglass prescription that cannot be changed-removed without more surgery. Read our entire Warnings, Directions; [Click Here](#) Cornea laser Surgery is similar; the Lasik places a prescription in the cornea. More cornea surgery to change it can result in blindness.

All these unnatural treatments, exercises, surgeries are not the Bates Method. They cause cornea injury, strabismus, impair eye muscle, eye function and movement, impair the clarity of vision, cause astigmatism, conical cornea, cataracts, glaucoma, detached retina, other eye-vision problems and can result in blindness.

I do not endorse, advise use of lasik, Artificial 3-D eye exercises, Plus Lens method, Contact Lenses, any dangerous, un-natural methods. They lead to vision, eye health impairment, blindness! Avoid all unnatural methods. See the website for more unnatural methods, eyeglasses to avoid. Choose a [Bates Method](#) Behavioral Optometrist, Ophthalmologist only if an eye doctor is needed. No cornea surgery, no contact lenses, no plus lens method... A few vision improvement teachers receive \$ 'kickbacks' from Optometrists, Ophthalmologists, Opticians, Chiropractors, other businesses by referring students to them through links on their website. Avoid teachers that endorse contacting their 'affiliate' Behavioral Optometrists or other eye doctors, teachers that sell, teach the harmful practices listed 'as to avoid' on this page and website. See the Chiropractic Warning page; [Click Here](#)

Contact lenses are never a perfect fit for the cornea because the eye-cornea naturally change shape, and often. This occurs more as the eyes, cornea return to normal healthy shape with use of Natural Eyesight Improvement. The contacts will not fit; they can easily scrape, injure, infect and scar the cornea. Some teachers advise, allow use of contact lenses, strong eyeglasses and other harmful methods because they want endorsement from eye doctors to help sell their training, books and the doctors give them affiliate \$ for referrals.

True Bates Method schools, teachers teach that only reduced weaker eyeglass lenses, usually 20/40 clarity (no contacts) are used and only if needed for driving, safety at work... as vision is improving with the Bates Method of Natural Eyesight Improvement. Example; a person with -3 eyeglasses for myopia will reduce to -2.50 or -2. The eyechart will show about 20/40 clarity with glasses on. Then continue to reduce until seeing clear without glasses. A person with +3 eyeglasses for presbyopia will reduce to +2.50 or +2 and continue to reduce. Most people can do without glasses when the vision is clear at 20/50. Some at 20/200 or more unclear prefer to go without glasses. No glasses=eyesight improves faster. (Always stay legal, safe for driving, work, hobbies...) Eyeglasses are discontinued permanently as soon as possible. It is best to try and stop use of eyeglasses immediately. If the prescription is strong, the eyes contain cataract, detached retina, retina, optic nerve problem, glaucoma, [any eye health condition](#) ; STOP WEARING EYEGLASSES! Eyeglasses cause and increase cataract, detached retina, torn, leaking blood vessels, capillaries in the eye, retina and most all eye health problems. Diet, injuries, drugs, chemicals, sinus sprays are some other causes.

Some teachers, businesses that sell books, courses on Natural Eyesight Improvement sell vitamins, nutrients for the eyes. The health of the liver, kidneys, gall bladder, spleen, digestion... affect vision, the eyes health. Some herbs, vitamins, minerals... can be poisonous, impair body chemistry, hormones, health. Some teachers sell herbs, ingredients in their eye vitamins, formulas that have side effects, can be toxic, even impair the eyes health and clarity of vision. They do not warn about this. Healthy food, good nutrition has a major impact on the clarity of vision, health of the body and eyes. Most vitamins, nutrients... are beneficial. Read the Nutrition Chapter on [cleareyesight-batesmethod.info/id21.html](#) and avoid products containing bilberry [leaf](#), eyebright, sulfite's, sulfate, nitrites, nitrate and other unhealthy herbs, preservatives, ingredients, chemicals. Sulfite's, sulfate, nitrites, MSG, Hydrolyzed... corn, soy, proteins..., aspirin, aspirin type herbs can cause temporary migraine headaches with flashing lights, blind spots in the visual field, impaired memory, a variety of health problems. Read the labels, check all the ingredients. Aspirin causes kidney damage, other health impairment. It's addictive. Acetaminophen, NSAID's cause kidney, liver, joint damage, heart attacks, impairs eye health, vision and is the cause of many health problems. Drug store and also

many natural eye drops contain chemicals, toxins.

When buying bilberry ask for pure organic bilberry fruit, the berries only, no leaf. The berries are excellent, very healthy. Pure bilberry fruit improves eye health and day, night vision. It is an old WW2 Pilots food for clear night vision when flying. They ate it as bilberry jam, no added sugar. True bilberry contains a lot of dark red/purple juice inside the berry and the skin. It temporarily stains the skin when the berry is compressed in the fingers, as a blackberry or wild blueberry does. This juice and entire berry is healthy for the eyes, retina. Lutein and a other nutrients, carrots, spinach... are also beneficial. (I am not completely against bilberry leaf but have never tried it and I have heard it can be toxic.)

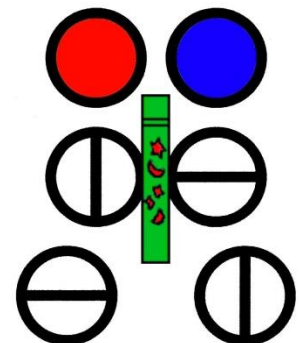
Many Natural Vision Improvement websites have guestbooks, discussion forums, blogs where people can post subjects on the Bates method, Natural Vision Improvement, ask questions and learn from others that have improved their vision. Beware of some Natural Vision Teachers that 'hang out' on Groups, Forums giving only limited help; they often are trying to lure people into taking private lessons for \$100.00 to 200.00+ per hour. \$300.00+ seminars. Most of the writers on these forums are honest, very helpful, but there are a few persons that go on these forums giving the impression that they are strict Bates Method people, though in reality they are providing links to websites that sell eyeglasses, surgery (eye doctors, lasik plus lens method...) and other harmful products, treatments. A few people state incorrect, harmful advice and/or hide Bates Method information. They try to make it seem difficult, complicated, state that only a highly intellect personality can understand it and be successful. This is false. They corrupt the method with unnatural alternations so they can make it 'their own method' and sell it for a high price. Holding back information=sales of more hourly training. The Bates Method is easy, simple, a 'Do It Yourself' method. Children learn it, are cured and become effective teachers. Many people obtain clear eyesight by only removing their glasses, learning to relax and shift. A quick 10-30 minute lesson.

Be careful downloading free software from websites. A popular Better Eyesight Magazine website gives free software for the computer screen, eyesight but it acts as a virus, slows the computer..., produces pop-ups asking for money. Some teachers link to it on their websites and advertise in their books. It's hard to remove, hides in the computer. You can use Trend Micro's 'HiJack This', Norton tools, AVG... or find a good repair guy to remove it. Some websites, software contain spyware, hacker viruses. The magazines on that website have many spelling mistakes and missing magazine issues. It's been years of people, including myself offering the owner help to fix the magazines but he does not reply. There may be a new 'secret owner' that prefers the magazines to stay incomplete, mis-spelled so they can sell high priced complete copies. Or the owner just moved on, does not care to work on this.

For Natural Eyesight Improvement, Bates Method Groups, Forums, Discussion websites and eyesight book reviews, comments on Amazon, Indie... ; Avoid Google, Search Engine... Advertisements for Lasik and other eye surgery, unnatural vision courses, eyeglasses contact lenses, eyedrops, some vitamins, herbs... Most Bates Method group owners place a block on these type of ads but it's hard to all of keep of them from sneaking through as the businesses often change the words in their ads. Ads pay for the website but it's a risk.

More Warnings, Descriptions For Artificial 3-D Fusion Autostereograms, Magic Eyes Pictures;

I do not teach, advise Artificial 3-D Fusion Repetitive Eye Exercises 'Autostereograms, Magic Eyes pictures', 3-Cups... Some teachers, even a few of the good ones listed on this page teach this but it can impair the eyes convergence, divergence, accommodation, un-accommodation, the eye muscles and eyes movement and cause crossed, wandering eyes, double vision in normal eyes and more so if there is a slight or advanced



strabismus or other eye, medical problem, neck injury, tension, mis-aligned skull bones and other conditions. The Artificial 3-D exercises can make a slight strabismus condition worse. Artificial 3-D Fusion exercises are not necessary to obtain clear vision, normal eye movement. It was not taught by Ophthalmologist Bates. There are plenty of other activities, methods to gain clear, balanced vision, coordinated eye movement in Dr. Bates books, Better Eyesight Magazine. Dr. Bates, The Bates Method of Natural Eyesight Improvement teaches different activities, natural ones with true 3-D (3-Dimensional) vision for removing strabismus; crossed, wandering eyes, amblyopia. See the Artificial 3-D Fusion warning page; <http://cleareyesight-batesmethod.info/id103.html/id103.html> and in our books. See the picture on the right > Mini 3-D Warning Example; Staring at the pen placed in front of the 2 red, blue circles to create an illusion of a 3rd circle. This strains the eyes, brain, eye muscles. Dr. Bates has a extra similar but different treatment that corrects strabismus. See treatments for squint, crossed, wandering eyes... his book 'Perfect Sight Without Glasses' and the Magazines.

Some Behavioral Optometrists/Ophthalmologists teach forms of these Artificial 3-D Fusion Exercises a special way for each individual person's Strabismus condition with beneficial results. It should be used for Strabismus (Crossed/Wandering eyes) ONLY. Ask a Bates Method Behavioral Optometrist, Ophthalmologist for guidance if, you have tried the Bates Method FIRST and still need additional help. Follow your Doctor's directions. Do not copy it from a book, website. The doctor's exercise can help correct imperfect convergence, divergence, strabismus, fusion when applied correct (if the Bates Method alone does not correct the condition first). It must be practiced with the Guidance of a Bates Method Behavioral Optometrist/Ophthalmologist. The Eye Doctor will teach the student which exercises, activities are to be done for specific conditions, distances that the patients eye movement, convergence, divergence, fusion... needs improvement. The doctor may have the student practice with the 3-D image card placed at a variety of close, middle, far distances, fusing the two images into a 3rd by looking at a variety of different close distances/objects before the card and/or a variety of different far distances/objects beyond the card. Distance of the card may be varied. Spacing between the two images may be at a variety of widths. Merging, fusing images that are further apart being accomplished with advanced fusion training if needed. How many, length of time each or only some of these activities, routines are practiced is determined by the student's condition; divergence or convergence impairment, degree of impairment and other eye conditions. This is NOT a one size fits all, just carelessly throw it in a book, webpage for everyone treatment! Only a professional can prescribe a safe, correct, precise routine. Practicing too much at one distance, width, one activity or for the wrong distance... can impair divergence, convergence and cause other eye, vision problems. Some teachers place the Artificial 3-D in their books to attract attention, seem professional. They should warn about the side effects.

Most Natural Vision teachers do not teach this the correct way, do not warn about the side effects of doing it wrong because they cannot prescribe for every individual person's condition in the class, in books and usually do not know the entire, correct Behavioral Optometry treatment. Even a Behavioral Optometrist, Ophthalmologist needs the best training and experience. They also need to learn the Bates Method of Natural Eyesight Improvement so they can give their patient an option; true natural (Bates Method) treatment or, if needed, try the artificial 3-D and be sure it's done correct, and apply both methods; the Bates Method and the professional Artificial 3-D. Accommodation, un-accommodation of the eye, lens work-occur with the eyes convergence, divergence, fusion. All are affected, improved or impaired, when the exercises are done correct or incorrect.

The Artificial 3-D exercises do produce a natural 3-D effect created by the eyes, brain, left and right hemispheres, visual cortex. Seeing the correct fused image indicates the brain, eyes are working together, but; I call the exercises Artificial 3-D because it is not the normal way the person uses the eyes to see an object clear. The Artificial 3-D has the person staring into space before or beyond two objects placed in the peripheral field, merging these two into a 3rd object which is an illusion of

being in the central field, when in reality it is 2 areas/objects of the peripheral field combined. So; the person is using the peripheral vision to see with. This prevents Dr. Bates natural practice of central-fixation (true central vision). Shifting is also prevented. If any eye movement occurs it is an unnatural movement. True completely natural 3-D vision for healthy eyes, brain function, clear vision occurs when looking directly at the object of visual attention, directly at the distance the object is at, in the true central field, the mind, eyes 'mental-visual attention' on/at that object, distance and the eyes visual attention is moving 'shifting' part to part upon the object. See Dr. Bates book 'Perfect Sight Without Glasses' and 'Better Eyesight Magazine'.

Try the Bates Method first. Relaxation, central-fixation, shifting, switching close and far, bead string, pens in a row, strabismus swings, memory, imagination, natural movement, left and right brain hemisphere activation and integration, color treatment and other natural methods are most always all that is needed.

Teachers, Websites that Teach the true Bates Method and Provide Free or Good Priced, High Quality Natural Eyesight Improvement Books are;

www.clearsight-batesmethod.info By Ophthalmologist William H. Bates, Emily Lierman, Bates, Clark Night, (Mary I. Oliver). This website.

www.NaturalVisionCenter.com - My Teacher, Thomas Quackenbush. Great information, see a real Natural Eyesight Improvement student class in action! Health info, natural dentists..., links to the FDA articles on lasik cornea surgery warnings, dangers.

www.iblindness.org - Website and Forum -13 years as of 2014. The BEST! I consider this man a Teacher. A true source of the Bates Method and more. Read, practice the method in David Kiesling's articles, blog, posts on his forum and see clear!

www.janetgoodrichmethod.com - Free audios, videos, great! Contains everything. Learned from her books and website. Also has treatments for strabismus, adults and children's vision. Books for parents to help baby's and children. I don't use the Artificial 3-D Fusion, *autostereograms*, *magic eyes pictures*. I prefer Dr. Bates Method of looking close and far.

<http://www.bettereyesightnow.com> - My Teacher. Lots of free training, audios, radio talks, EFT- Great! *(I don't use color therapy goggles due to it blocking full spectrum light. I prefer the original colored light treatment taught by Thomas Quackenbush. Greg teaches both methods.)*

<http://www.bettervision.com/> - Lot of free training... Bought this course in 1995 & the newest in 2012. Like it! *(Avoid the Plus Lens, Anti-Corrective Method and Artificial 3-D Fusion exercise 'autostereograms, magic eyes pictures' and some of the herbs... Sorry guys but I got to tell it straight.)*

<http://www.clearsight-batesmethod.info/naturalvisionimprovementoriginalandmodernbatesmethod> - Dr. Bates Better Eyesight Magazine website. Contains entire 132 issues-11 years, 3x spell check, linked Index and bookmarks navigation for every year, month, translator, speaker reads aloud, videos, links to other books.

www.Visionsofjoy.org - Free books, some free training, links to low cost eyeglasses for reduced prescriptions, breathing, lot of information. *(I 'Clark Night' teach a few things differently than Esther, I prefer to stay with the Original Bates Method and Thomas Quackenbush's Original and Modern training and only certain other modern methods.)*

www.eyeboddy.com - Like this teacher. Also teaches posture, the neck, spinal cord, brain stem, body and brain's effect on eyesight. His books are a must read.

www.self-healing.org - Meir Schneider - Was blind and cured himself! Bought his kit, books; he movement-postures helped heal my neck, back, hips, mis-aligned vertebrae caused by a dishonest chiropractor. Like most of his training. (*I do not agree with the black paper blocking the central field exercise. It is against Ophthalmologist Bates training for proper use of central vision and perfect shifting.*)

www.visioneducators.org - Like it, some free stuff, lists in person classes with certified teachers. *I don't like some of the arrogant teachers that charge high prices and endorse lasik. A few teach wrong.*

Teachers that Provide Complete, Easy to Learn Natural Vision Improvement Training;

+[Thomas Quackenbush](http://www.NaturalVisionCenter.com)- Europe, Netherlands - www.NaturalVisionCenter.com

My teacher, Easy, complete course! He can refer people to teachers he has trained in the USA and other countries.

+[Janet Goodrich and Family, Carina Goodrich...](http://www.janetgoodrichmethod.com) - Europe - www.janetgoodrichmethod.com

+[David Kiesling](http://www.iblindness.org) - www.iblindness.org Very good website and Forum. My favorite. David teaches effective natural methods on-line for free. Cured his own eyesight; strabismus,

blur... Read his articles, blog and forum posts. 12 year forum, thousands of posts. David chose to not be certified as a Bates teacher. This proves people can learn, teach on their own.

+[Greg Marsh](http://www.bettereyesightnow.com) - Ft. Collins, Colorado, USA - <http://www.bettereyesightnow.com>

Free training, Bates articles on his website. Clark Night, the author of this website took Mr. Marsh's home study CD course in 2009. This course covers everything.

There are more teachers but I do not endorse if I have not taken a in person course or studied their books. See the list of books on the website for all of the best teachers. I am sure there are more.

<http://cleareyesight-batesmethod.info/id4.html>

DISCLAIMER & DIRECTIONS

DISCLAIMER: The information provided on this website and in my books is for educational purposes only, it is not intended as diagnosis, treatment or prescription for any eye, body disease or condition. The decision to use, or not to use any of this information is the sole responsibility of the reader.

Remember to always check with your Eye Doctor and Medical Doctor for a complete Eye and Health Exam before practicing Natural Eyesight Improvement. Tell them you plan to apply Natural Eyesight Improvement and that it will normalize eye pressure. Glaucoma and other medicines may need to be monitored, lowered... by the doctor as the vision, eyes return to normal health, condition. Do not apply Physical Therapy and other exercises, anti-gravity... if you have a detached retina, stroke, other eye, medical conditions. Do not practice if you have had cornea or any eye operation. Check with a Eye Doctor first. Bates Method Behavioral Ophthalmologist is best.

In no way, form is this website, books, training a substitute for an Eye Doctor, Medical Doctor's advice, direction, is not for diagnosing, treatment, cure, prevention of any eye, medical disease, condition. Always obtain direction from a medical, eye professional for any eye, medical, medical state.

Read the Disclaimer on the beginning pages of the books and the Directions; Contact lenses cannot be worn before, during, after practicing Natural Eyesight Improvement. Contacts will not

fit the eye, cornea as it changes to normal, healthy shape and function with practice of The Bates Method.

Natural Eyesight Improvement normalizes the eyes pressure, improves eye health. If the reader has any eye condition, Glaucoma... check with your Eye Doctor first before practicing The Bates Method, Natural Eyesight Improvement. Eye drops, drugs, medicine, un-natural treatments for eye pressure may need to be changed, reduced, discontinued.

Natural Eyesight Improvement also changes the shape of the eye, cornea back to normal, healthy condition. If eye, retina, cornea... surgery has been done on the eyes; check with your Eye Doctor first to be sure the surgery and Natural Eyesight Improvement do not conflict, interfere with each other, with the eye shape the doctor has fit the surgery to. Natural Eyesight Improvement may help the surgery, eye to heal or it may work against the surgery because; Natural Eyesight Improvement brings the eye, cornea to normal shape - but, the surgery may have been done to place, keep the eye in a abnormal shape, the shape it was in before the surgery or a new abnormal shape. Example; Retina surgery done on a eye that is abnormally lengthened due to advanced Nearsight, many years wearing eyeglasses, may act differently if the patient practices Natural Eyesight Improvement and returns the eye to normal, round shape, normal eye pressure, normal fluid, circulation flow... Same warning for eye cornea laser and other surgeries and cataract surgery; Avoid eye doctors that place a eyeglass lens inside the eye during cataract surgery. This forces the eye, vision to remain impaired and if Natural Eyesight Improvement is practiced or the eye naturally, on its own tries to return to normal function; the eyeglass lens in the eye will not fit, work for the improved eye condition and unclear vision will occur. Same effect if the eye, vision becomes more impaired (which the implanted eyeglass lens will cause); the eyeglass lens will have to be removed by another eye operation.

People have regained clear vision after unsuccessful eye and eye muscle surgery, but always check with a eye doctor, preferably a Bates Method, Natural Eyesight Improvement Ophthalmologist, Teacher. If the eyes lens during cataract surgery is not altered, replaced with a eyeglass lens prescription near-sight, far-sight, astigmatism, bifocal., then Natural Eyesight Improvement may be effective.

Also; Avoid the dangerous Plus Lens Eyeglass Treatment; see entire warning, article bottom of this page.

Read this page for the entire Disclaimer, Directions, Warnings; <http://cleareyesight-batesmethod.info/id148.html>

Always obtain an eye exam by an Ophthalmologist and medical exam by a Medical Doctor.

Choose a Bates Method Behavioral Ophthalmologist, Optometrist and Medical Doctor that prefers natural health treatment, prefers to teach Natural Eyesight Improvement, discontinue use of eyeglasses, keep the eyes healthy and prevent use of eye surgery, drugs. Avoid eye doctors selling laser and other eye cornea surgeries, drugs that are not needed, unnecessary lens removal/surgery, eyeglasses (especially strong over-corrected eyeglass lenses), unnecessary, addictive astigmatism sections in the glasses, contact lenses, bifocals, mono-vision lenses, plus lens treatment, tinted, colored lenses, sunglasses and all types of eyeglasses. (Legal 20/40 reduced, weaker eyeglass lenses can be used temporarily, only if needed for driving, work... safety as the vision is improving. See a Behavioral Optometrist and on-line mail order low cost optical stores.) An experienced eye doctor can detect health of the eyes and body by examining, looking at and into the eyes. Blood pressure, sugar levels, injury, stroke and many health conditions are reflected in the eyes, often in an early reversible stage. An eye doctor experienced in iridology can determine health of organs, systems in the body. See the story of Ignatz Von Peczely, Physician, a man that cured a injured owl and noticed that the owls eyes, iris was altered when the bird was sick, injured and it returned to normal as the birds health healed.

Children - Read/use this books contents only with direction of, supervised by parents and a Bates Method Eye Doctor. Children and adults: do not us the Sunglass and other methods that are for application only by an experienced Bates Method Ophthalmologist. If in doubt about how to apply

a method; ask a Bates Teacher and Bates Method Eye doctor. See 'Better Eyesight Magazine Illustrated with 500 pictures'.

Natural Eyesight Improvement normalizes, corrects the eyes pressure. If a person is taking drugs, eye drops... for Glaucoma, eye pressure or other eye conditions; to lower or raise the pressure; ask your eye doctor's advice first before applying Natural Eyesight Improvement. The drugs strength, amount to take, may need to be changed or the drug may need to be discontinued. The doctor must monitor the eyes pressure as the person practices Natural Eyesight Improvement. Natural Eyesight Improvement also changes the eyes, corneas shape; back to normal, healthy shape. If the eye, cornea, retina has been operated upon, surgery; speak to your eye doctor first before applying Natural Eyesight Improvement to be sure it does not interfere with the surgery. Detached retina surgery... Read the laser cornea surgery articles in this book. I have communicated with Natural Eyesight Improvement Students that had; cataracts, glaucoma, holes, fluid leaking in the eyes retina, retinitis pigmentosa, other conditions and they have only benefited, regained good eye health and clear vision from practicing Natural Eyesight Improvement, The Bates Method and working with a Bates Method Ophthalmologist.

You must have eye exams, check with your doctor before and while practicing Natural Eyesight Improvement and before trying any vitamins, foods... for eye health. READ the Nutrition Chapter.

WARNINGS & DIRECTIONS

(Some sentences in this section are repeated in previous paragraphs. I will combine all when I have the time.)

Natural Eyesight Improvement normalizes the eyes pressure, improves eye health, returns the eye and cornea to normal shape. When the eye changes shape, focus of light rays in the eye changes. When the eye is in normal shape, light rays focus correct, vision is clear.

Avoid wearing contact lenses. Contact lenses cannot be worn before, during, after practicing Natural Eyesight Improvement. The contacts will not fit the eye, cornea as it changes to normal, healthy shape and function with practice of The Bates Method, Natural Eyesight Improvement. Contact lenses can scrape, injure, infect and scar the eyes cornea, eyes, impairing the vision, eyes health. The eye and cornea can and do change shape often, on their own, with or without practice of Natural Eyesight Improvement. Contact lenses are never a perfect fit to the eye.

Eyeglasses; As Natural Eyesight Improvement is practiced, your present eyeglass lens prescription will not fit the eyes improved state of vision; the glasses will become too strong and eyesight through the lenses will be unclear. Eyesight can improve quickly. If glasses are needed, a weaker 20/40 clarity reduced prescription (legal for driving, work...) should be purchased before starting Natural Eyesight Improvement. The first eyeglass prescription and future prescriptions should not be 20/20 or stronger clarity because these strong eyeglasses prevent eyesight improvement. This is explained in the beginning of the book.

If you have any eye condition; glaucoma, cataract, cornea surgery..., check with your Eye Doctor first before practicing Natural Eyesight Improvement. Eye drops, drugs, medicine, medical treatments for eye pressure, other conditions... may need to be changed, reduced, discontinued. Your eye doctor may or may not allow you to practice Natural Eyesight Improvement if there is a eye condition because;

Natural Eyesight Improvement changes the shape of the eye, cornea back to normal, healthy condition. If eye, retina, cornea, cataract... surgery or other treatment has been done to the eyes; check with the Eye Doctor first to be sure the surgery, treatments and Natural Eyesight Improvement do not conflict, interfere with eachother; with the eye shape, state the doctor has fit

the surgery to, with the eye doctor's treatments.

Natural Eyesight Improvement may help the surgery, help the eye to heal or it may work against the surgery because; Natural Eyesight Improvement brings the eye, cornea to normal shape with correct focus of light rays on the retina-but, the surgery, treatment may have been done to place, keep the eye or part of the eye in an abnormal shape, state, along with the abnormal shape, state it was in before the surgery or a new abnormal shape, state or a normal shape, state but with specific conditions. Example; Retina surgery for detached retina or other retina condition done on a eye that has an injury or is abnormally lengthened due to advanced near-sight, or is shortened due to advanced far-sight, many years wearing eyeglasses may act, result differently if the patient practices Natural Eyesight Improvement and returns the eye to normal round shape for distant vision and normal slightly lengthened shape for close vision, all eye parts to normal state, normal eye pressure, fluid, circulation flow, correct focus of light rays... The surgery and Natural Eyesight Improvement may conflict, work against eachother resulting in eye, vision impairment.

If surgery was done for a eye injury or other condition when the eye, cornea, parts were in normal shape and done to keep the eye, cornea, parts in normal shape, then; the doctor may or may not allow Natural Eyesight Improvement to be practiced to help heal, benefit the surgery, eye.

Same warnings, results for eye cornea laser surgery and other cornea, eye surgeries, including cataract lens surgery. The eye or part of the eyes shape, state set by the surgery, (surgery alters the cornea, sometimes lens, other parts of the eye, often changes the eye to an unnatural shape and/or state) will not fit the eyes shape, state if it improves naturally or becomes more impaired after the surgery. Eyesight will become unclear.

If the eyes cornea was treated with laser or other cornea surgery, Natural Eyesight Improvement may help prevent the vision from becoming more impaired but if the eye shape improves too much, beyond the state the surgery was set to, the vision may blur because the improved eye shape will not fit the prescription the surgery etched into the cornea. A balance has to figured out and this is tricky; perfect relaxation, perfect eye shape and the eye won't fit the surgery, but more tension, impairment of the eyes shape and the eye won't fit the surgery. Any pulling on the surgically altered cornea as it tries to adjust to a new eye shape can tear or cause waves... in the cornea because it has been weakened and made unnatural by surgery. I don't know if the cornea can re-grow (like the human skin, liver, parts of the eye...) back to the state, full normal shape it was in before the cornea surgery. If this can happen, then the cornea will become strong again and Natural Eyesight Improvement may help. See the warning in the book chapter on cornea eye surgery.

A bit more explanation of this;

Cataract surgery results are best when the eye doctor keeps the original natural lens in the eye and removes only the cataract (if possible) or; if the entire lens must be removed; results are best if the doctor creates the artificial replacement lens exactly as the eyes natural lens, with the exact normal focus, refraction of light rays that the eyes natural lens produces. This natural type lens is set for a normal eye with normal vision and this will prevent more vision impairment and allow for vision to improve, become clear. This way the person is not trapped with a eyeglass prescription inside the eye for a state of unclear vision, abnormal eye.

Same results, effects for Laser and other cornea eye surgery; avoid it! The surgeries result in a permanent eyeglass prescription for an abnormal eye shape, function, state of unclear vision being placed into the cornea. If the eye, vision tries to improve its function or becomes more impaired; the vision will be unclear due to the prescription placed in the cornea being incorrect for the new eye condition.

Do not do inversion, upside down exercises, trampoline, spinning... as shown in the physical therapy chapter if there is an eye injury, condition, treatment, surgery; detached retina, retina, cataract, cornea

eye surgery, any surgery, medical treatment and some conditions such as injured arteries, veins, capillaries in the eyes, neck, head, brain, body, stroke...

Avoid eye doctors that place an eyeglass lens prescription 'inside the eye' in the cataract replacement lens when replacing, altering the eyes lens during cataract surgery. The patient is then trapped with a permanent eyeglass prescription inside the eye. The implanted artificial eyeglass lens forces the eyes, vision to remain impaired, maintains, increases the strain, tension in the eyes, eye muscles, brain, causes more vision impairment, damages the eyes health, impairs natural light entering the eyes, prevents Natural Eyesight Improvement.

If Natural Eyesight Improvement is practiced or if the eye 'naturally, on its own' tries to return to normal function; the eyes shape, focus of light rays will improve, but now the new correct eye shape, normal focus of light rays will not fit the implanted eyeglass lens; the artificial eyeglass lens in the eye will not be the correct prescription, it will be too strong, cannot work with the improved eye shape, new improved focus of light rays. Unclear vision will occur. (Laser cornea surgery has the same effect; it places, etches a prescription into the cornea.

If the eye muscles become more tense, eye shape more abnormal, light rays more impaired, mental, visual system strain increases (due to the strain the eyeglass lens inside the eyes WILL CAUSE); the vision will become unclear because the eyeglass lens prescription will not fit the increased impaired eye shape, increased abnormal focus of light rays. The prescription will be too weak. The eye doctor will then sell a new eye operation to change the eyeglass lens prescription inside the eye to a stronger prescription. This will further impair the vision, eyes health. If the cornea was altered; the surgery, prescription placed in the cornea cannot be changed, removed.

In either case; if the eyes shape improves or becomes more impaired, a new operation to change the lens prescription in the eye will be performed. Bifocal, astigmatism prescription in the lens increases the vision impairment. All lenses including unequal prescription strength in the left and right eyes cause extreme imbalance in the eyes, eye muscles, visual system, brain, visual cortex, left and right brain hemispheres. All brain functions; memory, imagination, mood, sleep, hormone, chemical production, regulation, nerve signals... are impaired. When the function of the eye, retina, brain is impaired the eyes function of pulling light into the eye, using light and transmitting the light energy to the brain, body is impaired. Eye movement, central fixation and other eye functions are also impaired.

The artificial lens implanted in the eye, with or without an eyeglass prescription in it impairs natural sunlight entering the eyes, causes unbalanced, partial spectrum, unhealthy light to travel into the eyes, brain, body, impairing health of all. An eyeglass prescription or tinted, uv blocking in the lens increases the imbalance of the light. Read the chapter on natural full spectrum, balanced sunlight; it is necessary for good health, clear eyesight.

It is best if the eye doctor does not place an eyeglass prescription in the cataract replacement lens so future operations can be avoided. If the eyes lens during cataract surgery is not altered, not replaced with an eyeglass lens prescription; near-sight, far-sight, astigmatism, bifocal, tinted..., or if the original natural eyeglass lens is not removed, then Natural Eyesight Improvement may be effective, the eyes, vision will have a chance to improve, maintain clear eyesight and help to prevent development of future cataracts, unclear vision. Ask your eye doctor to NOT place any type of eyeglass lens prescription in the cataract replacement lens. Also state that you prefer NOT to have laser surgery performed to create a prescription in the eyes lens or cornea.

When possible, it's best to remove the cataract from the eyes natural lens and keep that original natural eye lens in the eye, no artificial implant. Even better; practice the Bates Method, a healthy diet and avoid wearing eyeglasses to avoid developing unclear vision, cataract. If you have cataract; find a Bates Method Ophthalmologist and use the Bates Method to reverse, cure the cataract naturally without surgery.

People have obtained and maintained clear vision after cataract surgery (without a prescription placed in the lens, eye), unsuccessful eye muscle and other eye surgeries but always check with an

eye doctor, preferably a Bates Method, Natural Eyesight Improvement Ophthalmologist first.

Ophthalmologist William H. Bates books assembled by Clark Night & Clark Night's books, ClearSight Publishing Co. do not contain, advise any un-natural harmful treatments such as;

Plus lens eyeglass method, eye stretching exercises, artificial 3-D fusion repetitive eye exercises (see chapter in book), use of contact lenses, orthokeratology and other methods using contact lenses to force the shape of the eyes cornea to change, bifocals, multi-section, mono-vision lenses, sunglasses, colored, tinted lenses, 20/20 and stronger eyeglasses, laser and other eye cornea surgery, cataract lens surgery containing a eyeglass prescription replacement lens embedded in the eyes and other un-natural methods. These un-natural methods destroy the eyes health and clarity of vision, lead to a variety of eye problems including blindness. They are completely against, opposite of the Bates Method of Natural Eyesight Improvement discovered and taught by Ophthalmologist William H. Bates. No eyeglasses is the best, fastest, safe way to perfect eye health and clear eyesight at all distances close and far.

Plus and Minus Eyeglass Lenses

Avoid the Plus Lens (Anti- Corrective) Eyeglass Method and Other Un-natural Treatments;

Avoid Behavioral Optometrists, teachers, book authors that use the Plus Lens and other un-natural methods. The Plus Lens Method is advertised to change the eyes shape and reverse Myopia. It is a very harmful method that causes cataract, other eye problems, interferes with natural healing, Natural Eyesight Improvement, the eyes and eye muscles normal function. It impairs the eyes health and vision; Plus Lens treatment is not Dr. Bates Method. There are businesses, Authors re-creating Dr. Bates books and adding harmful treatments. Plus Lens businesses, book authors are selling, advising this dangerous method to pilots, children, seniors, all people. Avoid it! People advertising Plus lens and other harmful methods delete comments on their forums, YouTube... posted by people that state the method has impaired their vision. Many of the authors still wear eyeglasses, are addicted to Plus Lenses and have had eye surgeries after using the method.

I have found through research from the present time to back in the early 1900's that people end up using the plus method for years and are still wearing eyeglasses.

Plus lenses (prescribed for close vision) are in some ways opposite the effect of the minus lens (prescribed for distant vision). Persons selling plus lenses state the plus lenses might help a person with very high myopia, extreme unclear vision reverse the addiction, effect of the strong minus lens but; plus lenses also cause extreme vision impairment. Its risky, dangerous, a deceptive crutch that gives a false sense of security, safety. Fooling around with the way the eye muscles work by wearing plus lenses, causes; tension, confusion, dysfunction, imbalance in the eye muscles, brain, left and right brain hemispheres, extreme strain, tension in the eyes, entire visual system, causes presbyopia, farsight, myopia, cataract, glaucoma, detached retina, astigmatism, strabismus, other eye problems, impairs tear production, pupil function, eye pressure, fluid flow and interferes with natural healing. This risk is increased if the person has advanced myopia, presbyopia, strong eyeglasses which always lowers the eyes health. The eye muscles, eyes, visual system is already tense, impaired from wearing eyeglasses. The plus lens method increases this condition, impairment and can result in the eye problems listed in this article.

Wearing any type of eyeglass lens causes tense eye muscles. Tense eye muscles press, pull on the eye, press, pull on, stretch the retina, lens, causing cataract, detached retina, impaired circulation in the eye, broken capillaries, crushed cells... in the eye, lens, retina.

The Plus Lens Method forces a person's eyes that have unclear distant vision and clear or

unclear close vision to look through a blurry incorrect close vision reading eyeglass prescription. This prevents and impairs normal accommodation, convergence, un-accommodation, divergence. It results in unclear close vision and addiction to the plus lenses. Stronger and stronger glasses are prescribed as the vision is further impaired. Close and distant vision become unclear. The plus lens method is dangerous; done by causing a different type of eye muscle tension that results in overall eye muscle tension, dysfunction, abnormal eye shape and other eye problems. Astigmatism often occurs because the eye muscles become out of balance, uncoordinated, in a constant state of tension. (Bifocals and astigmatism lenses maintain and increase all of these problems.)

The 'Plus Lens Method' (close vision, reading glasses) is harmful and using the minus, negative lens (distant vision lenses) is harmful. Replacing the minus lens (which is usually prescribed for unclear distant vision) with another type of harmful eyeglass lens (plus lens-reading glasses) is as destructive as the minus eyeglass lens. Plus lenses and minus lenses impair close and distant vision. All eyeglasses cause eye muscle tension, impair health of the eyes, vision.

Plus lens reading eyeglasses are close vision magnifying glasses. Close vision eyeglass lenses are a main cause of cataract. Many senior citizens, younger people, age 40, all ages that have worn reading glasses for a few years or shorter time develop cataracts, retina health impairment, other eye damage. The eyeglasses quickly impair the eyes health and increase blurred vision at the reading, close distance and eventually far distances.

Different types of eyeglass lenses; Minus, Plus, Astigmatism, Bifocal... cause more impairment, dysfunction, tension in specific eye muscles but always cause dysfunction, tension in all the eye muscles.

All eyeglasses; Plus Lens-close vision, reading glasses, Minus Lens for distant vision, Astigmatism lens, Bifocals, Multi-Section and Mono-Vision lenses, Colored, Tinted lenses, Sunglasses, Contact lenses, Prisms... and other un-natural eyesight treatments impair eye health and the clarity of vision. They cause and progressively increase tension, imbalance, dysfunction in the outer and inner eye muscles, (oblique ciliary, lens, iris...) impair normal accommodation, convergence for close vision and un-accommodation, divergence for distant vision. The eye muscle tension squeezes the eye into an abnormal lengthened, shortened and/or irregular shape and places pressure, tension, stretching, pulling on/in the eye, retina, lens, cornea, iris/pupil, capillaries, fluid, tear vessels, channels, nerves..., causes abnormal eye pressure impairing health of the eyes, clarity of vision. Detached retina and vitreous, glaucoma, cataract, astigmatism, myopia, near-sight, far-sight, presbyopia and many other eye health, vision problems develop. Blood, fluid circulation in the eyes, lens, retina..., eye health and the vision impair fast when eyeglasses are used. Eyeglasses strain, impair and prevent relaxation of the mind, body, eyes, impairs function of the brain, visual cortex, left and right brain hemispheres and their control of, function with the eyes, eye muscles, retina, lens, iris, in-coordinates the eye muscles, eyes, impairs eye muscle function, eye movement, causes left and right brain hemisphere imbalance, impaired memory, imagination, concentration..., causes headache, neck, shoulder tension. All these conditions further impair the vision and can result in crossed, wandering eyes, low, no vision in one or both eyes. Stronger and stronger eyeglasses are prescribed, then bifocals, leading to cataract..., other eye problems, eye surgeries. The 'Plus Lens Method' and other un-natural treatments increase all of these eye problems.

Avoid Natural Eyesight Improvement Teachers that allow students that have unclear close and distant vision to wear their close vision plus eyeglasses for distant vision and their distant vision minus eyeglasses for close vision to save money as their eyesight improves with practice of Natural Eyesight Improvement. This will strain and cause imbalance in the visual system, eye muscles, eyes and their function, communication with the brain, left and right hemispheres. Eyeglasses block all natural, normal eye functions.

Dr. Bates says NO GLASSES is the best, healthiest way to go. When a person contacts me with advanced eye problems; extreme blur, retina condition, cataract, glaucoma, astigmatism...; I tell them they must "Immediately Stop Use of Eyeglasses!" Continuing the eyeglasses, even using weaker reduced 20/40 lenses can advance the eye problem, prevent a cure. Within 1-2 months after stopping eyeglasses they report improvement, even for people that don't use Natural Eyesight Improvement, just discontinuing eyeglasses allows the eyes to function natural, correct 'on their own' and return to good health. Cataracts, Astigmatism, Blindness, Retina holes... have been reversed and cured.

Clear Eyesight Can be Obtained in a Safe Way Without Eyeglasses;

Avoid eyeglasses, use the Bates Method, read fine, microscopic print in the sunlight at close distances the way Ophthalmologist Bates describes to keep the eyes healthy, avoid development of cataracts, glaucoma and other eye problems.

Read fine print in the sunlight without eyeglasses; it changes the eyes shape, focus of light rays to normal for clear close and distant vision in a healthy, safe way. It perfects relaxation, coordination, function of the outer and inner eye muscles. Fine print changes the eyes shape to normal, cures myopia, farsight/presbyopia in this way; Dr. Bates states; When looking close, reading; the outer eye muscles change the eyes shape to round, slightly lengthened for perfect accommodation, focus of light rays on the retina, clear vision. Convergence is also perfect. (Other eye doctors state the lens also changes shape.) This action will help an abnormally, progressively lengthened eye shape that causes myopia, unclear distant vision to change to the normal, healthy round shape it needs to be in for correct focus of light rays on the retina, clear distant vision. Divergence also is perfect. When looking to the distance from the close fine print, in a state of relaxation (which the fine print induces when read correct with shifting, central fixation) the eye tends to change from slightly lengthened for reading up close to perfect round for distance. The lens also functions correct.

Go out into the sunlight without eyeglasses, sunglasses and use the eyes relaxed, correct; practice 'shifting', natural eye movement, central-fixation and switching on objects at close, middle and far distances. Practice relaxation of the mind, body, eyes-deep and dynamic relaxation, palming, abdominal relaxed deep breathing, improve the memory, imagination. Eat right, good nutrition. All these healthy practices will relax and return all the eye muscles; outer and inner; oblique, recti, ciliary, iris, tear gland... to normal function with correct eye shape and clear vision at all distances. Healthy eyes without dangerous side effects. This is the natural, safe alternative to using minus or plus eyeglasses, bifocal...

The True Bates Method of Natural Eyesight Improvement brings clear vision and healthy eyes without use of eyeglasses. Bates Method students can use a series of weaker and weaker, reduced 20/40 eyeglass lenses, only if needed for driving, safety at work... until the vision reaches a safe level of clarity to permanently stop use of eyeglasses. Example; a person with unclear distant vision wearing a strong minus lens can wear weaker and weaker 20/40 reduced strength clarity minus eyeglass lenses as they practice Natural Eyesight Improvement and the vision improves, reverses back to clear through levels of clarity; this allows the eye muscles, visual system some relaxation and ability to reverse back to perfect clarity, complete relaxation. Eyeglasses are permanently discontinued. (As stated previously; if the vision is progressively impaired, danger of imperfect eye health; it is best to stop use of all eyeglasses, strong and weaker, to prevent sudden onset of cataract, detached retina, other eye problems. Stop work, driving and other actions requiring clear vision, safety while you take time out to improve your vision without glasses. It's a hard decision, but consider the alternative of staying with glasses and risking eye impairment.

Pilots and others required to have 20/20 vision cannot wear reduced 20/40 lenses when flying... but they can wear them with practice of the Bates Method to achieve 20/20 without glasses, then pass the eye exam, legal to fly.

When possible NO GLASSES is best way to go, fastest way to improve the vision. Stay safe and

healthy; Avoid eyeglasses. Let the eyes go natural, complete relaxation and see clearer than 20/20 with The Bates Method of Natural Eyesight Improvement. It's the original Natural Vision Course used successfully by the Military, Air Force Pilots in World War Two and present time.

The Bates method alone is enough and is safe, natural. Dr Bates books and his 132 Issues of 'Better Eyesight Magazine' containing the cures for myopia, presbyopia, astigmatism... is all a person needs to gain clear eyesight and healthy eyes. They are free on the internet and in the E-books.

Most people only need to stop wearing glasses and to learn basic shifting, central-fixation, natural eye movement and relaxation. When eyeglasses are removed, the eyes, eye muscles, brain return to normal function, apply Natural Eyesight Improvement automatically, on their own reversing, returning the eyesight to perfect clarity. Eyeglasses prevent this natural correction.

People, doctors selling unnatural eye treatments try to discredit Dr. Bates, hide his work. Most all Optometry, Ophthalmology books, articles, colleges, eye doctors will not state this truth because they are in the business of selling eyeglasses, eye surgery and drugs. Only Dr. Bates and a few honest old and modern natural ophthalmologists, optometrists have stated the truth about the harm that all eyeglasses cause and will teach their patients the Bates Method.

Read the two chapters in the beginning of the main book describing the eye muscles, what causes eye muscle tension, abnormal eye shape and learn more about the un-natural methods, eyeglasses to avoid and how to achieve freedom from eyeglasses.

Eye surgery, treatments for an eye injury, certain conditions are necessary. Always check with your eye doctor and find a True Bates Method Ophthalmologist. They are hard to find, but do exist and are growing in number as natural health cures, the truth is available to the public.

Many eye conditions are caused by mal-nutrition, poor posture and physical, emotional, mental stress and strain. Eyeglasses maintain this, prevent a cure on all levels. People have re-gained clear vision by remembering and releasing painful memories, experiences, trauma from their childhood and other times. Natural Vision Improvement and stopping use of eyeglasses can uncover, release the negative emotions, stress. Do not worry about facing this. Encounter it and release the pain. Replace it with positive thoughts, emotions, ways of thinking about the experience. If you are in a destructive environment, find a way to gain your freedom, protect yourself from negative, abusive people. EFT, deep relaxation techniques to improve the mind by Gary Craig and Robert Monroe are of great benefit. <http://www.emofree.com> <http://www.monroeinstitute.org> This is described in the book.

Family, friends, teachers might try to discourage your practice. Not all, but some may try to work against your practice, discourage you. This can be due to their being forced by the eye doctors to believe only the doctors advice, which is usually eyeglasses, surgery, drugs or due to being afraid of a new method, not wanting to learn or being jealous of your being able to cure yourself; it is empowering and they may fear losing control over you, the family, circle of friends and the old way of life. Don't be discouraged. You have millions of other successful Bates Method practitioners, students to communicate and grow with. Read the history books and research the true history books that are hidden, not provided by schools, colleges. Many scientists, doctors are shunned by society, their discoveries, theories, proven facts ignored, destroyed and hidden. Years later usually after her/his death the scientist's work is accepted and the world is benefited.

Discoveries for disease, cancer cures, better power sources, gasoline free cars... have been hidden by business competitors. The inventor is paid to not publish, sell the invention, cure. If he/she does not comply, this inventor disappears, mysteriously dies or is falsely imprisoned.

Dr. Bates and the doctors, people he trained to be Natural Eyesight Improvement teachers had this problem. Eye surgeons, doctors, businesses selling eyeglasses tried to hide Dr. Bates work, prevent him from teaching and threatened his trained teachers.

The Bates Method should be taught in schools, colleges for children and adults to prevent eye problems, preserve knowledge of the method for future generations.

<http://cleareyesight-batesmethod.info/id148.html>

Do not wear contact lenses. The eyes, cornea's shape change often, on its own and more as Natural Eyesight Improvement relaxes the eye muscles and returns the eye, cornea to normal healthy shape. The contacts will not fit, can easily scrape, infect, scar and injure the cornea and eye. They block eyesight improvement, blinking, nutrient, oxygen... flow and cause astigmatism. The contact lens solutions, eyedrops are toxic and impair normal tear production.

Do not practice Natural Eyesight Improvement if the eyes have had cornea eye laser or other cornea surgery or any eye surgery including implants, treatments, drugs for glaucoma, other conditions, retina condition, retina or vitreous detachment, cataract surgery... Ask your eye doctor and Natural Vision teacher FIRST; obtain their assessment, an eye exam and permission before practicing. **Warning;** Natural Eyesight Improvement might not be beneficial, might cause unclear vision if the eyes had cataract surgery with an artificial replacement lens with a eyeglass lens prescription (myopia, presbyopia, astigmatism, bifocal...) implanted in the eyes. It's like wearing eyeglasses, a prescription that cannot be changed. Avoid Natural Vision teachers that do not warn you about these conditions. If they don't warn; they only want your money, do not respect your safety. Entire information is in the PDFs, Books, Copyright page and here.

Cataract surgery results are best when the eye doctor keeps the original natural lens in the eye and removes only the cataract (if possible) or; if the entire lens must be removed; results are best if the doctor creates the artificial replacement lens exactly as the eyes natural lens, with the exact normal focus, refraction of light rays that the eyes natural lens produces. This natural type lens is set for a normal eye with normal clear vision. Set to distance, un-accommodated. This will prevent vision impairment and if needed, allow for vision to improve, become clear with practice of Natural Eyesight Improvement. This way the person is not trapped with a eyeglass prescription inside the eye for a state of unclear vision, (myopia, presbyopia., abnormal eye shape). But; the artificial lens cannot bend to accommodate for clear close vision so eyeglasses are usually prescribed for close distances. But; Dr. Bates says the eyes lengthen to accommodate so glasses might not be needed. Doctors are working on an artificial lens that bends, accommodates for clear close vision. It returns to normal shape when looking to the distance for clear far vision, 'same as a natural eyes lens'. In the old days the doctor would replace the cataract lens with a real healthy human eye lens from an organ donor. This or the artificial bending lens is best, if all goes right; the lens is intact, attached to the ciliary muscle, everything connected correct so the lens bends normally for perfect accommodation-clear close vision and un-accommodation-clear far vision. This way no eyeglasses are needed for any distance. Needs a skilled surgeon.

Same results, effects for laser and other cornea eye surgery and implants; avoid it! The surgeries result in a permanent eyeglass prescription for an abnormal eye shape, function, refraction, state of unclear vision being placed into the cornea, eye or lens. If the eye, vision tries to improve it's function or becomes more impaired; the vision will be unclear due to the prescription placed in the cornea, eye, lens being incorrect for the new eye, vision condition. Like looking through the wrong strength of eyeglass lens. Another surgery 'might' be successful to change the lens but its risky. More surgery on the cornea can cause blindness.

Some Natural Eyesight practice might help after the cornea, eye has been altered with a prescription but it's tricky and the cornea can distort, develop waves.

Natural Eyesight Improvement gets the lens and eye moving. Not just shifting, converging., I mean the eye lengthening and lens changing shape, then back to original shape. The eye muscles relax and improve movement, coordination. This improves circulation and many other eye

functions. 'When, if Natural Eyesight practice can be done' must also be considered if the eye, lens, retina, cornea... is still healing from surgery. Sometimes the patient has to wait until healing is complete or at a certain level so the eyes, lens... stay intact as they move, perfect circulation... is restored. In some cases Natural Eyesight practice improves healing. Other times we must wait until the doctors gives permission to practice. Sometimes only certain practices are done, then as more healing occurs, all can be applied.

Remember to always check with your Eye Doctor and Medical Doctor for a complete Eye and Health Exam before practicing Natural Eyesight Improvement. Tell them you plan to apply Natural Eyesight Improvement and that it will normalize eye pressure, circulation and all states. Glaucoma and other medicines may need to be monitored, lowered... by the doctor as the vision, eyes return to normal health, condition. Continuing to wear glasses will maintain, return the eye problems. Glaucoma, cataract, retina problems, other eye conditions... 'cured' can return if glasses are worn. Glasses often are the main cause of these eye-vision problems. Glasses must be discontinued. See the books for safety at work, driving... reducing, discontinuing your prescription safe and legal.

Do not apply Physical Therapy and other exercises, anti-gravity, trampoline, inversion... if you have a detached retina, stroke, other eye, medical conditions. Do not practice if you have had cornea surgery or any eye surgery, treatment. Ear operations, treatments might be included in this list. Check with a Eye Doctor first. A Bates Method Behavioral Ophthalmologist is best.

If eye muscle surgery was performed, contact a eye doctor before practicing Natural Eyesight Improvement.

In no way, form is this training a substitute for an Eye Doctor, Medical Doctor's advice, direction. This website, books, Skype, phone, e-mail and in person training is not for diagnosing, treatment, cure, prevention of any eye, medical disease, condition. Always obtain direction from a medical, eye professional for any vision, eye, medical state.

Always contact your Eye Doctor and Medical Doctor for a complete Eye, Vision and Health Exam before practicing Natural Eyesight Improvement. For eyes; a Bates Method Behavioral Ophthalmologist is best. Sometimes a Bates Method Optometrist. Tell the doctors you plan to apply Natural Eyesight Improvement and that it will normalize eye pressure, eye, head, brain circulation and change 'return' the entire eye, cornea, lens, retina... to normal shape and function. Eye, lens, eye muscle movement will change 'improve'. The switching close and far and some other practices activate a lot of eye, lens and inner, outer eye muscle movement and changing of the eye, lens, corneas' shape as the person looks to various distances, relaxes... If there is any eye problem, surgery..., eye conditions will need to be monitored; Glaucoma drugs and other eye medicine, eye treatments need to be scrutinized, possibly altered... by the eye doctor as the vision, eyes return to normal health, condition with practice of Natural Eyesight Improvement. Eyeglasses need to be reduced in strength and omitted as soon as possible 'when driving, work... can be done safely without them'. Do not wear contact lenses! They won't fit the changing eye/cornea shape. Wearing them can result in the contacts injuring the cornea. See Directions and e-books for entire information, pictures. Give the eye doctor this page and the E-books download page so he/she may read the Directions, Warnings, Disclaimer..., learn the Bates Method and decide when, if the patient/student may practice.

The following information repeats some of the directions on this website. It will all be combined in the future. It is good to read again, remember it.

For entire directions, see page; <http://cleareyesight-batesmethod.info/id148.html> and <http://cleareyesight-batesmethod.info/id110.html>

Do not apply physical therapy and other exercises, anti-gravity, inversion, trampoline... if you have or are healing from a detached retina, vitreous, any retina, vitreous, eye condition, blood... vessel condition in the retina, eye, if the eyes had cornea, lens surgery, any eye surgery-treatment, other eye, medical conditions, stroke, brain vessel-artery condition, brain surgery or other brain condition. Certain eyesight activities, 'switching'... activate more eye, lens, eye muscle movement.

The retina's shape, state can also change as it returns to normal shape, position with the eye. Check with an eye and medical doctor first.

Read the entire Directions, Warnings PDF's and webpages describing how the eyesight can become unclear if the eyes-vision improves due to practice of Natural Eyesight Improvement, but the eyes contain an artificial lens implant with an eyeglass prescription for myopia, presbyopia, any unnatural prescription placed in it due to cataract surgery; The implanted lens acts like an incorrect, 'too strong' eyeglass prescription. The eye won't be able to see clearly through the artificial surgically created lens prescription in the eye. Vision becomes unclear.

Even if the artificial lens prescription is normal, is set as the natural eyes, lens' focus 'no myopia, presbyopia... prescription'; most doctors set it for only one distance; close or far. The lens cannot move-adjust for the other distance it is not set for. It's not as the natural eyes, lens' focus-refraction, function for every close and far distance. The eye won't be able to see clearly through the artificial surgically created lens at the distance the lens cannot adjust to, is not set for. Doctors are working on creating a artificial cataract replacement lens, with no artificial prescription, that bends-adjusts for perfect refraction of light rays, accommodation, un-accommodation for every close and far distance the same as the natural human eye, lens does. Until that occurs; If a replacement lens is needed, the best choice is possibly;

#1 - Best. A real human lens from a healthy donor, healthy eye. The doctor applies no artificial myopia, presbyopia... prescription. Lens is attached into the eye naturally so it can adjust; accommodate, un-accommodate to all distances. Eyesight is clear close and far. This is healthier than an artificial lens which contains toxic substances, plastics...

#2 - A artificial lens attached naturally and set to un-accommodation; for distant vision, as the normal eye-lens is set when looking to the distance. Lens has a natural refraction, 'no myopia, presbyopia... prescription'. With this lens the person can use eyeglasses at the close distance the lens is not set for, cannot accommodate for, But; the eyes may not need eyeglasses because; Dr. Bates states the eyeball can accommodate without the lens for clear close vision by lengthening as a camera does, due to action of the outer oblique eye muscles. This will compensate for the un-accommodated lens. #2 is not perfect and vision may not be completely perfect at all distances as can be in #1.

Also; for #1 and #2 - By not placing an artificial, unnatural prescription (myopia, presbyopia...) in the lens; the person can practice Natural Eyesight Improvement. The lens will not act as a too strong eyeglass prescription as the vision improves. (Practicing Natural Eyesight Improvement, avoiding eyeglasses can prevent cataract and surgery.)

(Also avoid bifocal, multi section... lens prescriptions.)

(Warnings about unnatural prescriptions also pertain to cornea surgery. Lasik... and implants in the cornea, eye places a permanent unnatural prescription in the eyes, cornea.)

Training, books are solely educational information and is NOT any form of medical, optical, ophthalmologist, optometry or mental health advice, treatment, therapy, training, psychology, religion. It is not meant to determine function of the eyes, body, mind, not to diagnose, prescribe, treat for any condition. Contact your eye doctor and medical doctors for these services. In no way, form are the websites, books, videos, training a substitute for an Eye Doctor, Ophthalmologist's, Medical Doctor's advice, direction. It is not for diagnosing, treatment, cure, prevention of any eye, medical disease, condition. Always obtain direction, care from a medical, eye professional for any eye, medical state. The student, book-website reader consents that he/she does not have a personal or professional, business connection, relationship with the author, teacher Clark Night, Mary I. Oliver. Along with cooperation with the eye, medical doctors; the reader, student of Clark Night, Mary I. Oliver, William H. Bates, ClearSight Publishing Co. books, websites, videos, Skype, Google, phone, e-mail and in person training is solely responsible for the decision to practice or not practice, to understand, apply correct or not understand the Natural Eyesight Improvement training provided.

Warning; A chiropractor has been making videos, slide-shows using natural vision teachers book pages, pictures without permission. He teaches Natural Eyesight Improvement and that's great, he needs more training, study in the subject but mainly teaches it very well, but; he is also using this to advise, sell chiropractic neck... treatments. I do not endorse this! He has read my book, he knows I have a chapter stating how chiropractors injured my neck, caused vertigo, many health problems for 2 years and I still have balance problems to this day and will not have any more chiropractic treatments! Read the warning in my book (free on Google books), about the risks, stroke, vision, hearing... impairment that chiropractic caused. See the chapter on 'the Path of Light Rays in the Eyes, brain...' Most chiropractors hide this truth. I do not allow anyone, doctors, chiropractors... to use my books, pictures... to sell their medical treatments. No, you may not give my book free or sell it as a way to convince people to have chiropractic and other dangerous medical treatments. My lawyer, publisher states I cannot place the name of the chiropractor or his videos on this website or in my book or he might sue me. See all videos telling the truth about the dangers of chiropractic on this YouTube channel ; <http://www.youtube.com/watch?v=oGcxvH6JA7o>

All our paperback books are free on the website in PDF e-book. They contain, teach more information, practices. Web pages and books show how to reduce your eyeglass prescription and become free of eyeglasses. Pictures, directions for eyeglasses to avoid, how to use correct posture with and without glasses and more. Complete directions for finding your P.D. and other prescription information will be placed in this PDF in the future.

There is more to be added to this PDF. How to do sunning correct, safe, avoid scotomas, how sunglasses, colored, tinted lenses impair the vision, health and other topics. I hope to get it all out to the public by the end of 2015. Then retire! Just teach for free and have a beer!

Iblindness.org is my favorite Forum and I thank David for allowing me to post this PDF and link to 'h cb \]g: cfi a . It's very difficult to keep track of every post on a forum, group every hour of the day and night i b`Ygg'dcgg'UFY`Zfgh'Uddfcj YX. This PDF gives the public an option, full disclosure, side effects of all the different methods"

Even the Bates Method Wb`dfcXi W side effects; they are called; 'healing crisis' and are a positive, healthy sign of improvement in the eyes health and vision. Contact me if you have questions at; mclearsight@aol.com

Note; This PDF is also placed here on my website below. Be aware that the Plus Lens and a few other teachers do not like me because I teach for free, provide free books. They have caused much trouble over the past 5 years. Some have hacked my computer trying to delete Dr. Bates Better Eyesight Magazines, my Amazon account, reviews and bookstores. Others, 3 from the Forums, groups write 1 star reviews of my books to retailate if I disagree on a subject. They might try to alter this PDF and my e-books and post them on other websites. For this reason it is best to obtain this PDF, all our E-books from my website.

This prevents contact with PDF's that have been altered by 'the bad guys'.

Clark Night www.cleareyesight-batesmethod.info