## Steps to order a reduced, weaker 20/40 minus eyeglass prescription for myopia, 'unclear far eyesight';

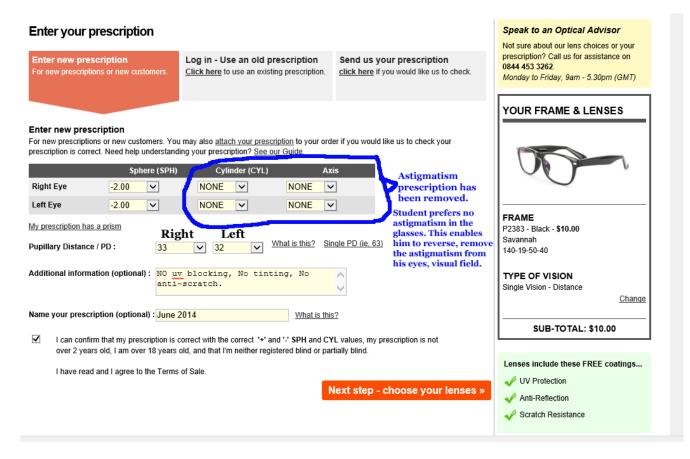
http://www.selectspecs.com Click the glasses tab on top.

You are here; <u>http://www.selectspecs.com/Glasses/Prescription</u> Click budget. I clicked the \$10.00 option. Click customize and buy.

Now you are here; <u>http://www.selectspecs.com/prescription/select\_use</u> Click Single Vision and Distance.

Now you are here; <u>http://www.selectspecs.com/prescription/prescriptions</u> Fill your prescription and PD... as I did in this picture, but set your OWN numbers;

This is just an example. This student is going down from -3.50 which is now *much too strong* because his eyesight improved. Your prescription will be specific for your level of clarity.



For PD; If the doctor has given a different PD for each eye; select *I have a dual PD*. Then fill in the right and left eye's PD. Right is filled first even though they have the box on the left side; that box is for the right PD. I labeled this in the picture to avoid confusion.

Now click; Next Step, Choose Your Lenses;

Now you are here; http://www.selectspecs.com/prescription/lenses/ Click select and continue.

Now you are here; <u>http://www.selectspecs.com/prescription/tint/</u> Select; No thanks, clear lenses only.

(**Remember**; on this page and all pages; DO NOT choose tinting, transitions, UV.) You want the glass to be as close to plain window glass as possible to get as much natural light as possible.

Some opticians sell full spectrum light transmitting lenses. That's good, it means the lens allows the full spectrum of light to enter though the eyeglass. It's still not perfect as when no glasses are worn but it's the next best thing.

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V Coating 🔽	Anti-Kerlection	Scratch Ke	sistance	See ]	picture	e below;					
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	Fina	ally, confirm you	ır Savannah gl	asses a	re corre	ect.					
Savannah P238	<u>Savannah P2383 - Black - \$10.00</u>				Lens Options & Prescription						
Colour			Type of	/ision	Single Vis	ion - Distance			Change this		
Size	140-19-50-40		Lenses		Standard	- 1.50 Index		\$0.00	Change this		
	Complete with FREE Standard Cas	se and Cleaning Cloth	Sun Len	\$	Clear			\$0.00	Change this		
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I do not wear glasses so it's best to *also talk to the customer service person* and your eye doctor. Each person's starting point, level of improvement, eyeglass strength reduction (to see the 20/40 line on the eyechart clear) is specific to their condition. You must do some math to figure a perfect 20/40 reduction. Working with an eye doctor is best but many will not teach The Bates Method and will not help you reduce the prescription. In this case you might need to try about 2 different reductions to get it right. Standing at 20 feet; eyechart lines below the 20/40 line *when wearing the glasses* must be less clear. When they start to be seen clear through the eyeglasses 'before the 20 line is clear'; it's time for another prescription reduction.

Some people immediately, permanently stop use of glasses no matter how burry their eyesight is. Others wear glasses temporarily only for driving, work... and need to learn how to buy, use reduced weaker prescriptions. When the sight is 20/40 - 20/50 without glasses you can stop use of glasses. (Except for driving, safety until the sight is clear to drive, work... safe and legal without glasses.) Eyesight improves faster, easier when glasses are avoided.

For close-reading eyesight; the plus lens prescription is reduced, made weaker and weaker.

## Learn Natural Eyesight Improvement Here;

http://cleareyesight-batesmethod.info

http://www.cleareyesight.info/naturalvisionimprovementoriginalandmodernbatesmethod

http://www.amazon.com/William-H.-Bates/e/B004H9DOBC/ref=ntt\_athr\_dp\_pel\_pop\_1

http://www.amazon.com/Clark-Night/e/B004HU1MNS/ref=dp\_byline\_cont\_pop\_book\_1

http://books.google.com/books?id=rBfTYaQFpLcC&printsec=frontcover&dq=editions:CaFTiH8yQvkC&hl=en&s a=X&ei=nW2TU-j9Eoeg8QHe2IC4AQ&ved=0CCsQ6AEwAQ#v=onepage&q&f=false

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