

Avoid the *Plus Lens - Anti-Corrective* Eyeglass Method

**This *Unnatural Method* causes;
cataract, broken blood vessels, bleeding in the
eyes retina, detached retina, presbyopia,
2 forms of myopia, astigmatism, headache, eye
floaters and other eye-vision problems.**

**This harmful method is being pushed
on children, pilots, seniors, everyone.**

It is NOT The Bates Method.

**This is a temporary PDF. The new one will
have a longer video embedded from YouTube.**

**In process of learning how to embed videos
into all our E-book training chapters.**

STRONG EYEGASSES = VISION IMPAIRMENT VERSES REDUCED, WEAKER LENSES = VISION IMPROVEMENT

WHAT GLASSES DO TO US

By W. H. BATES, M. D.

On a tomb in the Church of Santa Maria Maggiore in Florence was found the following inscription: "Here lies Salvino degli Armati, Inventor of Spectacles. May God pardon him his sins."

The Florentines were doubtless mistaken in supposing that their fellow citizen was the inventor of the lenses now so commonly worn to correct errors of refraction. There has been much discussion as to the origin of these devices, but they are generally believed to have been known at a period much earlier than that of Salvino degli Armati. The Romans at least must have known something of the art of supplementing the powers of the eye, for Pliny tells us that Nero used to watch the games in the Coliseum through a concave gem set in a ring for that purpose. If, however, his contemporaries believed that Salvino of the Armati was the first to produce these aids to vision, they might well pray for the pardon of his sins; for while it is true that eyeglasses have brought to some people improved vision and relief from pain and discomfort, they have been to others simply an added torture, they always do more or less harm, and at their best they never improve the vision to normal.

That glasses cannot improve the sight to normal can be very simply demonstrated by looking at any color through a strong convex or concave glass. It will be noted that the color is always less intense than when seen with the naked eye; and since the perception of form depends upon the perception of color, it follows that both color and form must be less distinctly seen with glasses than without them. Even plane glass lowers the vision both for color and form, as everyone knows who has ever looked out of a window.

That glasses must injure the eye is evident from the fact that one cannot see through them unless one produces the degree of refractive error which they are designed to correct. But refractive errors, in the eye which is left to itself, are never constant. If one secures good vision by the aid of concave, or convex, or astigmatic lenses, therefore, it means that one is maintaining constantly a degree of refractive error which otherwise would not be maintained constantly. It is only to be expected that this should make the conditions worse, and it is a matter of common experience that it does. After people once begin to wear glasses their strength, in most cases, has to be steadily increased in order to maintain the degree of visual acuity secured by the aid of the first pair.

That the human eye resents glasses is a fact which no one would attempt to deny. Every oculist knows that patients have to "get used" to them, and that sometimes they never succeed in doing so. Patients with high degrees of myopia and hypermetropia have great difficulty in accustoming themselves to the full correction, and often are never able to do so. The strong concave glasses required by myopes of high degree make all objects seem much smaller than they really are while convex glasses enlarge them. These are unpleasantnesses that cannot be overcome. Patients with high degrees of astigmatism suffer some very disagreeable sensations when they first put on glasses, for which reason they are warned by one of the Conservation of Vision leaflets published by the Council on Health and Public Instruction of the American Medical Association to "get used to them at home before venturing where a misstep might cause a serious accident."

All glasses contract the field of vision to a greater or less degree. Even with very weak glasses patients are unable to see distinctly unless they look through the center of the lenses, with the frames at right angles to the line of vision; and not only is their vision lowered if they fail to do this, but annoying nervous symptoms, such as dizziness and headache, are sometimes produced. Therefore they are unable to turn their eyes freely in different directions. It is true that glasses are now ground in such a way that it is theoretically possible to look through them at any angle, but practically they seldom accomplish the desired result.

This Article from Ophthalmologist Bates 'Better Eyesight Magazine' July 1920.

Eyeglasses, contact lenses change the focus of light rays entering the abnormally shaped eye to bring the focus of light rays onto the retina resulting in clearer but not perfect vision through the eyeglass lenses. Eyeglasses, contacts do not improve the shape, function and health of the eye.

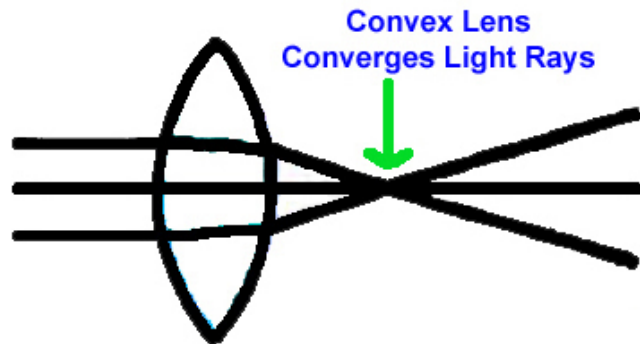
Eyeglasses, contact lenses cause and increase eye muscle tension, dysfunction, impairment of the shape, function, health of the eyes and clarity of vision.

+Plus and -Minus Eyeglass Lenses

Avoid the Plus Lens (Anti-Corrective) Eyeglass Method and Other Un-Natural, Harmful Practices

(This PDF booklet exposes a very destructive eyesight method being sold by unnatural teachers, eye surgeons posing as Bates Method teachers)

Refraction Of Light Rays by the Plus and Minus Eyeglass Lens;



All eyeglasses produce unnatural focus of light in the eyes. This causes tension, strain and progressive vision impairment.

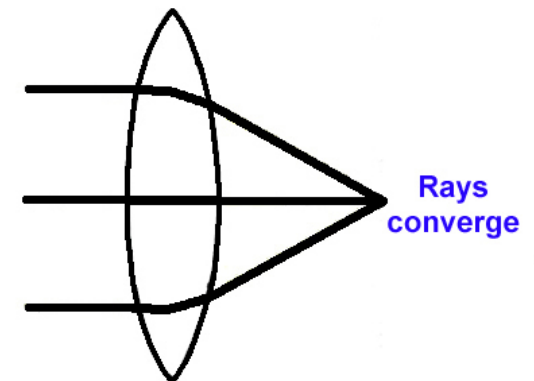
The concave () lens acts differently than the plus () lens. It produces a *Virtual Image*, A virtual point of focus in front of the lens. It produces an effect of light rays focusing to a point away from the lens, farther into the eye to focus onto the retina.

See dictionary description and other pictures of the concave focus in this PDF;

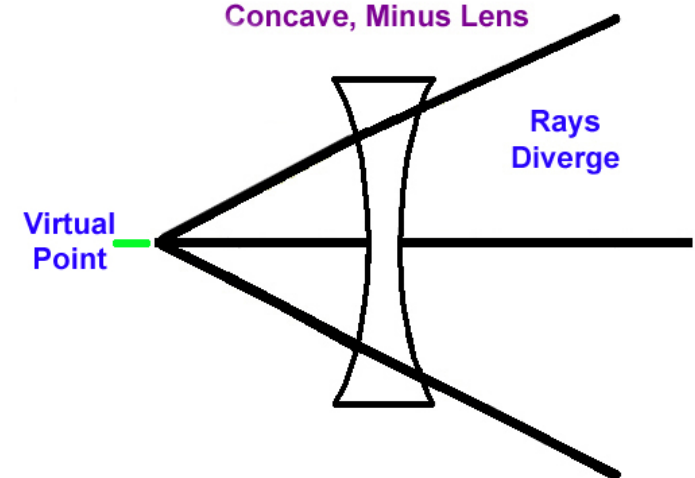
Virtual Image;

An optical image formed by the apparent divergence of rays from a point, rather than their actual divergence from a point. A reflected optical image (as seen in a plane mirror), Reflection - the phenomenon of a propagating wave (light or sound) being thrown back from a surface. Noting an image formed by the apparent convergence of rays geometrically, but not actually, prolonged, as the image formed by a mirror (opposed to real).

Convex, Plus Lens



Concave, Minus Lens



The Plus + (convex, converging >) lens focuses light rays onto the retina in the abnormally shortened eye. The glasses cause all the eye muscles; outer oblique, recti and inner ciliary, iris-pupil... to become tense. Stronger and stronger 'addictive' plus prescriptions shorten the eye, focus the rays closer and closer to the eyeglass lens, before the retina forcing the recti muscles to become more tense, pull on the eye, force the eye to progressively shorten to match the focus of the stronger plus lens rays.

The Minus - (concave, diverging <) lens focuses light rays onto the retina in the abnormally lengthened eye. The glasses cause all the eye muscles; outer oblique, recti and inner ciliary, iris-pupil... to become tense. Stronger and stronger 'addictive' minus prescriptions lengthen the eye, focus the rays farther and farther beyond the retina forcing the oblique muscles to become more tense, press on the eye, force the eye to progressively lengthen to match the focus of the stronger minus lens rays.

(The minus's virtual point of focus is in front of the minus lens but the effect is to move the lights rays beyond the eyeglass lens, into the eye toward-onto the retina.)

Plus Lens Reading Eyeglasses Are Close Vision Magnifying Glasses

The Plus lens (prescribed for close vision) is opposite the effect of the minus lens (prescribed for distant vision). The 'Plus Lens Method' (wearing positive, 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 and produces more unhealthy effects.

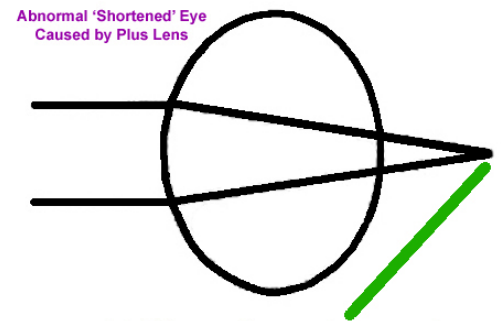
Function of the PLUS Lens



A positive, + plus eyeglass lens for close vision causes increased eye muscle tension and abnormal shortening of the eye. Result: increased close and distant vision impairment, detached retina, macular degeneration, glaucoma, cataracts, astigmatism... and other eye-vision problems. Avoid all forms of eyeglass lenses. Use the Bates Method for healthy eyes, clear natural eyesight.

+Plus Lens; A Positive - Convex Converging Lens - Converges light rays to a focus behind the eyeglass lens. A Magnifier, lens curves outward, makes objects appear bigger (is a magnifying glass), close vision, reading glasses. Prescribed for; Farsight, (Hyperopia) Unclear Close Vision and Presbyopia (Unclear Close Reading Vision).

Unclear Close Vision, Farsight, Presbyopia and in Advanced Cases; Myopia



Light rays focus incorrect past-beyond the retina

The Plus + (convex, converging) lens focuses light rays onto the retina in the abnormally shortened eye. Stronger and stronger 'addictive' plus prescriptions shorten the eye, focus the rays closer and closer to the eyeglass lens, before the retina forcing the recti muscles to become tense, pull on the eye, force the eye to progressively shorten to match the focus of the stronger plus lens rays.

FARSIGHTED & PRESBYOPIA - UNCLEAR CLOSE VISION

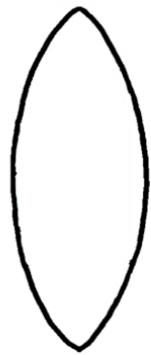
Progressively shortened eye due to wearing stronger and stronger + plus lens eyeglasses. Light rays focus farther and farther beyond, 'past' the retina.

A stronger plus lens focuses the rays back onto the retina in the shortened eye. This increases tension, shorting of the eye.

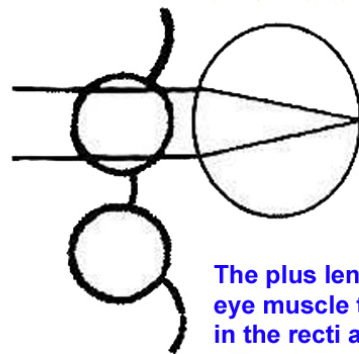


LIGHT RAYS FOCUS INCORRECT BEYOND THE RETINA

+Plus Converging Lens

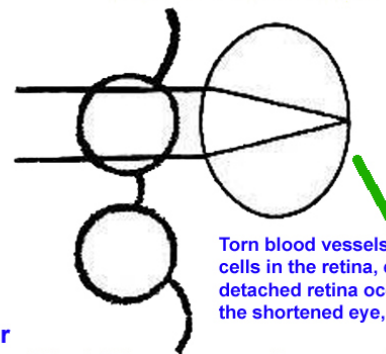


+ Plus Eyeglass LENSES PRESCRIBED



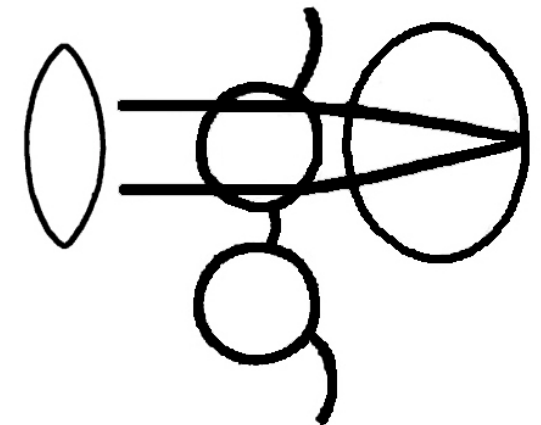
A progressively shortened eye shape caused by the plus lens causes another form of Myopia.

MUCH STRONGER LENSES PRESCRIBED



Torn blood vessels, capillaries, cells in the retina, eye and detached retina occur from the shortened eye, eye tension.

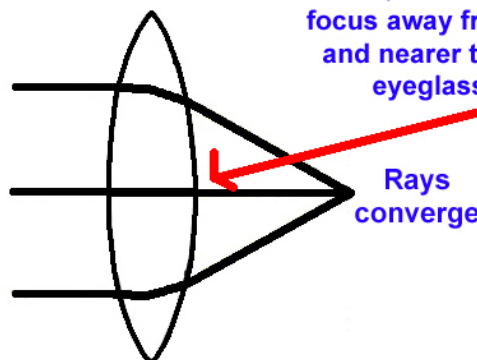
The plus lens increases outer eye muscle tension, especially in the recti and freezes the inner ciliary lens muscle and lens immobile. This causes an increased blur and shortening of the eye resulting in stronger plus prescriptions. Blocked circulation in the lens and lack of movement causes cataract.



+Plus eyeglass lens prescriptions are used to pull the light rays closer and closer to the eyeglass lens in order to focus the rays on the retina in the eye that is progressively shortened by the stronger and stronger plus lens.

The stronger the plus lens is; the closer the light rays focus to the eyeglass lens and away from the retina. The eye must abnormally shorten by action of the recti muscles pulling the eye short to meet the plus lens rays.

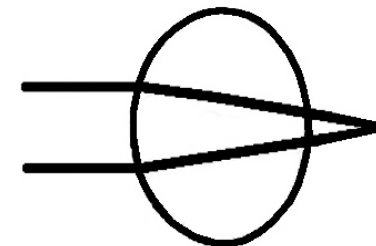
Convex, Plus Lens



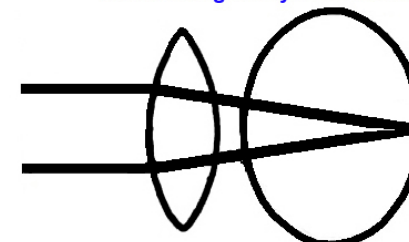
The stronger the plus lens is, the more the rays focus away from the eye and nearer to the plus eyeglass lens.

Rays converge

Farsight - Shortened Eye Light Rays Focus Unclear, After the Retina



Plus Convex Lens Focuses Light Rays Onto the Retina



Function of the MINUS Lens

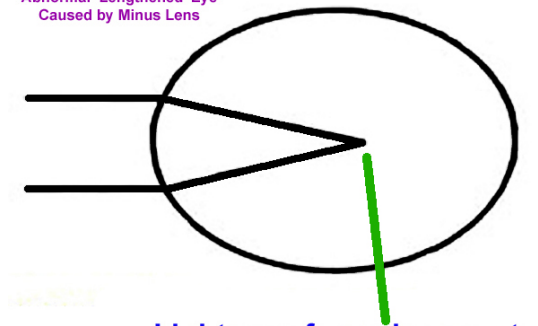


A negative, - minus eyeglass lens for distant vision causes increased eye muscle tension and abnormal lengthening of the eye. Result; increased distant and close vision impairment, detached retina, macular degeneration, glaucoma, cataracts, astigmatism... and other eye-vision problems.

-Minus Lens; A Negative, Concave Diverging Lens. Focuses light rays to a virtual point in front of the eyeglass lens. Effect; rays move farther away from the eyeglass lens, toward-onto the retina - Lens curves inward, makes objects appear smaller - Prescribed for; Myopia, Nearsight (Unclear Distant 'Far' Vision).

Unclear Distant Vision, Myopia and in Advanced Cases; Farsight 'Unclear Close Vision'

Abnormal 'Lengthened' Eye Caused by Minus Lens

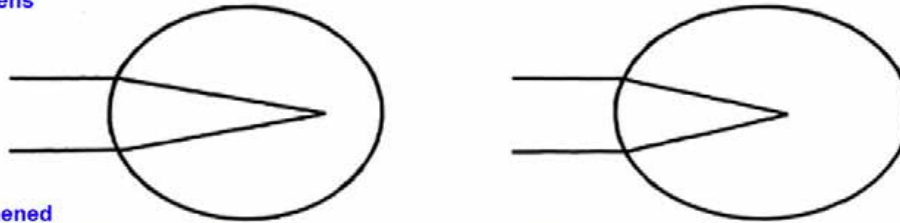


Light rays focus incorrect before the retina

Progressively lengthened eye due to wearing stronger and stronger - minus lens eyeglasses.

Light rays focus farther and farther away from, 'before' the retina. A stronger minus lens focuses the rays back onto the retina in the lengthened eye. This increases tension, lengthening of the eye.

MYOPIA-NEARSIGHTED - UNCLEAR DISTANT VISION

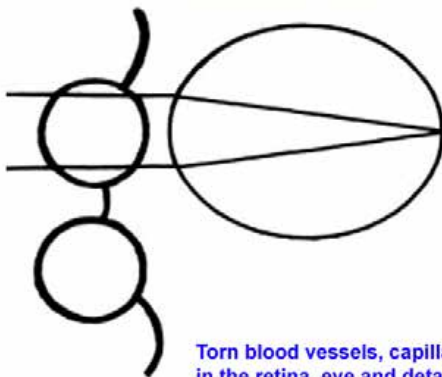


LIGHT RAYS FOCUS INCORRECT BEFORE THE RETINA

The Minus - (concave, diverging) lens focuses light rays onto the retina in the abnormally lengthened eye. Stronger and stronger 'addictive' minus prescriptions lengthen the eye, focus the rays farther and farther beyond the retina forcing the oblique muscles to become tense, press on the eye, force the eye to progressively lengthen to match the focus of the stronger minus lens rays.

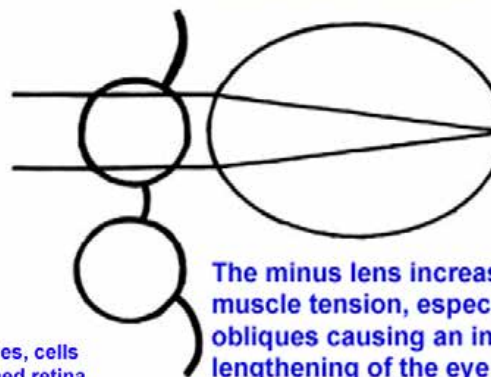
-Minus Diverging Lens

- MINUS EYEGASS LENSES PRESCRIBED

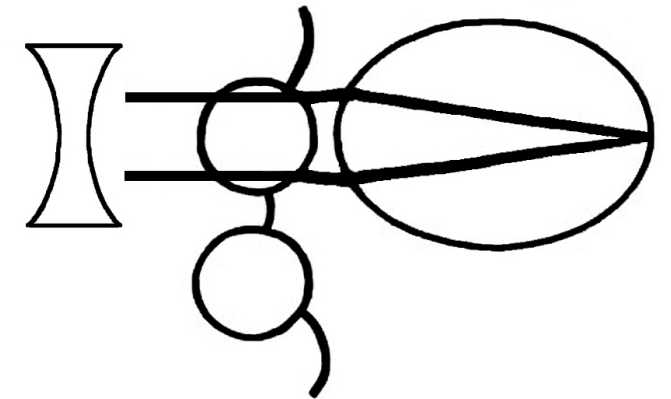


Torn blood vessels, capillaries, cells in the retina, eye and detached retina occur from the lengthened eye, eye tension.

MUCH STRONGER LENSES PRESCRIBED



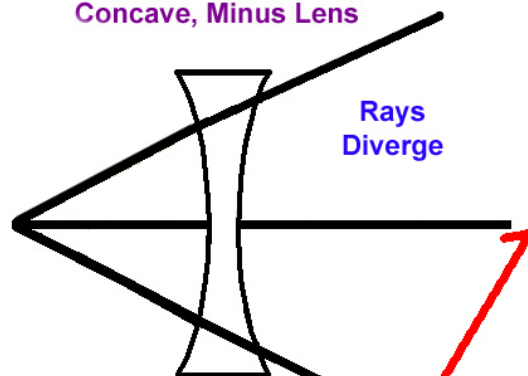
The minus lens increases outer eye muscle tension, especially in the obliques causing an increased blur, lengthening of the eye resulting in stronger minus prescriptions.



-Minus eyeglass lens prescriptions are used to push the light rays farther and farther away from the eyeglass lens in order to focus the rays on the retina in the eye that is progressively lengthened by the stronger and stronger minus lens.

The stronger the minus lens is; the farther away the light rays focus from the eyeglass lens and past the retina. The eye must abnormally lengthen by action of the oblique muscles squeezing the eye long to meet the minus lens rays.

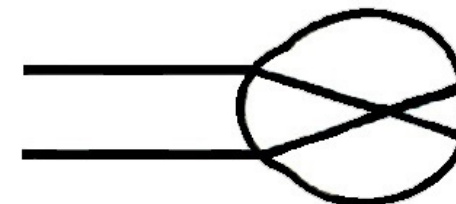
Concave, Minus Lens



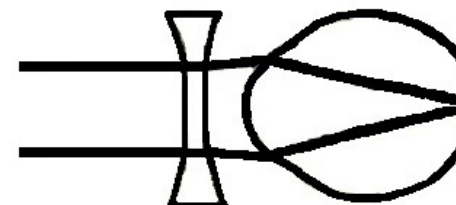
Rays Diverge

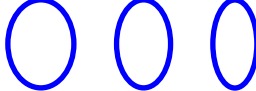
The stronger the minus lens is, the more the rays focus beyond, past the eye, farther away from the minus eyeglass lens.

Myopia - Lengthened Eye Light Rays Focus Unclear, Before the Retina




Minus Concave Lens Focuses Light Rays Onto the Retina



+ A progressively shortened eye  caused by the stronger and stronger +plus lens causes advanced presbyopia, farsight and myopia.

Light rays from close and far objects do not focus on the retina. The farsight is so advanced that eyesight is blurred at all distances.

The stronger the plus lens is; the closer the light rays focus to the eyeglass lens. The eye must become shorter and shorter to enable the light rays to focus on the retina, see clear through the additive stronger and stronger plus lens. Advanced shortening of the eye and freezing of the eyes lens' movement causes, maintains, increases farsight, presbyopia and a new type of myopia and if regular myopia was in the eye; that also remains. The plus lens has caused, maintained 4 eye-vision problems. The eye must *develop increased blurry vision, impaired eye, lens movement* to be able to see through each new stronger plus eyeglass lens. Cataract, retina damage and other eye-vision problems develop.

+ A progressively lengthened eye  caused by the stronger and stronger -minus lens causes advanced myopia and farsight.

The myopia becomes so advanced that even objects 1 foot... away are blurred. Light rays from close and far objects do not focus on the retina.


The stronger the minus lens is; the farther away the light rays focus from the eyeglass lens. The eye must become longer and longer to enable the light rays to focus on the retina, see clear through the additive stronger and stronger minus lens. Advanced lengthening of the eye causes, maintains, increases myopia. Farsight-unclear close vision also occurs. (The minus lens also freezes the eyes lens' movement but the plus lens freezes it much more.) The minus lens has caused, maintained 3 eye-vision problems. The eye must *develop increased blurry vision, impaired eye, lens movement* to be able to see through each new stronger minus eyeglass lens. Cataract, retina damage and other eye-vision problems develop. (pictures of eye shapes are accentuated for easy viewing.)

Note; stronger eyeglass lenses are thicker. But; the material the lens is made of can change this by having a different index. A high index refraction of light with less curve in the lens (thinner lens) can have the same strength as a low index lens with more curve, thicker lens.

Glasses for specific conditions contain different lenses. This article is about the full plus and full minus. Search optometry college books if you want more information. All eyeglass lenses including combinations of different lenses impair the vision.

WITHOUT EYEGASSES - Using Your Natural Eyes! ;

The eye is round when looking to the distance; 

It lengthens slightly  like a camera focuses, at the same time that the lens is also changing shape to see clear (accommodate) at close distances.

The eyes also converge when looking close and diverge when looking far.

As you look closer and closer; the eyes converge closer together and the lens and eye accommodate more and more, *change to a specific shape for each closer distance*. The eyes are crossed close together and at full accommodation, convergence when looking at an object very close to the eyes, such as the details in a flower, reading fine print.

The reverse occurs as you look farther and farther away. Un-convergence (divergence), un-accommodation stops (are complete) at about 20-23 feet. After that the eyes are set for all farther distances, into infinity. (Looking to the far, 'infinity' off to the distant mountains, trees, sky, moon... is healthy for the eyes and vision. Looking close, reading fine print is also healthy. We need a variety, balance to keep the eyes-vision active, perfect at all distances.

Wearing eyeglasses prevents this normal function, and the glasses create and increase a very abnormal eye shape; lengthening, shortening, irregular eye shape, impairing the natural focus of light rays. Extreme tension, pulling on/in the eye, lens, retina occurs.

Plus lenses accommodate for the lens and eyes.

Minus lenses un-accommodate for the lens and eyes.

Glasses cause the lens, eye to freeze up, lose its natural independent movement. Wearing glasses prevents natural accommodation, un-accommodation and interferes with convergence, divergence. I've met a lot of people that have unbalanced convergence and/or divergence; one eye slower than the other and tense, stiff, infrequent eye movement 'shifts' caused by many years wearing strong eyeglasses and uneven strength in the left, right eyeglass lens. It's easy to notice when they remove their glasses and start to focus on close and far objects with the natural eyes. Strabismus 'crossed, wandering eyes' and astigmatism can develop. This can scare a person back into wearing glasses. If the glasses are avoided the eyes will return to normal movement. There are ways to assist, quicken this in Dr. Bates and other teacher's books. Free on the website; <http://cleareyesight-batesmethod.info>

The eyes-vision have a normal, natural fluctuation of clarity as they respond to stress, relaxation, diet, posture, environment... ; clear, fluctuate to a little less clear, then back to clear. The eyes-vision always reset itself back to perfect clarity. The Bates method keeps the vision at 20/20 and better, so fluctuations are rarely noticed. Eyeglasses block this natural rhythm, fluctuation back to clear. Glasses lock in the blur, increase it.

Unclear Vision Corrects Itself If Glasses Are Avoided

The mind and eye muscles can become *temporarily* tense from mental-emotional strain or making an effort to see. (Such as the blackboard from the distance in school while under stress trying to hurry and learn the subject being taught, get passing grades). This can affect the vision; the tense muscles press on the eye a little bit, altering its shape

causing a small amount of temporary blur.  (Picture is a myopia example; eye lengthened a tiny bit.)

This is the first experience with unclear eyesight. Avoid wearing eyeglasses. Learn to relax, use your vision correct and the mind, eye muscles will relax, the eye returns to normal shape, light rays focus correct and the eyesight returns to normal, is clear.

If glasses are prescribed; they lock in and increase the tension, strain in the mind, even the emotions, and in the eyes, eye muscles. This keeps the eyes in abnormal shape with incorrect focus of light rays. The addictive glasses prevent relaxation of the mind, eyes, eye muscles, prevents normal eye-brain function. As they continually increase the tension, strain; stronger and stronger prescriptions are used as the clarity of eyesight is progressively impaired. Learning, memory, imagination, relaxed effortless concentration... is also impaired. Eyeglasses do not cure the initial mental, emotional, visual strain that first caused the unclear eyesight to occur. The glasses maintain and increase it. This is one of the reasons the plus lens method people are so angry, abusive; eyeglasses cause strain in the mind, impairs the brain's function, the emotional state. Hormones, chemicals in the brain are affected by the negative thoughts. Lack of sunlight caused by the eyeglasses blocking out full spectrum light also contributes to this condition. Negative thoughts, emotions and lack of sunlight are major causes of unclear eyesight.

This information also pertains to contact lenses and eye surgeries that place a prescription inside the eye, lens or cornea; *cornea laser and other cornea surgeries, cornea or eye implants, cataract replacement lens with a myopia, presbyopia, farsight, any prescription. They cause all the problems listed for eyeglasses and create more problems.*

The minus eyeglass lens for myopia causes all the outer and inner eye muscles (oblique, recti, ciliary) to become tense. The minus causes the oblique muscles (that wrap around the eye) to become the most tense. This squeezes the eye into a lengthened shape in order to force the retina to move farther away from the front of the eye in order to meet the focus of the stronger and stronger minus lens' light ray refraction.

The plus eyeglass lens for presbyopia, farsight causes all the outer and inner eye muscles (oblique, recti, ciliary) to become tense. The plus causes the recti muscles (that travel from front to back of the eye) to become the most tense. This pulls the eye into a shortened shape in order to force the retina to move closer to the front of the eye in order to meet the focus of the stronger and stronger plus lens' light ray refraction.

The plus lens method sellers state the plus lens prevents myopia, a lengthened eye. This is false. It only causes more damage.

All glasses cause and increase eye muscle tension in the oblique, recti outer muscles and the ciliary-lens, iris inner muscles. This impairs eye movement 'shifting' and convergence, divergence, accommodation, un-accommodation. The tense eye muscles press, pull on the eye. The plus and minus glasses cause great stress, tension, a pulling, stretching and abnormal increased pressure on and inside the eye, lens, retina, vitreous... A pulling and squeezing occurs. As the addictive glasses get stronger the eyes parts 'burst' like a broken balloon. The tense eye muscles alter the eyes shape, light ray focus, eye pressure, impair other eye functions. Pressure, tension in the eye, lens causes cataract, the blood vessels, cells, photoreceptors (cones, rods) in the retina leak and rip apart, detached retina, blindness or blind areas in the visual field, macular degeneration, optic and other nerve damage and glaucoma occurs. The vitreous, ciliary body, tear gland muscle, tear production, iris-pupil function and its muscle and blinking muscles are impaired. The cornea is pulled, squeezed along with the eye resulting in astigmatism and conical cornea, cornea ulcers, keratoconus. A variety of eye-vision problems occur. Close and far vision is progressively impaired, blurry. Tension from the glasses impairs circulation in the entire eye, lens, retina. Water (hydration), blood, oxygen, nutrients, lymph, waste removal, energy, eye fluid function, flow is impaired. Lack of oxygen, water is a main cause of cataract and glaucoma. Smoking impairs oxygen, blood flow and is toxic to the body, eyes.

The plus and the minus (all glasses) interfere with the function of the eyes lens, 'freeze its movement'. This lowers circulation of water, blood, nutrients... to and around the lens and ciliary muscle, ciliary process. The plus lens causes the most damage to the lens, causes quicker impairment as it blocks its normal accommodation at close distances. The lens and eye need to move, change shape for close and far distances and to stay hydrated, healthy. Eyeglasses interfere with these functions. Glasses cause tension, strain in the mind. The original cause of the unclear vision is never corrected; strain, emotions, incorrect use of the vision. Incorrect eye-vision-brain and spiritual, energy function is maintained, created and increased by glasses.

Reading glasses (+plus lenses and the plus lens method) cause fast vision impairment, addiction to stronger and stronger prescriptions. They freeze the eyes' lens, ciliary muscle immobile, impairs natural accommodation of the lens and the eye, convergence, circulation, hydration in the eye, lens, causes cataract, broken blood vessels and bleeding in the retina, detached retina and the other eye-vision problems listed above. Presbyopia and eye floaters, headaches, strain, tension in the eyes, dizziness are some of the first side effects to appear. Farsight develops. As the addiction to the plus increases and stronger and stronger addictive plus prescriptions are used, the close and far vision is further impaired and a new form of myopia occurs (due to shortening of the eye) on top of the presbyopia, farsight. And, the original myopia the plus method is 'supposed' to prevent remains and increases. 3, 4 vision problems develop along with a variety of health damage to the eyes.

*All eyeglasses do this; plus lens-close vision, reading glasses, minus lens for distant vision, astigmatism prescriptions, bifocal, multifocal, multi section, mono vision, vocational and **occupational** lenses... and especially the plus lens method. They are addictive, lead to stronger and stronger prescriptions which eventually cause the eye-vision problems listed in this booklet. Surgery is sold for the conditions eyeglasses cause. The surgery causes more impairment, then more surgery is sold.*

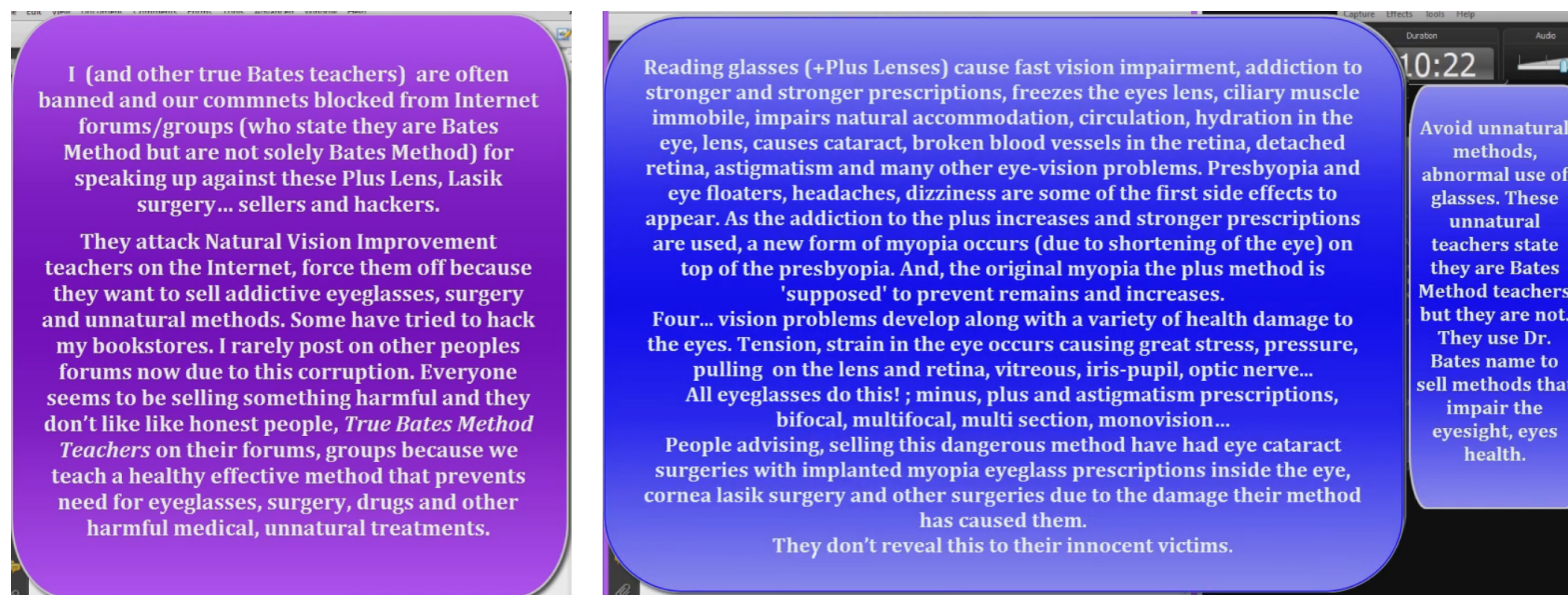
The plus lens sellers (and a few high priced vision teachers, authors posing as plus lens and other people to hide their identity) gang together and aggressively troll on the Bates Method Natural Eyesight forums, groups selling their destructive plus lens method and forcing Natural Eyesight Improvement Teachers (*especially the ones that teach for free*) off the forum by constant abuse, harassment, interfering with the teacher's ability to respond to/help people asking for Natural Eyesight Improvement training.

Myself and others fought back, told the truth about the plus lens people and how they link to their lasik, cataract surgeons, especially one who uses a phony name and poses as a natural teacher while teaching the plus lens and other unnatural methods that impair the vision, eyes health. I exposed the names of people on the forum that hack Natural Eyesight Improvement teacher's computers, bookstores, websites, trying to shut them down and steal book manuscripts... The people that attacked us were

allowed to stay; I was banned and then let back on but am banned from telling the truth about these corrupt people. People that tell the truth are given warnings to stop speaking up. Our posts were removed. Since 2008 I have been posting on the Internet on other peoples groups, forums, 1500 posts teaching Natural Eyesight Improvement. I rarely post on their forums now. They have been using us honest teacher's posts to sell ad clicks for laser surgery, drugs, eyeglasses, experimental surgery on healthy eyes, retinas and advertisements for other harmful treatments, products. I will not post on a forum, group that supports this corrupt action (except to expose these bad guys).

Bates Method forums, groups should not be using Dr. Bates' name, picture, books to advertise their forum, groups while they sell unnatural, harmful methods, eye surgery, drugs, eye drops and other products... Another website, forum uses Dr. Bates name, picture and magazines, books to sell pornography, drugs and many harmful practices. It's in Ukraine, Russia and it's duplicate copy is in the USA. They are affiliated with high priced teachers in other countries. They all hack Natural Vision students, teacher's computers, bookstores and pay young naive people to help them hack. The forum, group owners want to sell lasik, eyeglasses, unnatural methods and prefer to flip-flop on issues and allow anyone to post as long as it does not interfere with their surgery, unnatural methods advertisements. These phony forum, group owners like the plus lens people on their forum because it attracts clicks '\$' for their lasik, other eye surgeries, eyeglasses, drug ads. Only high priced teachers that go along with this corruption, hold back on full training are allowed to post.

This proves that The Bates Method works. If it didn't there would not be so many people trying to sell it for a high price, hide/destroy free teachers. People that sell eyeglasses, surgery would not be worrying about losing sales, attacking, blocking Bates teachers on the Internet. From the video, see below and large pictures in this pdf;



Special Note;

My posts on a few other people's forums, groups might be altered by the owners. This is being done WITHOUT MY PERMISSION. It's their form of retaliation 'ego' and to use my work to sell their unhealthy methods, products.

Some doctors, others have done this to my YouTube videos, PDF e-books, Kindles, Paperbacks by downloading, altering, uploading and selling, advertising as their own.

Avoid these phony inferior copies. All Dr. Bates and my books, including this PDF, videos, audios are free, unaltered, in their original state here;

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

<https://www.youtube.com/user/ClarkClydeNight/videos?flow=grid&view=0>

This is our GuestPage where my posts are not altered;

<http://naturaleyesightimprovement-batesmethod.com/GuestPage/index.php>

The plus lens people have accused Natural Vision teachers of advising the plus method. This is a false statement. They do not advise or teach it;

Natural vision teachers prefer people to not wear eyeglasses. Natural vision teachers allow (only if necessary for safety when driving, work...) *temporary weaker and weaker prescriptions as the eyesight improves with the Bates Method of Natural Vision Improvement. The prescription is reversed, eyeglasses are eliminated permanently when you reach a level of clarity that is legal, safe to drive, work...*

The reduced weaker eyeglasses Natural Vision teachers allow is NOT the plus lens method. The reduced weaker method is;

Use glasses as little as possible. If you can; stop wearing glasses immediately, permanently.

If any advanced eye-vision condition-problem exists, including advanced myopia, presbyopia, astigmatism, cataract, detached retina, glaucoma... or problems that can cause these conditions; STOP WEARING GLASSES! Eyeglasses can cause, lead to full cataract, detached retina, glaucoma, conical cornea and other conditions...

For myopia; use weaker and weaker minus until you are at about 20/50 to 20/40 clarity without glasses. (The weak prescriptions are weaker than 20/20 clarity. Are usually 20/40 to 20/50.) Avoid glasses as much as possible as you are improving your vision with the Bates Method. See the e-books and website for directions, 1st and future reductions;

<http://cleareyesight-batesmethod.info/id148.html> <http://cleareyesight-batesmethod.info/id36.html>
<http://cleareyesight-batesmethod.info/id25.html> <http://cleareyesight-batesmethod.info>

After one or a few reductions, you are free of eyeglasses. If you don't need to drive... ; stopping glasses at any level of clarity will speed and ease eyesight improvement.

During reduction of minus lenses; The person DOES NOT go into using plus lenses, the plus lens method. The plus lens method has people using stronger and stronger reading plus eyeglasses for farsight, presbyopia, myopia and a special type of myopia which is caused by the plus lens causing a shorter and shorter eye shape. This causes presbyopia, myopia, addiction to glasses, cataract...

The weaker and weaker eyeglass method allowed by Natural Vision teachers also reverses presbyopia and farsight; it's the opposite of the harmful plus lens method. The weaker method is; reading fine print WITHOUT GLASSES. If glasses are needed... temporarily for driving, work... as the vision is improving; weaker and weaker plus are used until close vision is legally clear for driving, reading... without glasses. Wear the glasses as little as possible.

For people with a 2nd type of myopia, a shortened eye caused by use of strong plus lenses; if the eye doctor has prescribed a plus lens for this type of myopia (see optometry, ophthalmology books); the plus prescription is reduced weaker and weaker until you are free of the need for glasses.

Wearing 20/20 and stronger clarity lenses prevents, reverses improvement. They increase eyesight impairment.

Using the weaker and weaker 20/40 - 20/50 lenses allows room for the eyes, visual system to reverse back to normal function, relaxation and clear vision.

The plus lens method uses stronger and stronger plus glasses which increase vision impairment. Addiction to the plus lens occurs; eyesight becomes more and more unclear.

Presbyopia (blurry close 'reading' vision), farsight, myopia are caused, maintained and increased by stronger and stronger plus lens eyeglasses.

The plus lens people advise use of the plus lens for life.

Natural Vision teachers advise weaker and weaker prescriptions and practice of The True Bates Method to bring the vision back to 20/20 and clearer and obtain permanent freedom from eyeglasses. As always; no glasses is best.

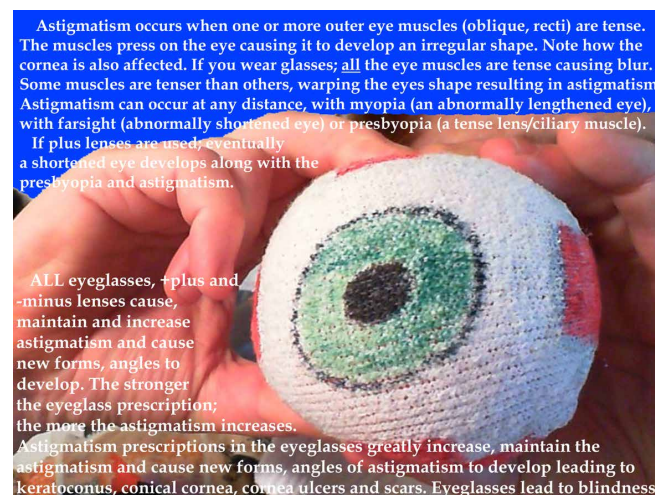
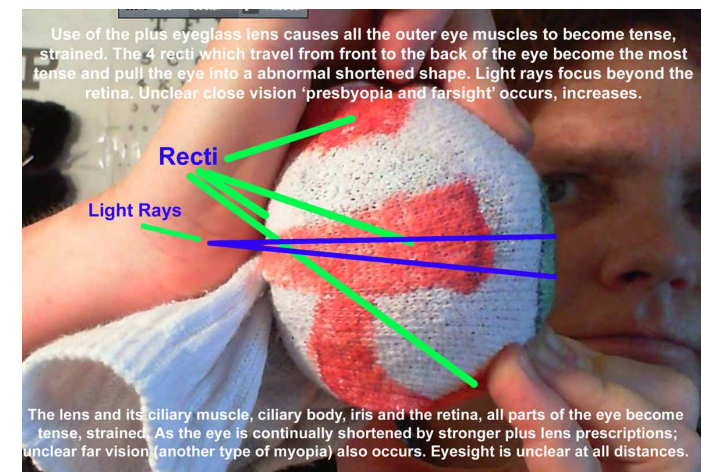
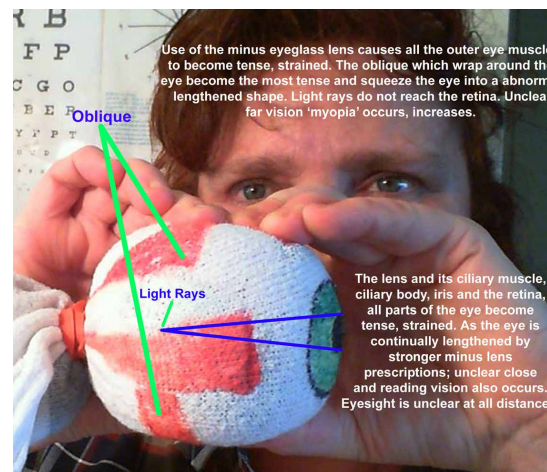
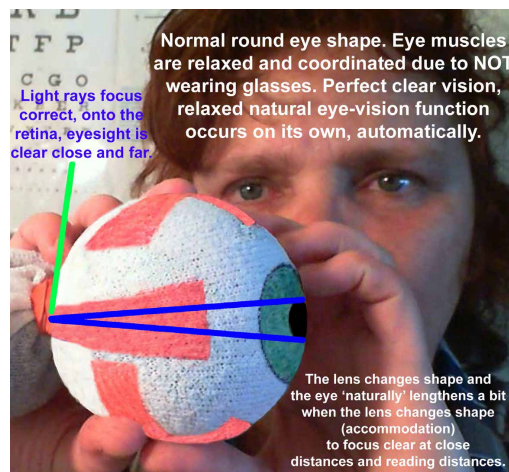
If your close vision needs improvement, book... print is blurry; wearing the plus lens (as prescribed normally by an eye doctor) will show the print clear through the glasses by magnifying 'enlarging' it. BUT; this is addictive. Soon the vision is more unclear and a stronger and stronger plus lens prescription is needed to see the print clear through the glasses. Addiction to glasses occurs. Eventually close and far vision are unclear.

The plus lens method sellers tell you to wear even stronger plus prescriptions that make the print blurry due to a too strong eyeglass lens. This increases the vision impairment and speeds it up. 2-3 times the tension, strain, impairment occurs by adding the plus lens method. Then the plus lens sellers refer you to their eye surgeons. The surgery causes more damage to the eyes, vision. AVOID the plus lens method!

If your close and far vision is clear at all distances, including seeing fine print clear up close to the eyes, you do not wear glasses;

Wearing the plus lens (as the plus lens method sellers advise) will show the print blurry through the plus lens. The plus lens sellers state to get stronger and stronger plus lens prescriptions while keeping the plus lens prescriptions extra strong so the print is blurry. This quickly impairs the clarity of vision at all distances. A perfectly healthy eye with clear vision is now impaired by the plus lens! The vision and eyes health is impaired. Then you are addicted to stronger glasses. Soon vision at all distances, close and far is unclear. Farsight, presbyopia, myopia, astigmatism occur.

Eye floaters, headache, having to move the print farther and farther from the eyes to see it, cataract, retina injury and many other eye-vision problems develop.



See large pictures in this PDF.

Astigmatism occurs when one or more outer eye muscles (oblique, recti) are tense. The muscles press on the eye causing it to develop an irregular shape. The cornea is also affected. If you wear glasses; all the eye muscles are tense causing blur. Some muscles are tenser than others, warping the eyes shape resulting in astigmatism.

Astigmatism can occur at any distance, with myopia (an abnormally lengthened eye), with farsight (abnormally shortened eye) or presbyopia (a tense lens/ciliary muscle). If plus lenses are used; eventually a shortened eye develops along with the presbyopia, myopia, farsight and astigmatism.

The plus lens sellers tell people to buy reading glasses at the drug store, 99 cent stores. These low cost glasses are not manufactured correct. They often have waves, malformations in the lens and the lens-frames (P.D.) is not set for each individual persons face, spacing of their eyes, the lenses are not centered correct in front of the eyes pupils. This causes astigmatism, unbalanced vision, headaches and other eye-vision problems. On top of the fact that glasses impair the vision.

Astigmatism can occur in a round eye that is myopic or farsighted... due to tension 'mental strain' solely in the brain/mind, eyes but not the eye muscles. Eye muscles can become tense occasionally causing astigmatism.

The brain alone can cause some effects like astigmatism when the left, right hemispheres are not integrated-working together with the eyes, eye muscles or when parts of the brain, hemispheres, visual cortex are not functioning correct with the eyes, retina, eye muscles.

Astigmatism can also occur in a round eye that is not shortened or lengthened, no myopia, farsight... but is irregular due to one or some outer muscles being tense.

Astigmatism can occur with presbyopia, an eye with limited lens movement.

Injury to the eyes lens or abnormal lens shape due to tense outer eye muscles and possibly a tense ciliary (lens muscle) can cause astigmatism.

Usually outer eye muscle tension in the oblique and/or recti cause the shape of the eye and cornea to be irregular. No light rays or only some light rays focus on the retina resulting in blur, double, wavy, abnormally shaped images of objects in the visual field.

ALL eyeglasses, +plus and -minus lenses cause, maintain and increase astigmatism and cause new forms, angles to develop. The stronger the eyeglass prescription; the more the astigmatism increases. Plain myopia, farsight, presbyopia lenses lead to astigmatism. Astigmatism prescriptions in the eyeglasses greatly increase, maintain the astigmatism and cause new forms, angles of astigmatism to develop leading to keratoconus, conical cornea, cornea ulcers and scars. Eyeglasses can lead to blindness.

Often the eye test machines and nervousness, pressure to hurry at the doctor's office can cause a bit of temporary astigmatism that lasts only during the eye exam. This gives the doctor the legal right to prescribe glasses with a astigmatism prescription. Astigmatism prescriptions are a main cause of fast, increased vision impairment. Then stronger prescriptions are prescribed.

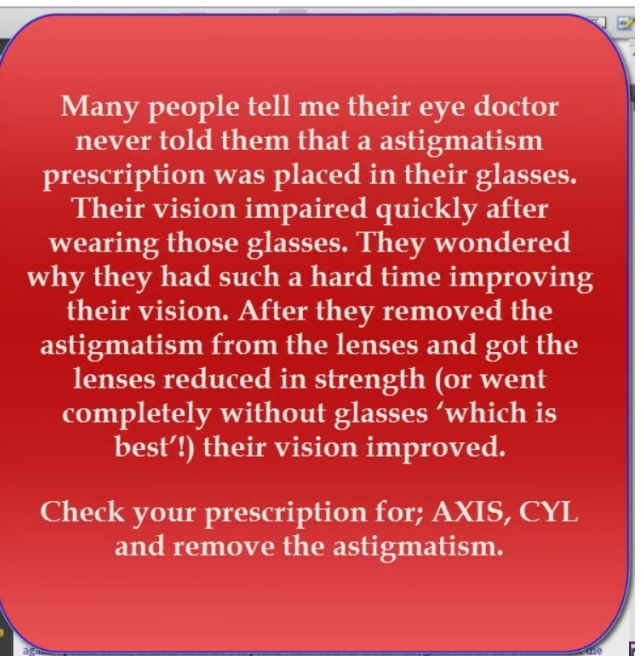
Wearing those glasses (if you accepted a prescription) will cause the temporary harmless astigmatism to remain in the eyes and increase; eyes without astigmatism cannot see through eyeglasses with astigmatism prescription. To see through those glasses the eyes need to develop the astigmatism the eyeglass prescription is made for. This involves developing tension, strain in the brain and certain eye muscles that will then cause a certain placement of pressure on the eyes which will make the eye/cornea develop the uneven shape that causes the astigmatism that the glasses are created for.

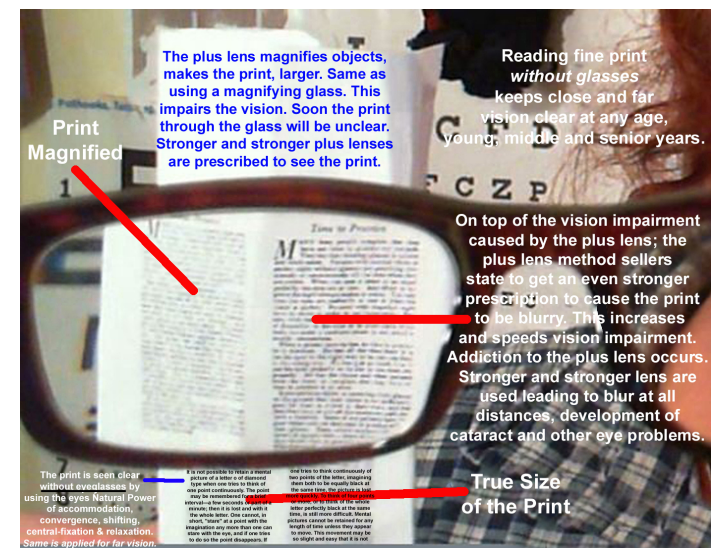
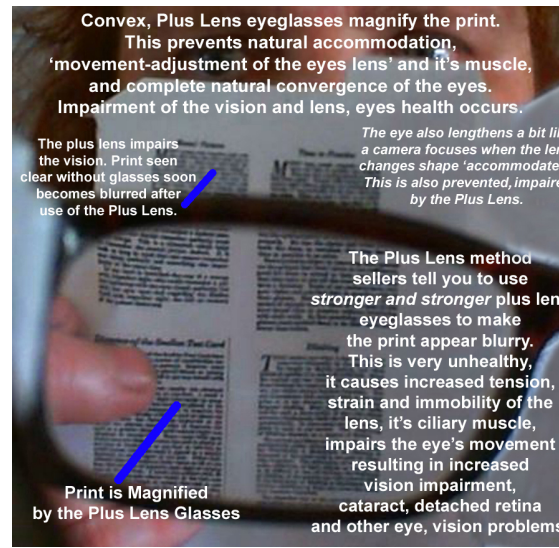
Bifocals, multi-section lenses, mono vision glasses, astigmatism prescriptions cause great strain, tension and imbalance in the visual system, brain, eye muscles, eyes. They are very addictive and speed vision and eye health impairment.

Astigmatism and the type, angle 'placement' of astigmatism in the eye changes due to changing tension-relaxation of the mind, body, neck and eye muscles. No tension=no astigmatism. Tension returns with use of eyeglasses.

Tension in and incorrect posture of the head, eyes, neck, shoulders, chest, collarbone muscles, spine/back is a common cause of astigmatism. Use good posture. Avoid tilting, twisting the head, constantly looking out of the corners, sides, tops, bottom... of the eyes. Eyeglasses, especially bifocals, astigmatism prescriptions impair the posture and movement of the eyes, head, neck. Strain in the arm, neck muscles from the computer mouse, especially graphics design drawing, dragging the mouse with hard pressure, pulling causes muscle tension to travel from the hand, arm, shoulders, collarbones, neck into the head and eye muscles causing astigmatism, blur and impaired eye movement, double vision. The tension in the body, eye muscles causes incoordination of the eye muscles, eyes' movement and lowers circulation through the neck to the brain, eyes and in the eyes. Ever notice your concentration is low when your upper body is tense, twisted? Nerves traveling from the neck to the brain, eyes and eye muscles are affected. Eyeglasses lock in and increase this condition. Glasses cause shoulder, neck and eye muscle tension, limits movement of the body, head and eyes.

I have tested eyeglasses myself; I cannot wear them, the sight through plus or minus lenses, astigmatism prescription is very blurred, like looking though smashed cloudy plastic. It causes a strong headache, dizziness, pain in the eyes, head. My eyesight is clear, 20/20 and better so the only way I could see clear through eyeglasses is to begin wearing them and allow the glasses to cause the eye problem they were created for to develop in my eyes-vision. Why would anyone do this? It's destructive. This is what the plus lens method people advise doing; to place a prescription on healthy eyes and it's a too strong prescription, impairs the vision and the health of the eyes!





See large pictures in this PDF

See the Copyright, Directions page for a PDF listing, describing all harmful methods to avoid; <http://cleareyesight-batesmethod.info/id110.html>

Years ago scientists proved the plus lens method is ineffective. 4 year study at a military academy; the wearing of the plus lens eyeglasses (use of the plus lens method) was compared to people in a group not using the plus. They proved that the plus lens method and preventing natural eye-lens accommodation does not prevent or halt myopia. Other plus lens method studies in schools... prove the plus lens does not prevent myopia. They also proved that the plus lens increased myopia and presbyopia;

Article; Plus Lens, Prism, and Bifocal Effects on Myopia Progression in Military Students, Part II - By A. J. Shotwell

American Journal of Optometry and Physiological Optics
03/1984; 61(2):112-7. DOI:10.1097/00006324-198402000-00008;

http://www.researchgate.net/publication/16493337_Plus_lens_prism_and_bifocal_effects_on_myopia_progression_in_military_students_Part_II

Posted on PubMed and Read More From Optometrists on the Sci-Med Optometry, Ophthalmology Groups;

Military academies routinely lose a percentage of their pilot-qualified students to myopia during the 4-year academic program. This study investigated the progression of myopia during such a program and evaluated the usefulness of reading glasses to prevent myopia progression and subsequent acuity loss. A group of students at the United States Naval Academy comprised three randomly divided groups: a placebo group (no. 1 pink tint), a plus with prism group (+1.25 D with 2 delta base-in each eye), and a bifocal group (+1.50 D near addition). All the lens powers were relative to the experimental subject's distance refraction and were for use full-time when reading. The pre- and post-test refractive errors at distance were determined using 1% tropicamide HCl. At the end of 4 years, the tropicamide refraction showed approximately -0.25 D of myopic shift in all groups. *There were no significant differences between the myopic shifts in the controls and experimental groups.*

http://www.researchgate.net/journal/0093-7002_American_journal_of_optometry_and_physiological_optics

<https://groups.google.com/forum/#!topic/sci.med.vision/JNPUrCnJhgI>

This warning to avoid the plus lens method includes all versions of the plus lens-anti-corrective method. They also call it the stress relieving method. This is false. The plus lens method is NOT Ophthalmologist Bates' method. The plus lens method is completely opposite, against Dr. Bates method. The plus lens method causes great stress, strain in the eye muscles, brain, eyes leading to a variety of eye, vision impairment. The people who advise it link to their lasik-eye cornea, lens-cataract, retina... surgeons (often in Iowa and other areas) after their plus lens, unnatural methods impair people's vision, causes cataract, retina injury... Those sellers, surgeons pose as Bates Method Natural Eyesight teachers, use Dr. Bates name and picture to advertise, but they really teach unnatural methods with the harmful plus lens method added, sell eyeglasses, surgery. They sell lasik, cataract... surgery (same as their affiliates) after their method harms the patient's eyes, vision.

See the PDF on this page for more information, evidence, cover-ups; (link to page given only by e-mail or phone to protect freedom of speech.) The surgeon uses a phony name, address online. The plus lens people secretly get kickbacks, \$ from advertising, linking to the plus method, use of eyeglasses and then the eye surgeries. The plus lens people change the name of the plus lens method often as people are continually harmed by it and report this, state that it has ruined their and their children's eyesight. The name of the plus lens method is changed to hide the truth. Turns out honest eye doctors on Sci-Med warned about the plus lens method years ago and try to keep these unnatural teachers off their forums.

A page in this PDF contains an old picture from Medical Articles. Notice the person used the plus lens method for years and still needed to wear glasses. No improvement. Look for this picture full-size and its original clear copy in this pdf >

The current plus lens leaders have been forced to tell the truth on the internet, in their videos; they are now saying the plus lens method can take a very long time to show results... They have used it for years with no results. Only result is eye-vision damage. So they are really advising people to wear the plus eyeglasses for life. They continue to advise it to children, everyone. It's become a cult. Placing any type of eyeglass on a child impairs their vision and eye, brain, emotional development. This unnatural use of glasses and all eyeglasses impairs the vision. Reading glasses (+plus lens) CAUSE cataract.

These evil, power hungry plus lens people created YouTube videos stating all children in the world must wear plus lens eyeglasses. This is very bad advice. We need to post the truth to combat this and get the message about the true, healthy Bates Method out there to parents. The Sci-Med Optometrists, Ophthalmologists, honest eye doctors, and true Natural Vision Improvement teachers warn against using the Plus Lens method.

People advising, selling this destructive plus lens method, using it for years are addicted to the plus lens, developed presbyopia, farsight, had eye surgeries 'lasik on the cornea for astigmatism and implanted eyeglass lens prescriptions inside their eyes for advanced myopia due to the damage their plus lens method has caused their eyes' lens resulting in 1, 2... cataract surgeries. They don't reveal this in their advertisements and to their innocent victims. They hide the truth, side effects as they continue to advise this method to adults, children, pilots, senior citizens. When children, children's parents and others that have been harmed by the plus lens method try to state the truth about this method in a comment on the plus lens seller's forums, groups, YouTube videos; their comment is deleted and they are banned from posting.

(I am not trying to hurt the feelings of the people that developed eye damage from the plus lens. I'm trying to get them to stop using it and stop advising it to other people.)

Experiments Showing That the Eye Changes Shape, Lengthens When the Lens Changes Shape 'Accommodates' For Close Distance;

See Eye Experiment, Articles; <http://www.ncbi.nlm.nih.gov/pubmed/9761293>

http://www.researchgate.net/publication/13525345_Eye_elongation_during_accommodation_in_humans_differences_between_emmetropes_and_myopes

Result of this experiment; The scientists, eye doctors proved that the eye lengthens from front to back and the lens changes shape when the eye looks to the close distance. They state this might be due to the lens' ciliary muscle pulling forward and inward on the choroid, affecting the shape of the sclera and thus the eyes length. They state the lengthening is slight, not enough to produce accommodation. Dr. Bates disagrees;

About 100+ years ago Dr. Bates stated that the outer oblique muscles change the eyes shape a little; lengthen the eye to produce accommodation, 'clear close eyesight'. The oblique contract in a normal, relaxed way to produce this. Dr. Bates also proved with his experiments on the outer eye muscles that tension in the oblique cause an abnormal increased contraction causing the muscles to press on the eye, abnormally lengthening it when looking close or far resulting in myopia. He proved that tension in the outer recti muscles can pull the eye short causing farsight.

Dr. Bates proved with his experiments using a reflection of a light image on the eyes lens and cornea; that the eye changes shape to accommodate, see clear at close distances. Dr. Bates stated the lens is not a factor in accommodation. Modern doctors state they have proved the lens and eye change shape during accommodation. BUT; they refuse to do experiments on the outer eye muscles to check if the oblique can lengthen the eye 'like a camera'. Probably because they do not want Dr. Bates' work to be proved correct. It would change many of the accepted theories, beliefs of eye, vision function, optometry, ophthalmology and expose the truth about The Bates Method 'that Natural Eyesight Improvement works'. Dr. Bates recorded the eye changing shape, he saw it! Was it caused by the obliques lengthening the eye? He proved this can occur and proved it produced a clear image. Or did he see the effect of the ciliary muscle pulling on the eye to produce lengthening. Or do both occur, and the oblique can cause extra lengthening of the eye if needed as in cases of a frozen lens? There are cases of people accommodating without a lens. I have a student that knew a lady that had cataract surgery years ago before modern replacement lens; they took out her lens but she could still see clear.

Most all eye doctors stay with the old statement that the eye grows too long or short and that the outer eye muscles have nothing to do with this. Dr. Bates proved the outer eye muscles do affect the eyes' shape and that placing glasses on the eye at any age will maintain the tension in the eye muscles, increase it, continually increase abnormal lengthening or shorting of the eye. Modern doctors have proved myopia is not genetic 'inherited'.

Investigative Ophthalmology & Visual Science, 1998 - Institute of Medical Physics, University of Vienna, Austria

Eye elongation during accommodation in humans: differences between emmetropes and myopes by

W. Drexler, O. Findl, L. Schmetterer, CK Hitzenberger, AF Fercher

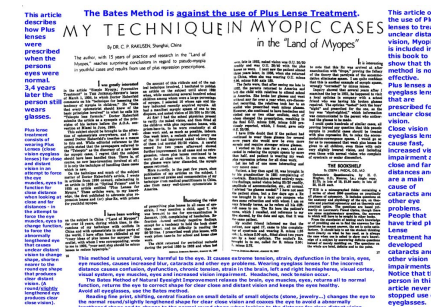
PURPOSE: The pathophysiology and pathogenesis of myopia are still a matter of controversy. Exaggerated longitudinal eye growth is assumed to play an important role in the development of myopia. A significant correlation between refraction and amount of near-work has been reported. However, current knowledge of changes of axial eye length with accommodation is limited because clinical ultrasound biometry does not provide the precision and resolution required to thoroughly investigate these phenomena.

METHODS: Partial coherence interferometry (PCI), a noninvasive biometric technique, uses laser light with short coherence length in combination with interferometry to achieve precision in the micrometer to submicrometer range and resolution of 10 microm. In the present study this technique was used to investigate axial eye length changes in 11 emmetropic and 12 myopic eyes during monocular fixation at the far and near point. In 7 subjects, the contralateral eye has also been measured to investigate interocular differences in eye elongation.

RESULTS: All investigated eyes elongated during accommodation. This elongation was more pronounced in emmetropes than in myopes ($P < 0.001$). Mean accommodation-induced eye elongations of 12.7 microm (range, 8.6-19.2 microm) and 5.2 microm (range, 2.1-9.5 microm), corresponding to a dioptric change of approximately -0.036 D and -0.015 D, were obtained for emmetropes and myopes. No significant difference in accommodative amplitudes between groups (5.1 +/- 1.2 D [range, 3.8-7.1 D] versus 4.1 +/- 2.0 D [range, 1.0-7.1 D]; $P = 0.14$) was detected. No significant interocular difference in accommodation-induced eye elongation was revealed ($P = 0.86$). Also, a mean backward movement of the posterior lens pole of 38 microm (range, 9-107 microm) was observed in both study groups.

CONCLUSIONS: The detected eye elongation can be explained by the accommodation-induced contraction of the ciliary muscle, which results in forward and inward pulling of the choroid, thus decreasing the circumference of the sclera, and leads to an elongation of the axial eye length. Finally, it was demonstrated that PCI, in contrast to clinical ultrasound, is capable of characterizing eye length changes during accommodation in humans.

(See the PDF of this experiment and others with a graph attached and Dr. Bates opinion on the following pages.)



The Plus Lens People State That Looking at Close Distances Causes Myopia. This is a False Statement.

The Natural Way to Cure Myopia and Presbyopia Without Glasses;

Using the Bates Method; shifting on tiny parts of close objects; *stone, flower, leaf..*, and shifting on and reading *fine and microscopic print* and shifting on *far objects* with relaxation, **WITHOUT EYEGLASSES** produces perfect clear eyesight at all distances, close and far. It is a natural cure for presbyopia, farsight, myopia, astigmatism and it can prevent, reverse cataract. Reading fine print perfects the eyes convergence, lens and its ciliary muscle function-movement 'accommodation' and health of the eyes, lens. Circulation, hydration in the eye and lens is perfect. Can you see this? If it's blurry, you will see it clear with practice.



Micro >



The eyes have a natural microscope, magnifier function. Look at the crystal close to the eyes, then in front of one eye (patch the other) and place the crystal about 1 to 1 1/2 inches from the eye. See it magnify the tiny parts. Do the same on fine and microscopic print. This is a natural effective alternative to the unhelpful plus lens method.

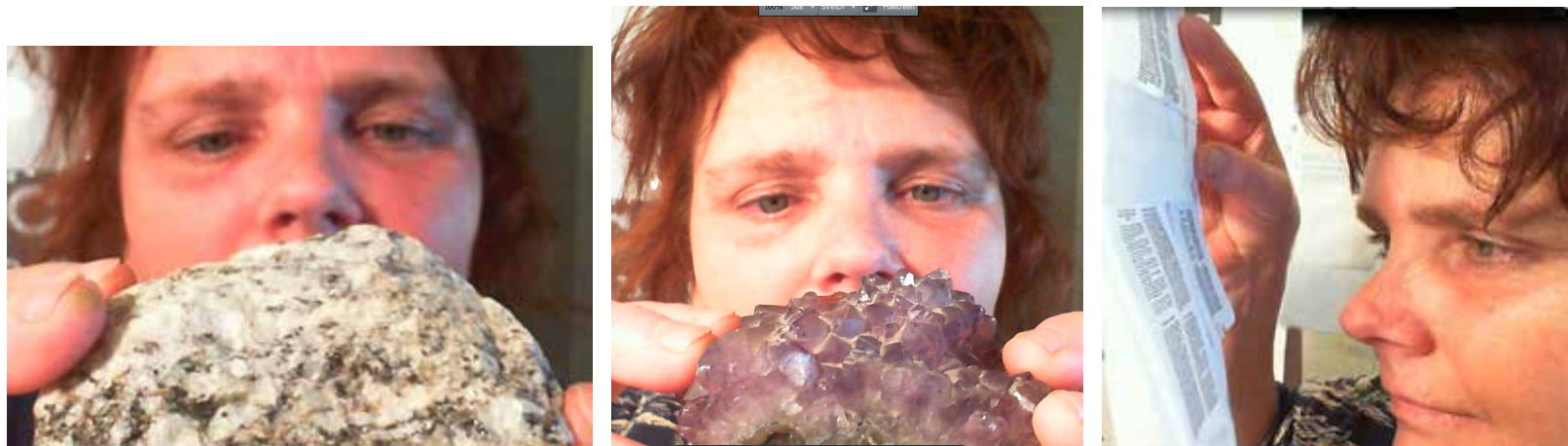
This practice also improves far vision to 20/20 and better.

(Read the fine print, shift on the small objects without glasses. Do not practice reading fine print on the computer screen. Practice on real printed type, real paper in the sunlight. And at night in 'comfortable' dimmer light.) When using the computer; set the print size to small. This is best for the vision. You can work your way into it.

You CAN see even smaller microscopic print without glasses >



I can see this tiny microscopic print clear IF I PRACTICE. So far I see it only in the sunlight, in flashes and I need to wait for my eyes to adjust if I have not been practicing at least 15 minutes 4 times a week. I move it close to the eyes so the eyes act like a natural microscope. Plain micro and smallest fine print I see quicker, in sunlight and low light. Need to wait 5-15 seconds for adjustment sometimes if not been practicing. When the relaxation kicks in and the eyes start moving quickly, easy along the clear sentences; that is when the prints flash clear and remains clear. Plain, smaller fine print is easy, quick to see in the sun or low light even if my relaxation is not perfect. Practice will give you exceptionally clear eyesight! Continue to practice this method of reading fine and microscopic print and shifting on tiny parts of close objects; stones, flowers... even when the eyesight is perfect. This will keep it perfect into your senior years; 80, 90, 100 years and up!



Shifting (Moving Your Attention on Tiny Parts, Moving From Part to Part) on Small Objects Up Close to The Eyes and Reading Fine Print

Shifting on small parts, shiny pieces, gems in a rock, crystal in the sunlight keeps the eyesight clear at close and far distances and keeps the lens, its ciliary muscle, ciliary process, iris and the entire eye in *movement, perfect function*. There is perfect circulation in the eye, lens, retina; blood, oxygen, water, nutrients, lymph, fluids, energy.

Look at the crystal up close the eyes;

Find a part that is smooth, like a mirror or piece of window glass that has a clear perfect reflection of a far object in it.

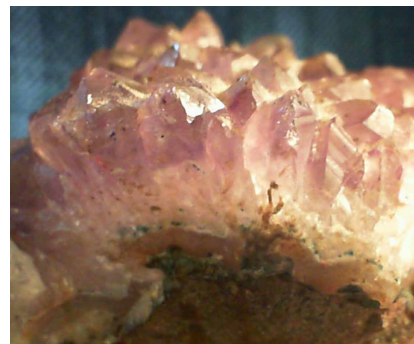
Look at and shift on the far object in the crystal. Then look at, shift on the crystal. (The crystal is the close object, the reflection is the far.) Then look at, shift on the far object reflected in the crystal again. Repeat. Do this with; both eyes together, then one eye at a time. If the eyesight is less clear in one eye; practice an extra 30 seconds to 1 minute with that eye. End with both eyes together again. Note that the eyes accommodate, converge when looking at the close crystal. The eyes un-accommodate, un-converge when looking at the far object reflected in the crystal. This brings very clear eyesight due to the closeness of the crystal; full accommodation, convergence, then un-accommodation, divergence directly to the far image reflected in the crystal. Is especially effective when using one eye with the crystal about 1 to ½ inch from the eye.

Be careful when looking through the crystal, any glass, plastic... in the sunlight. Don't allow direct sunlight to shine through the crystal on or into the eye. Glass, crystal, even plastic can act as a magnifying glass at some angles. Sunlight through a magnifying glass can burn the eyes, skin. Avoid sharp, pointed parts of the crystal. Do not touch the eye.

Read fine and microscopic print before or after shifting on a rock. Just 1-5 minutes a day will bring clear eyesight. Do it throughout the day as a healthy habit. Carry a stone with you, some fine and microscopic print and shift on it for 5-10 seconds.

People that need eyesight improvement can experience a slow adjustment of the eyes-vision 'refraction of light in the eyes' when looking from close to far or far to close. Temporary unclear eyesight might be noticed as the eyes-vision re-adjusts to the new distance-object. A bit of imperfection in convergence, divergence, accommodation, un-accommodation and/or astigmatism can also cause this temporary blur. With practice of the Bates Method the eyesight improves to perfect 20/20 and clearer, relaxation of mind, eyes, eye muscles returns; the eyes-vision adjusts quickly to each new distance, object. The temporary blur as the eyes-vision refocuses is not seen. It's there and it is normal and natural but occurs for less than a fraction of a second, so slight that it's not visible.

Some people see visual effects when first reading the very tiny print close to the eyes if they have one or more of these conditions; blurry close vision, astigmatism, cataract, a lot of tension in the shoulders, neck, head, eye muscles and neck injuries, have never practiced this or have not practiced for a long time. The effects can appear as a few seconds to 2 minutes of after images of the print, white spaces and other illusions when you look away from the print to the distance. It's due to the eyes, lens returning their full accommodation, convergence, the blood, lymph, eye fluids... returning to normal flow and waste being removed from the eyes. Extreme neck, head, eye muscle tension are being reversed back to perfect relaxation. Headache, astigmatism, cataract and eye floaters are removed. The result (if practice is maintained) is very clear eyesight and healthy eyes. The illusions are brief and permanently disappear. If you have not practiced in a while or have never practiced; start at a farther distance (1 ft...) and gently ease your way into the closer 6, 5, 3... inch distances.



See videos on the next page. Click to YouTube for best clarity, full size.

Go to <http://cleareyesight-batesmethod.info> and Dr. Bates Better Eyesight Magazine website <http://cleareyesight-batesmethod.info/naturalvisionimprovementoriginalandmodernbatesmethod/default.htm> to learn the entire Bates Method. It's free.

100 YouTube videos; <https://www.youtube.com/user/ClarkClydeNight/videos?flow=grid&view=0>

Now you know what is the True Bates Method of Natural Eyesight Improvement, what is unnatural, will impair your vision and what-who to avoid.

Stay with *Dr. Bates original authentic training and the truly natural modern method.*

Special thanks to; the Instructors, Optician course from PENN FOSTER College. Helped me to understand eyeglass prescriptions. Thank you to the Bates Method Teacher that helped me proof this, suggested improvements. I re-read this PDF 7 times. Could use more condensing, be less repetitive but I must get back to Natural Eyesight Improvement teaching, organizing new books, videos, audios for the blind. I don't wear glasses so it has been *a job* to create the eyeglasses part of this project.

The following pages contain the eye doctor's experiments and list more unnatural treatments, eyeglasses to avoid.

To see Dr. Bates Experiments; read his book Perfect Sight Without Glasses

In Paperback; http://www.amazon.com/William-H.-Bates/e/B004H9DOBC/ref=ntt_athr_dp_pel_pop_1

Free Color PDF E-book;

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

my finger, and when I turn my head to the right my finger seems to move to the left and vice versa."

I encouraged her to keep on moving her head from side to side and to blink her eyes to prevent staring, which had been a habit since birth. I noticed after a few minutes or so that she settled herself in a more relaxed position as she sat in her chair. Then I called her sister's attention to the fact that the contraction of her throat muscles quieted down until they stopped.

(To be continued)

"How Joe Cook Learned to Shift"

IN the January number of the American Magazine, Joe Cook, famous eccentric comedian, says he never has seen a juggler who had to wear glasses. He himself has remarkable eyesight, and this is the way he accounts for it:

"In my work," he says, "I have to be constantly changing the focus of my eyes; adjusting it to different distances and different directions. In juggling several balls, for instance, I look up, down, to right, and to left; so quickly, of course, that even I am hardly conscious of moving my eyes. But I do move them. I am always practicing, and this exercises the muscles of the eye. I believe this keeps them strong, active, and, you might say, young."

"Oculists will tell you that this is true. Exercise your eyes by looking around you, at objects that are at various distances and in different directions. If your regular job is at close work, stop once in a while and look at things farther off. Practice changing the focus of your eyes. Get several small balls and try to juggle them. It will help to keep your eyes young."

The Use of Eyesight in a Printing Plant

By BENDIX T. MINDEN

SIGHT is well held to be the highest and most perfect of all the senses; whereby we are able to recognize the form, size, color, and distance of thousands of different objects in nature. Indeed, it is wonderful to behold a balloon leave the earth and watch it till it becomes a black speck in the sky. But in a printing plant, this sense is so woven into the countless acts of our occupation that we scarcely appreciate this marvelous gift, so essential not only to the simplest matters of comfort, but also to the culture of the mind and the higher forms of pleasure. It seems to be the mind behind the eye that sees, for in each department of this plant, the employees perform their work rapidly and amazingly accurate.

There is a popular opinion that persons who use their eyes for much reading or fine work are more apt to have imperfect sight than others. A visit to the majority of printing plants would disprove this theory. In the plant with which the writer is connected there are only ten people out of 60 employed who wear glasses, and one of them has had a cataract on his eye since childhood.

In three other plants visited, the percentage ran from 10 to 20 per cent of those who wore glasses.

It is strange to say that the continuous use of the eye in a correct manner, strengthens that organ rather than spoils the vision, which is proven not only by a printing plant, but by intimate knowledge of a juggler.

A juggler's eye, the same as a printer's, is always focusing quickly on moving objects, and it is merely this constant and automatic correct use of the eye which is so valuable for the detection of mistakes in a printing plant.

We will enter the workrooms with a piece of copy, which may be either manuscript or reprint matter. This is given to the foreman, who glances through it quickly

Eye Elongation during Accommodation in Humans: Differences between Emmetropes and Myopes

Wolfgang Drexler,¹ Oliver Findl,² Leopold Schmetterer,^{1,3} Christoph K. Hitzenberger,¹ and Adolf F. Fercher¹

PURPOSE. The pathophysiology and pathogenesis of myopia are still a matter of controversy. Exaggerated longitudinal eye growth is assumed to play an important role in the development of myopia. A significant correlation between refraction and amount of near-work has been reported. However, current knowledge of changes of axial eye length with accommodation is limited because clinical ultrasound biometry does not provide the precision and resolution required to thoroughly investigate these phenomena.

METHODS. Partial coherence interferometry (PCI), a noninvasive biometric technique, uses laser light with short coherence length in combination with interferometry to achieve precision in the micrometer to submicrometer range and resolution of 10 μm . In the present study this technique was used to investigate axial eye length changes in 11 emmetropic and 12 myopic eyes during monocular fixation at the far and near point. In 7 subjects, the contralateral eye has also been measured to investigate interocular differences in eye elongation.

RESULTS. All investigated eyes elongated during accommodation. This elongation was more pronounced in emmetropes than in myopes ($P < 0.001$). Mean accommodation-induced eye elongations of 12.7 μm (range, 8.6–19.2 μm) and 5.2 μm (range, 2.1–9.5 μm), corresponding to a dioptric change of approximately -0.036 D and -0.015 D, were obtained for emmetropes and myopes. No significant difference in accommodative amplitudes between groups (5.1 ± 1.2 D [range, 3.8–7.1 D] versus 4.1 ± 2.0 D [range, 1.0–7.1 D]; $P = 0.14$) was detected. No significant interocular difference in accommodation-induced eye elongation was revealed ($P = 0.86$). Also, a mean backward movement of the posterior lens pole of 38 μm (range, 9–107 μm) was observed in both study groups.

CONCLUSIONS. The detected eye elongation can be explained by the accommodation-induced contraction of the ciliary muscle, which results in forward and inward pulling of the choroid, thus decreasing the circumference of the sclera, and leads to an elongation of the axial eye length. Finally, it was demonstrated that PCI, in contrast to clinical ultrasound, is capable of characterizing eye length changes during accommodation in humans. (*Invest Ophthalmol Vis Sci.* 1998;39:2140–2147)

Ophthalmologist Bates proved that looking close, 'shifting' on small objects close to the eyes and reading fine and microscopic print produces clear close and far vision. It cures myopia, presbyopia.

The worldwide prevalence of myopia, reported to be approximately 25% to 30%, has shown an upward trend related to the increasing amount of near-work.^{1,2} A recent study shows that approximately 50% of the US population is wearing spectacles or contact lenses, with approximately half of them being myopic.³ Hence, there has been substantial effort toward investigating and understanding the pathophysiology of myopia in humans.

Over the past several decades, there has been a long-standing controversy about the mechanisms that might be responsible for the development of myopia. There is evidence that the primary factor is an axial contribution manifested in an exaggerated longitudinal growth of the eye and its components.^{4,5} The question of whether near-work and accommodation are associated with the development and progression of myopia has attracted much interest. Studies of experimentally induced myopia in infants of different animal species (e.g., tree shrews, domestic chickens, and marmosets) have revealed that a change of axial eye length could be triggered by visual deprivation (i.e., restriction of the visual field).^{6,7} With the use of optical defocus techniques produced by spectacles, eye growth in compensation for this induced defocus was shown in young chickens.⁸ Until now at least three visually triggered mechanisms in the eye have been revealed by animal studies to alter the relative position of the retina and thereby cause refraction: deprivation-induced local scleral growth;⁷ positive defocus-induced local choroidal thickening;⁷⁻¹¹ and negative defocus-induced global scleral growth.^{7,8} Strikingly, recent studies

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Proprietary interest category: P.

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Elongation of the eye can be due to action of the outer oblique muscles. Dr. Bates experiments show that the eye lengthens during accommodation 'looking close'. Could contraction of the oblique also affect the lens' shape and/or cause the lens' ciliary muscle to perform certain actions to effect/support position, shape of the lens, assist the oblique's lengthening of the eye, production of accommodation?⁹

Statement on the right > is incorrect.

Near work does not impair the eyesight.

Dr. Bates' experiments prove that near work does NOT cause myopia.

See his book; Perfect Sight Without Glasses.

Note; use of a microscope is the same as wearing very strong +plus reading glasses. This impairs the close and far vision, it causes myopia, presbyopia and farsight.

Dr. Bates proved that using the vision up close and reading fine print (WITHOUT GLASSES, no type of glasses; no magnifiers, microscopes...) produces clear close and far vision. Prevents myopia, presbyopia, farsight.

have found that axial eye elongation produced by negative defocus requires an intact optic nerve,¹¹ whereas deprivation-induced axial elongation still occurs if the optic nerve is cut.¹² Nevertheless, some caution should be exercised when extrapolating these animal findings to naturally occurring myopia in humans,¹³⁻¹⁵ because several longitudinal and cross-sectional studies have demonstrated a moderate but significant correlation between refraction and amount of accommodation and near-work.¹⁶⁻¹⁸ For example, a study conducted on microscopists revealed that 66% were myopic, with 50% of them having developed myopia after beginning the job,¹⁹ indicating, that near-work acts as a trigger mechanism for the development of myopia. It may—in certain subgroups—be related to the onset of myopic progression.

Until now, only inconclusive studies on accommodation-induced eye length changes have been reported, demonstrating mean changes ranging from an 80- μm decrease to a 100- μm increase.²⁰⁻²⁵ These controversial results may be due to the limited resolution and precision (120–200 μm) of clinical ultrasound biometry for axial eye length measurements.^{26,27} An additional limitation of these studies arises from the fact that the fixation target has to be presented to the contralateral eye when conducting accommodation studies with ultrasound. Furthermore, biometric findings performed with applanometry techniques of ultrasound may vary by $\sim 140 \mu\text{m}$ because of different applanation depths of the cornea caused by the ultrasound probe.²⁸ Partial coherence interferometry (PCI), a novel noninvasive optical ranging technique, has been developed.²⁹ This technique has been successfully used for accurate biometry of intraocular distances with a precision of 0.3 μm to 10 μm , depending on the ocular structure being measured,^{30,31} and for high resolution (10 μm) topographic and tomographic in vivo imaging of the retina in humans.³²⁻³⁷ Analysis and quantification of the changes of the anterior eye segment during accommodation have been reported recently.³⁸ In the present study this technique was used to assess axial eye length changes induced by accommodation in emmetropes and myopes.

METHODS

Dual Beam PCI

The basic principle of dual beam PCI has been described in detail previously.^{29,30,36} Briefly, an external Michelson interferometer splits a light beam ($\lambda = 855 \text{ nm}$) of high spatial coherence but very short coherence length into two parts, forming a dual beam. This dual light beam, which contains two beam components with a mutual time delay introduced by the interferometer, illuminates the eye, and both components are reflected at several intraocular interfaces, which separate media of different refractive indexes, for the measurement of the axial eye length, for example, at the anterior surface of the cornea and the inner surface of the retinal pigment epithelium. If the delay of these two light beam components, produced by the interferometer, equals a distance within the eye, an interference PCI-signal is detected. The obtained PCI signals are similar to those of ultrasound A-scans but have a very high resolution and precision, the latter being more than one order of magnitude better than

that of clinical ultrasound biometry. Furthermore, this technique is a noncontact method with no need for local anesthesia, no risk of corneal infection, and no need for pupil dilatation for in vivo measurements.

Subjects and Study Design

All research and measurements performed in this study followed the tenets of the Declaration of Helsinki; informed consent was obtained from all subjects in this study after the nature and possible consequences of the study had been explained. The study was approved by the ethics committee of the Vienna University School of Medicine.

Axial eye elongation during accommodation was investigated in 23 eyes of 23 normal female and male subjects (21–30 years of age), 11 of whom were emmetropic with a spherical equivalent (SE) ranging from +0.38 D to –0.75 D, and 12 myopic with a SE ranging from –1.0 D to –9.5 D. Refractive error was measured with an autorefractometer (KR 3500 Auto Kerato-Refraktometer; Topcon, Paramus, NJ). After performing 10 measurements of each eye, the mean value of the SE was calculated. These two groups were age-matched. The mean age of the emmetropes and myopes was 25.8 ± 2.7 years (mean \pm SD; range, 21 to 29 years) and 25.0 ± 2.4 years (range, 22 to 30 years), respectively. Corneal thickness, anterior chamber depth, lens thickness, and vitreous length were measured during monocular fixation of the far and the near point, by offering a moveable fixation target, a black crosshair (diameter, 5 mm; thickness, 0.5 mm) in front of a green light-emitting diode ($\lambda = 565 \text{ nm}$; $\sim 35 \text{ mcandela}$ [mcd]), to the examined eye. A fixation distance ranging from 5 to 50 cm, and fixation at infinity could be offered. Intraocular distances and their changes were measured at the nearest and most distant, individually determined, point of fixation. The near point was determined by moving the target from the far point to the nearest individually determined distance, where the target could still be fixated and did not blur. Focusing distances could be measured with a ruler that was mounted on a rail and were used to determine accommodative amplitudes. None of the subjects wore glasses during measurements. By adding the measured intraocular distances, it was possible to calculate the total axial eye length (defined as the distance from the anterior corneal surface to the retinal pigment epithelium). Also, measurements were performed in emmetropes during fixation at a distance of $\sim 30 \text{ cm}$. Furthermore, the contralateral eye of seven subjects (mean age, 26.1 ± 1.8 years; range, 24 to 30 years) was measured to investigate interocular differences in eye elongation.

Because PCI yields optical distances, they need to be divided by the group refractive index of the respective ocular medium to obtain geometrical distances.^{30,39} These group refractive indexes were derived from the phase refractive indexes reported for each ocular medium in the literature, with medium dispersion assumed to be equal to that of water.^{30,40}

Data Analysis

Data are presented as mean values and ranges of geometrical distances. For the conversion of optical to geometrical dimensions, group refractive indexes were assumed to be equal for all accommodative states. Paired and unpaired

Looking at close distances does not cause myopia.
The eye returns to a round shape when looking to the far distance.
The eyesight remains clear at all distances when the eyes 'your vision' are used with relaxation, shifting, central-fixation... (centralizing) as Dr. Bates teaches.

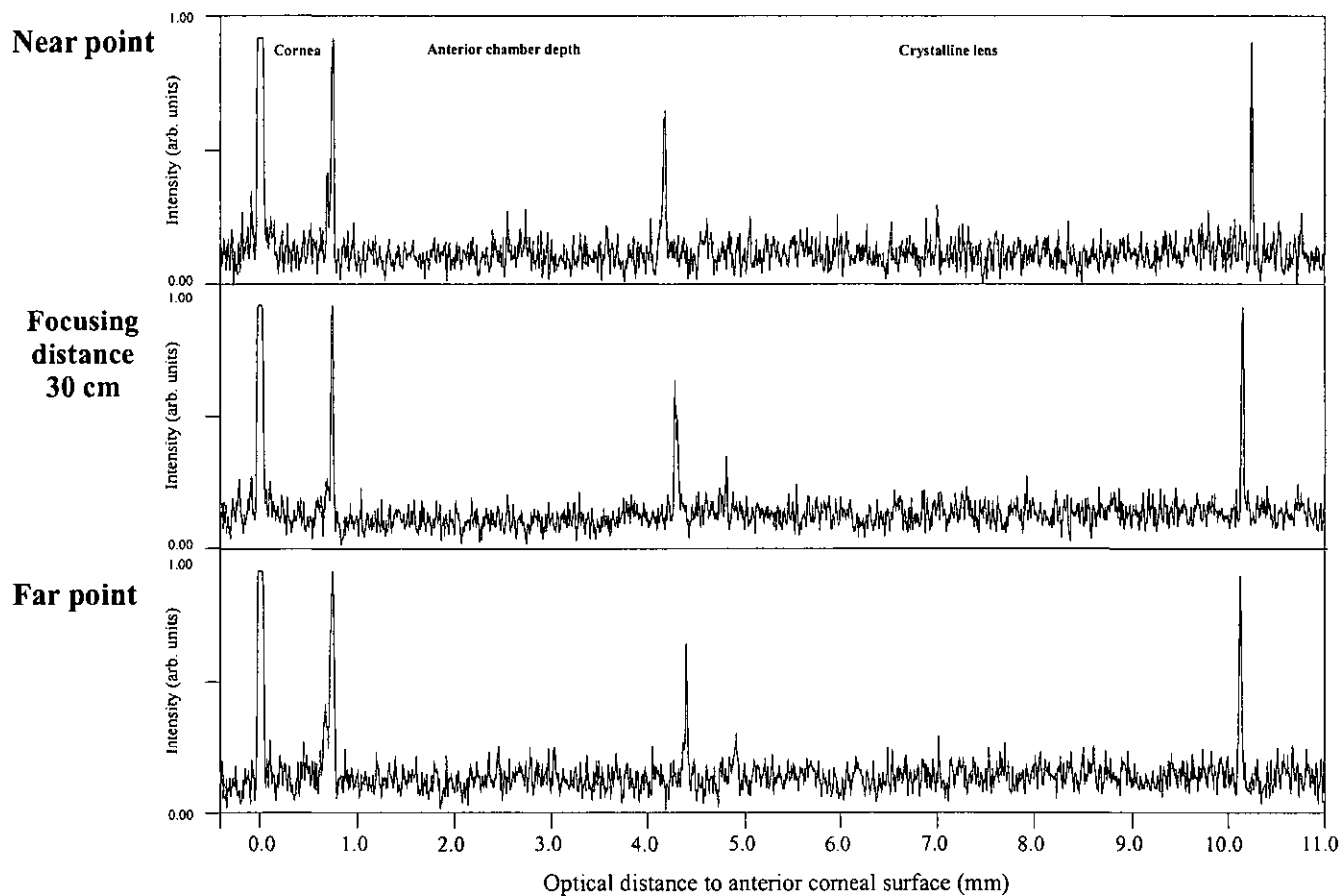


FIGURE 1. Partial coherence interferometry (PCI) measurements of the anterior eye segment of an emmetropic subject during fixation at the near point, at a focusing distance of 30 cm, and at the far point. Four PCI-signal peaks, arising from light reflected at the anterior and posterior corneal and lens surfaces, can be distinguished. During accommodation from the far to the near point, a decrease in anterior chamber depth and an increase in lens thickness are detected. In addition to the forward movement of the anterior lens pole, an approximately three to four times less pronounced backward movement of the posterior lens pole can be observed during accommodation from the far to the near point.

t-tests were used to assess the change in eye length during accommodation. $P < 0.05$ was considered to be significant. The precision of PCI was defined as the SD of multiple recorded consecutive measurements of the ocular medium under investigation.

RESULTS

Figure 1 shows three typical measurements of the anterior eye segment of an emmetropic subject during fixation at the near point, at a focusing distance of ~30 cm, and at the far point. The PCI-signal intensity is plotted versus the optical distance to the anterior corneal surface. Four main peaks, arising from light reflected at the anterior and posterior corneal and lens surfaces, can be distinguished, indicating the corneal thickness, the anterior chamber depth, and the lens thickness, respectively. During fixation change from the far point to the near point, a significant decrease of the anterior chamber depth from 2.720 mm (fixation of the far point) to 2.650 mm (fixation distance of 30 cm) and 2.557 mm (fixation of the near point) was observed, and an increase of lens thickness from 4.092 mm (fixation of the far

point) to 4.163 mm (fixation distance of 30 cm) and 4.314 mm (fixation of the near point) was observed. During maximum accommodation, the forward movement of the anterior lens pole is approximately three times that of the backward movement of the posterior lens pole. The geometrical corneal thickness in this case was ~534 μm for all three accommodative states. The precision for the measurements of the anterior chamber depth and lens thickness was 5 μm in all subjects, and 0.4 μm for corneal thickness.

Figure 2 shows the change of axial eye length during accommodation. The three different peaks are caused by reflection of the light at three retinal interfaces (probably the photoreceptor/retinal pigment epithelium interface, retinal pigment epithelium/choriocapillary interface, and choriocapillary/choroidal interface). Scans are shown during fixation at the near point, at a focusing distance of ~30 cm, and at the far point. The plots have been enlarged to elucidate the displacement of the first of these peaks, which originates at the retinal pigment epithelium. This signal peak together with the peak reflected at the posterior lens surface (cf. Fig. 1) is used to determine the vitreous length, with a precision of 5 μm . The axial eye length

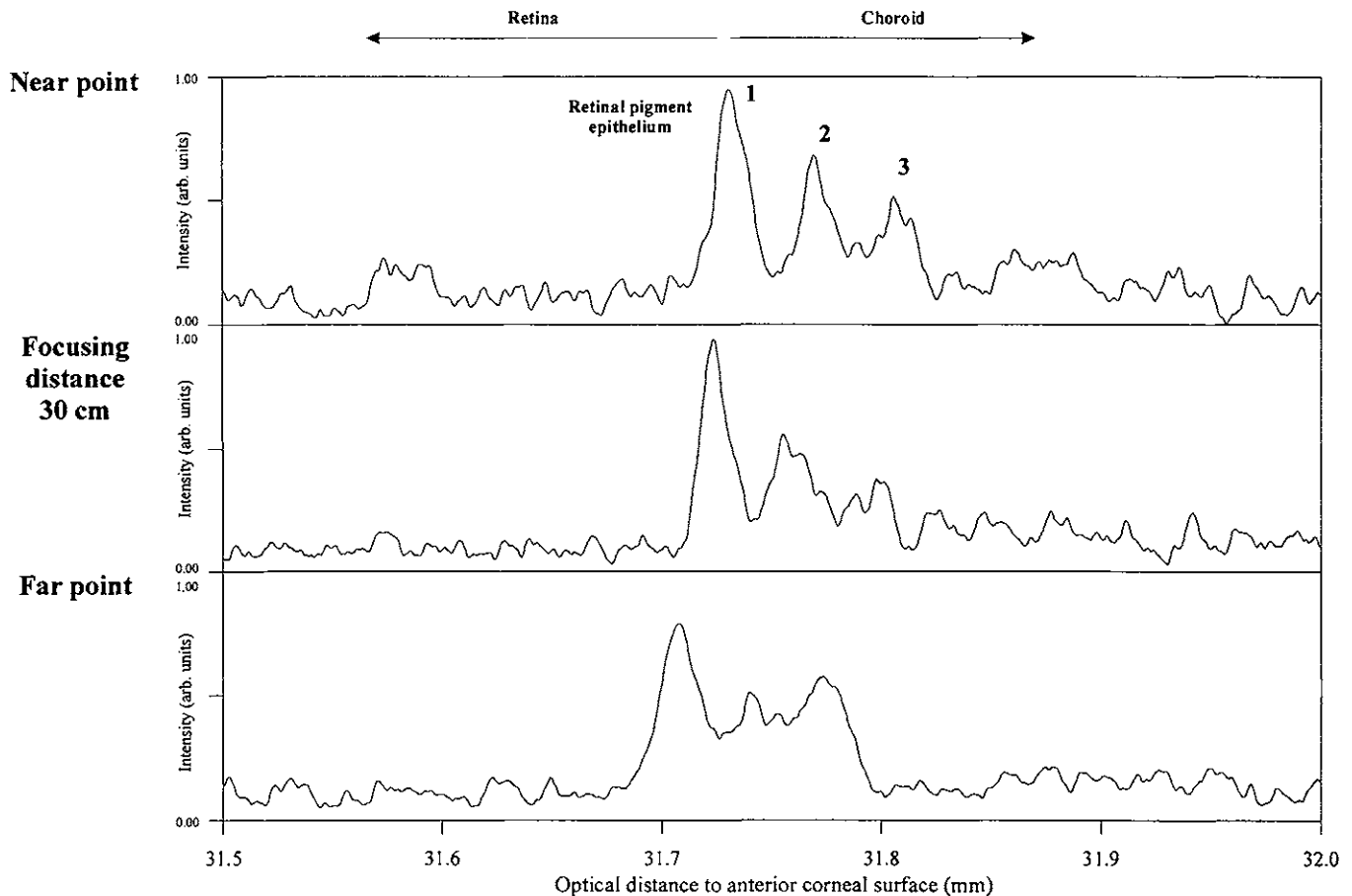


FIGURE 2. Partial coherence interferometry (PCI) measurements of axial eye length during accommodation. The optical distances from the anterior corneal surface to peaks arising from three retinal interfaces, probably the photoreceptor/retinal pigment epithelium interface (1), retinal pigment epithelium/choriocapillary interface (2), and choriocapillary/choroidal interface (3), are indicated. The plots have been enlarged to elucidate the displacement of the first, highly reflective peak, which originates at the retinal pigment epithelium. Therefore, the peak, caused by light reflected at the internal limiting membrane, indicating the retinal thickness, is not illustrated.

was determined by the addition of corneal thickness, anterior chamber depth, lens thickness, and vitreous length, with a resulting precision of 8 μm . In the case shown in Figures 1 and 2, the eye length increased by 10 μm during accommodation.

Table 1 lists all measured intraocular distances and their absolute changes during fixation at the near point in relation to the far point. The mean axial eye length of emmetropes and myopes during fixation of the far point were 23.838 mm (range, 22.565–24.843 mm) and 25.174 mm (range: 22.905–27.481 mm), respectively. In all eyes tested in this study, a significant accommodation-induced increase of the axial eye length was detected. Figure 3 shows the absolute eye length changes of all emmetropic (left side) and myopic (right side) eyes as a function of accommodative amplitude relative to the far point. A highly significant difference in eye elongation during accommodation was observed ($P < 0.001$). Mean accommodation-induced eye elongations of 12.7 μm (range, 8.6–19.2 μm) and 5.2 μm (range, 2.1–9.5 μm) were detected for the emmetropes and myopes, respectively. Although the mean accommodative amplitude in emmetropes was slightly greater but not significantly different from that of myopes (5.1 ± 1.2 D; range, 3.8–7.1 D; 4.1 ± 2.0 D; range, 1.0–7.1 D; $P = 0.14$), a significant correlation be-

tween accommodation-induced eye elongation and accommodative amplitude was detected ($r = 0.47$, $P < 0.05$). It has been shown, that a reduction in axial eye length of approximately 120 μm corresponds to a refractive error of approximately +0.34 D.^{41,42} Therefore, the accommodation-induced eye elongations that were detected correspond to a dioptric change of approximately -0.036 D and -0.015 D for emmetropes and myopes, respectively.

In addition, a fixation target was offered at a fixation distance between the far and near points (30 cm) to all emmetropic eyes. As indicated in Figure 4, the measured axial eye lengths of all investigated eyes in this accommodative state were within the range measured during fixation at the far and near points. The mean axial eye elongation at this fixation distance was 5.4 μm (range, 3.5–7.6 μm). Axial eye lengths measured during fixation of the far point (23.824 ± 0.743 mm; range, 22.565–24.843 mm), fixation of a distance of 30 cm (23.830 ± 0.744 mm; range: 22.571–24.851 mm), and fixation of the near point (23.837 ± 0.745 mm; range, 22.575–24.858 mm) were significantly different ($P < 0.0001$).

Maximum accommodation caused a decrease in anterior chamber depth of 131 μm (mean; range, 30–271 μm), an increase in lens thickness of 175 μm (mean; range: 45–340

TABLE 1. Main Results of the Measurements of Intraocular Structures during Accommodation (mean ± standard deviation)

	Emmetropes	Myopes
Age (y)	25.8 ± 2.7	25.0 ± 2.4
Refraction (SE; D)	-0.34 ± 0.30	-3.50 ± 2.80*
Cylinder (D)	0.40 ± 0.34	0.54 ± 0.39
Accommodative amplitude (D)	5.1 ± 1.2	4.1 ± 2.0
Axial eye length (mm)	23.838 ± 0.737	25.174 ± 1.276*
Eye elongation (μm)	+12.7 ± 3.4	+5.2 ± 2.0*
Lens thickness (mm)	3.875 ± 0.243	3.672 ± 0.250
Lens thickness change (μm)	+170 ± 76	+180 ± 108
Anterior chamber depth (mm)	3.044 ± 0.246	3.322 ± 0.270*
Anterior chamber depth change (μm)	-126 ± 64	-135 ± 87
Vitreous length (mm)	16.401 ± 0.709	17.672 ± 1.239*
Vitreous length change, i.e., posterior lens pole movement† (μm)	-32 ± 20	-39 ± 24
Corneal thickness (μm)	518.0 ± 24.6	508.5 ± 44.0

Values are mean ± SD (range).

* Significantly different ($P < 0.05$).

† Negative values indicate a backward movement.

Intraocular distances during focusing the far point and their changes during fixating the near point are indicated for emmetropes and myopes.

μm;) and a backward movement of the posterior lens pole of 38 μm (mean; range, 9–107 μm; including all measured eyes of emmetropes and myopes). No significant difference between emmetropes and myopes was detected for the changes in the anterior eye segment during accommodation ($P = 0.78$ for the decrease in anterior chamber depth; $P = 0.80$ for the thickening of the lens; $P = 0.58$ for the movement of the posterior lens pole). Furthermore, there was no correlation between changes in lens thickness and eye elongation induced by accommodation ($r = -0.02$, $P = 0.90$).

A significant negative correlation of accommodation induced eye elongation with axial eye length ($r = 0.36$, $P < 0.05$) was detected, confirming that there is a reduced eye elongation in myopes. No significant interocular difference in accommodation induced eye elongation was revealed for the 7 bilaterally investigated subjects ($P = 0.86$). Mean eye elongations of

5.4 ± 2.0 μm and 5.6 ± 2.4 μm were detected for the right and the left eyes, respectively. There was no significant interocular difference in accommodative amplitude (4.3 ± 2.4 D, 4.4 ± 1.8 D, $P = 0.76$), axial eye length (25.310 ± 1.287 mm, 25.288 ± 1.273 mm, $P = 0.81$), or refraction (-3.4 ± 2.9 D, -3.1 ± 2.2 D, $P = 0.43$).

DISCUSSION

In our study partial coherence interferometry—in contrast to ultrasound—was demonstrated to be capable of accurately detecting accommodation-induced axial eye length changes due to its unprecedented high precision and resolution. All eyes investigated became elongated during accommodation, with no significant interocular difference.

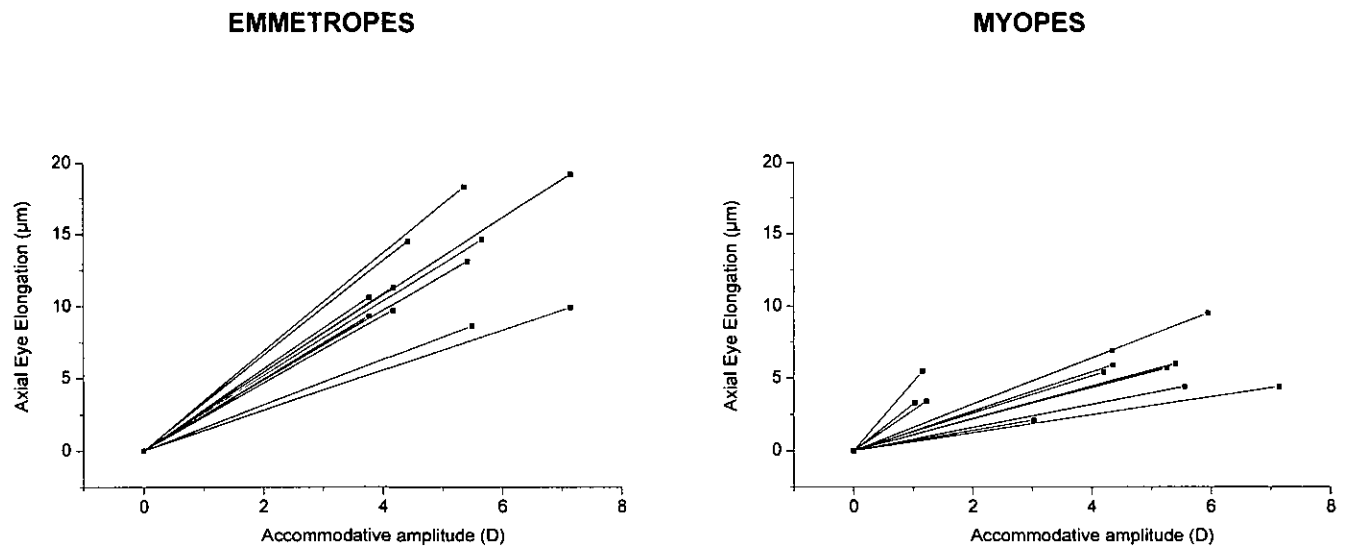


FIGURE 3. Absolute eye length changes as a function of accommodative amplitudes relative to the far point of all the emmetropic and myopic eyes investigated in this study.

During accommodation; the reduced elongation of the eye with myopia can be due to the fact that the obliques are tense from wearing -minus glasses and have abnormally lengthened the eye.

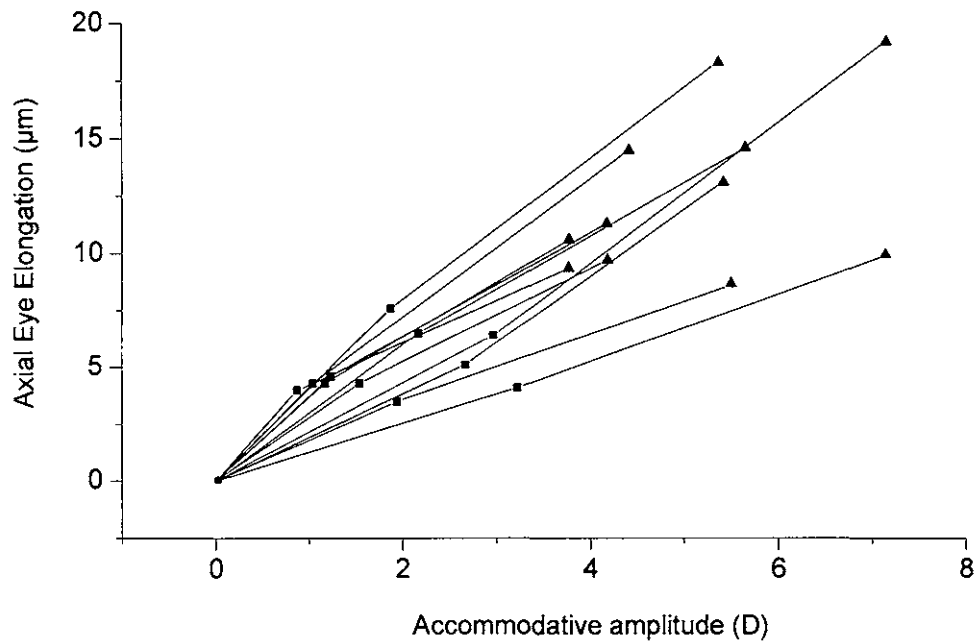


FIGURE 4. Absolute eye length changes as a function of accommodative amplitudes relative to the far point in emmetropic eyes as induced by fixation at the far point (●), at 30 cm distance (■), and the near point (▲).

This increase in eye length was more pronounced in emmetropes than in myopes. Although no significant difference in accommodative amplitudes was detected in either group, a significant correlation was detected between accommodation-induced eye elongation and accommodative amplitude. Also, a backward movement of the posterior lens pole was detected in emmetropes and in myopes. The amplitude of the posterior movement was approximately three times less than the anterior movement of the anterior lens pole. This is in contrast to the common view that the posterior lens pole remains virtually fixed during accommodation.⁴³

Based on our results we cannot determine whether the detected accommodation-induced eye elongation is caused by a choroidal or a scleral effect—or a combination of both. One possible mechanism of eye elongation during accommodation could arise from the contraction of the ciliary muscle directly. This muscle consists of a ring of smooth muscles adjacent to the inner surface of the anterior sclera,⁴³ it is effectively continuous with the choroid,⁴⁴ and its fibers originate at the corneoscleral spur and insert at Bruch's membrane.⁴⁵ Contraction of the ciliary muscle results in a maximal force of 5 mN⁴⁶ and an axipetal displacement (i.e., forward and inward) of the zonular attachment, with a forward pulling of the choroid,⁴³ thus possibly decreasing the circumference of the sclera, and thereby leading to an elongation of the posterior segment and consequently the axial length. In support of this hypothesis, a significant increase of the eye length was observed during accommodation in emmetropes and in myopes, and a significant correlation between axial elongation and accommodative amplitude.

Although no significant difference in accommodative demand was detected between groups, the mean accommodative amplitude of the myopic group was slightly lower.

Dr. Bates states that the oblique muscles elongate the eye.

Therefore, a possible explanation for the detected difference in eye elongation during accommodation between emmetropes and myopes could be poorer accommodation of the latter group, because the far and near points were determined subjectively. Because of the high level of myopia in some subjects, the target distance was extremely close during accommodation at the near point. A slight error in measuring this distance would have a great effect on the dioptric amplitude after conversion. Furthermore, it has been shown that myopes have poor accommodation⁴⁷ compared with emmetropes and that they are furthermore relatively insensitive to blur.⁴⁸ The detected correlation between axial elongation and accommodative amplitude would be consistent with this interpretation.

Because the axial eye length was determined by measuring the distance between the anterior corneal surface and the retinal pigment epithelium, a change of choroidal thickness during accommodation cannot be excluded. Future investigations with increased sensitivity of PCI, and therefore the possibility of measuring choroidal thickness, may possibly help to discriminate between scleral and choroidal contributions to eye elongation during accommodation.

A potential limitation of the present study arises from the conversion of optical distances to geometrical distances. We cannot entirely exclude the possibility that the group refractive index of the lens changes during accommodation. An increase in refractive index of the lens of 0.3% could account for the measured results without a change of the eye length in emmetropes and myopes during accommodation. This seems unlikely because eye elongation is two times larger in emmetropes than in myopes. Hence, the refractive index would have to increase twice as much in emmetropes as in myopes. However, we did not observe a difference in lens thickening during accommodation between the two groups, and there was no correla-

tion between changes in lens thickness and accommodation-induced eye elongation. Therefore, an artifact seems unlikely.

The results of the current study prove that PCI is a new tool for the investigation of eye length changes during accommodation and, consequently, for studying the pathophysiology of myopia in humans. Based on our results one could hypothesize that prolonged excessive near-work causes slight eye elongation, possibly contributing to excessive axial eye growth. This hypothesis would be compatible with the association of near-work and myopia.

Dr. Bates disagrees; see note on bottom of page. Near-work does not cause myopia.

Acknowledgments

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Ophthalmologist William H. Bates proved that reading fine print, looking at 'shifting on' small parts of close objects and far objects 'with relaxation' produces clear close and far eyesight, prevents myopia, presbyopia, farsight. It keeps the eyes and lens mobile. The eye elongates slightly when the lens changes shape to accommodate for close distances. The eye returns to a round shape as the lens returns to original shape, un-accommodates when looking to the far distance.

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Blue text, text boxes in this article are by Clark Night, a Bates Method Natural Eyesight Improvement teacher and preserver of Dr. Bates book Perfect Sight Without Glasses, his Medical Articles and Better Eyesight Magazine.

Clark Night's information is not part of the modern doctors, scientist's experiments, article and is not necessarily the opinion of these authors.

It is rare to find eye doctors, scientists that will do experiments on the outer eye muscles to determine their effect on the eyes shape, accommodation and the clarity of eyesight. There seems to be a secret 'gag order' on this subject.

Appreciation to the people that did the experiments described in this article.
Interesting information on the eyes lens, its movement, eye elongation.
Contrary to the long held opinions of orthodox ophthalmology 'the eye doctors, surgeons that try to hide Dr. Bates work'.



Eyeglasses cause strain, tension and increase visual blur.

MENTAL STRAIN, EYE MUSCLE TENSION CAUSES UNCLEAR EYESIGHT - Dangers of Laser Cornea Surgery

Look straight forward and try to clearly distinguish the smallest object in the distance.

NATURAL EYESIGHT IMPROVEMENT **Bates Method**

FREE 'Do It Yourself' Training for Perfect, Clearer Than 20/20 Eyesight. Correct Myopia, Presbyopia, Astigmatism and Other Eye-Vision Conditions Without Eyeglasses, Surgery

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SEE BETTER NOW!

Perfect Clearer Than 20/20 Vision at all Distances, Close and Far! Quick Easy Training

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Ophthalmologist Bates Life History, Natural Eyesight Improvement Experience. AVOID the Harmful 'Plus Lens' Eyeglass Method! Dangers of Laser Cornea Surgery, Most Cataract Surgeries, Contact Lenses.

Avoid un-natural teachers illegally using our books, website title, videos

CONTACT, Phone, Address - Question Answer Page. Video; Dangers, Blindness, Vision Problems Caused by Cornea Laser Surgery, Contact Lenses.

Strain, tension in the mind, visual system, incorrect posture, shoulder, neck muscle tension, Incorrect Vision Habits cause eye muscle tension.

Tension in the outer eye muscles places pressure on/in the eye causing abnormal eye shape, incorrect focus of light rays in the eye and unclear vision. Muscles inside the eye also become tense-function of the lens iris, retina are impaired.

+Picture # 1 shows the normal round eye shape.

Eye muscles are relaxed. Light rays focus correct on the retina.

+ The central light ray focuses on the center of the fovea centralis in the macula in the center of the retina.

This produces the center of the visual field.

+ Peripheral light rays focus on the peripheral areas of the retina (all areas around, near and away from the macula and fovea) which produces the peripheral field of vision. Distant vision is clear.

Bates Teachers state; 'The oblique muscles around the outside of the eye contract to slightly lengthen the eye to accommodate, focus divergent light rays on the retina for clear close vision. (like a camera.) They un-contract, return the eye to a round shape for clear distant vision'.

+Picture # 2 shows a abnormal lengthened eye shape.

The eye is lengthened too much and is kept in this state due to tension in the oblique outer eye muscles.

Light rays do not focus on the retina.

Light rays focus incorrect before the retina causing unclear distant vision.

Close vision may be clear if the eye is not lengthened too much, but it is never perfectly clear when the distant vision is unclear.

Increased eye muscle tension causes increased lengthening of the eye resulting in unclear distant and close vision.

+Picture # 3 shows a abnormal shortened eye shape due to tension in the recti outer eye muscles pulling back on the front of the eye.

Light rays focus incorrect beyond the retina.

In early stages of eye muscle tension the eye may stay in a round shape unable to lengthen slightly when looking at close distances resulting in unclear close vision.

Distant vision may be clear, but is never perfectly clear when the close vision is unclear.

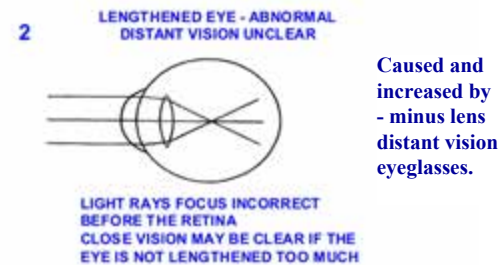
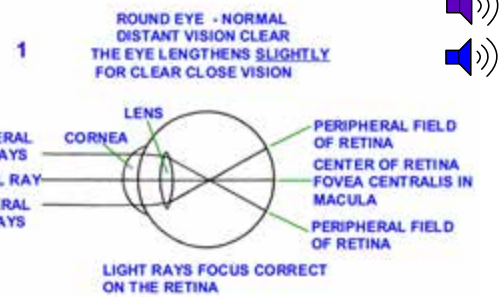
As muscle tension increases, the eye is pulled into a shortened shape causing unclear close and distant vision.

+Picture # 4 shows a irregular, uneven eye shape caused by

tension in one or more outer eye muscles, oblique and/or recti.

The shape of the cornea is also uneven. Astigmatism, unclear vision. This condition can occur with a abnormal lengthened or shortened eye shape. Light rays focus incorrect; all or some light rays focus incorrect before and/or beyond the retina.

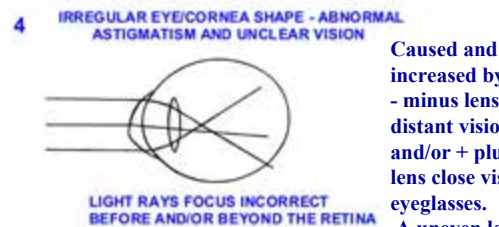
Eyeglasses, contact lenses CAUSE and INCREASE; strain, tension in the mind, eyes, eye muscles, abnormal eye shape, all the conditions listed in # 2, 3 and 4. Leads to Detached retina, cataract, glaucoma and other conditions.



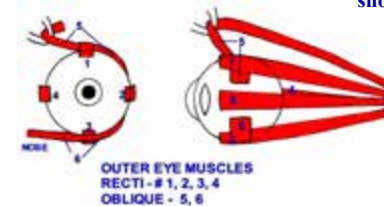
Caused and increased by - minus lens distant vision eyeglasses.



Caused and increased by + plus lens close vision eyeglasses.

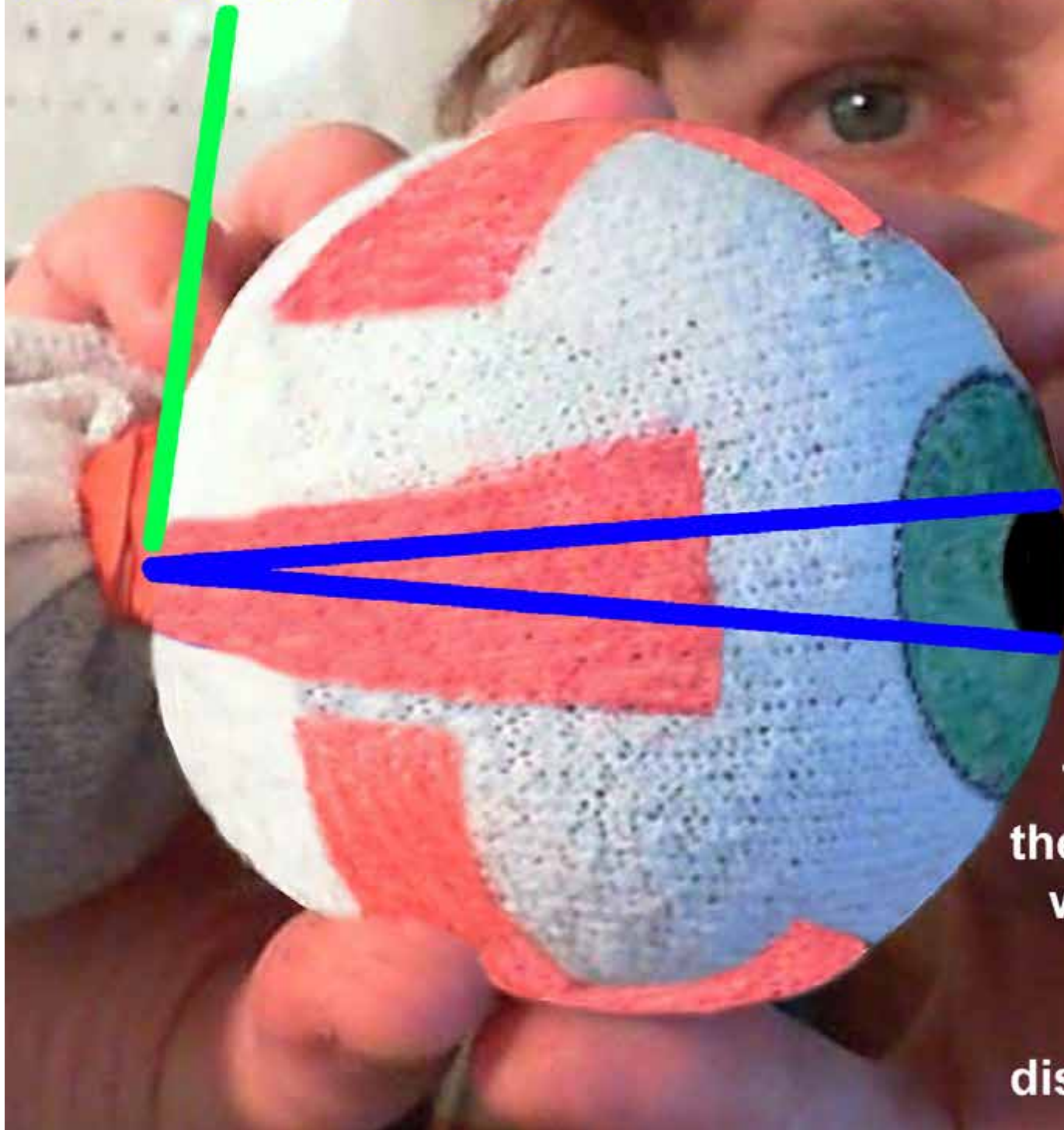


Caused and increased by - minus lens distant vision and/or + plus lens close vision eyeglasses. A uneven long or short eye occurs.



Normal round eye shape. Eye muscles are relaxed and coordinated due to NOT wearing glasses. Perfect clear vision, relaxed natural eye-vision function occurs on its own, automatically.

Light rays focus correct, onto the retina, eyesight is clear close and far.



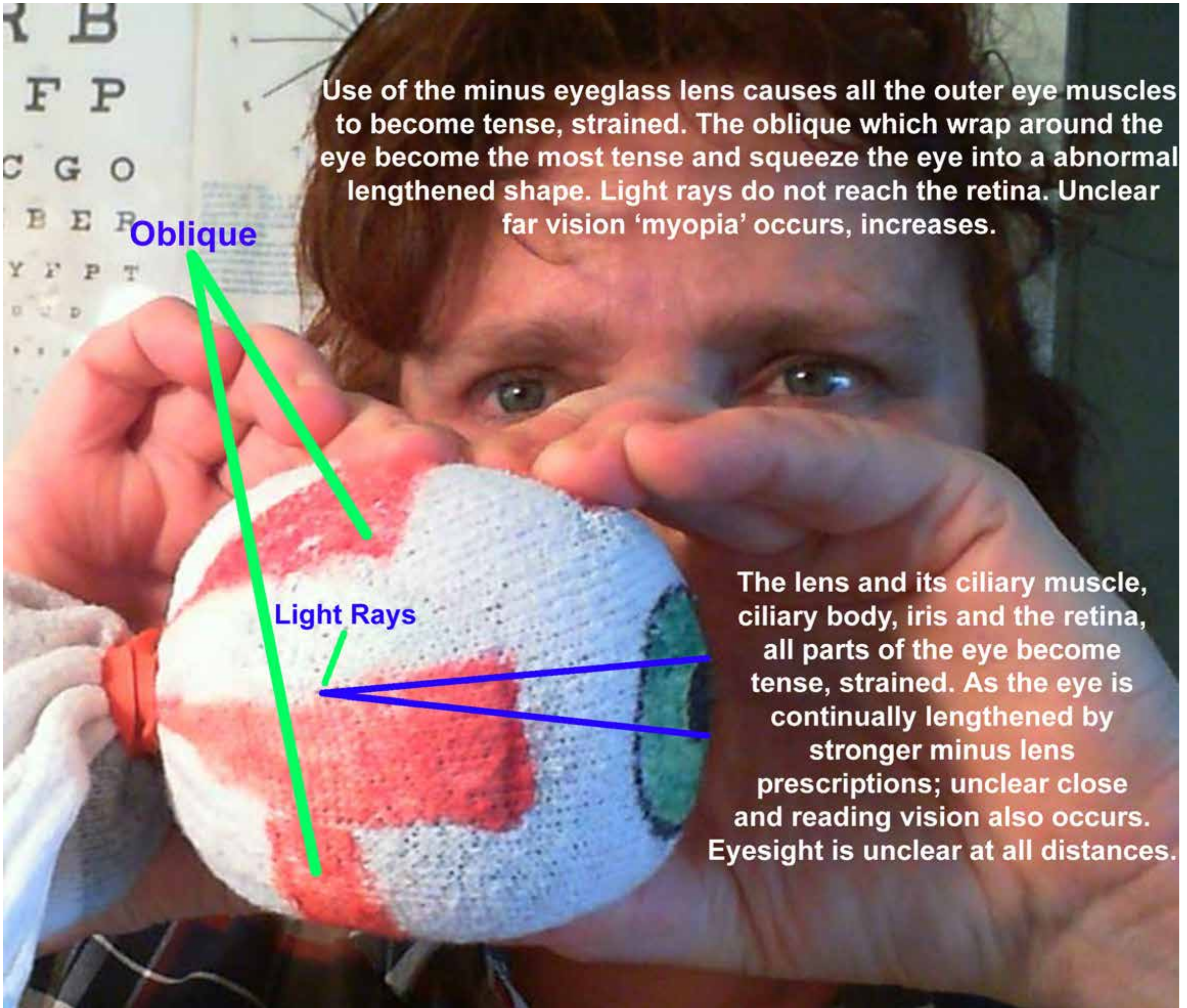
The lens changes shape and the eye 'naturally' lengthens a bit when the lens changes shape (accommodation) to focus clear at close distances and reading distances.

Use of the minus eyeglass lens causes all the outer eye muscles to become tense, strained. The oblique which wrap around the eye become the most tense and squeeze the eye into a abnormal lengthened shape. Light rays do not reach the retina. Unclear far vision 'myopia' occurs, increases.

Oblique

Light Rays

The lens and its ciliary muscle, ciliary body, iris and the retina, all parts of the eye become tense, strained. As the eye is continually lengthened by stronger minus lens prescriptions; unclear close and reading vision also occurs. Eyesight is unclear at all distances.



Use of the plus eyeglass lens causes all the outer eye muscles to become tense, strained. The 4 recti which travel from front to the back of the eye become the most tense and pull the eye into an abnormal shortened shape. Light rays focus beyond the retina. Unclear close vision 'presbyopia and farsight' occurs, increases.

Recti

Light Rays

The lens and its ciliary muscle, ciliary body, iris and the retina, all parts of the eye become tense, strained. As the eye is continually shortened by stronger plus lens prescriptions; unclear far vision (another type of myopia) also occurs. Eyesight is unclear at all distances.

Astigmatism occurs when one or more outer eye muscles (oblique, recti) are tense. The muscles press on the eye causing it to develop an irregular shape. Note how the cornea is also affected. If you wear glasses; all the eye muscles are tense causing blur. Some muscles are tenser than others, warping the eyes shape resulting in astigmatism. Astigmatism can occur at any distance, with myopia (an abnormally lengthened eye), with farsight (abnormally shortened eye) or presbyopia (a tense lens/ciliary muscle).

If plus lenses are used; eventually a shortened eye develops along with the presbyopia and astigmatism.

ALL eyeglasses, +plus and -minus lenses cause, maintain and increase astigmatism and cause new forms, angles to develop. The stronger the eyeglass prescription; the more the astigmatism increases.

Astigmatism prescriptions in the eyeglasses greatly increase, maintain the astigmatism and cause new forms, angles of astigmatism to develop leading to keratoconus, conical cornea, cornea ulcers and scars. Eyeglasses lead to blindness.



Use of any type of magnifying glass, (including *Plus Lens (convex) eyeglasses*) causes fast impairment of the vision and eyes health.

Avoid all types of eyeglasses, contact lenses.

The eye has the ability to see clear at all distances without glasses, including fine print close to the eyes. The eye has its own natural magnifying function. The reading of fine and microscopic print without glasses, as Dr. Bates teaches is a natural prevention, cure for unclear close vision 'Presbyopia' and for unclear far vision, 'Myopia'.

Green marker's
true size

Green marker
magnified
larger
by the
Plus Lens

As the Plus lens magnifies close objects, the eyes' lens and it's muscle lose their natural mobility. They freeze up, become tense and lethargic.

Circulation of water, blood, energy, lymph, nutrients, eye fluids... are impaired in the lens and entire eye. The outer eye muscles also become tense and pull, press on the eye.

Many eye problems develop. Great tension occurs in the eye, lens, retina resulting in retina bleeding, cataract, astigmatism, conical cornea, increased myopia, presbyopia, farsight, glaucoma and other conditions.

Convex, Plus Lens eyeglasses magnify the print.

This prevents natural accommodation, 'movement-adjustment of the eyes lens' and it's muscle, and complete natural convergence of the eyes. Impairment of the vision and lens, eyes health occurs.

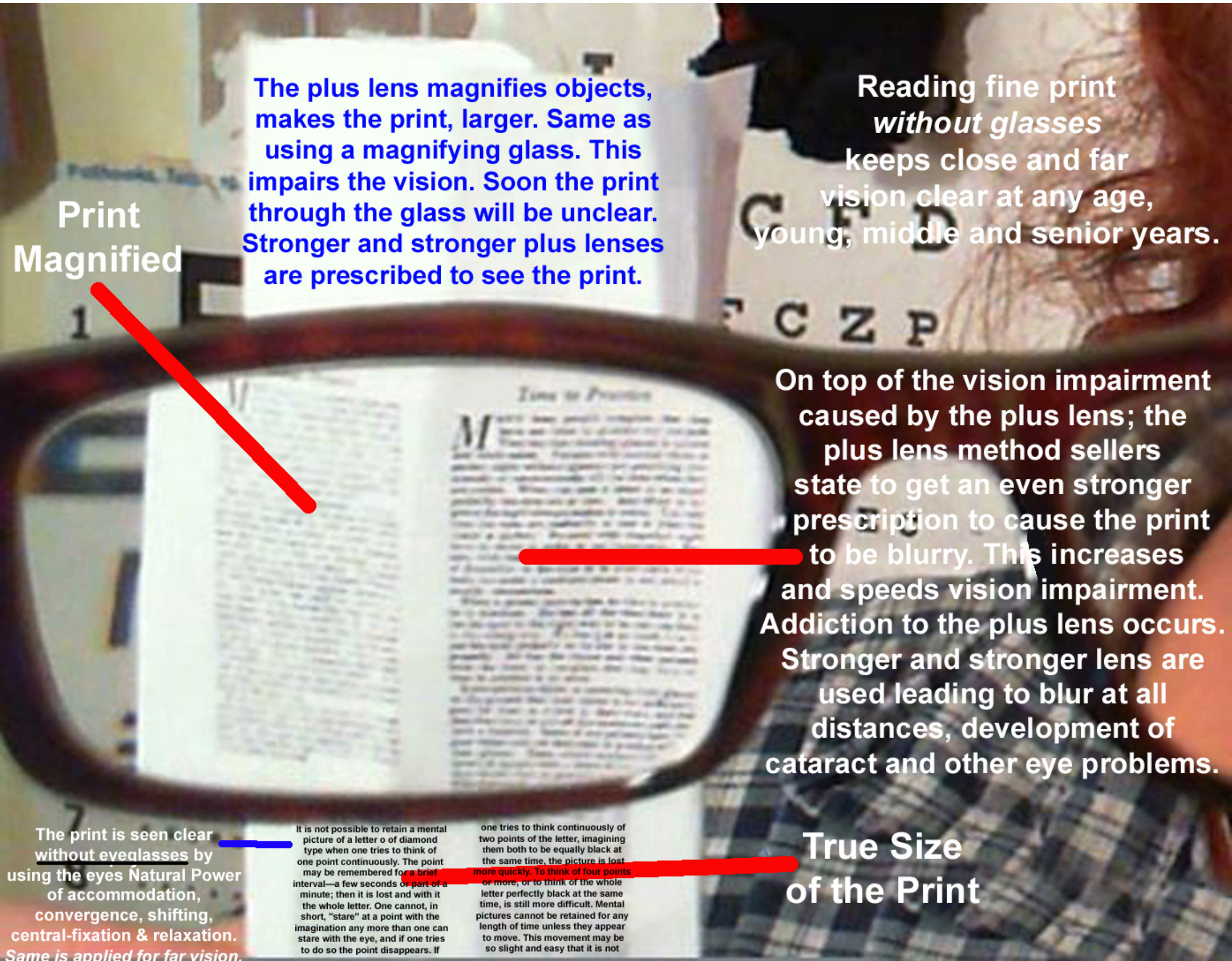
The plus lens impairs the vision. Print seen clear without glasses soon becomes blurred after use of the Plus Lens.

The eye also lengthens a bit like a camera focuses when the lens changes shape 'accommodates'. This is also prevented, impaired by the Plus Lens.

The Plus Lens method sellers tell you to use *stronger and stronger* plus lens eyeglasses to make the print appear blurry.

This is very unhealthy, it causes increased tension, strain and immobility of the lens, it's ciliary muscle, impairs the eye's movement resulting in increased vision impairment, cataract, detached retina and other eye, vision problems.

Print is Magnified by the Plus Lens Glasses



The plus lens magnifies objects, makes the print, larger. Same as using a magnifying glass. This impairs the vision. Soon the print through the glass will be unclear. Stronger and stronger plus lenses are prescribed to see the print.

Reading fine print *without glasses* keeps close and far vision clear at any age, young, middle and senior years.

Print Magnified

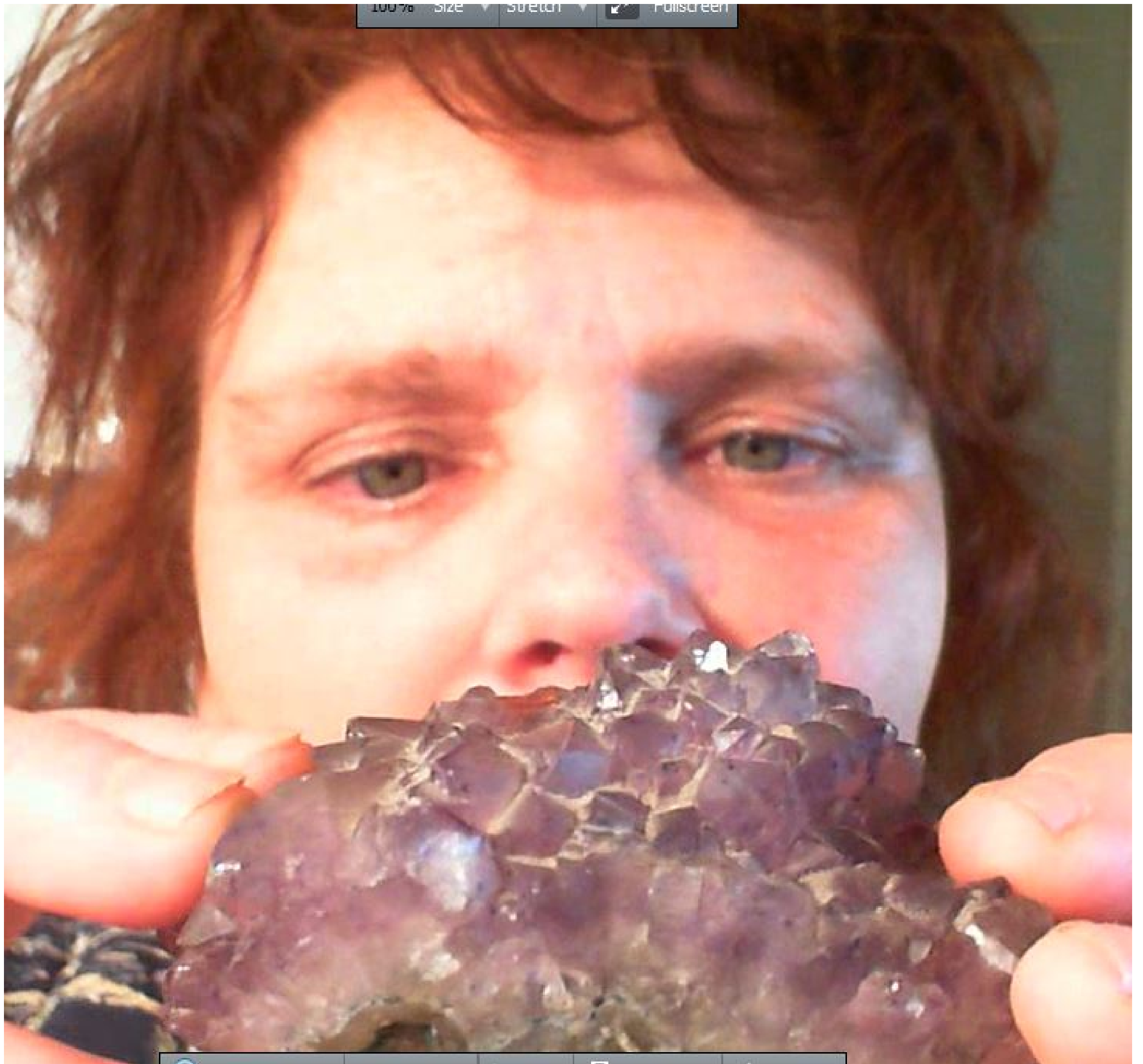
On top of the vision impairment caused by the plus lens; the plus lens method sellers state to get an even stronger prescription to cause the print to be blurry. This increases and speeds vision impairment. Addiction to the plus lens occurs. Stronger and stronger lens are used leading to blur at all distances, development of cataract and other eye problems.

The print is seen clear without eyeglasses by using the eyes Natural Power of accommodation, convergence, shifting, central-fixation & relaxation. Same is applied for far vision.

It is not possible to retain a mental picture of a letter o of diamond type when one tries to think of one point continuously. The point may be remembered for a brief interval—a few seconds or part of a minute; then it is lost and with it the whole letter. One cannot, in short, "stare" at a point with the imagination any more than one can stare with the eye, and if one tries to do so the point disappears. If

one tries to think continuously of two points of the letter, imagining them both to be equally black at the same time, the picture is lost more quickly. To think of four points or more, or to think of the whole letter perfectly black at the same time, is still more difficult. Mental pictures cannot be retained for any length of time unless they appear to move. This movement may be so slight and easy that it is not

True Size of the Print





Read fine and microscopic print without eyeglasses for clear close and far vision. Natural presbyopia cure.

Also improves far vision.

A healthy alternative to reading glasses.

Seven Truths of Normal Sight

1. Normal Sight can always be demonstrated in the normal eye, but only under favorable conditions.
 2. Central Fixation: The letter or part of the letter regarded is always seen best.
 3. Shifting: The point regarded changes rapidly and continuously.
 4. Swinging: When the shifting is slow, the letters appear to move from side to side, or in other directions with a pendulum-like motion.
 5. Memory is perfect: The color and background of the letters or other objects seen, are remembered perfectly, instantaneously and continuously.
 6. Imagination is good: One may even see the white part of letters whiter than it really is, while the black is not altered by distance, illumination, size, or form, of the letters.
 7. Rest or relaxation of the eye and mind is perfect and can always be demonstrated.
- When one of these seven fundamentals is perfect, all are perfect.

Fig. 49. Specimen of Diamond Type

Many patients have been greatly benefited by reading type of this size.



Fig. 50. Photographic Type Reduction

Patients who can read photographic type reductions are instantly relieved of pain and discomfort when they do so, and those who cannot read such type may be benefited simply by looking at it.



FIG. 50. PHOTOGRAPHIC TYPE REDUCTION

Patients who can read photographic type reductions are instantly relieved of pain and discomfort when they do so, and those who cannot read such type may be benefited simply by trying to read it.

Shift on a flower, leaf, any object with tiny parts. Practice at 10... feet, 2 feet, 1 foot, 7 inches, 6, 5, 4, 3, 2, 1 inches from the eyes. Carry a small stone in your pocket. Take it out in the sunlight and practice 'shifting' moving from part to part; look at one small part, then to another, then another... Blink. Inspect the details. Use the eyes-vision like a natural microscope.

The Thumb Movement

Rest the hand against an immovable surface. Place the ball of the thumb lightly in contact with the forefinger. Now move the end of the thumb in a circle of about one-quarter of an inch in diameter. When the thumb moves in one direction, the forefinger should appear to move in the opposite direction, although in reality it is stationary. In the practice of the universal swing, everything is imagined to be moving in the same direction, except the eyes. With the aid of the thumb movement, however, one can imagine the spine and the head moving opposite to the direction of motion of the thumb, while the eyes, being fastened to the head, also move with the head and hand.

While watching the movement of the thumb, remember imperfect sight. At once, the thumb movement becomes irregular or may stop altogether. Demonstrate that any effort, no matter how slight, to see, remember or imagine, interferes with the movement of the thumb. The thumb is so sensitive to an effort or strain that the slightest effort is at once recorded by the motion.

While watching the movement of the thumb, remember perfect sight. Notice that the movement of the thumb is slow, short, continuous, and restful—with relaxation of all parts of the body.

Many patients have been successfully treated for pain, fatigue, and dizziness with the help of the thumb movement, after other treatment had failed. Some patients with severe pain complain that when they forget to practice the movement of the thumb, the pain comes back.

Not only have patients suffering from pain and symptoms of fatigue been relieved, but an equal number have been relieved of imperfect sight by the correct practice of the thumb movement.

Rest the hand against an immovable surface. Place the ball of the thumb lightly in contact with the forefinger. Now move the end of the thumb in a circle of about one-quarter of an inch in diameter. When the thumb moves in one direction, the forefinger should appear to move in the opposite direction, although in reality it is stationary. In the practice of the universal swing, everything is imagined to be moving in the same direction, except the eyes. With the aid of the thumb movement, however, one can imagine the spine and the head moving opposite to the direction of motion of the thumb, while the eyes, being fastened to the head, also move with the head and hand.

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The Thumb Movement

Original from Better Eyesight Magazine

Typed in Modern Text on Computer

Read it upside down. Activates the brain in different ways, improves brain, eye function.

The Thumb Movement

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Microscopic Print

07-11 09-07-34.135





VOLUNTARY PRODUCTION OF EYE TENSION A SAFEGUARD AGAINST GLAUCOMA

It is a good thing to know how to increase the tension of the eyeball voluntarily, as this enables one to avoid not only the strain that produces glaucoma, but other kinds of strain also. To do this proceed as follows:

Put the fingers on the upper part of the eyeball while looking downward, and note its softness. Then do any one of the following things:

Try to see a letter, or other object, imperfectly, or (with the eyes either closed or open) to imagine it imperfectly.

Try to see a letter, or a number of letters, all alike at one time, or to imagine them in this way.

Try to imagine that a letter, or mental picture of a letter is stationary.

Try to see a letter, or other object, double, or to imagine it double.

When successful, the eyeball will become harder in proportion to the degree of the strain, but, as it is very difficult to see, imagine, or remember, things imperfectly, all may not be able at first to demonstrate the facts.

[The above article, which appeared in the December, 1920, issue of "Better Eyecight," is reprinted at the request of the editor, in connection with the other articles in this month's issue on "tension."]

Favorable Conditions

The vision of the human eye is modified in many ways when the conditions are unfavorable to good sight. Unfavorable conditions may prevail when the light is not agreeable to the patient. Some patients require a very bright light and others get along much better in a poor light. Many cases are hypersensitive to the light and suffer from an intolerance for light which has been called photophobia.

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"There is now living in New York State," he says, "an old gentleman who, perceiving his sight to fail, immediately took to exercising it on the finest print, and in this way fairly bullied Nature out of her foolish habit of taking liberties at five-and-forty, or thereabouts. And now this old gentleman performs the most extraordinary feats with his pen, showing that his eyes must be a pair of microscopes. I should be afraid to say how much he writes in the compass of a half-dime, whether the Psalms or the Gospels, or the Psalms and the Gospels, I won't be positive." ¹

An officer in the American Expeditionary Forces, whose letter is published elsewhere, wrote to me about a year ago that he has cured himself of presbyopia, and after half a lifetime of misery was entirely free from eye discomfort. There must be many more of these cases, and we want to hear of them.

< While it is sometimes very difficult to cure presbyopia, it is, fortunately, very easy to prevent it. > Oliver Wendell Holmes told us how to do it in *The Autocrat of the Breakfast Table*, and it is astonishing, not only that no attention whatever should have been paid to his advice, but that we should have been warned against the very course which was found so beneficial in the case he records.

“There is now living in New York State,” he says, “an old gentleman who, perceiving his sight to fail, immediately took to exercising it on the finest print, and in this way fairly bullied Nature out of her foolish habit of taking liberties at the age of forty-five or thereabouts. And now this old gentleman performs the most extraordinary feats with his pen, showing that his eyes must be a pair of micro-

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Persons whose sight is beginning to fail at the near-point, or who are approaching the presbyopic age, should imitate the example of this remarkable old gentleman. Get a specimen of diamond type, and read it every day in an artificial light, bringing it closer and closer to the eye till it can be read at six inches or less. Or get a specimen of type reduced by photography until it is much smaller than diamond type, and do the same. You will thus escape, not only the necessity of wearing glasses for reading and near work, but all of those eye troubles which now so often darken the later years of life.

Reading fine print in the sunlight, (no eyeglasses) is best, most healthy for the eyes, vision.

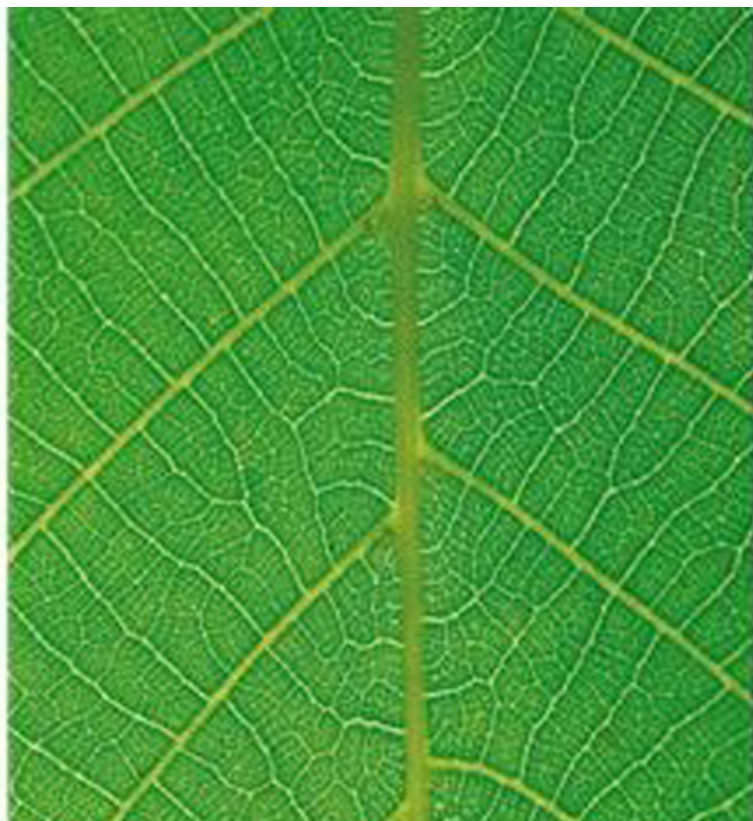
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This article describes how Plus lenses were prescribed when the persons eyes were normal. 3,4 years later the person still wears glasses.

Plus lense treatment consists of wearing Plus Lenses (close vision eyeglass lenses) for close and distant vision in an attempt to force the eye muscles, eyes to function for close distance when looking at close and far distances - in the attempt to force the eye muscles, eyes to change function, to force the abnormally lengthened eye that causes unclear distant vision to change shape, shorten nearer to the round eye shape that produces clear distant vision. (A round/slightly lengthened eye produces clear close vision).

The Bates Method is against the use of Plus Lense Treatment.

MY TECHNIQUE IN MYOPIC CASES in the "Land of Myopes"

By DR. C. P. RAKUSEN, Shanghai, China

The author, with 15 years of practice and research in the "Land of Myopes," reaches surprising conclusions in regard to pseudo-myopia in youthful cases and results from use of plus repression prescriptions.

I was greatly interested in the article "Simple Myopia; Preventive Treatment" in THE JOURNAL-REVIEW's issue of March 1, 1936, in which Doctor Haberfeld comments on his "technique for lessening the tendency of myopia in children." He "feels that every optometrist should know of the basic principles involved" in what he calls his "Telephoto lens formula." Doctor Haberfeld submits the article as a synopsis of the principles of his lecture before the A.O.A. convention at Miami in June, 1935.

This subject should be brought to the attention of optometrists everywhere, and I welcome Doctor Haberfeld's treatise as a means to this end. While editorial reference to the article stated that the newspapers referred to the "Telephoto" as the discovery of a new lens for myopic cases, I regret that the subject for course has been handled thus. There is, of course, no new lens-invention involved at all; it is only the technique of handling these cases which is new.

On the technique and much of the subject matter of Doctor Haberfeld's article, I wrote in articles from 1930 onward, culminating in an article in 1933 on "Optical Prisms" and in 1935 an article entitled "Plus Lenses for Myopia." These articles were, to my knowledge, the first published to advocate plus repression lenses and (or) plus Rx, with prisms for youthful myopes.

I have been working on the subject in China ("Land of Myopes") for over 16 years, during which time, in discussions of my technique with oculists in China and with optometrists in other parts of the world, I have often been ridiculed at my "crazy ideas of plus lenses for myopes." One oculist, with whom I was corresponding, wrote me in 1928, "your next step should be minus lenses to reduce hyperopia."

On account of this ridicule and the radical technique involved, I hesitated to publish an article on the subject until about 1930 when, while examining several hundred school children among whom were a large percentage of myopes, I selected 10 whose age and history indicated recently acquired myopia. All had a manifest myopic spasm of one to two diopters, and naked vision of 20/200 to 20/100.

At first I had the school physician present to verify the naked vision, and then fitted all the children with plus repression lenses, with prism-base-in, to be worn constantly at all close work and, as much as possible, indoors. One week later, a recheck showed every one of them had normal 20/20 vision. A careful record for two years afterward showed further improvement in all cases and no return to any form of close work. In one case, where the glasses were later discarded, the myopic spasm returned.

More recently, in the past few years, since publication of my articles on the subject, I have received praise and commendation of my technique from medical practitioners in China, also from many well-known optometrists in America.

Illustrating the value of prescribing plus lenses in all cases of eye-strain, I may mention a child, aged 7, who was brought to me for eye-examination in January, 1930, complaining of headaches. Refraction showed entirely negative findings, except for a tendency to hold the book closer than usual, and no difficulty in reading the 20/20 line. I prescribed weak plus lenses, with weak prism base-in for school and home close work.

The child returned for periodical rechecks during the period 1930 to 1932 and when last

seen, late in 1932, naked vision was O.U. 20/20 readily and was O.U. 20/40 with the plus lenses as worn. I next saw the patient almost three years later, in 1935, when she returned to China, when she was wearing O.U. minus 2.00, minus 0.50 axis 180.

The facts were, that after seeing me late in 1932, the parents returned to America and left the child with relatives to attend school in America. She broke her glasses and went without any for over a year when, eye-discomfort recurring, the relatives took her to an oculist who prescribed weak minus glasses. However, she continued to have headaches and visited one or two other oculists, each of whom changed the prescription, resulting in the final O.U. minus 2.00, minus 0.50 previously reported, which, I found, gave only O.U. 20/20.

I have little doubt that if the patient had continued to wear these glasses for several more years she would now be even more myopic and require stronger minus glasses.

I worked on the case for a year, and succeeded in reducing the myopic spasm by more than half, and patient is wearing my weak plus repression prisms for all close work. Let me tell of one more interesting and very recent case:

Patient, a boy then aged 12, was brought in by his grandmother in 1931 complaining of eye-strain. Examination showed entirely negative findings, naked vision being 20/20 readily, amplitude of accommodation, etc., all normal, advised "no glasses needed." I have not seen the patient since, but a few days ago a Rx was brought in by a local eye surgeon who does some refraction and with whom I am on very friendly terms, as he refers all his difficult cases to me. The Rx bore the patient's name, which I recalled, and reference to my files showed, by the date and age, that it was the same patient.

My oculist friend informed me that the patient, now aged 17, came to him complaining of eye-strain and wearing R. minus 1.25 sph.; L. minus 2.00 sph., fitted about two years ago by a local optician. The oculist's Rx, brought in to me, called for R. minus 2.00; L. minus 2.75.

It is interesting to note that this Rx was arrived at after examination with "drops," proving the fallacy of the theory that paralysis of the accommodation eliminates spasm. I am quite confident that this is another example of myopic spasm, wrongly "corrected" by minus lenses.

Inquiry showed that several years after I examined the boy in 1931, he happened to visit a local optician in company with a school friend who was having his broken glasses repaired. The optician "tested" both the boys "sight" and prescribed for the one, as the boy was "short-sighted," which information was communicated to the parent who authorized the glasses to be made.

I could quote hundreds of similar cases, all proving beyond any question that this pseudo myopia in youthful cases should be treated with plus repression Rx, to relax the accommodation-convergence spasm. I would go so far as to recommend that weak plus lenses be given to all children, even those with only very slightly lowered vision, and including even those with normal vision who complain of eye-strain or ocular discomfort.

THE BOOKSHELF

By JOSEPH I. PASCAL, O.D., M.D.

Optometric Questionnaire, by H. C. Hughes, O.D., Newark, La., single copy, \$1.75; in lots of 10, \$1.50 each; in lots of 25, \$1.25 each.

THIS is a mimeographed folder containing a series of about 2000 questions on practically all phases of optometry. It includes questions on the anatomy and physiology of the eye, on theoretic and practical optometry and on theoretic and practical optics. The questions are based primarily on Laurence's Visual Optics, though there are some supplementary questions, the answers to which will have to be sought in other books.

From the standpoint of testing one's knowledge or of prodding one to find the answers for the questions he cannot answer, the set is quite satisfactory. It should help to set the student thinking more clearly on what he has read, as it always the case when one is asked to show one's knowledge of a subject by answering definite questions instead of merely rambling on. The questions on the whole are brief, definite and to the point.

This method is unnatural, very harmful to the eye. It causes extreme tension, strain, dysfunction in the brain, eyes, eye muscles, causes increased blur, cataracts and other eye problems. Wearing eyeglass lenses for the incorrect distance causes confusion, dysfunction, chronic tension, strain in the brain, left and right hemispheres, visual cortex, visual system, eye muscles, eyes and increased vision impairment. Headaches, neck tension occur. The Bates Method of Natural Eyesight Improvement relaxes the brain, eye muscles, eyes, returns all to normal function, returns the eye to correct shape for clear close and distant vision and keeps the eyes healthy. Avoid all eyeglasses, use the Bates method. Reading fine print, shifting, central fixation on small details of small objects (stone, jewelry...) changes the eye to the normal round/slightly lengthened shape for clear close vision and coaxes the eye to avoid an abnormally lengthened shape and to change to the normal round shape when looking to the distance for clear distant vision.

Floating Specks caused by Eyeglasses, Contacts, Laser Surgery, Sunglasses.

Eyeglasses, Contact lenses, Cornea Laser Surgery, Sunglasses, Staring cause Floating Specks by impairing natural eye movement, shifting, central-fixation, creating strain, tension in the eyes, eye muscles, neck, visual system, brain. Diet also affects the eyes health, function and can cause floaters.

Floaters, Floating Specks - Moving spots, lines, bubbles... in the visual field can appear in many forms, colors. They move when the eye moves and move away from the central field of vision. They are usually harmless.

Scientists state that floaters *Muscae Volitantes*, or *Flying Flies* are debris left in the eye from its development, injury or toxins in the body which can be removed by fasting, cleansing diet, improved liver, kidney health, avoiding: sugar, ingestion of chemicals, or chemicals in the air, on the skin, artery clogging food.

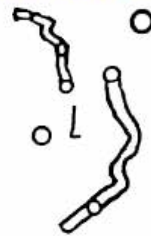
Ophthalmologist Bates states that tension in the mind, staring, squinting, limited eye movement, lack of central-fixation, eye muscle tension causes the appearance of floaters. Worrying about them, looking for the floaters, trying to prevent them from appearing and moving causes staring, eye muscle tension: the floaters then appear/stay in the visual field.

Dr Bates states that floating specks disappear when the mind, visual system, eye muscles, eyes relax causing the eyes to move, 'shift' correct - Relaxed mind, eye muscles, eyes produce all sizes, types of eye movements and it's the tiny, small shifts (saccadic eye movements, vibrations) and central-fixation that occur with relaxation, normal eye function that produce very clear vision, causes the floaters to disappear, stop moving around and the brain shuts them off.

Shift point to point on a fine print letter or small part on a distant or close object: left and right, top and bottom, diagonally... and notice the vision improves and floaters disappear. Clear vision removes floaters.

Practice shifting point to point on a fine print letter or tiny period with the eyes open. Then; imagine shifting on the letter or period with the eyes open without looking at it, see it in the mind only. Blink, relax. Then: do this with the eyes closed

Floating Specks.



using the memory and imagination, then with eyes open again. Notice the eyes do tiny movements even when shifting on the imaginary tiny object with the eyes open or closed. The floaters disappear. Relaxed eye muscles, neck muscles, exercise, deep breathing improve blood/oxygen, nutrient, lymph flow, circulation to the brain, eyes, allows the eyes to remove waste, return eye fluid, lymph flow to normal. This removes floaters.

All Correct Vision Habits: Shifting, Central-fixation, Blinking, Switching Practice... and other Bates Method Activities; Long Swing, Rock, Sunlight, Deep Abdominal Breathing, good diet, avoiding processed sugar, aspartame, chemical exposure removes floaters. Food that improves the circulation in body, eyes helps cleanse the eyes, improves eye health.

Many floaters, suddenly appearing, flashing lights are a different type of floater and a sign of detached retina or other eye condition. See an Eye Doctor Immediately.

Migraine headaches can cause temporary flashing moving lights, patterns, blind spots in the visual field with or without the headache. Sinus headache, pressure can cause floaters and disrupt eye movement, cause blurry vision.

See Better Eyesight Magazine for a variety of Articles on Floaters

BETTER EYESIGHT

A MONTHLY MAGAZINE DEVOTED TO THE PREVENTION AND CURE OF IMPERFECT SIGHT WITHOUT GLASSES

October, 1919

FLOATING SPECKS

A man returning from Europe was looking at some white clouds one day when floating specks appeared before his eyes. He consulted the ship's doctor, who told him that the symptom was very serious, and might be the forerunner of blindness. It might also indicate incipient insanity, as well as other nervous or organic diseases. He advised him to consult his family physician and an eye specialist as soon as he landed, which he did. This was twenty-five years ago, but I shall never forget the terrible state of nervousness and terror into which the patient had worked himself by the time he came to me. It was even worse than that of the clergyman, who was always ready to admit that his fears were unreasonable. I examined his eyes very carefully, and found them absolutely normal. The vision was perfect both for the near-point and the distance. The color perception, the fields and the tension were normal; and under a strong magnifying glass I could find no opacities in the vitreous. In short, there were absolutely no symptoms of any disease. I told the patient there was nothing wrong with his eyes, and I also showed him an advertisement of a quack medicine in a newspaper which gave a great deal of space to describing the dreadful things likely to follow the appearance of floating specks before the eyes, unless you began betimes (in good time, early) to take the medicine in question at one dollar a bottle. I pointed out that the advertisement, which was appearing in all the big newspapers of the city every day, and probably in other cities, must have cost a lot of money, and must, therefore, be bringing in a lot of money. Evidently there must be a great many people suffering from this symptom, and if it were as serious as was generally believed, there would be a great many more blind and insane people in the community than there were. The patient went away somewhat comforted, but at eleven o'clock—his first visit had been at nine—he was back again. He still saw the floating specks, and was still worried about them. I examined his eyes again as carefully as before, and again was able to assure him that there was nothing wrong with them. In the afternoon I was not in my office, but I was told that he was there at three and at five. At seven he came again, bringing with him his family physician, an old friend of mine. I said to the latter:

"Please make this patient stay at home. I have to charge him for his visits, because he is taking up so much of my time; but it is a shame to take his money when there is nothing wrong with him."

What my friend said to him I don't know, but he did not come back again.

I did not know as much about muscae volitantes then as I know now, or I might have saved both of these patients a great deal of uneasiness. I could tell them that their eyes were normal, but I did not know how to relieve them of the symptom, which is simply an illusion resulting from mental strain. The specks are associated to a considerable extent with markedly imperfect eyesight, because persons whose eyesight is imperfect always strain to see; but persons whose eyesight is ordinarily normal may see them at times, because no eye has normal sight all the time. Most people can see muscae volitantes when they look at the sun, or any uniformly bright surface, like a sheet of white paper upon which the sun is shining. This is because most people strain when they look at surfaces of this kind. The specks are never seen, in short, except when the eyes and mind are under a strain, and they always disappear when the strain is relieved. If one can remember a small letter on the Snellen test card by central-fixation, the specks will immediately disappear, or cease to move; but if one tries to remember two or more letters equally well at one time, they will reappear and move. Usually the strain that causes muscae volitantes is very easily relieved. [See; April, 1925 and other issues;](#)



Girl lying in the grass on a hill looking at the blue sky, white clouds and seeing floaters, imaging they are angels or outer space aliens, secret friends with magic powers that protect her.

MY TECHNIQUE IN MYOPIC CASES

in the "Land of Myopes"

By DR. C. P. RAKUSEN, Shanghai, China

The author, with 15 years of practice and research in the "Land of Myopes," reaches surprising conclusions in regard to pseudo-myopia in youthful cases and results from use of plus repression prescriptions.

I was greatly interested in the article "Simple Myopia; Preventive Treatment" in THE JOURNAL-REVIEW'S issue of March 1, 1936, in which Doctor Haberfeld comments on his "technique for lessening the tendency of myopia in children." He "feels that every optometrist should know of the basic principles involved" in what he calls his "Teleopto lens formula." Doctor Haberfeld submits the article as a synopsis of the principles of his lecture before the A.O.A. convention at Miami in June, 1935.

This subject should be brought to the attention of optometrists everywhere, and I welcomed Doctor Haberfeld's treatise as a means to this end. While editorial reference to the article stated that the newspapers referred to the "Teleopto" as the discovery of a new lens for myopic cases, I regret that the subject should have been handled thus. There is, of course, no new lens-invention involved at all; it is only the technique of handling these cases which is new.

On the technique and much of the subject matter of Doctor Haberfeld's article, I wrote in articles from 1930 onward, culminating in an article in 1933 on "Optical Prisms" and in 1935 an article entitled "Plus Lenses for Myopia." These articles were, to my knowledge, the first published to advocate plus repression lenses and (or) plus Rx, with prisms for youthful myopes.

I have been working on the subject in China ("Land of Myopes") for over 15 years, during which time, in discussions of my technique with oculists in China and with optometrists in other parts of the world, I have often been ridiculed at my "crazy ideas of plus lenses for myopes." One oculist, with whom I was corresponding, wrote to me in 1928, "your next step should be minus lenses to reduce hyperopia."

On account of this ridicule and of the radical technique involved, I hesitated to publish an article on the subject until about 1930 when, while examining several hundred school children among whom were a large percentage of myopes, I selected 10 whose age and history indicated recently acquired myopia. All had a manifest myopic spasm of one to two diopters, and naked vision of 20/200 to 20/100.

At first I had the school physician present to verify the naked vision, and then fitted all the children with plus repression lenses, with prism-base-in, to be worn constantly at all close work and, as much as possible, indoors. One week later, a recheck showed every one of the 10 had improved naked vision; three of them had normal 20/20 vision. A careful record for two years afterward showed further improvement in all cases and no retrogression, where plus lenses continued to be worn for all close work. In one case, where the glasses were later discarded, the myopic spasm returned.

More recently, in the past few years, since publication of my articles on the subject, I have received praise and commendation of my technique from medical practitioners in China, also from many well-known optometrists in America.

Illustrating the value

of prescribing plus lenses in all cases of eyestrain, I may mention a child, aged 7, who was brought to me for eye-examination in January, 1930, complaining of headaches. Refraction showed entirely negative findings, except for a tendency to hold the book closer than usual, and no difficulty in reading the 20/20 line. I prescribed weak plus lenses, with weak prism base-in for school and home close work.

The child returned for periodical rechecks during the period 1930 to 1932 and when last

seen, late in 1932, naked vision was O.U. 20/20 readily and was O.U. 20/40 with the plus lenses as worn. I next saw the patient almost three years later, in 1935, when she returned to China, when she was wearing O.U. minus 2.00, minus 0.50 axis 180.

The facts were, that after seeing me late in 1932, the parents returned to America and left the child with relatives to attend school in America. She broke her glasses and went without any for over a year when, eye-discomfort recurring, the relatives took her to an oculist who prescribed weak minus glasses. However, she continued to have headaches and visited one or two other oculists, each of whom changed the prescription, resulting in the final O.U. minus 2.00, minus 0.50 previously reported, which, I found, gave only O.U. 20/30.

I have little doubt that if the patient had continued to wear these glasses for several more years she would now be even more myopic and require stronger minus glasses.

I worked on the case for a year, and succeeded in reducing the myopic spasm by more than half, and patient is wearing my weak plus repression prisms for all close work.

Let me tell of one more interesting and very recent case:

Patient, a boy then aged 12, was brought in by his grandmother in 1931 complaining of eyestrain. Examination showed entirely negative findings, naked vision being 20/20 readily, amplitude of accommodation, etc., all normal. I advised "no glasses needed." I have not seen the patient since, but a few days ago a Rx was brought in by a local eye surgeon who does some refraction and with whom I am on very friendly terms, as he refers all his difficult cases to me. The Rx bore the patient's name, which I recalled, and reference to my files showed, by the date and age, that it was the same patient.

My oculist friend informed me that the patient, now aged 17, came to him complaining of eyestrain and wearing R. minus 1.25 sph.; L. minus 2.00 sph., fitted about two years ago by a local optician. The oculist's Rx, brought in to me, called for R. minus 2.00; L. minus 2.75.

It is interesting to note that this Rx was arrived at after examination with "drops," proving the fallacy of the theory that paralysis of the accommodation eliminates spasm. I am quite confident that this is another example of myopic spasm, wrongly "corrected" by minus lenses.

Inquiry showed that several years after I examined the boy in 1931, he happened to visit a local optician in company with a school friend who was having his broken glasses repaired. The optician "tested" both the boys' "sight" and prescribed for the one, as the boy was "short-sighted," which information was communicated to the parent who authorized the glasses to be made.

I could quote hundreds of similar cases, all proving beyond any question that this pseudo myopia in youthful cases should be treated with plus repression Rx, to relax the accommodation-convergence spasm. I would go so far as to recommend that weak plus lenses be given to all children, even those with only very slightly lowered vision, and including even those with normal vision who complain of eyestrain or ocular discomfort.

THE BOOKSHELF

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Many people tell me their eye doctor never told them that a astigmatism prescription was placed in their glasses. Their vision impaired quickly after wearing those glasses. They wondered why they had such a hard time improving their vision. After they removed the astigmatism from the lenses and got the lenses reduced in strength (or went completely without glasses 'which is best'!) their vision improved.

Check your prescription for; **AXIS, CYL** and remove the astigmatism.

I (and other true Bates teachers) are often banned and our comments blocked from Internet forums/groups (who state they are Bates Method but are not solely Bates Method) for speaking up against these Plus Lens, Lasik surgery... sellers and hackers.

They attack Natural Vision Improvement teachers on the Internet, force them off because they want to sell addictive eyeglasses, surgery and unnatural methods. Some have tried to hack my bookstores. I rarely post on other people's forums now due to this corruption. Everyone seems to be selling something harmful and they don't like like honest people, *True Bates Method Teachers* on their forums, groups because we teach a healthy effective method that prevents need for eyeglasses, surgery, drugs and other harmful medical, unnatural treatments.

Reading glasses (+Plus Lenses) cause fast vision impairment, addiction to stronger and stronger prescriptions, freezes the eyes lens, ciliary muscle immobile, impairs natural accommodation, circulation, hydration in the eye, lens, causes cataract, broken blood vessels in the retina, detached retina, astigmatism and many other eye-vision problems. Presbyopia and eye floaters, headaches, dizziness are some of the first side effects to appear. As the addiction to the plus increases and stronger prescriptions are used, a new form of myopia occurs (due to shortening of the eye) on top of the presbyopia. And, the original myopia the plus method is 'supposed' to prevent remains and increases.

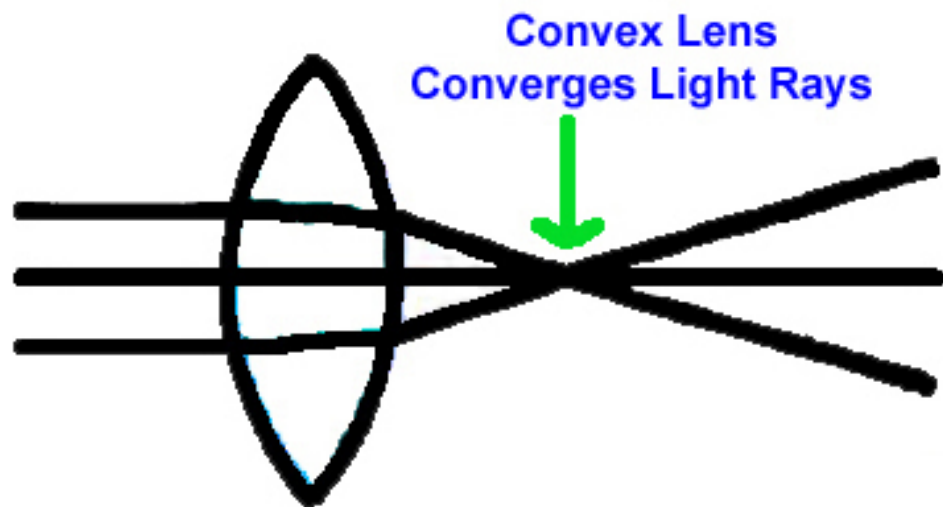
Four... vision problems develop along with a variety of health damage to the eyes. Tension, strain in the eye occurs causing great stress, pressure, pulling on the lens and retina, vitreous, iris-pupil, optic nerve...

All eyeglasses do this! ; minus, plus and astigmatism prescriptions, bifocal, multifocal, multi section, monovision...

People advising, selling this dangerous method have had eye cataract surgeries with implanted myopia eyeglass prescriptions inside the eye, cornea lasik surgery and other surgeries due to the damage their method has caused them.

They don't reveal this to their innocent victims.

Avoid unnatural methods, abnormal use of glasses. These unnatural teachers state they are Bates Method teachers but they are not. They use Dr. Bates name to sell methods that impair the eyesight, eyes health.

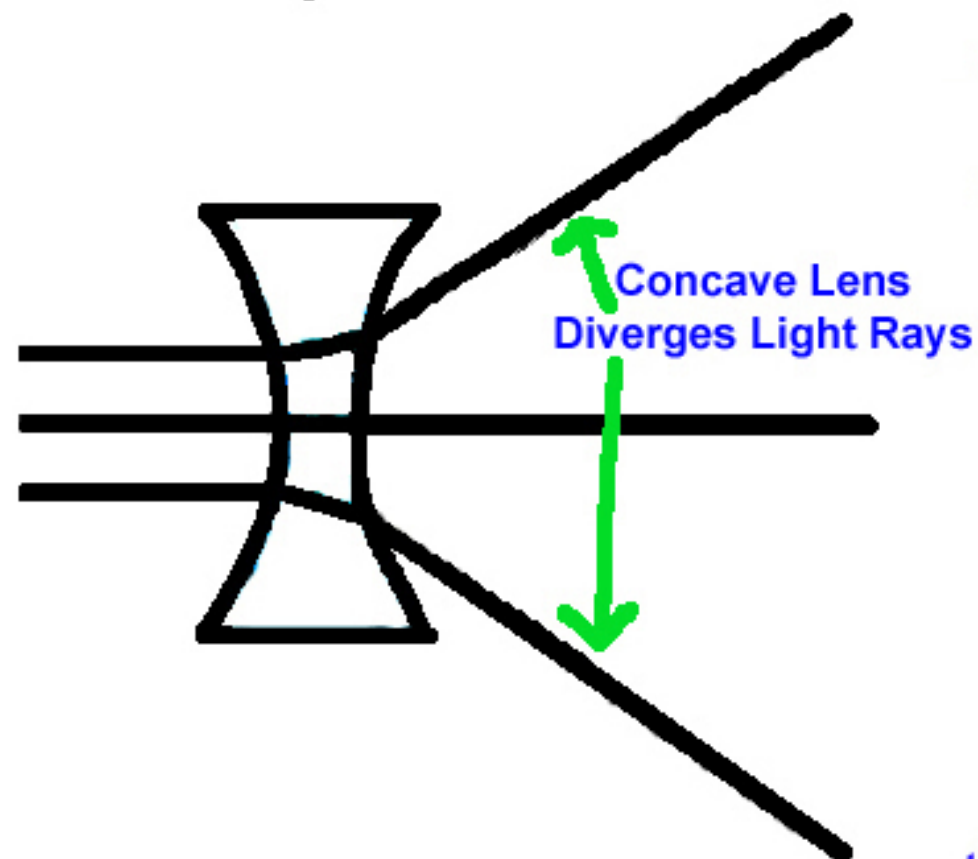


All eyeglasses produce unnatural focus of light in the eyes. This causes tension, strain and progressive vision impairment.

The concave () lens acts differently than the plus () lens. It produces a *Virtual Image*, A virtual point of focus in front of the lens.

It produces an effect of light rays focusing to a point away from the lens, farther into the eye to focus onto the retina.

See dictionary description and other pictures of the concave focus in this PDF;

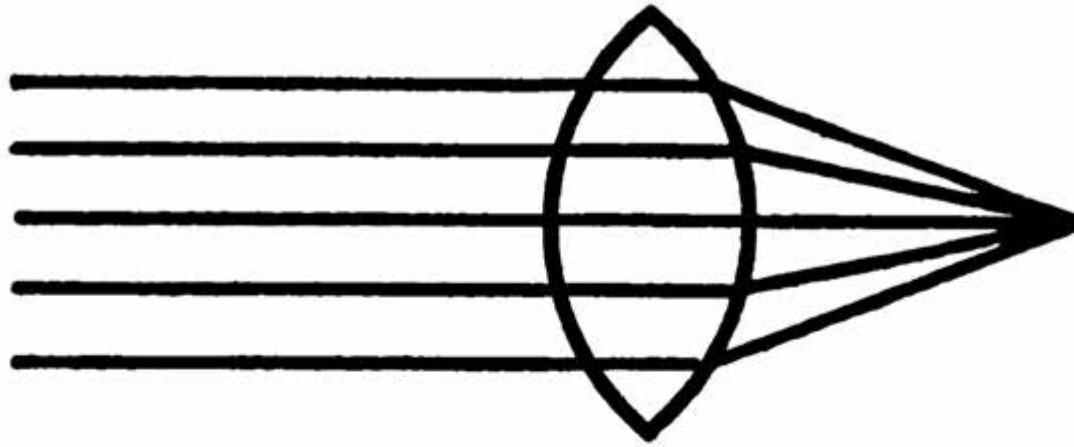


Virtual Image;

An optical image formed by the apparent divergence of rays from a point, rather than their actual divergence from a point.

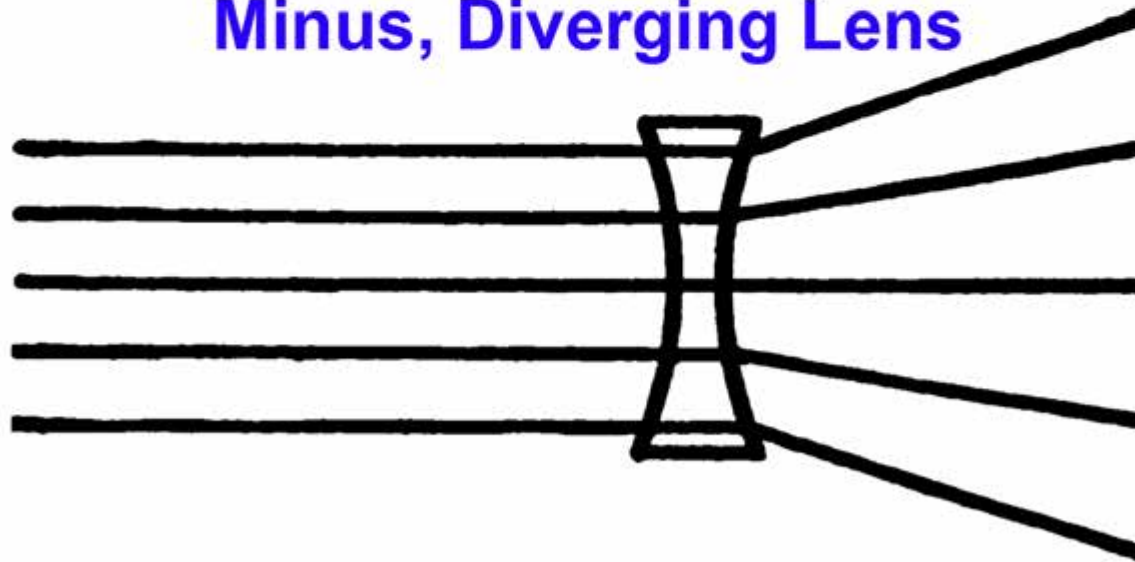
A reflected optical image (as seen in a plane mirror), Reflection - the phenomenon of a propagating wave (light or sound) being thrown back from a surface. Noting an image formed by the apparent convergence of rays geometrically, but not actually, prolonged, as the image formed by a mirror (opposed to real).

Plus, Converging Lens



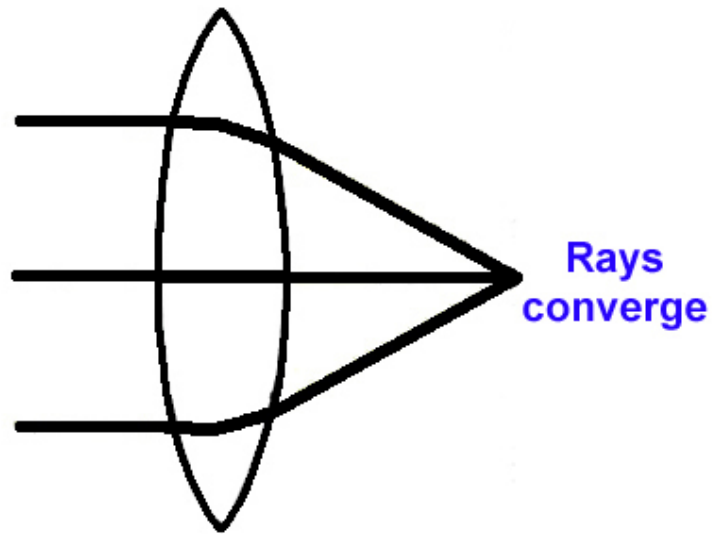
Refraction of light rays passing through convex lens, becoming convergent.

Minus, Diverging Lens

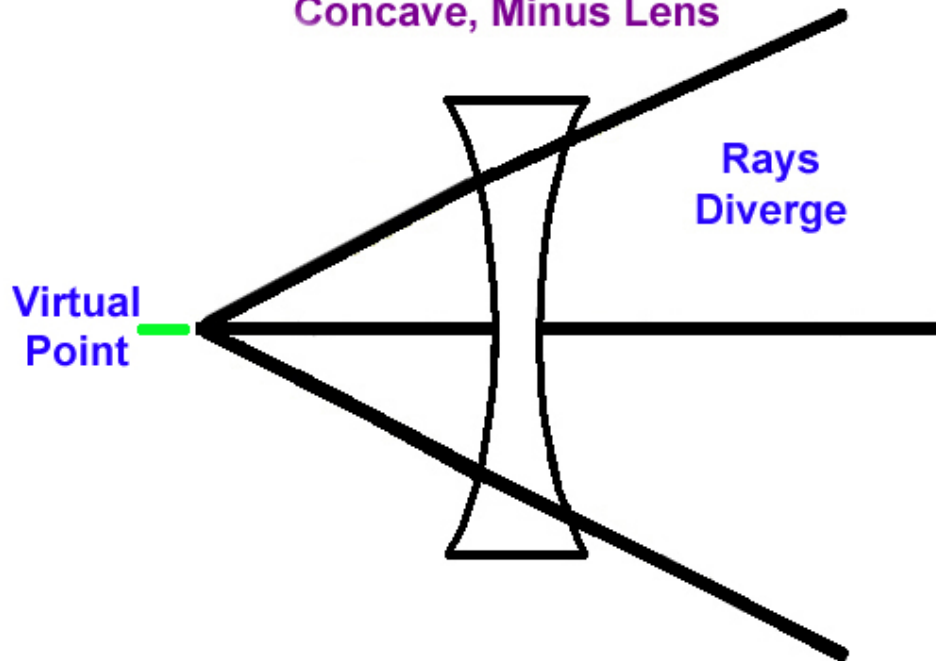


Refraction of light rays passing through concave lens, becoming divergent.

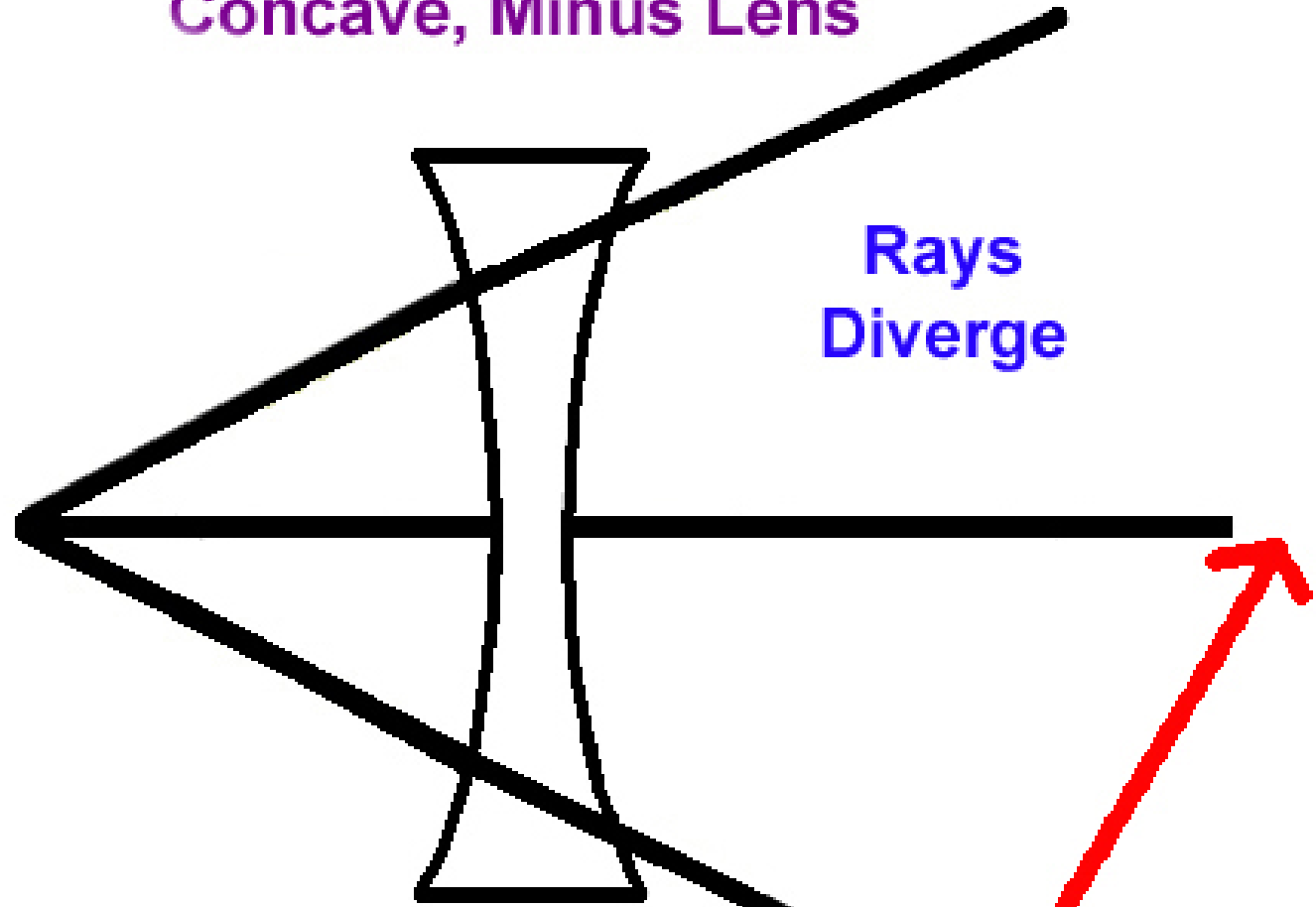
Convex, Plus Lens



Concave, Minus Lens



Concave, Minus Lens

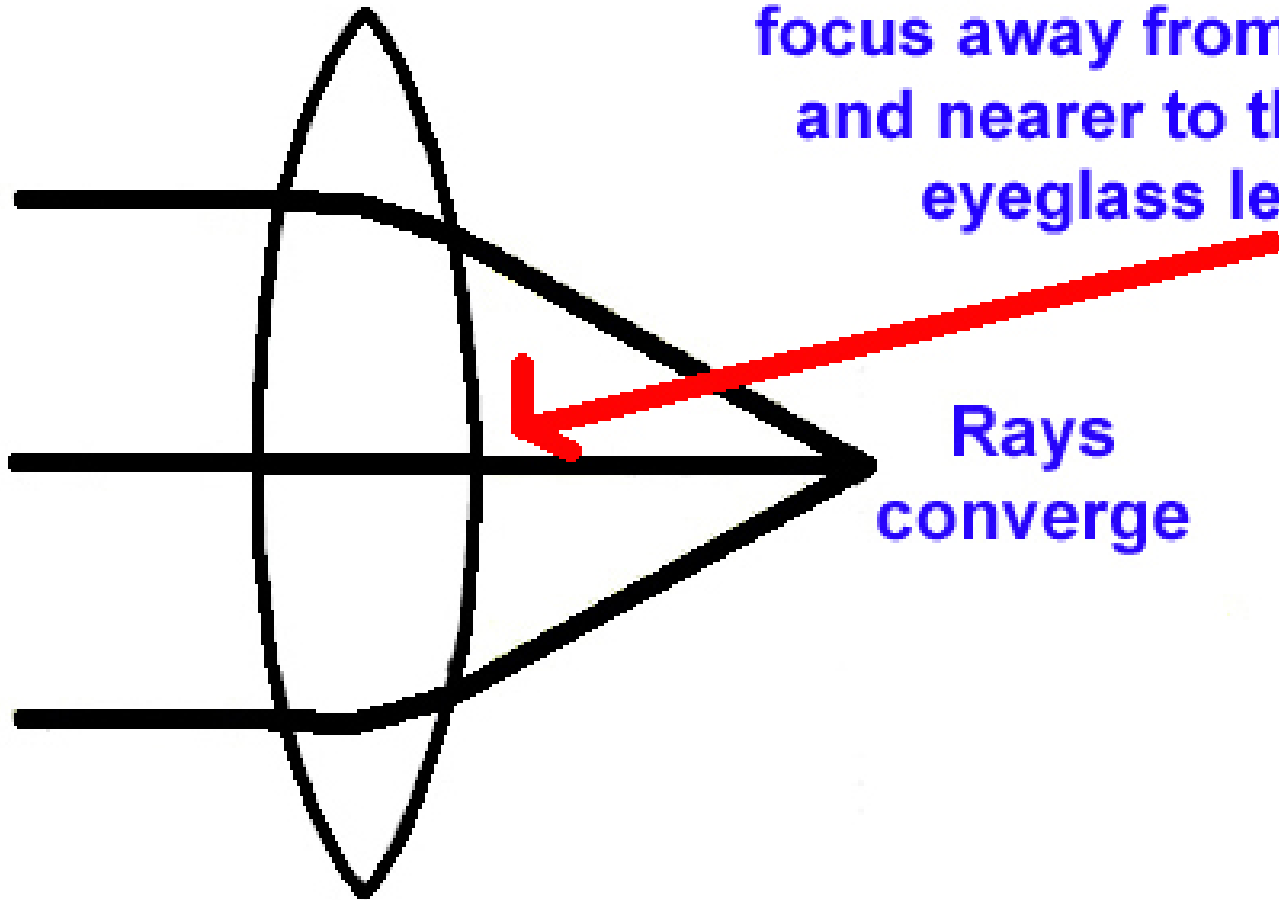


Rays
Diverge

The stronger the minus lens is,
the more the rays focus beyond, past
the eye, farther away from the
minus eyeglass lens.

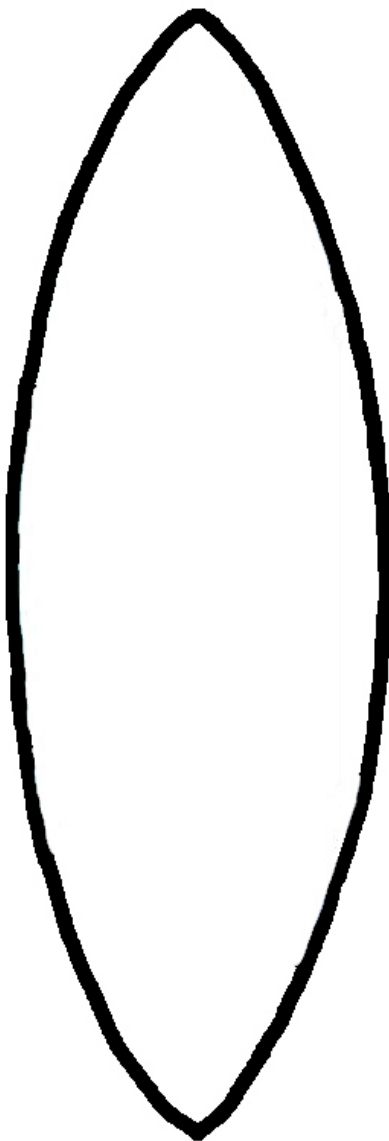
Convex, Plus Lens

The stronger the plus lens is, the more the rays focus away from the eye and nearer to the plus eyeglass lens.

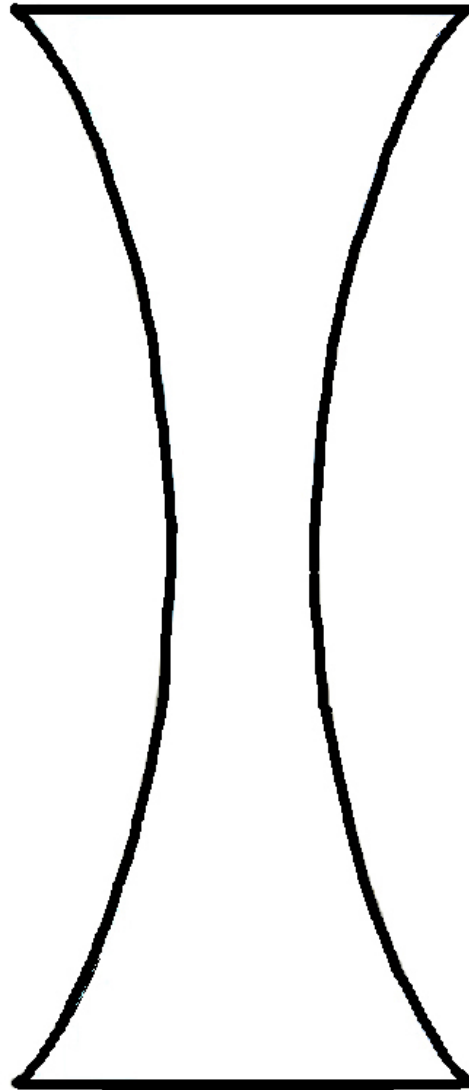


**Rays
converge**

+Plus
Converging Lens



-Minus
Diverging Lens

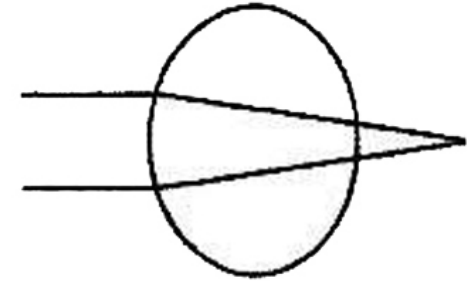
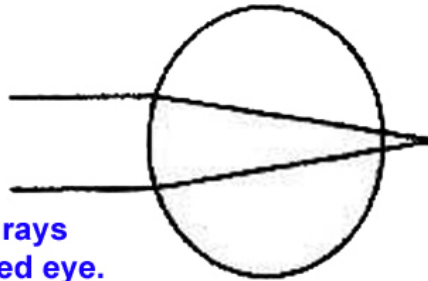


FARSIGHTED & PRESBYOPIA - UNCLEAR CLOSE VISION

Progressively shortened eye due to wearing stronger and stronger + plus lens eyeglasses.

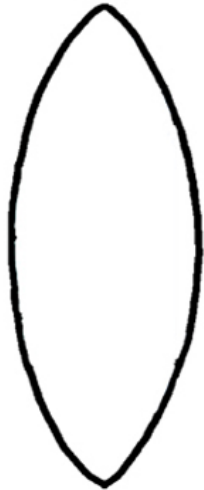
Light rays focus farther and farther beyond, 'past' the retina.

A stronger plus lens focuses the rays back onto the retina in the shortened eye. This increases tension, shorting of the eye.



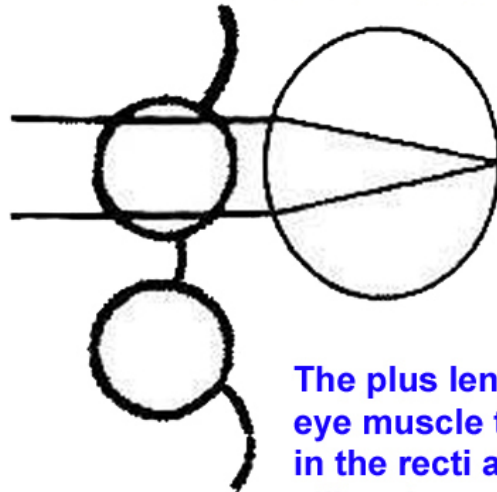
LIGHT RAYS FOCUS INCORRECT BEYOND THE RETINA

+Plus
Converging Lens



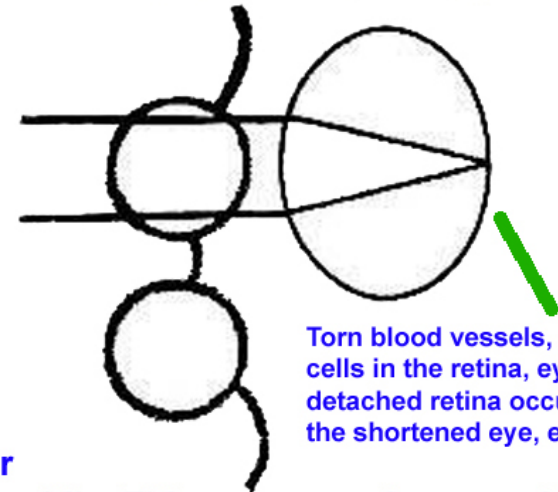
A progressively shortened eye shape caused by the plus lens causes another form of Myopia.

+ Plus Eyeglass LENSES
PRESCRIBED



The plus lens increases outer eye muscle tension, especially in the recti and freezes the inner ciliary lens muscle and lens immobile. This causes an increased blur and shortening of the eye resulting in stronger plus prescriptions. Blocked circulation in the lens and lack of movement causes cataract.

MUCH STRONGER
LENSES PRESCRIBED

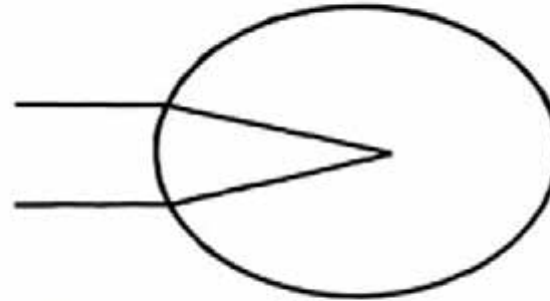
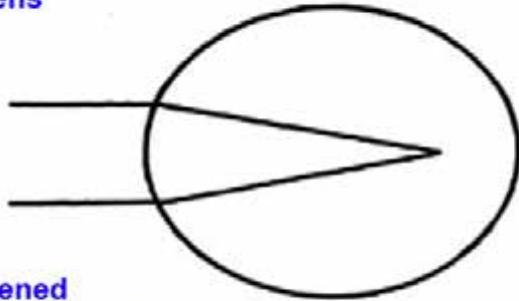


Torn blood vessels, capillaries, cells in the retina, eye and detached retina occur from the shortened eye, eye tension.

Progressively lengthened eye due to wearing stronger and stronger - minus lenses eyeglasses.

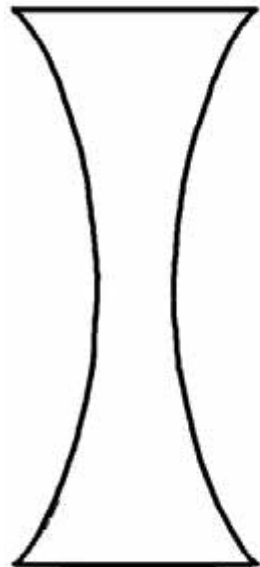
Light rays focus farther and farther away from, 'before' the retina. A stronger minus lens focuses the rays back onto the retina in the lengthened eye. This increases tension, lengthening of the eye.

MYOPIA-NEARSIGHTED - UNCLEAR DISTANT VISION

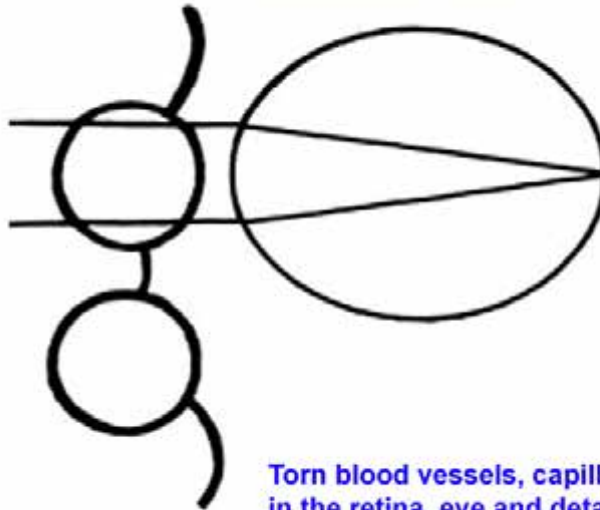


LIGHT RAYS FOCUS INCORRECT BEFORE THE RETINA

-Minus
Diverging Lens

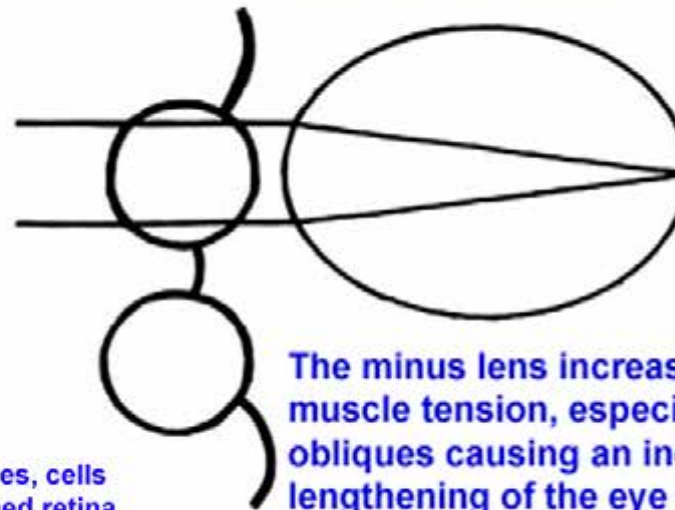


**- MINUS EYEGGLASS LENSES
PRESCRIBED**



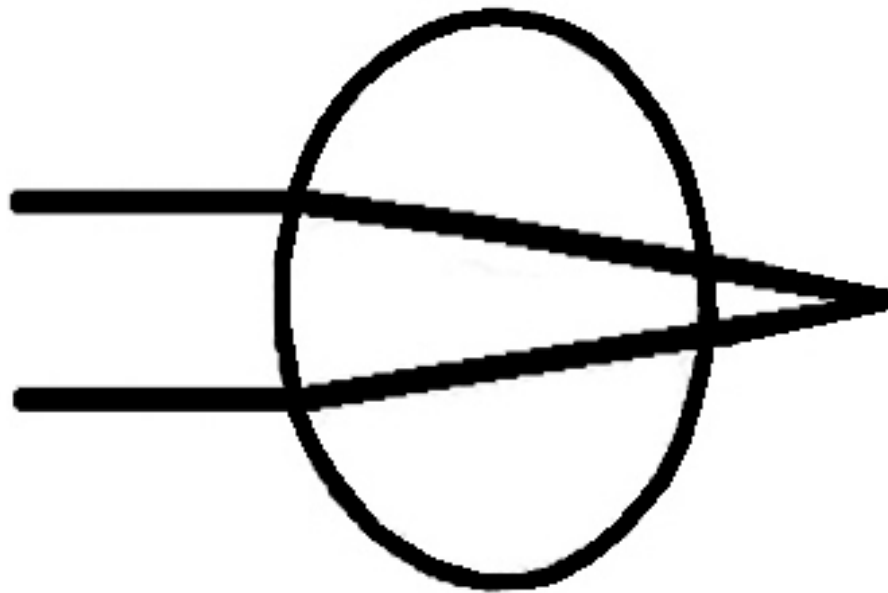
Torn blood vessels, capillaries, cells in the retina, eye and detached retina occur from the lengthened eye, eye tension.

**MUCH STRONGER
LENSES PRESCRIBED**

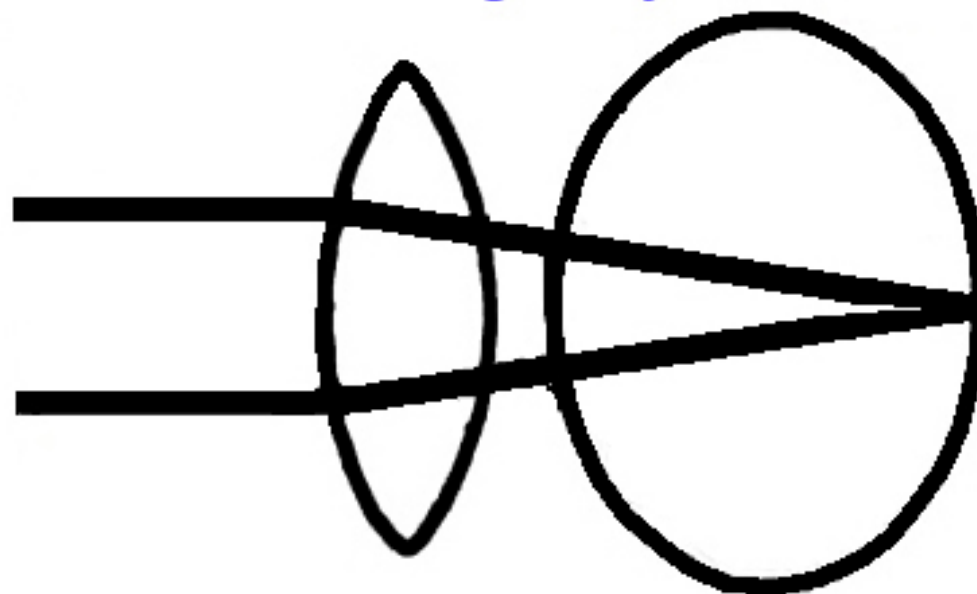


The minus lens increases outer eye muscle tension, especially in the obliques causing an increased blur, lengthening of the eye resulting in stronger minus prescriptions.

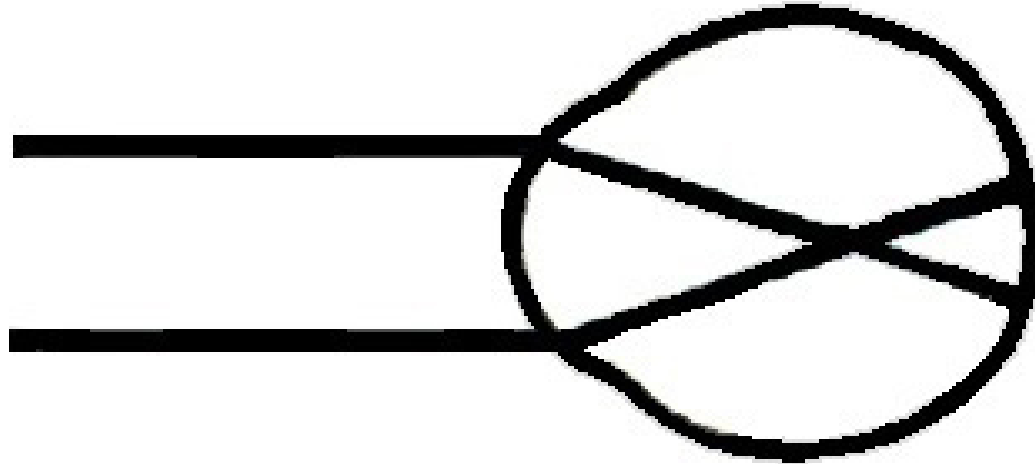
Farsight – Shortened Eye
Light Rays Focus Unclear, After the Retina



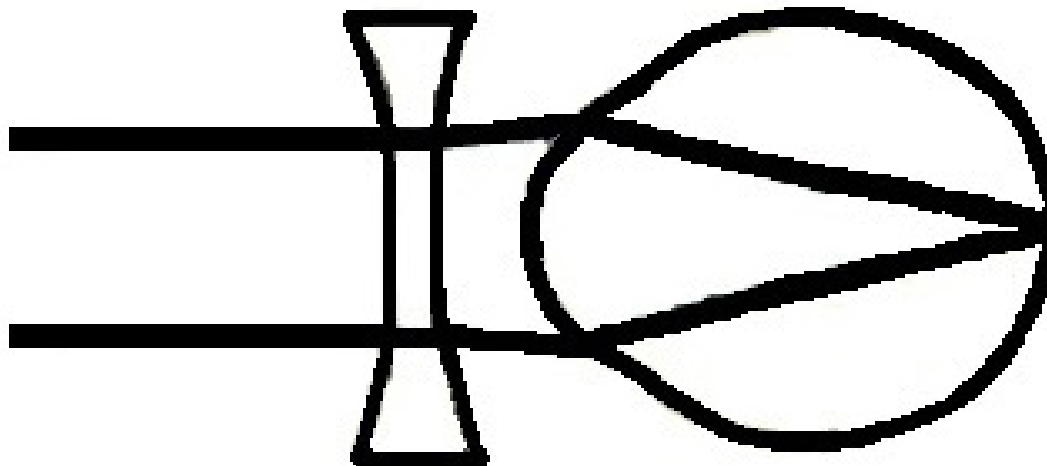
Plus Convex Lens
Focuses Light Rays Onto the Retina



Myopia – Lengthened Eye
Light Rays Focus Unclear, Before the Retina

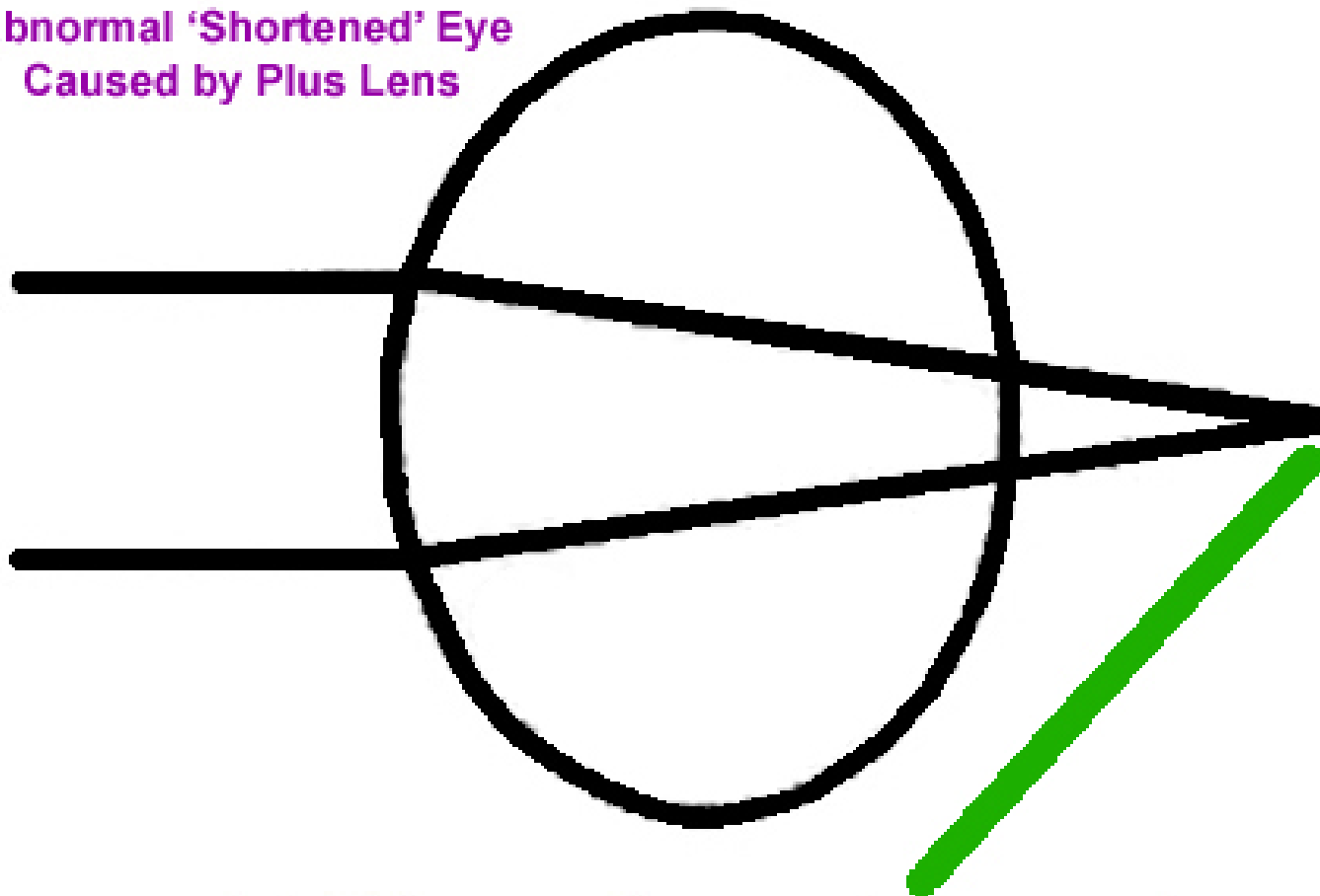


Minus Concave Lens
Focuses Light Rays Onto the Retina



Unclear Close Vision, Farsight, Presbyopia and in Advanced Cases; Myopia

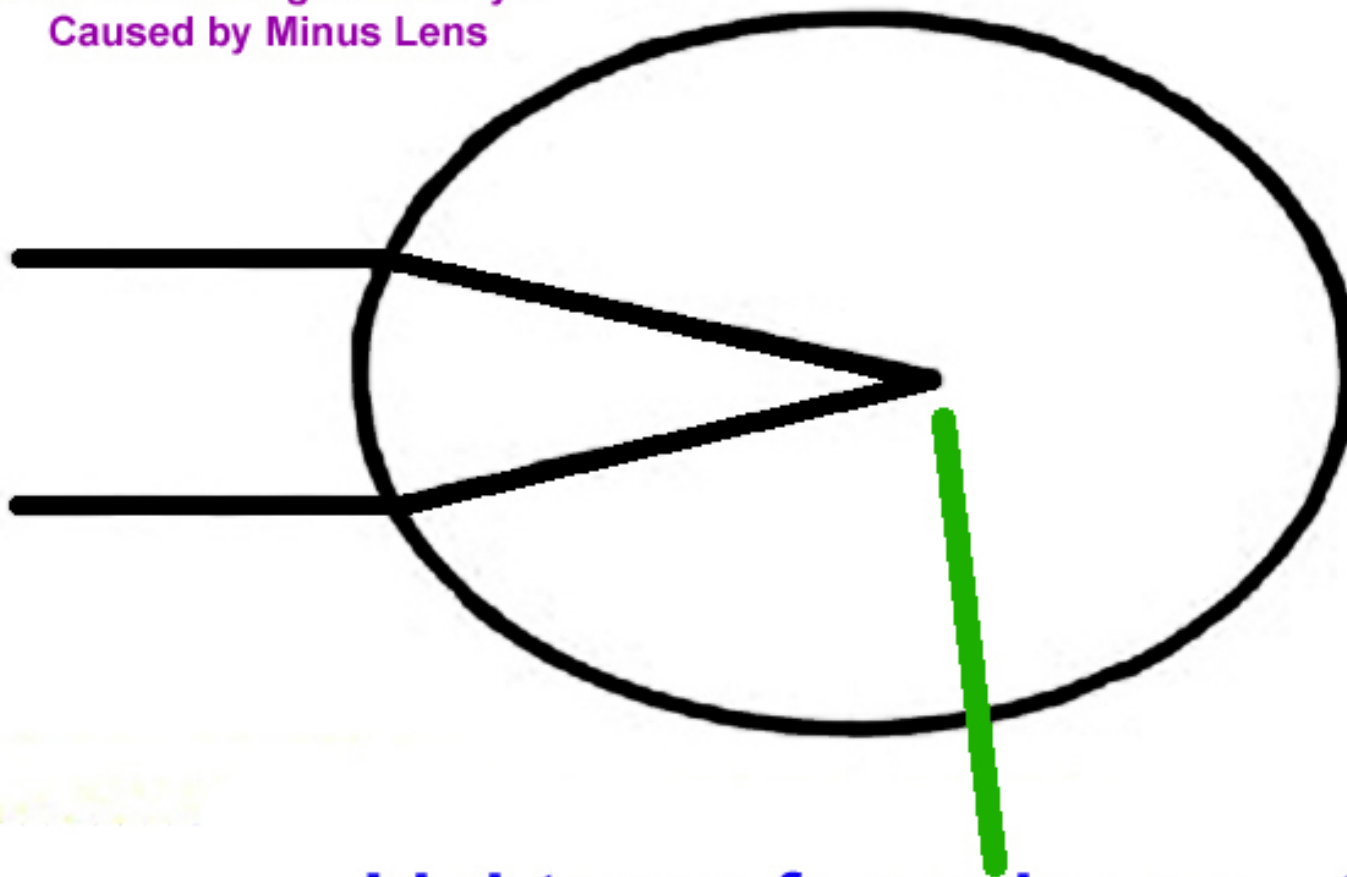
Abnormal 'Shortened' Eye
Caused by Plus Lens



Light rays focus incorrect
past-beyond the retina

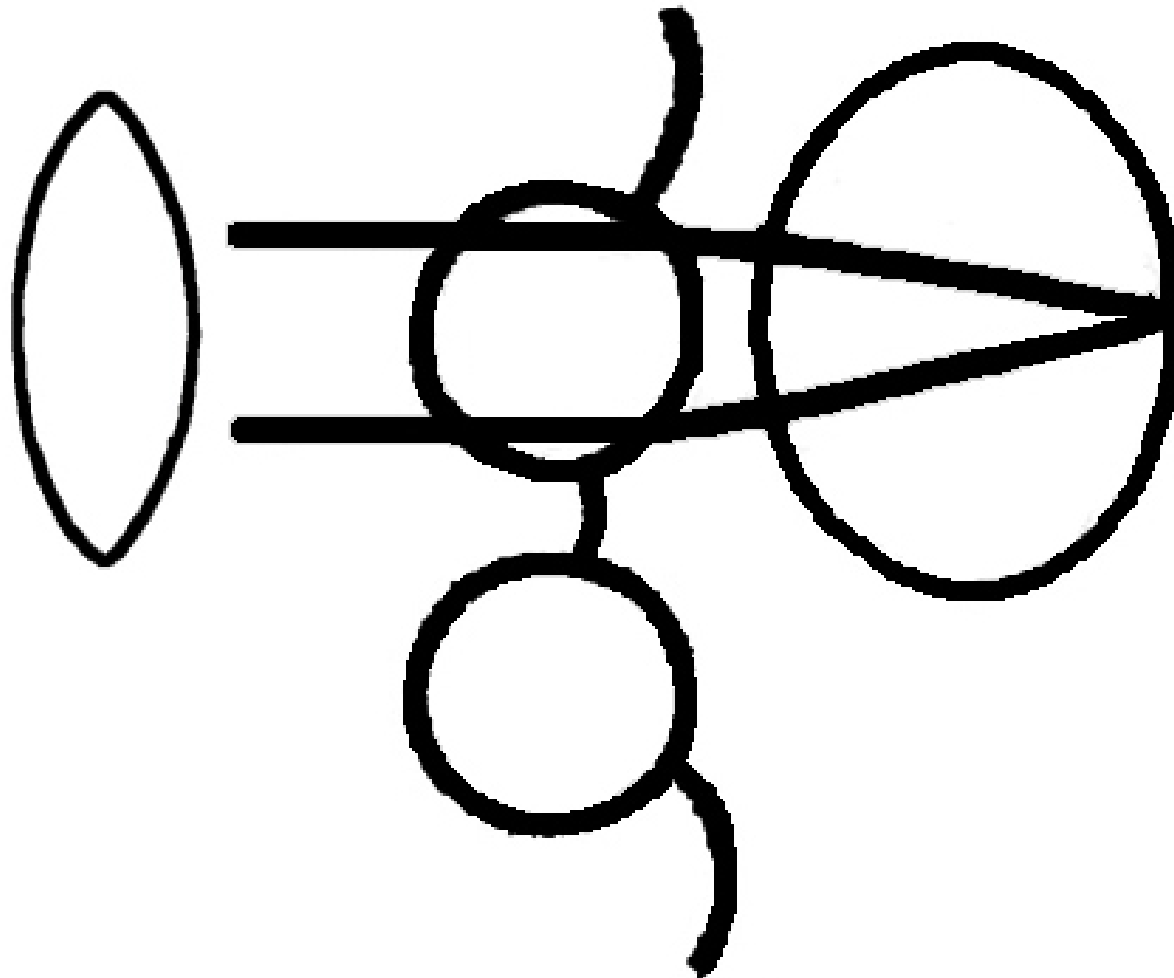
Unclear Distant Vision, Myopia and in Advanced Cases; Farsight 'Unclear Close Vision'

Abnormal 'Lengthened' Eye
Caused by Minus Lens

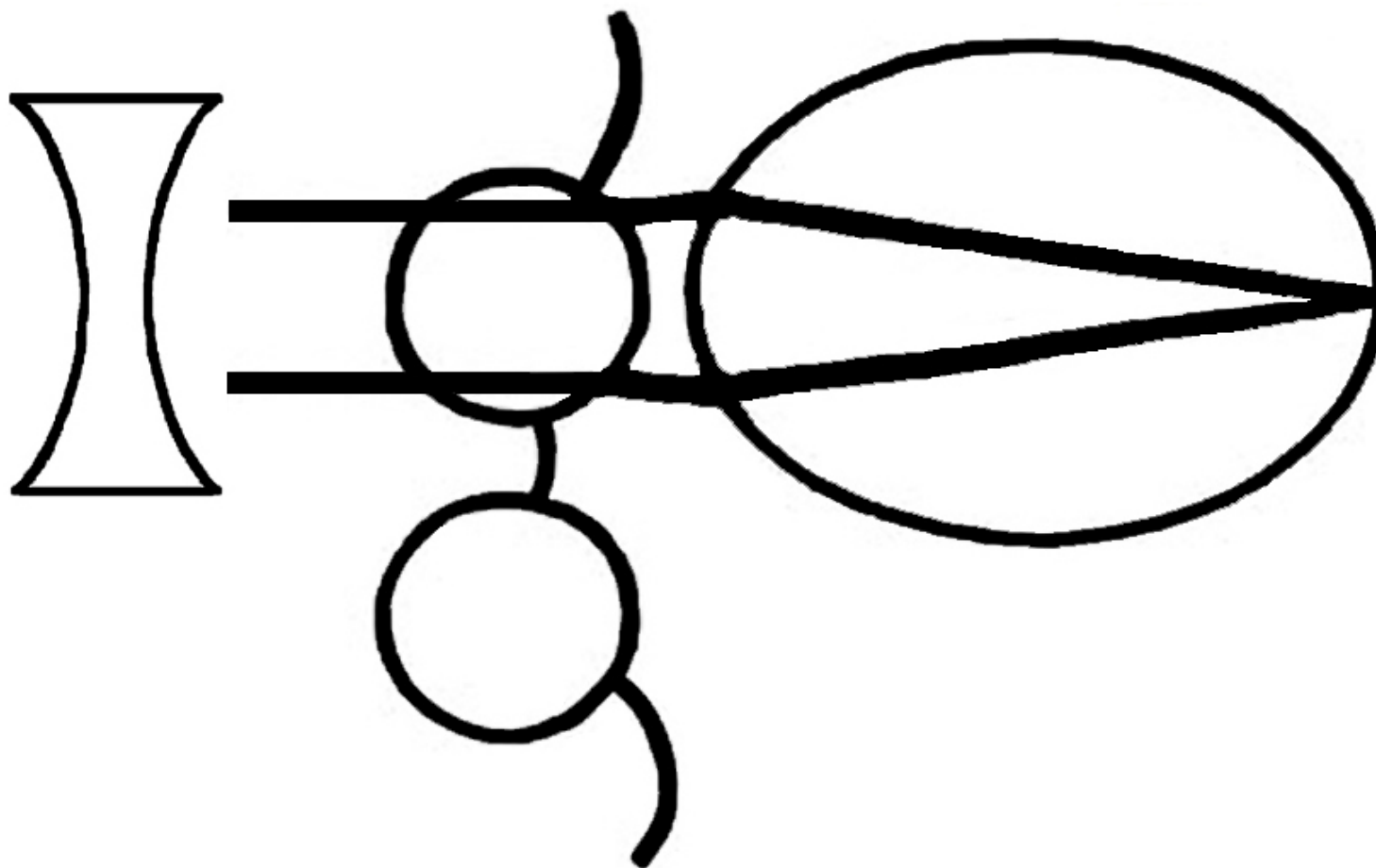


Light rays focus incorrect
before the retina

The Plus + (convex, converging) lens focuses light rays onto the retina in the abnormally shortened eye. Stronger and stronger 'addictive' plus prescriptions shorten the eye, focus the rays closer and closer to the eyeglass lens, before the retina forcing the recti muscles to become tense, pull on the eye, force the eye to progressively shorten to match the focus of the stronger plus lens rays.



The Minus - (concave, diverging) lens focuses light rays onto the retina in the abnormally lengthened eye. Stronger and stronger 'addictive' minus prescriptions lengthen the eye, focus the rays farther and farther beyond the retina forcing the oblique muscles to become tense, press on the eye, force the eye to progressively lengthen to match the focus of the stronger minus lens rays.



From here onward; contains the same pages that are in the Directions, Disclaimer, Warnings PDF on the website and a few more pages, pictures from the E-books, website.

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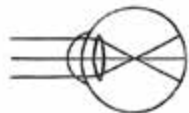
PINHOLE EYEGASSES - Pros and Cons, Healthier Than Eyeglasses

Vitamins, Minerals..., Eye Health Vitamins; Bilberry, Lutein... Ming Mu Di Huang Wan Ancient Chinese Eye Formula for Healthy Eyes, Body, Liver, Clear Eyesight. Neck Muscle Relaxation. Health Books

TRANSLATOR

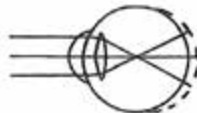
*RELAXED NORMALLY FUNCTIONING OUTER EYE MUSCLES = NORMAL EYE SHAPE = CORRECT FOCUS OF LIGHT RAYS ON THE RETINA = CLEAR VISION.
 *TENSE EYE MUSCLES FUNCTION INCORRECT AND PLACE PRESSURE, TENSION, PULLING ON IN THE EYE, CORNEA, LENS CAUSING ABNORMAL EYE, CORNEA, LENS SHAPE, INCORRECT FOCUS OF LIGHT RAYS IN THE EYE, BEFORE OR BEYOND THE RETINA AND UNCLEAR VISION.
 WHEN THE LIGHT RAYS FOCUS CORRECT ON THE RETINA, THE CENTRAL RAY FOCUSES ON THE FOVEA CENTRALIS IN THE MACULA, CENTER OF THE RETINA. THE PERIPHERAL RAYS FOCUS ON THE PERIPHERAL AREA OF THE RETINA. VISION IS CLEAR.
 WHEN LIGHT RAYS FOCUS INCORRECT, BEFORE OR BEYOND THE RETINA, THE RETINA RECEIVES A UNFOCUSED IMAGE.
 THE CENTRAL RAY FOCUSES INCORRECT ONTO THE PERIPHERAL FIELD OF THE RETINA AND THE PERIPHERAL RAYS FOCUS INCORRECT SCATTERING UNFOCUSED ON THE PERIPHERAL AREA OF THE RETINA AND ONTO THE FOVEA CENTRALIS IN THE CENTER OF THE MACULA RETINA RESULTING IN UNCLEAR CLOSE AND DISTANT VISION AND ASTIGMATISM.

1 ROUND EYE - NORMAL DISTANT VISION CLEAR



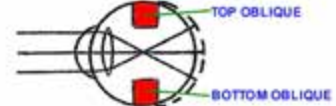
LIGHT RAYS FROM DISTANT OBJECTS FOCUS CORRECT ON THE RETINA. THE OBLIQUE MUSCLES ARE RELAXED, DO NOT CONTRACT. THE EYE REMAINS IN A ROUND SHAPE.

2 SLIGHTLY LENGTHENED EYE - NORMAL CLOSE VISION CLEAR



LIGHT RAYS FROM CLOSE OBJECTS FOCUS CORRECT ON THE RETINA (SEE DOTTED LINE, LENGTHENED EYE)

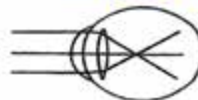
3 OBLIQUE OUTER EYE MUSCLES



THE OBLIQUE MUSCLES CONTRACT IN A RELAXED MANNER TO SLIGHTLY LENGTHEN THE EYE TO PRODUCE ACCOMMODATION AND CORRECT FOCUS OF LIGHT RAYS FROM CLOSE OBJECTS ON THE RETINA AND CLEAR CLOSE VISION.

IN DIAGRAM # 4, LIGHT RAYS FROM DISTANT OBJECTS FOCUS BEFORE THE RETINA AND DISTANT VISION IS UNCLEAR. CLOSE VISION MAY BE CLEAR IF THE EYE IS NOT LENGTHENED TOO MUCH AND LIGHT RAYS FROM CLOSE OBJECTS CAN FOCUS CORRECT ON THE RETINA.

4 INCREASED LENGTHENED EYE - ABNORMAL DISTANT VISION UNCLEAR



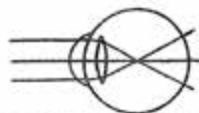
LIGHT RAYS FROM DISTANT OBJECTS FOCUS INCORRECT BEFORE THE RETINA

5 TENSE OBLIQUE MUSCLES CONTRACT TOO MUCH AND KEEP THE EYE IN AN ABNORMAL, INCREASED LENGTHENED SHAPE.



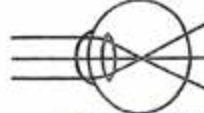
INCREASED TENSION IN THE OBLIQUE MUSCLES CAUSES INCREASED LENGTHENING OF THE EYE. LIGHT RAYS FROM DISTANT AND CLOSE OBJECTS FOCUS INCORRECT BEFORE THE RETINA RESULTING IN UNCLEAR DISTANT AND CLOSE VISION.

6 ROUND EYE - ABNORMAL FOR CLOSE VISION. CLOSE VISION UNCLEAR.



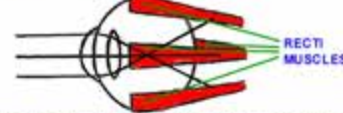
LIGHT RAYS FROM CLOSE OBJECTS FOCUS INCORRECT BEYOND THE RETINA. TENSE RECTI MUSCLES KEEP THE EYE IN A ROUND SHAPE, PREVENTING THE EYE FROM LENGTHENING SLIGHTLY TO ACCOMMODATE AND ENABLE LIGHT RAYS FROM CLOSE OBJECTS TO FOCUS CORRECT ON THE RETINA. DISTANT VISION MAY BE CLEAR IF THE EYE REMAINS ROUND WHEN LOOKING AT DISTANT OBJECTS ENABLING LIGHT RAYS FROM DISTANT OBJECTS TO FOCUS CORRECT ON THE RETINA.

7 SHORTENED EYE - ABNORMAL CLOSE AND DISTANT VISION UNCLEAR



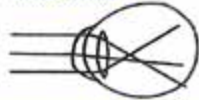
LIGHT RAYS FROM CLOSE AND DISTANT OBJECTS FOCUS INCORRECT BEYOND THE RETINA

8 TENSE RECTI OUTER EYE MUSCLES KEEP THE EYE IN A ROUND OR SHORTENED SHAPE.



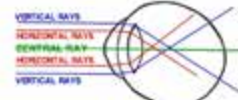
INCREASED TENSION IN THE RECTI MUSCLES CAUSE THE RECTI TO PULL BACK ON THE FRONT OF THE EYE, KEEPING THE EYE IN A SHORTENED SHAPE. THE EYE CANNOT LENGTHEN SLIGHTLY FOR CLEAR CLOSE VISION AND CANNOT RETURN TO A ROUND SHAPE FOR CLEAR DISTANT VISION. LIGHT RAYS FROM CLOSE AND DISTANT OBJECTS FOCUS INCORRECT BEYOND THE RETINA. CLOSE AND DISTANT VISION ARE UNCLEAR.

9 IRREGULAR EYE, CORNEA SHAPE - ABNORMAL ASTIGMATISM AND UNCLEAR CLOSE AND DISTANT VISION.



IN DIAGRAM # 9 AND 10; LIGHT RAYS FROM CLOSE AND/OR DISTANT OBJECTS FOCUS INCORRECT BEFORE AND/OR BEYOND THE RETINA. THE IRREGULAR CORNEA EYE, (SOMETIMES LENS) SHAPE BENDS THE LIGHT RAYS INCORRECTLY; THE CENTRAL RAY MIGHT FOCUS INCORRECT AWAY FROM THE FOVEA CENTRALIS/CENTER OF THE RETINA AND FOCUS ONTO THE PERIPHERAL FIELD OF THE RETINA. PERIPHERAL RAYS SCATTER UNFOCUSED ON THE PERIPHERAL FIELD AND ONTO THE FOVEA CENTRALIS IN THE CENTER OF THE RETINA. VERTICAL AND/OR HORIZONTAL LIGHT RAYS FROM CLOSE AND/OR DISTANT OBJECTS FOCUS INCORRECT BEFORE AND/OR BEYOND THE RETINA RESULTING IN; ASTIGMATISM. DISTORTED AREAS OF THE VISUAL FIELD; OBJECTS OR PARTS OF OBJECTS MAY APPEAR; WAVY, HAZY, DULL, BLURRED. DOUBLE, TRIPLE...IMAGES OF OBJECTS MAY APPEAR. THE EFFECT IS SIMILAR TO LOOKING THROUGH A WAVY PIECE OF GLASS. DIZZINESS, IMPERFECT BALANCE CAN OCCUR DUE TO THE WAVY, AND OTHER ABNORMAL IMAGES IN THE VISUAL FIELD. OTHER TYPES OF ASTIGMATISM WITH DIFFERENT FORMS OF INCORRECT FOCUS OF LIGHT RAYS CAN OCCUR. ASTIGMATISM CAN OCCUR AT CLOSE AND/OR FAR DISTANCES AND USUALLY OCCURS WITH UNCLEAR VISION. ASTIGMATISM CAN OCCUR IN ONE OR BOTH EYES. ASTIGMATISM OFTEN CURES ITSELF. NATURAL EYESIGHT IMPROVEMENT REMOVES ASTIGMATISM.

10 ONE OR MORE TENSE OBLIQUE AND/OR RECTI EYE MUSCLES PULL, SQUEEZE THE EYE/CORNEA (AND SOMETIMES LENS) INTO AN IRREGULAR SHAPE.



STRONGER AND STRONGER EYE GLASS LENSES CAUSE AND INCREASE EYE MUSCLE TENSION, ABNORMAL EYE LENGTHENING, SHORTENING, IRREGULAR EYE SHAPE, VISION IMPAIRMENT AND LEADS TO CATARACTS, DETACHED RETINA, MACULA DEGENERATION, GLAUCOMA AND OTHER EYE PROBLEMS.

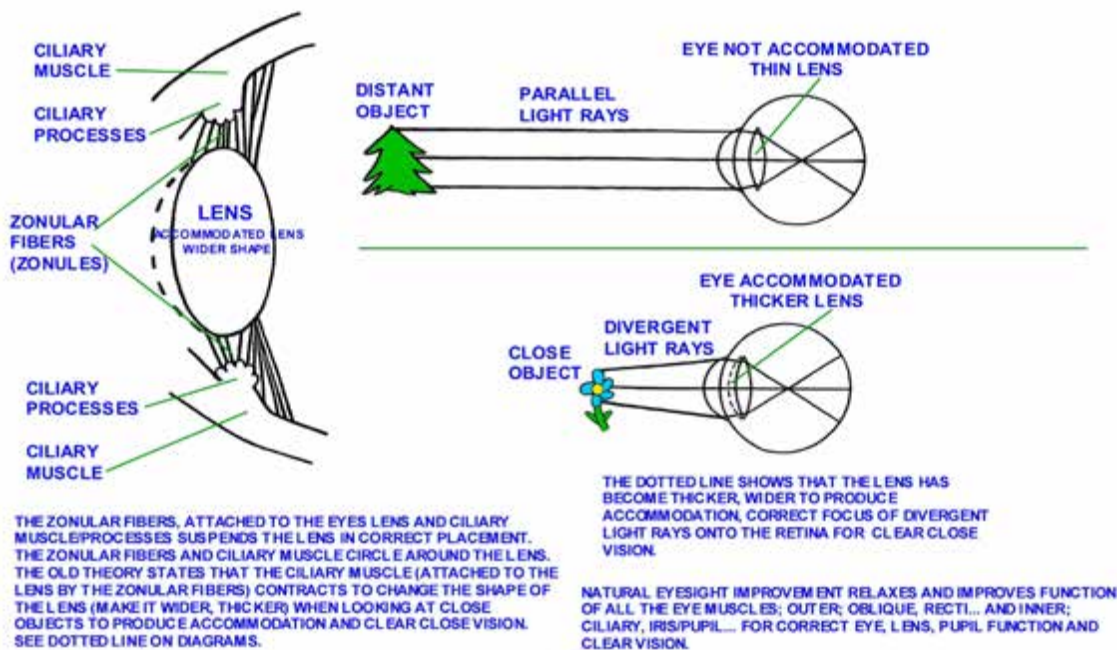
TENSION IN THE RECTI AND/OR OBLIQUE MUSCLES CAUSES CROSSED AND WANDERING EYES.

DIAGRAMS ARE ACCENTUATED FOR EASY VIEWING

THE BATES METHOD OF NATURAL EYESIGHT IMPROVEMENT RELAXES THE EYE MUSCLES, RETURNS THE EYE AND CORNEA TO NORMAL SHAPE WITH CORRECT FOCUS OF LIGHT RAYS IN THE EYE, ON THE RETINA WITH CLEAR CLOSE AND DISTANT VISION. SEE PICTURE #1 AND 2 TOP OF THIS PAGE.

OLD THEORY OF ACCOMMODATION:

+MOST EYE DOCTORS STATE THE OLD THEORY OF ACCOMMODATION; THAT THE CILIARY MUSCLE CHANGES THE SHAPE OF THE EYES LENS, MAKES IT THICKER TO PRODUCE ACCOMMODATION AND ENABLE THE EYE TO FOCUS DIVERGENT LIGHT RAYS FROM CLOSE OBJECTS CORRECT ONTO THE RETINA FOR CLEAR CLOSE VISION. THEY STATE :---- THE THEORY IS FACT AND THAT THE EYE DOES NOT CHANGE SHAPE. +OTHER EYE DOCTORS AND BATES NATURAL EYESIGHT IMPROVEMENT TEACHERS STATE THAT BOTH THE SHAPE OF THE EYE AND LENS CHANGE TO PRODUCE ACCOMMODATION OR, +THAT ONLY THE EYE CHANGES SHAPE, LENGTHENS.



Modern Eye Doctors say this old theory has been proved with scientific equipment. They have also discovered that the eyes shape lengthens (as Dr. Bates stated years ago) when the shape of the lens changes for accommodation.

LIGHT RAYS FROM DISTANT OBJECTS ARE PARALLEL = AND FOCUS PERFECTLY ON THE RETINA WHEN THE EYE IS ROUND AND LOOKING AT DISTANT OBJECTS.
 LIGHT RAYS FROM CLOSE OBJECTS DIVERGE < CAUSING THE PLACEMENT OF LIGHT RAYS IN THE EYE TO CHANGE RESULTING IN A NEED FOR THE EYES TO ACCOMMODATE TO PRODUCE CORRECT FOCUS OF LIGHT RAYS WHEN LOOKING AT CLOSE OBJECTS.

MOST EYE DOCTORS STATE THE OLD THEORY THAT THE CILIARY MUSCLE ATTACHED TO THE EYES LENS CAUSES THE LENS TO CHANGE SHAPE TO PRODUCE ACCOMMODATION AND CLEAR CLOSE VISION AND RETURNS THE LENS TO ITS ORIGINAL SHAPE, UN-ACCOMMODATION FOR CLEAR DISTANT VISION. THESE DOCTORS FIGHT DR. BATES BY STATING THAT THE OUTER EYE MUSCLES DO NOT AFFECT THE SHAPE OF THE EYE AND CLARITY OF VISION AND THAT THE ONLY TREATMENT FOR UNCLEAR VISION AND OTHER EYE PROBLEMS IS EYEGASSES AND/OR SURGERY AND DRUGS.

EYE DOCTORS STATE THAT THE EYE CAN ACQUIRE A ABNORMAL LENGTHENED SHAPE THAT CAUSES UNCLEAR DISTANT VISION, A ABNORMAL SHORTENED SHAPE THAT CAUSES UNCLEAR CLOSE VISION AND A IRREGULAR SHAPE CAUSING ASTIGMATISM BUT THEY STATE THAT THEY DO NOT KNOW WHAT CAUSES THE LENGTHENED AND SHORTENED SHAPE AND THAT THERE IS NOT A CURE FOR THIS CONDITION SO THEY PRESCRIBE EYEGASSES OR CORNEA SURGERY. THIS CAUSES MORE VISION IMPAIRMENT.

DR. BATES NATURAL EYESIGHT IMPROVEMENT TREATMENTS AND EXPERIMENTS ON THE EYES AND EYE MUSCLES PROVED THAT TENSION IN THE OUTER EYE MUSCLES (OBLIQUE AND RECTI) CAUSES A ABNORMAL LENGTHENED, SHORTENED AND UNEVEN EYE SHAPE WITH INCORRECT FOCUS OF LIGHT RAYS IN THE EYE, UNCLEAR EYESIGHT. EYE MUSCLE TENSION, ABNORMAL EYE SHAPE ALSO CAUSES INCREASED PRESSURE ON/IN THE EYE, PRESSURE, TENSION, PULLING, STRETCHING ON /IN THE EYE, RETINA, MACULA/FOVEA, LENS, CORNEA, OPTIC NERVE, CAPILLARIES, CELLS, NERVES IN THE RETINA, LENS...ALL PARTS OF THE EYE RESULTING IN; UNCLEAR VISION, ASTIGMATISM, CATARACTS, GLAUCOMA, DETACHED RETINA, MACULA DEGENERATION, CONICAL CORNEA, VITREOUS DETACHMENT, CROSSED AND WANDERING EYES AND OTHER EYE PROBLEMS.

DR. BATES PROVED THAT RELAXATION OF THE OUTER EYE MUSCLES RETURNS THE EYE, CORNEA, LENS, RETINA... TO NORMAL SHAPE WITH CORRECT FOCUS OF LIGHT RAYS IN THE EYE, ON THE RETINA, RETURNS THE EYE MUSCLES TO NORMAL FUNCTION, REMOVES ABNORMAL PRESSURE, AND TENSION, PULLING, STRETCHING ON/IN ALL PARTS OF THE EYE, RETINA, MACULA/FOVEA, LENS, CORNEA, OPTIC NERVE, EYE MUSCLE NERVES, BLOOD VESSELS, CAPILLARIES, CELLS, NERVES...) RESULTING IN REMOVAL OF BLUR, ASTIGMATISM, CATARACTS AND OTHER EYE PROBLEMS.

DR. BATES PROVED THAT TENSION, STRAIN IN THE MIND CAN CAUSE STRAIN, TENSION, DYSFUNCTION OF THE EYE MUSCLES, EYE

No eyeglasses=Relaxation, clear vision, healthy eyes



Look straight forward and try to clearly distinguish the smallest details of objects at a distance,

Convert Website Pages, E-Books to Other Languages. Audio; Hear in English, Spanish... Blind; Listen, Learn Without Reading

HISTORY

The Bates Method, Natural Eyesight Improvement - Best Teachers, Books, Websites, Blogs, Training, variety of Information. 1800's, 1901 to Present Date

BETTER EYESIGHT MAGAZINE By

Ophthalmologist William H. Bates', Introduction. 132 Issues, July 1919 to June 1930. Original Training, Cures from the Eye Doctor that Discovered Natural Vision Improvement

BETTER EYESIGHT MAGAZINE - Entire

132 Issues on One Page or Link to the Main Magazine Website, Individual Monthly Issues. Read, Listen Free on the Internet in any Language

AUDIOS For the Blind, Low Vision - Better Eyesight Magazine

Treatments; Myopia, Presbyopia, Cataract Glaucoma, Retina Health, Strabismus, Astigmatism...

Dedication to My Mom Nancy

Native American Videos - Natural Life=Clear Sight

SKYPE, GOOGLE Live Video on the Internet - Telephone Natural Eyesight Improvement Training. Student and Group Training

1 - Natural Eyesight Training Starts Here, Page #1 to #40. MENTAL STRAIN,

EYE MUSCLE TENSION CAUSES UNCLEAR EYESIGHT.
Dangers of Laser Eye Cornea Surgery, Eyeglasses and Contact Lenses

2 - STRONG EYEGLASSES =
Addiction,
Progressive Vision,
Eye Impairment
Verses REDUCED,
WEAKER,
TEMPORARY
EYEGLASS LENSES =
Vision, Eye Health
Improvement.

EYEGLASSES
Low Cost Reduced
20/40, 20/50 Weaker
Prescription Lenses
by Mail & Behavioral
Optometrists.
Pass the Drivers
License Eyesight
Exam - Practice on
the Govt. RMV,
DMV... Eyecharts

3 - HUMAN EYE
Function, Anatomy,
Light Rays, Cornea,
Iris-Pupil, Lens,
Retina, Macula,
Fovea, Optic Nerve,
Eye Muscles...

4 - Front View of Eye.
Pupil, Iris, Ciliary,
Lens, Sclera..., Outer
Eye Muscles;
Oblique, Recti. THE
EYE CHANGES
LENGTH LIKE A
CAMERA (with the
lens) TO FOCUS
CLOSE- FAR

**5 - DO IT YOURSELF
NATURAL EYESIGHT
IMPROVEMENT;**
Practice Shifting and
Other Relaxed,
Natural, Correct Eye-
Vision Functions.

The IMAGINARY
NOSEFEATHER
Play with the Moving
Pointer to get the
Eyes Shifting,
Relaxed. Move with
the Figure Eight.

**6 - CENTRAL-
FIXATION - Central
Vision 'Centralizing'.**
See Clearest with
the Center of the
Visual Field.
Combine With
Shifting. The Central
Field MOVES as the

MUSCLE NERVES, OPTIC NERVE, RETINA, IMPAIRS FUNCTION OF THE VISUAL CORTEX, LEFT AND RIGHT HEMISPHERES, MEMORY, IMAGINATION, ALL AREAS, FUNCTIONS OF THE VISUAL SYSTEM, BRAIN, EYES, BODY, AND IMPAIRS REACTION TO, ABSORPTION AND USE OF LIGHT RAYS ENTERING THE EYE RESULTING IN UNCLEAR VISION WITH OR WITHOUT EYE MUSCLE TENSION AND ABNORMAL EYE SHAPE.
THE MIND HAS A MAJOR INFLUENCE ON THE VISUAL SYSTEM AND CLARITY OF VISION.

THE BATES METHOD OF NATURAL EYESIGHT IMPROVEMENT RELAXES THE MIND, EYE MUSCLES, ALL NERVES IN THE BODY, EYES, RETINA ENABLING THE MIND, EYE, RETINA TO RETURN TO NORMAL FUNCTION WITH CLEAR VISION.

BATES TEACHERS STATE THAT UNCLEAR VISION IS ALSO FUNCTIONAL; INCORRECT FUNCTION/USE OF THE EYES CAUSES UNCLEAR VISION.
WHEN THE EYES, VISUAL SYSTEM FUNCTION INCORRECT; NOT SHIFTING CORRECT, NOT USING CENTRAL FIXATION AND OTHER CORRECT VISION HABITS, IMPERFECT CONVERGENCE, ACCOMMODATION, UN-CONVERGENCE, UN-ACCOMMODATION AND WHEN INCORRECT VISION HABITS OCCUR; STARING, SQUINTING, STRAINING THEN UNCLEAR EYESIGHT OCCURS.

WHEN THE EYES, VISUAL SYSTEM FUNCTION CORRECT; MIND, EYES RELAXED, EYES MOVING/SHIFTING NORMALLY, CENTRAL FIXATION AND ALL CORRECT VISION HABITS OCCUR, CONVERGENCE, ACCOMMODATION, UN-CONVERGENCE, UN-ACCOMMODATION ARE PERFECT, THEN, EYESIGHT IS CLEAR.
PRACTICING NATURAL EYESIGHT IMPROVEMENT, CORRECT VISION HABITS; RELAXATION, SHIFTING, CENTRAL FIXATION, SWITCHING CLOSE, MIDDLE, FAR...RELAXING THE NECK, RESTORES NORMAL FUNCTION TO THE EYES, VISUAL SYSTEM AND CLEAR EYESIGHT.

THE BATES METHOD ALSO RELAXES AND BRINGS MOVEMENT TO THE EYES, NECK, BODY WHICH IMPROVES BLOOD, OXYGEN, NUTRIENT FLOW TO THE EYES, RETINA, LENS, CORNEA FOR HEALTHY EYES AND CLEAR VISION.
THE BATES METHOD REMOVES FLOATERS, (FLOATING SPECKS) FROM THE VISUAL FIELD AND CURES/PREVENTS HEADACHES.

MODERN EYE DOCTORS STATE THAT USE OF NEW TEST INSTRUMENTS ON THE EYE HAVE PROVED THAT THE EYES LENS DOES CHANGE SHAPE WHEN LOOKING FROM CLOSE TO FAR AND FAR TO CLOSE DISTANCES.

SOME EYE DOCTORS STATE THAT BOTH THE LENS AND EYE MAY CHANGE SHAPE, FUNCTIONING TOGETHER FOR CLEAR CLOSE AND DISTANT VISION.

A FEW DOCTORS HAVE THEORIZED THAT THE CILIARY MUSCLE MIGHT CAUSE THE ENTIRE LENS TO MOVE SLIGHTLY FORWARD AND BACKWARD (WITH OR WITHOUT THE EYE AND LENS CHANGING SHAPE) TO PRODUCE ACCOMMODATION, UN-ACCOMMODATION FOR CLEAR CLOSE AND DISTANT EYESIGHT.

TENSION IN THE CILIARY MUSCLE CAN IMPAIR ITS FUNCTION AND ITS SUPPOSED ABILITY TO CHANGE THE SHAPE/MOVEMENT OF THE LENS AND CAN IMPAIR THE CILIARY MUSCLES FUNCTION OF BRINGING AQUEOUS HUMOR INTO THE POSTERIOR CHAMBER OF THE EYE AND MAY INTERFERE WITH CIRCULATION OF BLOOD, OXYGEN, NUTRIENTS TO/FROM THE LENS RESULTING IN UNCLEAR VISION, CATARACTS AND OTHER CONDITIONS.
THE BATES METHOD RELAXES ALL THE EYE MUSCLES INCLUDING THE CILIARY MUSCLE, RETURNS THE CILIARY AND LENS TO NORMAL FUNCTION RESULTING IN CLEAR VISION, REMOVAL OF CATARACTS AND OTHER ABNORMAL CONDITIONS.

THE BATES METHOD WORKS, KEEPING THE EYES HEALTHY AND VISION CLEAR NO MATTER WHICH STATEMENTS ARE TRUE; THE OUTER EYE MUSCLES CHANGING THE SHAPE OF THE EYE, THE CILIARY MUSCLE CHANGING THE SHAPE OF THE LENS OR BOTH THE EYE AND LENS CHANGING SHAPE FOR CLEAR CLOSE AND DISTANT EYESIGHT.

**AVOID WEARING EYEGLASSES, CONTACT LENSES AND SUNGLASSES.
AVOID EYE CORNEA SURGERY AND DRUGS FOR THE EYES.**

CORNEA SURGERY DESTROYS THE CORNEAS NATURAL SHAPE AND STRUCTURE AND OFTEN RESULTS IN UNCLEAR VISION AND HAS CAUSED MANY CASES OF BLINDNESS AND EYE INJURY.
CATARACT SURGERY WHEN DONE TO REMOVE PART OR ALL OF THE EYES LENS IMPAIRS STRUCTURE, FUNCTION OF THE LENS RESULTING IN UNCLEAR VISION AND IMPAIRS THE LENS ABILITY TO ABSORB/CONTROL THE AMOUNT OF SUNLIGHT AND UV LIGHT ENTERING THE EYES.



**AVOID EYEGLASSES, SURGERY AND DRUGS.
EYEGLASSES, SURGERY AND DRUGS CAUSE AND INCREASE EYE MUSCLE TENSION, MENTAL STRAIN, ABNORMAL EYE SHAPE, UNCLEAR VISION, CATARACTS AND ALL EYE PROBLEMS.**

THE CORNEA ALSO ABSORBS AND CONTROLS THE AMOUNT OF SUNLIGHT/UV LIGHT ENTERING THE EYE.
REMOVING PART OF THE LENS, OR THE ENTIRE LENS AND/OR PART OF THE CORNEA IMPAIRS THIS FUNCTION AND CAN CAUSE THE EYE, CORNEA, LENS, RETINA TO EXPERIENCE OVEREXPOSURE TO SUNLIGHT AND UV LIGHT.

MANY PEOPLE WAITING FOR THEIR CATARACTS TO GROW BIGGER SO SURGERY CAN BE PERFORMED HAVE REVERSED AND COMPLETELY ELIMINATED THE CATARACTS BY STOPPING USE OF EYEGLASSES, SUNGLASSES, IMPROVING THEIR DIET, AND BY APPLYING NATURAL EYESIGHT IMPROVEMENT.

OPHTHALMOLOGIST BATES "BETTER EYESIGHT MAGAZINES" DESCRIBES MANY NATURAL CURES FOR CATARACTS AND OTHER EYE PROBLEMS.

SEE LIST OF WEB SITES AND OTHER SOURCES CHAPTER--- THIS SITE FOR FREE DOWNLOAD OF ALL PAGES OF BATES MAGAZINES, BOOKS...

IF EYESIGHT IS UNCLEAR AFTER CATARACT LENS SURGERY NATURAL EYESIGHT IMPROVEMENT CAN HELP IMPROVE THE CLARITY OF VISION.

NATURAL EYESIGHT IMPROVEMENT MAY OR MAY NOT IMPROVE CLARITY OF VISION AFTER UNSUCCESSFUL CORNEA SURGERY. SEE FOLLOWING PAGES.

EYEGLASSES, CONTACT LENSES, EYE SURGERY AND DRUGS ALWAYS MAKE EYE PROBLEMS WORSE, CAUSE DEVELOPMENT OF ADDITIONAL EYE PROBLEMS, CAUSE AND INCREASE; MENTAL STRAIN, TENSION/ DYSFUNCTION OF THE CILIARY MUSCLE AND OUTER EYE MUSCLES RESULTING IN INCREASED ABNORMAL EYE SHAPE (LENGTHENING OR SHORTENING, IRREGULAR) , INCREASED ABNORMAL PRESSURE ON/IN THE EYE, PRESSURE, TENSION, PULLING, STRETCHING ON/IN THE EYE, CORNEA, LENS, RETINA, OPTIC AND EYE MUSCLE NERVES, NERVES, CELLS, CAPILLARIES, CONES , RODS, MACULA/FOVEA IN THE RETINA AND ALL PARTS OF THE EYE. BLOOD, OXYGEN CIRCULATION TO THE RETINA, LENS ALL PARTS OF THE EYE IS IMPAIRED.
ALL THESE ABNORMAL CONDITIONS CAUSE; CLOSE AND DISTANT BLUR, ASTIGMATISM, CATARACTS, MACULA DEGENERATION, DETACHED RETINA, GLAUCOMA, CONICAL CORNEA, IMPAIRED CONVERGENCE/ACCOMMODATION WHEN LOOKING AT CLOSE DISTANCES AND IMPAIRED UN-CONVERGENCE/UN-ACCOMMODATION WHEN LOOKING AT FAR DISTANCES, WANDERING AND CROSSED EYES AND OTHER EYE PROBLEMS, DISEASE.

AS EYEGLASSES CAUSE/INCREASE EYE MUSCLE TENSION, ABNORMAL EYE SHAPE, PROGRESSIVE VISION IMPAIRMENT OCCURS RESULTING IN PRESCRIPTIONS FOR STRONGER AND STRONGER EYEGLASS LENSES, DEVELOPMENT OF THE EYE

Eyes, Mind-Attention Move 'Shift'.

7 - CENTRAL-FIXATION STICK
Use the Gate to Find the Exact Central Field and Move it. Test for Balanced Eyes, Vision.

8 - MEMORY AND IMAGINATION
Improve the Mind, Eyesight, Body, Spirit. PALMING, EFT

9 - TEN CORRECT, RELAXED, NATURAL VISION HABITS
Practice Normal, Eye-Vision 'Visual System' Functions

10 - SWITCHING, SHIFTING CLOSE, MIDDLE AND FAR
For Clear Eyesight at All Distances. Bates Method Combined with Behavioral Optometry, Relaxed Eye Exercises

11 - SWITCH CLOSE, MIDDLE, FAR ON THE THREE PENS IN A ROW. THE BEAD (BROCK) STRING

12 - WARNING - Avoid Artificial 3-D Fusion Pictures, Repetitive Eye Exercises; 'Autostereograms, 'Magic Eyes'

13 - EYECHARTS TEST AND IMPROVE CLOSE AND DISTANT EYESIGHT
Eyechart Pictures From Dr. Bates Medical Articles

14 - THE FIGURE EIGHT (Infinity Swing) Left and Right Brain Hemisphere Activation, Integration, Neck, Body Movement, Relaxation

15 - THE SWAY, 'Rock', LONG SWING, CROSS CRAWL and Other Movement, Relaxation, Body-Brain Activities For Clear Eyesight

16 - THE ILLUSION OF OPPOSITIONAL MOVEMENT-'The Swing'

PROBLEMS/DISEASE'S LISTED ABOVE AND TREATMENT WITH EYE SURGERY, DRUGS.

EYE CORNEA/LENS SURGERY INVOLVES REMOVING PART OF THE CORNEA AND OFTEN REMOVING PART OR ALL OF THE LENS. THIS DOES NOT CORRECT THE UNDERLYING CAUSE OF UNCLEAR VISION; MENTAL STRAIN, EYE MUSCLE TENSION, ABNORMAL EYE SHAPE, PRESSURE, TENSION... ON/IN THE EYE. AFTER THE CORNEA OR LENS IS ALTERED, IMPAIRED BY SURGERY, THE CORNEA/LENS CANNOT RETURN TO NORMAL SHAPE AND FUNCTION. VISION IS IMPAIRED.

IF, IN THE FUTURE, AFTER EYE SURGERY, THE EYE MUSCLES DO RELAX DUE TO NATURAL CAUSES ENABLING THE EYE TO RETURN TO NORMAL SHAPE, VISION BECOMES MORE IMPAIRED BECAUSE THE SURGICALLY ALTERED CORNEA AND LENS CANNOT RETURN TO NORMAL SHAPE WITH THE EYE. FOCUS OF LIGHT RAYS IN THE EYE WILL BE MORE IMPAIRED RESULTING IN INCREASED VISION IMPAIRMENT. SEE DIAGRAMS ON FOLLOWING PAGES.

EYE DOCTORS ADMIT THAT STRONGER EYEGLASS LENSES FOR UNCLEAR DISTANT VISION INCREASES ABNORMAL LENGTHENING OF THE EYE RESULTING IN TENSION, STRETCHING, PULLING ON ALL AREAS OF THE EYE INCLUDING ON THE RETINA AND THE CAPILLARIES, TISSUE, CELLS, NERVES, CONES, RODS, MACULA, FOVEA CENTRALIS...IN THE RETINA RESULTING IN MACULA DEGENERATION, DETACHED RETINA AND OTHER PROBLEMS. STRONG CLOSE VISION EYEGLASS LENSES CAUSING EYE MUSCLE TENSION AND SHORTENING OF THE EYE ALSO CAUSES THIS TYPE OF EYE, RETINA IMPAIRMENT AND OTHER EYE PROBLEMS.

MOST EYE DOCTORS WILL NOT TEACH THEIR PATIENTS NATURAL EYESIGHT IMPROVEMENT TO ELIMINATE USE OF EYEGLASSES AND ENABLE THE EYE MUSCLES TO RELAX, RETURN THE EYE TO NORMAL SHAPE WITH NORMAL PRESSURE ON/IN THE EYE AND REMOVAL OF TENSION, STRETCHING, PULLING ON THE RETINA WHICH WILL RESULT IN REVERSAL AND PREVENTION OF DETACHED RETINA, MACULA DEGENERATION, CATARACTS AND OTHER PROBLEMS. THE EYE DOCTOR PREFERS TO PRESCRIBE STRONGER AND STRONGER EYEGLASS LENSES, SUNGLASSES, EYE SURGERY AND DRUGS.

PLAIN EYEGLASSES AND CONTACT LENSES, SUNGLASSES, TINTED, COLORED, UV BLOCKING LENSES CAUSE UNCLEAR VISION, IMPAIRED LIGHT TOLERANCE, CAUSE UNHEALTHY PARTIAL SPECTRUM UNBALANCED LIGHT TO ENTER THE EYES AND TRAVEL TO THE BRAIN AND BODY AND RESULT IN STRONGER PRESCRIPTIONS FOR EYEGLASSES AND LOWERED HEALTH OF EYES, BRAIN AND BODY.

THE OPTICAL INDUSTRY AND EYE DOCTORS PLACE TELEVISION ADS PROMOTING THE SALE OF EYEGLASSES TO CHILDREN. THE ADVERTISEMENTS SCARE PARENTS INTO BELIEVING THEIR CHILDREN WILL HAVE LEARNING DISABILITIES AND IMPAIRED VISION IF THEY DO NOT WEAR EYEGLASSES. THIS IS A LIE!

EYEGLASSES ARE ADDICTIVE, CAUSE AND INCREASE VISION IMPAIRMENT AND LEAD TO STRONGER AND STRONGER EYEGLASS PRESCRIPTIONS FOR LIFE AND DEVELOPMENT OF OTHER EYE PROBLEMS/DISEASE. EYEGLASSES CAUSE STRAIN IN THE MIND; IMPAIRED BRAIN FUNCTION, IMPAIRS LEFT AND RIGHT BRAIN HEMISPHERE ACTIVATION AND INTEGRATION AND ALL LEFT AND RIGHT HEMISPHERE FUNCTIONS; MEMORY, IMAGINATION, CONCENTRATION...MATH, SCIENCE, LANGUAGE AND OTHER SKILLS. EYEGLASSES CAUSE/INCREASE LEARNING DISABILITIES, IMPAIR GROWTH, DEVELOPMENT OF THE EYES, VISUAL SYSTEM, BRAIN AND BODY.

THE OPTICAL INDUSTRIES ADVERTISEMENTS ARE SIMILAR TO THE TOBACCO COMPANY'S OLD ADVERTISEMENTS AIMED AT YOUNG PEOPLE; ADVERTISING TO CHILDREN TO GET THEM HOOKED, ADDICTED TO EYEGLASSES RESULTS IN A CUSTOMER THAT RETURNS THROUGHOUT LIFE, PURCHASING STRONGER EYEGLASSES AND EVENTUALLY IS PRESCRIBED EYE SURGERY AND/OR DRUGS. THE OPTICAL INDUSTRY PRACTICES THE SAME DISHONEST, HARMFUL METHOD THE DRUG COMPANIES USE. DRUG COMPANIES PREVENT THE PUBLIC FROM LEARNING ABOUT MEDICINE AND NATURAL TREATMENTS THAT WILL PERMANENTLY CURE DISEASE AND HOW TO PREVENT DISEASE/MEDICAL PROBLEMS FROM OCCURRING. THE DRUG COMPANIES INVENT DRUGS THAT WILL ONLY CONTROL SOME OF THE SYMPTOMS OF DISEASES, MEDICAL PROBLEMS, BUT WILL NEVER CURE THE DISEASES, MEDICAL PROBLEMS. THE PATIENT MUST CONTINUE TO BUY THE DRUG, USUALLY ONCE A MONTH FOR LIFE. THE DRUG IS PURPOSELY MADE TO CAUSE SIDE EFFECTS THAT CAUSE OTHER HEALTH PROBLEMS. THE DRUG COMPANY WILL THEN SELL MORE DRUGS WITH MORE SIDE EFFECTS TO TREAT BUT NEVER CURE THE NEW MEDICAL PROBLEMS.

THE SAME IS TRUE OF EYEGLASSES. EYEGLASSES DO NOT CURE UNCLEAR VISION AND OTHER EYE PROBLEMS. EYEGLASSES CAUSE AND INCREASE VISION IMPAIRMENT AND OTHER EYE PROBLEMS.

IT IS NORMAL FOR THE CLARITY OF VISION TO FLUCTUATE OCCASIONALLY (CLEAR, LESS CLEAR, CLEAR) AS A CHILD'S EYES GROW AND AS THE CHILD ENTERS SCHOOL AND MAY EXPERIENCE STRESS IN A NEW ENVIRONMENT, LEARNING NEW THINGS AND SEES, LEARNS TO IDENTIFY NEW UNFAMILIAR OBJECTS; LETTERS, NUMBERS, EACH NEW TEACHERS UNFAMILIAR HANDWRITING ON THE BLACKBOARD.. LET THE CHILD SIT CLOSER TO THE BLACKBOARD WHEN LEARNING TO VISUALLY, MENTALLY IDENTIFY NEW OBJECTS. PARENTS MUST PROTECT THEIR CHILD'S EYESIGHT. NEVER PLACE EYEGLASSES ON A CHILD. TEACH THEM NATURAL VISION IMPROVEMENT (BATES METHOD). SEE BOOKS BY JANET GOODRICH CHAPTER 2.

THE CLARITY OF VISION CAN FLUCTUATE FROM CLEAR TO LESS CLEAR AND BACK TO CLEAR AT ANY AGE; CHILD, ADULT, SENIOR. UNCLEAR VISION IS ALWAYS A TEMPORARY CONDITION. THE VISUAL SYSTEM WILL RETURN EYESIGHT TO 20/20 AND CLEARER.

UNCLEAR VISION CAN OCCUR DUE TO TENSION, STRAIN IN THE MIND, BODY, EYE MUSCLE TENSION, INCORRECT POSTURE CAUSING NECK MUSCLE TENSION, INCORRECT VISION HABITS, POOR DIET, STATE OF HEALTH... ALL OF THESE CAN BE CORRECTED WITHOUT EYE GLASSES. WHEN EYE MUSCLE TENSION OCCURS WITHOUT USE OF EYEGLASSES THE TENSION IS SLIGHT, CAUSING VISION TO BE A LITTLE UNCLEAR. THE MUSCLE TENSION AND UNCLEAR VISION IS EASILY REVERSED WHEN EYEGLASSES ARE AVOIDED.

EYEGLASSES PREVENT VISION IMPROVEMENT; WEARING EYEGLASSES WILL LOCK, MAINTAIN AND INCREASE THE MUSCLE TENSION AND OTHER CAUSES OF UNCLEAR VISION INTO THE EYES, BRAIN, VISUAL SYSTEM, MAINTAIN AND INCREASE TENSION IN THE MIND, MAINTAIN AND

17 - SUNLIGHT, SUNNING. SACCADIC SUNNING With Hands

18 - SACCADIC SUNNING With Tree, Fence, Nosefeather, Swing, Rocking Chair, Oppositional Movement

19 - DR. BATES SUNLIGHT TREATMENTS, PICTURES - As Described in Better Eyesight Magazine and Perfect Sight Without Glasses

20 - SUNLIGHT, LIGHT ENERGY TRAVELS INTO THE EYES, OPTIC NERVES, BRAIN, SPINE, BODY, CHAKRAS 'Energy Centers, Pathways'

21 - RELAXATION METHODS: PALMING, Color Visualization, Breathing, Energy Circulation, Alpha, Theta, Delta Deep Relaxation Chart

22 - COLOR, COLORED LIGHT TREATMENT; Antique Colored Glass Bottle, Sunlight, Color Changing Angel Lamp for Night-time

23 - NEAR VISION; Clear Eyesight at Close Distances. READ IN FULL SPECTRUM SUNLIGHT, FINE PRINT HEALTHY FOR THE EYES - Reading, Seeing Fine and Microscopic Print Clear. Natural Presbyopia Cure, Prevention. Book

24 - CORRECT, RELAXED NATURAL VISION HABITS CARD For Clear Close and Far Vision. THUMB-FINGER MOVEMENT, 'OPPOSITE SWING'

25 - NIGHT VISION See Clear in Lower light, Moonlight. Cones, Rods in the Retina, Visual Purple

INCREASE A ABNORMAL EYE SHAPE AND INCORRECT FOCUS OF LIGHT RAYS IN THE EYE, AND BLOCK/SLOW IMPROVEMENT OF BODY, EYE HEALTH, PREVENT THE VISUAL SYSTEM FROM RETURNING TO NORMAL FUNCTION AND PREVENT A RETURN TO CLEAR VISION.

EYEGASSES BLOCK USE OF NATURAL EYESIGHT IMPROVEMENT, CORRECT VISION HABITS, ACTIVATION AND INTEGRATION OF THE LEFT AND RIGHT BRAIN HEMISPHERES AND RELAXATION OF MIND, BODY, EYES.

EYEGASSES BLOCK USE OF ALL CORRECT VISION HABITS; SHIFTING, CENTRAL FIXATION, RELAXATION, MOVEMENT, ABILITY TO REMEMBER AND IMAGINE OBJECTS PERFECTLY CLEAR. EYEGASSES DO NOT PROVIDE A PERFECT SIZE, SHAPE...IMAGE OF OBJECTS.

FAR OBJECTS APPEAR SMALLER AND CLOSE OBJECTS APPEAR LARGER THAN NORMAL SIZE THROUGH EYEGASS LENSES.

THIS CONFUSES, STRAINS THE MIND, EYE MUSCLES, RETINA, EYES.

EYEGASSES CAUSE USE OF INCORRECT VISION HABITS; STARING, STRAIN, REDUCED EYE MOVEMENT.

EYEGASSES IMPAIR AND WEAKEN NATURAL CONVERGENCE, ACCOMMODATION AND UN-CONVERGENCE, UN-ACCOMMODATION, CAUSE INCORRECT POSTURE, NECK MUSCLE TENSION, IMMOBILITY, HEADACHES (ALL MAJOR CAUSES OF BLUR).

THE EYES CAN REVEAL HEALTH PROBLEMS. LOWERED HEALTH, MALNUTRITION, EYE, HEAD INJURY... AFFECTS THE CLARITY OF VISION AND HEALTH OF THE EYES.

ROUTINE EYE EXAMS BY A OPTOMETRIST/OPHTHALMOLOGIST THAT TEACHES NATURAL EYESIGHT IMPROVEMENT AND AVOIDANCE OF EYEGASSES KEEPS THE EYES AND BODY HEALTHY.

THERE ARE OPTOMETRISTS, OPTHALMOLOGISTS THAT TEACH THEIR PATIENTS THE BATES METHOD OF NATURAL EYESIGHT IMPROVEMENT.

IF EYEGASSES ARE NECESSARY FOR DRIVING AND OTHER TASKS REQUIRING SAFETY WHILE VISION IS IMPROVING, THE EYE DOCTOR WILL PRESCRIBE REDUCED, WEAKER EYEGASS LENSES; 20/40.

THE PATIENT WEARS THE GLASSES ONLY WHEN NECESSARY AND USES CORRECT VISION HABITS WHEN WEARING THE GLASSES AND WHEN NOT WEARING GLASSES. OTHER NATURAL EYESIGHT IMPROVEMENT ACTIVITIES ARE PRACTICED WITHOUT GLASSES.

EACH TIME THE CLARITY OF VISION IMPROVES THE EYE DOCTOR PRESCRIBES A WEAKER PAIR OF LENSES UNTIL THE VISION IS CLEAR ENOUGH TO PERMANENTLY STOP WEARING GLASSES.

WEAK LENSES DO NOT BLOCK VISION IMPROVEMENT AS MUCH AS STRONG LENSES.

VISION IMPROVES MUCH EASIER AND FASTER WHEN EYEGASSES ARE COMPLETELY AVOIDED.

20/40 REDUCED DISTANT VISION LENSES ARE USED FOR DISTANT VISION.

20/40 REDUCED LENSES FOR DISTANT VISION ARE A INCORRECT PRESCRIPTION FOR CLOSE DISTANCES AND WILL CAUSE MORE VISION IMPAIRMENT IF USED AT CLOSE DISTANCES.

A SPECIFIC TYPE OF 20/40 REDUCED CLOSE VISION LENSES ARE USED FOR CLOSE VISION, READING DISTANCE.

20/40 REDUCED LENSES FOR CLOSE VISION ARE A INCORRECT PRESCRIPTION FOR DISTANT VISION AND WILL CAUSE MORE VISION IMPAIRMENT IF USED AT FAR DISTANCES.

DO NOT WEAR CLOSE LENSES WHEN LOOKING TO THE DISTANCE.

DO NOT WEAR DISTANT LENSES WHEN LOOKING AT CLOSE DISTANCES.

SPECIFIC TYPE AND STRENGTH OF LENSES ARE PRESCRIBED FOR CLOSE AND FAR DISTANCES SO BE SURE TO CHECK WITH YOUR OPTOMETRIST FOR A CORRECT PRESCRIPTION, SEPARATE PAIR OF GLASSES FOR EACH DISTANCE.

GET PLAIN LENSES ONLY. AVOID BIFOCALS, HALF LENSES, ASTIGMATISM LENSES, TINTED, COLORED AND DARK LENSES. MORE REDUCED, WEAKER CLOSE AND FAR DISTANCE LENSES (20/50,) CAN BE USED WHEN NOT DRIVING OR PERFORMING ACTIVITIES REQUIRING SAFETY.

WEAKER LENSES ALLOW FOR MORE RELAXATION OF MIND, BODY, EYE MUSCLES, EYES AND EASIER, FASTER VISION IMPROVEMENT. IF VISION IS CLEAR AT ONE DISTANCE, EYEGASSES ARE NOT NEEDED AT THAT CLEAR DISTANCE.

SEE LIST NATURAL EYESIGHT IMPROVEMENT WEB SITES CHAPTER 2 FOR CONTACT INFORMATION; EYE DOCTORS THAT TEACH THE BATES METHOD OF NATURAL EYESIGHT IMPROVEMENT AND PRESCRIBE REDUCED, WEAKER EYEGASS LENSES.

MANY EYE DOCTORS ARE MONITORING AND KEEPING RECORDS OF THEIR PATIENTS EYE/VISION IMPROVEMENT AS NATURAL EYESIGHT IMPROVEMENT IS PRACTICED.

DANGERS OF LASER AND OTHER CORNEA EYE SURGERIES

See videos on this page;

<http://cleareyesight-batesmethod.info/id14.html>

<http://cleareyesight-batesmethod.info/id117.html>



26 - ASTIGMATISM TEST & REMOVAL, CHARTS, SWINGS

27 - STRABISMUS Crossed/Wandering Eyes Correction

28 - GOOD POSTURE For Relaxed Body, Shoulders, Neck, Eye Muscles, Balanced Movement and Clear Eyesight

29 - PATH OF LIGHT RAYS AND EYE MUSCLES, NERVES IN THE EYES, BRAIN, BODY. Chiropractic Treatment Vs. Physical Therapy, Massage.

CHIROPRACTIC Causes Stroke, Blindness, Death, Paralysis... Videos

30 - PHYSICAL THERAPY - For Relaxed Body, Shoulders, Neck, Head and Clear Eyesight. Vertebrae C-1 Top of Neck to C-5 Upper Spine

31 - ACUPRESSURE POINTS, MASSAGE Face-Eyes, Head, Neck, Shoulders, Back, Body, Hands, Feet... for Muscle Relaxation, Balanced, Moving Chi... Energy and Clear Eyesight. EFT

32 - NUTRITION For Healthy Eyes, Clear Eyesight. Grow Your Own Bilberries, Blackberries, Spinach, Kale, Corn, Dandelions, Flowers, Carrots... For Healthy Retina, Lens...

33 - For Pilots - Aviators - Better Eyesight Magazine. Warning: Avoid The Plus Lens-Anti-Corrective Method.

34 - STORIES FROM THE CLINIC by Emily C. A. Lierman, Bates. Dr. Bates Assistant, Wife for Many Years in His New York City Clinic, Offices...

35 - THE CURE OF IMPERFECT SIGHT BY TREATMENT

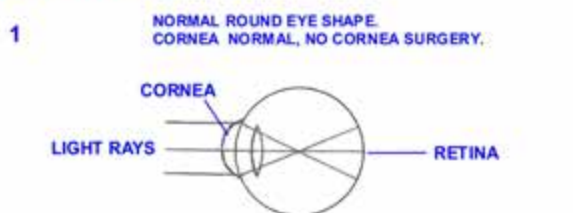
Eye muscle tension causes abnormal eye/cornea shape, incorrect focus of light rays in the eye and unclear vision. See example in picture # 2.

Natural Vision Improvement relaxes the eye muscles and returns the eye, cornea to normal shape with correct focus of light rays in the eye, clear vision at close and far distances without use of surgery, eyeglasses. The cornea remains whole, strong and healthy. See picture # 1.

A normal round eye shape, relaxed eye muscles keeps normal pressure, circulation in the eye, retina, lens, cornea... resulting in healthy eyes, clear vision and prevention of cataracts, macula degeneration, glaucoma, conical cornea, astigmatism and other eye problems.

Compare to pictures 3 and 4; cornea surgery has impaired the shape of the cornea and clarity of vision. Complications occur if the eye, cornea tries to return to normal shape.

LASER AND OTHER CORNEA EYE SURGERIES CAUSE CORNEA INJURY, UNCLEAR EYESIGHT AND OTHER EYE PROBLEMS



LIGHT RAYS FOCUS CORRECT ON THE RETINA. DISTANT VISION IS CLEAR. THE EYE LENGTHENS SLIGHTLY FOR CLEAR CLOSE VISION.



LIGHT RAYS FOCUS INCORRECT BEFORE THE RETINA. DISTANT VISION IS UNCLEAR. CLOSE VISION ALSO BECOMES UNCLEAR IF INCREASED EYE MUSCLE TENSION AND LENGTHENING OF THE EYE OCCURS.



PART OF THE EYES CORNEA HAS BEEN PERMANENTLY REMOVED BY LASER OR OTHER SURGERY. THE CORNEA IS SHORTENED IN AN ATTEMPT TO MAKE THE EYE CLOSER TO A ROUND SHAPE TO IMPROVE FOCUS OF LIGHT RAYS IN THE EYE. LIGHT RAYS FOCUS BETTER, CLOSER TO THE RETINA, BUT OFTEN FOCUS IMPERFECT. DISTANT VISION IS CLEARER BUT NOT PERFECT.

IN DIAGRAM # 4 IT IS 5 MONTHS AFTER CORNEA SURGERY. THE EYE MUSCLES HAVE RELAXED, NATURALLY AND THE EYE HAS RETURNED TO NORMAL SHAPE. THE LIGHT RAYS SHOULD FOCUS CORRECT AND DISTANT VISION SHOULD BE CLEAR, BUT, THE CORNEA HAS BEEN PERMANENTLY SHORTENED, IMPAIRED BY SURGERY AND THE CORNEA CANNOT RETURN TO NORMAL SHAPE WITH THE EYE. THIS CAUSES THE EYE TO BE TOO SHORT CAUSING LIGHT RAYS TO FOCUS INCORRECT BEYOND /BEHIND THE RETINA. DISTANT AND CLOSE VISION ARE UNCLEAR. THE CORNEAS STRUCTURE IS ALSO WEAKENED AND EASILY INJURED, INFECTED, SCARRED RESULTING IN ASTIGMATISM, HAZE, BLIND SPOTS, OTHER VISION PROBLEMS INCLUDING BLINDNESS. THE CORNEA, IRIS, LENS, RETINA IS ALSO OVEREXPOSED TO LIGHT DUE TO IMPAIRED STRUCTURE, FUNCTION, SIZE, THICKNESS OF THE SURGICALLY ALTERED CORNEA. CATARACTS, MACULA DEGENERATION AND OTHER EYE INJURY OCCURS. LASER AND OTHER CORNEA SURGERIES CANNOT BE REVERSED.



EYE MUSCLE TENSION CAUSES ABNORMAL EYE/CORNEA SHAPE AND UNCLEAR VISION. SEE DIAGRAM # 2.

NATURAL EYESIGHT IMPROVEMENT RELAXES THE EYE MUSCLES AND RETURNS THE EYE/CORNEA TO NORMAL SHAPE WITH CORRECT FOCUS OF LIGHT RAYS IN THE EYE WITH CLEAR VISION AT CLOSE AND FAR DISTANCES WITHOUT USE OF SURGERY, EYEGLASSES. THE CORNEA REMAINS WHOLE, STRONG AND HEALTHY. SEE DIAGRAM # 1.

A NORMAL ROUND EYE SHAPE, RELAXED EYE MUSCLES KEEPS NORMAL PRESSURE/CIRCULATION IN THE EYE, RETINA, LENS, CORNEA... RESULTING IN HEALTHY EYES AND PREVENTION OF CATARACTS, MACULA DEGENERATION, GLAUCOMA AND OTHER EYE PROBLEMS.

AVOID LASER CORNEA EYE SURGERY AND ALL CORNEA SURGERIES. LASER AND OTHER CORNEA EYE SURGERIES CAUSE MANY EYE PROBLEMS INCLUDING BLINDNESS.

EYE SURGEONS ADVERTISE EXPENSIVE CORNEA SURGERY TO IMPROVE THE CLARITY OF DISTANT AND CLOSE VISION BUT ARE NOT REQUIRED TO WARN THE PATIENT ABOUT ALL OF THE SIDE EFFECTS THE SURGERY CAUSES. THE EYE SURGEON DOES NOT TELL THE PATIENT THE TRUTH; THAT MANY DIFFERENT TYPES OF VISION IMPAIRMENT AND BLINDNESS CAN AND HAS OCCURRED DUE TO CORNEA LASER SURGERY. A WOMAN ON A TELEVISION NEWS SHOW DESCRIBED HOW LASER CORNEA SURGERY HAS CAUSED HER TO BE BLIND AT NIGHT AND IN LOW LIGHT. SHE CANNOT GO OUTSIDE AT NIGHT DUE TO EXTREME GLARE, HALOS FROM LIGHTS. THIS CONDITION IS PERMANENT. THE WOMAN SAYS THE CORNEA SURGERY HAS RUINED HER LIFE.

IN 2008 - TELEVISION NEWS BROADCAST - A FATHER TELLING ABOUT HOW HIS SON WAS SO DEPRESSED, HIS LIFE MISERABLE DUE TO THE INCURABLE EYE PROBLEMS, NEAR BLINDNESS HE SUFFERED CAUSED BY LASER CORNEA EYE SURGERY.

WITHOUT GLASSES

Dr. Bates Original 1919 Book. And; 'Use Your Own Eyes', 'Normal Sight Without Glasses' by Dr. William B. MacCracken M. D., 'Strengthening The Eyes' by Bernarr MacFadden, W. H. Bates. Optometrist Harold M. Peppard, Monroe Hirsch, O.D. Ph. D. E-Books, Videos

36 - Clark Night - (Mary Iva Oliver) Natural Eyesight Improvement School, Courses Certificates, Receipts. 1st Book Copyright 1996+

37 - Clark Night - (Mary Iva Oliver) Drivers Licenses, Family Photos - No Glasses, Proof of Clear Vision. Govt. Directions for Eyesight Test

38 - Blind, Visually Disabled Achieve Independence - Guide Dog Schools, DAV, Perkins School For The Blind

39 - NEW STUFF! What's Up in the Natural Eyesight Improvement World? Lasik, Contact Lens Warning Videos. Corrupt Teachers, Author's Teaching Incorrect, Harmful Methods, Steal Manuscripts, Hack Honest Teachers Computers, Try to Hide the True Bates Method and Charge High Prices

40 - VIDEOS - Natural Vision Improvement and Other Topics

GUEST PAGE

Post a Comment, Ask Questions, State Your Opinion, Share Dr. Bates Method, Natural Eyesight Improvement Experiences.

BEST FORUMS, GROUPS

AFFILIATES - Earn Money, Sell

THE SON COMMITTED SUICIDE.

MANY PEOPLE HAVE IMPAIRED VISION DUE TO CORNEA SURGERY.

READ EXAMPLES AT WEB SITE; <http://www.naturalvisioncenter.com/Other.html#TopAnchor>

READ THE FDA WARNING ON LASER SURGERY; www.fda.gov

CLICK MEDICAL DEVICES, LASIK.

SEE YOUTUBE VIDEOS ON EYE/VISION IMPAIRMENT CAUSED BY LASIK.

TYPE IN 'LASER SURGERY, SUICIDAL PATIENTS'. <http://www.youtube.com/watch?v=97609G6DnoQ>

Also see web site and you tube videos by: www.lasikcomplications.com

Many patients are developing cataracts after laser cornea surgery.

SOME OF THE SIDE EFFECTS OF LASER AND OTHER CORNEA SURGERIES ARE;

THE SURGERY DESTROYS, WEAKENS THE CORNEA'S STRUCTURE.

PART OF THE CORNEA IS PERMANENTLY REMOVED.

CORNEA INJURY, ULCERS, SCARS, INFECTION IN THE CORNEA AND EYE, WAVES, UNEVEN AND TORN AREAS IN THE CORNEA AND OTHER IMPAIRMENTS OCCUR RESULTING IN; VISION LESS CLEAR THAN IT WAS BEFORE SURGERY AT CLOSE AND FAR DISTANCES, DOUBLE, TRIPLE VISION, ASTIGMATISM, CLOUDY, DULL VISION, HAZE, SPOTS IN THE VISUAL FIELD, IMPAIRED TOLERANCE TO LIGHT AND LARGE HALOS, GLARE FROM INDOOR LIGHTS, FROM SUNLIGHT AND FROM LIGHTS AT NIGHT RESULTING IN NIGHT BLINDNESS AND LOW DAYLIGHT VISION.

THE PERIPHERAL FIELD OF VISION IS LOWERED.

INCREASED CORNEA STRUCTURE IMPAIRMENT OCCURS.

MANY PEOPLE HAVE BECOME BLIND RIGHT AFTER THE SURGERY OR A SHORT TIME INTO THE FUTURE AFTER THE SURGERY.

THE PERMANENTLY WEAKENED CORNEA IS EASILY INJURED AND THE PERSON MUST AVOID CERTAIN ACTIVITIES, SPORTS, CLIMATES, ALTITUDES... FOR LIFE.

EVEN A SOFT TOUCH OF THE HAND, A BLANKET, SLEEVE... TO THE CORNEA CAN INJURE IT.

CORNEA INJURY CAN OCCUR EVEN FROM A LIGHT BLOW TO THE BODY, HEAD.

PILOTS, VARIOUS GOVERNMENT, MILITARY PERSONS AND PEOPLE IN CERTAIN OCCUPATIONS ARE NOT ALLOWED TO HAVE CORNEA SURGERY.

SOME SURGERY RESULTS IN CLEARER THAN 20/20 VISION BUT THIS IS TEMPORARY AND THE CLARITY OF VISION GOES BELOW 20/20 IN A SHORT TIME.

MOST PEOPLE STILL NEED EYEGLASSES AFTER CORNEA SURGERY.

CORNEA SURGERY CAUSES THE EYES TO FEEL TIRED AND THE CLARITY OF VISION TO LOWER DURING THE DAY AND BECOME MORE UNCLEAR AT NIGHT.

MOST CORNEA SURGERY PATIENTS NEED PERMANENT USE OF EYEGLASSES AT NIGHT AND IN DIM LIGHT.

THE EYEGLASSES THEN CAUSE AND INCREASE EYE MUSCLE TENSION, ABNORMAL EYE/CORNEA SHAPE AND VISION IMPAIRMENT RESULTING IN EYEGLASS PRESCRIPTIONS FOR THE DAY AND NIGHT AT CLOSE AND FAR DISTANCES.

STRONGER AND STRONGER EYEGLASS PRESCRIPTIONS ARE PRESCRIBED.

MULTIPLE EYE PROBLEMS DEVELOP. CORNEA TRANSPLANTS AND OTHER EYE SURGERIES ARE NEEDED.

THE EYES CORNEA AND LENS ABSORB/CONTROL THE AMOUNT OF SUNLIGHT AND UV LIGHT THAT ENTERS THE EYE, PROTECTING THE EYE FROM OVER EXPOSURE TO SUNLIGHT, UV LIGHT.

CORNEA SURGERY; REMOVING PART OF THE CORNEA DESTROYS THIS NATURAL EYE FUNCTION.

CORNEA SURGERY LEAVES THE CORNEA, IRIS/PUPIL, LENS, RETINA OVEREXPOSED TO SUNLIGHT/UV LIGHT AND OVEREXPOSED TO UNHEALTHY PARTIAL SPECTRUM ARTIFICIAL LIGHT.

THIS CAN RESULT IN IMPAIRED EYE HEALTH, DAMAGE TO THE CORNEA, LENS, RETINA... CAUSING PUPIL MALFUNCTION, CATARACTS, MACULA DEGENERATION, AND OTHER RETINA DAMAGE, UNCLEAR VISION AND OTHER EYE PROBLEMS INCLUDING BLINDNESS.

ABNORMAL PUPIL ENLARGEMENT IN SUNLIGHT, ARTIFICIAL LIGHT AND IN DIM LIGHT OCCURS.

THIS ALSO CAUSES A ABNORMALLY LARGE AMOUNT OF SUNLIGHT AND UNHEALTHY PARTIAL SPECTRUM LIGHT TO ENTER THE EYES. THIS ALSO CAUSES THE EYE PROBLEMS LISTED ABOVE.

CORNEA SURGERY IMPAIRS THE EYES NATURAL TOLERANCE TO SUNLIGHT AND ARTIFICIAL LIGHT. THE EYES HURT, ARE SENSITIVE IN ALL TYPES OF LIGHT.

THIS CAUSES THE PERSON TO WEAR SUNGLASSES, TINTED AND UV BLOCKING EYEGLASS LENSES WHICH ARE ADDICTIVE, CAUSE AND INCREASE VISION IMPAIRMENT, CLOSE AND DISTANT BLUR, AND CAUSES MORE ABNORMAL PUPIL ENLARGEMENT, AND FURTHER IMPAIRS THE EYES TOLERANCE TO LIGHT.

THE ENLARGED PUPIL INCREASES THE EYES EXPOSURE TO UNHEALTHY PARTIAL SPECTRUM LIGHT THAT PASSES THROUGH THE SUNGLASSES, TINTED, UV BLOCKING LENSES.

ALL EYEGLASSES, CONTACT LENSES; PLAIN, TINTED, UV BLOCKING, DARK, COLORED...CAUSE PARTIAL SPECTRUM LIGHT TO ENTER THE EYES, BRAIN, BODY, CAUSE ABNORMAL PUPIL ENLARGEMENT AND IMPAIR THE EYES TOLERANCE TO LIGHT.

THE SUNGLASSES, TINTED, UV BLOCKING LENSES ALSO BLOCK OUT FULL SPECTRUM SUNLIGHT CAUSING A CONSTANT FLOW OF UNHEALTHY PARTIAL SPECTRUM SUNLIGHT AND EVEN MORE UNBALANCED PARTIAL SPECTRUM ARTIFICIAL LIGHT TO ENTER THE EYES, BRAIN, BODY.

HEALTH AND FUNCTION OF THE EYES, BRAIN, BODY OCCUR.

CATARACTS, MACULA DEGENERATION, DETACHED RETINA AND OTHER EYE PROBLEMS OCCUR.

SUNGLASSES, TINTED, UV BLOCKING LENSES AND PLAIN EYEGLASSES CAUSE AND INCREASE VISION IMPAIRMENT RESULTING IN PRESCRIPTIONS FOR EYEGLASSES.

THE CORNEA AND LENS REFRACT, BEND, FOCUS LIGHT RAYS IN THE EYES.

REMOVING PART OF THE CORNEA BY SURGERY IMPAIRS THE CORNEAS NATURAL FOCUS OF LIGHT RAYS.

OUTER EYE MUSCLE TENSION CAN CAUSE A ABNORMAL EYE/CORNEA SHAPE WITH INCORRECT FOCUS OF LIGHT RAYS IN THE EYES AND UNCLEAR VISION. (SEE DIAGRAMS 3 AND 4 PAGE--).

WHEN THE EYE MUSCLES RELAX DUE TO NATURAL CAUSES; RELIEF OF STRESS AND MENTAL STRAIN, IMPROVED DIET AND HEALTH, USE OF NATURAL EYESIGHT IMPROVEMENT; CORRECT VISION HABITS, RELAXATION... (CORRECT VISION HABITS AND OTHER NATURAL EYESIGHT IMPROVEMENT STATES CAN OCCUR AUTOMATICALLY, WITHOUT THE PERSON LEARNING, CONSCIOUSLY USING NATURAL EYESIGHT IMPROVEMENT BECAUSE; IT IS THE NORMAL FUNCTION OF THE EYES. THE VISUAL SYSTEM ALWAYS RETURNS THE EYES TO NORMAL CORRECT FUNCTION.) THE EYE RETURNS TO NORMAL SHAPE WITH CORRECT FOCUS OF LIGHT RAYS AND CLEAR VISION. SEE DIAGRAM 1 PAGE--

CORNEA SURGERY DOES NOT CORRECT THE CAUSE OF UNCLEAR VISION.

CORNEA SURGERY DOES NOT RELAX TENSE EYE MUSCLES, DOES NOT REMOVE STRESS, MENTAL STRAIN, USE OF INCORRECT VISION HABITS AND DOES NOT RETURN THE EYE TO NORMAL SHAPE, DOES NOT REMOVE ABNORMAL PRESSURE, TENSION, PULL, STRETCHING ON/IN THE EYE, RETINA, LENS, CORNEA...

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Worcester, MA
Purposely
Misaligning Neck
Bones, Spine... in
Order to Sell
Hundreds of Follow-
up Treatment.
Causing Paralysis,
Stroke, Vision,
Hearing Impairment,
Stroke, Death

EXAMPLE; THE EYE SURGEON CUTS OFF PART OF THE EYES CORNEA IN AN ATTEMPT TO MAKE THE SHAPE OF THE EYE CLOSER TO A NORMAL ROUND SHAPE WITH BETTER FOCUS OF LIGHT RAYS IN THE EYE FOR CLEARER DISTANT VISION. (SEE DIAGRAM 3 PAGE--)

IF, IN THE FUTURE, AFTER CORNEA SURGERY, THE EYE MUSCLES RELAX DUE TO NATURAL CONDITIONS; RELIEF OF STRESS, STRAIN, IMPROVED DIET, HEALTH, BETTER JOB, LIFE SITUATION...USING THE EYES CORRECT WITH CORRECT VISION HABITS, NATURAL EYESIGHT IMPROVEMENT, CORRECT POSTURE, RELAXED NECK AND OTHER NATURAL CAUSES AND THE EYE RETURNS TO NORMAL SHAPE; THE SURGICALLY ALTERED, IMPAIRED CORNEA WILL BE TOO FLAT AND CANNOT RETURN TO NORMAL SHAPE AND FUNCTION WITH THE EYE.

THIS CAUSES THE EYE TO BE TOO SHORT. (SEE DIAGRAM 4 PAGE--)

FOCUS OF LIGHT RAYS IN THE EYE ARE NOW MORE IMPAIRED THAN BEFORE SURGERY.

LIGHT RAYS FOCUS BEYOND THE RETINA RESULTING UNCLEAR CLOSE AND DISTANT VISION.

THE WEAKENED, IMPAIRED CORNEA STRETCHES, PULLS, EXPERIENCES TENSION, PRESSURE AS IT TRIES TO RETURN TO NORMAL SHAPE WITH THE EYE AND DEVELOPS WAVES, UNEVEN AREAS, ULCERS, INFECTION IN THE CORNEA AND EYE, SCARS RESULTING IN UNCLEAR VISION, ASTIGMATISM, BLIND SPOTS, LARGE HALOS, GLARE FROM LIGHTS AND OTHER EYE PROBLEMS.

THE CORNEA ALSO CHANGES SHAPE WITH THE EYE WHEN THE EYE LENGTHENS SLIGHTLY WHEN LOOKING AT CLOSE DISTANCES AND RETURNS TO A ROUND SHAPE WHEN LOOKING AT FAR DISTANCES.

THE SURGICALLY WEAKENED, IMPAIRED CORNEA WILL NOT BE ABLE TO CHANGE SHAPE PERFECTLY WITH THE EYE AND THE CORNEA MIGHT STRETCH, PULL, DEVELOP WAVES, UNEVEN AREAS CAUSING BLUR, ASTIGMATISM, GLARE AND OTHER EYE PROBLEMS.

IT IS NORMAL FOR THE SHAPE OF THE EYE AND CORNEA TO CHANGE, FLUCTUATE SLIGHTLY AND OFTEN; WITHIN A SECOND, MINUTE, HOUR, DAY...CAUSING THE CLARITY OF VISION TO FLUCTUATE SLIGHTLY AND TEMPORARILY; CLEAR, LITTLE LESS CLEAR AND BACK TO CLEAR.

A SURGICALLY ALTERED CORNEA WILL CAUSE THE TEMPORARY STATE OF LESS CLEAR VISION TO BE INCREASED. THE VISION IS MUCH MORE UNCLEAR.

WHEN THE CORNEA IS NORMAL, NOT ALTERED BY SURGERY, TEMPORARY STATES OF LESS CLEAR VISION ARE SLIGHT AND ARE USUALLY NOT NOTICED.

THE CLARITY OF VISION ALWAYS FLUCTUATES BACK TO NORMAL.

NATURAL EYESIGHT IMPROVEMENT KEEPS THE VISION CLEARER THAN 20/20; TO 20/15, 10, 5.

WHEN TEMPORARY FLUCTUATIONS OF CLARITY OCCUR, VISION GOES FROM 20/5, 20/10 TO 20/15, 20/ AND THEN BACK TO CLEARER THAN 20/20.

VISION RARELY GOES LESS CLEAR THAN 20/20.

CORNEA SURGERY DOES NOT REMOVE THE UNDERLYING CAUSE OF UNCLEAR VISION; DOES NOT REMOVE EYE MUSCLE TENSION, MENTAL STRAIN, USE OF INCORRECT VISION HABITS, NECK TENSION...AND ABNORMAL EYE SHAPE. AFTER SURGERY EYE MUSCLE TENSION MAY INCREASE, CAUSING THE SHAPE OF THE EYE TO BECOME MORE ABNORMAL.

THIS WILL ALSO IMPAIR FOCUS OF LIGHT RAYS IN THE EYE AND RESULT IN UNCLEAR EYESIGHT.

INCREASED PULL, STRETCHING ON THE CORNEA OCCURS RESULTING IN CORNEA INJURY AND VISION IMPAIRMENT AS DESCRIBED ABOVE.

WEARING EYEGLASSES AFTER CORNEA SURGERY WILL INCREASE EYE MUSCLE TENSION, ABNORMAL EYE SHAPE (INCREASED LENGTHENED, SHORTENED, IRREGULAR SHAPE), VISION IMPAIRMENT AND CORNEA, EYE INJURY.

STRONGER AND STRONGER LENSES ARE PRESCRIBED CAUSING MORE VISION IMPAIRMENT.

CONTACT LENSES MUST NEVER BE WORN AFTER CORNEA SURGERY BECAUSE THE CONTACTS EASILY INJURE AND INFECT THE WEAKENED CORNEA.

THE SAME SIDE EFFECTS OCCUR DUE TO CORNEA SURGERY TO STEEPEN, (RAISE, LENGTHEN) THE CORNEA IN AN ATTEMPT TO IMPROVE CLOSE VISION AND ALTERING THE SHAPE OF THE CORNEA TO TREAT ASTIGMATISM.

ALL THESE SURGERIES INVOLVE PERMANENTLY REMOVING PART OF THE CORNEA, REMOVING A HEALTHY, NORMAL PART OF THE EYE.

THIS IS POOR MEDICAL PRACTICE.

NOTICE THAT CORNEA SURGERY APPLIED IN AN ATTEMPT TO OBTAIN CLEARER DISTANT VISION IS DONE TO MAKE A LENGTHENED EYE MORE ROUND AND, THAT, CORNEA SURGERY TO OBTAIN CLEARER CLOSE VISION IS DONE TO MAKE A SHORTENED EYE LONGER BUT; EYE SURGEONS REFUSE TO ADMIT THAT A ABNORMALLY LENGTHENED OR SHORTENED EYE /CORNEA SHAPE IS CAUSED BY OUTER EYE MUSCLE TENSION AND THAT THE EYE MUSCLES CAN BE RELAXED NATURALLY ENABLING THE EYE, CORNEA TO RETURN TO NORMAL SHAPE WITH CLEAR CLOSE AND DISTANT VISION, THUS AVOIDING CORNEA EYE SURGERY.

NATURAL EYESIGHT IMPROVEMENT (NO GLASSES, NO SURGERY) RELAXES THE EYE MUSCLES AND RETURNS THE EYE TO NORMAL HEALTHY SHAPE WITH CLEAR VISION AT ALL DISTANCES.

CONTACT LENSES CAUSE EYE INJURY

CORNEA INJURY AND VISION IMPAIRMENT OCCUR OFTEN DUE TO WEARING OF CONTACT LENSES;

IT IS NORMAL FOR THE SHAPE OF THE EYE/CORNEA TO CHANGE OFTEN, NATURALLY, ON ITS OWN.

THE SHAPE OF THE EYE/CORNEA CAN CHANGE, FLUCTUATE IN A SECOND, MINUTE, HOUR, DAY...

IT IS IMPOSSIBLE TO PRESCRIBE A EXACT SIZE/FIT FOR CONTACT LENSES BECAUSE THE SIZE, SHAPE OF THE CORNEA IS ALWAYS CHANGING.

THE CONTACTS WILL NEVER FIT THE CORNEA AND WILL SCRAPE, INFECT, INJURE, SCAR THE CORNEA AND EYE.

CONTACT LENSES ENABLE BACTERIA, AND A VARIETY OF GERMS TO GROW ON THE CORNEA AND ON/IN THE EYES.

CONTACT LENS SOLUTIONS OFTEN CONTAIN BACTERIA, VIRUSES AND OTHER CONTAMINANTS THAT CAUSE FREQUENT CORNEA/EYE INFECTION AND CAN AND HAS CAUSED BLINDNESS, LOSS OF THE INFECTED EYE.

ORTHO-KERATOLOGY; FITTING THE EYES CORNEAS WITH CONTACT LENSES THAT ARE A DIFFERENT SIZE/SHAPE THAN THE CORNEA, TO BE USED AS BRACES ON THE CORNEAS TO TRY TO FORCE THE CORNEA TO CHANGE SHAPE TO REMOVE CLOSE AND DISTANT BLUR, ASTIGMATISM RESULTS IN FREQUENT CORNEA INJURY.

BECAUSE NATURAL EYESIGHT IMPROVEMENT CAUSES THE SHAPE OF THE EYE AND CORNEA TO CHANGE AS THE EYE MUSCLES RELAX AND THE EYE/CORNEA RETURNS TO NORMAL SHAPE; CONTACT LENSES MUST NEVER BE WORN BEFORE, DURING AND AFTER USE OF NATURAL EYESIGHT IMPROVEMENT - THE CONTACTS WILL NOT FIT THE CHANGING CORNEA SHAPE.

NEVER WEAR CONTACTS AT NIGHT, DURING SLEEP; THE SHAPE OF THE EYE/CORNEA CHANGES DURING SLEEP.

THE CONTACTS WILL INJURE THE EYES CORNEAS.

ANY INJURY TO THE CORNEA CAN RESULT IN INFECTION WHICH CAN GO INTO THE EYE AND CAUSE CORNEA/EYE DAMAGE, VISION IMPAIRMENT AND BLINDNESS.

ORTHO C - ORTHOCULOGY - A NEW METHOD USING CONTACT LENSES TO FORCE THE CORNEA, LENS, EYE TO CHANGE SHAPE, FORCE SOME EYE MUSCLES TO BECOME TENSE, STRETCH, AND OTHER EYE MUSCLES TO UNCONTRACT IN A ABNORMAL STATE.

THIS IS UNNATURAL AND DANGEROUS.

PEOPLE SELLING THIS METHOD WARN THE PATIENT THAT THERE ARE RISKS; CORNEA, EYE INFECTION, INJURY, PERMANENT DAMAGE, ABNORMAL EYE AND EYE MUSCLE FUNCTION, DEPENDENCE ON THE METHOD AND OTHER EYE IMPAIRMENT.

AVOID THESE AND ALL UNNATURAL METHODS.

THE BATES METHOD TEACHES THAT ALL THE EYE MUSCLES MUST RELAX, FUNCTION TOGETHER, CONTRACTING AND RELEASING IN A COORDINATED, RELAXED STATE.

THE EYE, CORNEA, LENS RETURNS TO NORMAL SHAPE NATURALLY, PERMANENTLY, ON ITS OWN.

CONTACT LENSES IMPAIR THE SHAPE OF THE EYES CORNEA CAUSING A UNEVEN CORNEA SHAPE AND ASTIGMATISM.

A UNEVEN CORNEA IS EASILY SCRAPED, INJURED BY CONTACT LENSES.

CONTACT LENSES MUST NOT BE WORN WHEN THE CORNEA/EYE CONTAINS ASTIGMATISM.

ASTIGMATISM IS CAUSED BY A UNEVEN AREA IN THE CORNEA AND ABNORMAL EYE/CORNEA SHAPE.

THE DEGREE, TYPE, SHAPE, AND PLACEMENT OF THE ASTIGMATISM/ABNORMAL EYE/CORNEA SHAPE/WAVE CAUSING THE ASTIGMATISM CHANGES FREQUENTLY.

CONTACT LENSES WILL NEVER FIT THE CHANGING CORNEA SHAPE.

CONTACTS OFTEN INJURE THE CORNEA THAT CONTAINS ASTIGMATISM.

CONTACT LENSES IMPAIR TEAR PRODUCTION, COATING OVER THE EYES/CORNEAS, CAUSE ABNORMAL PUPIL

ENLARGEMENT, IMPAIR TOLERANCE TO LIGHT, BLOCK OXYGEN, NUTRIENT FLOW TO THE CORNEA.

THE CORNEA BECOMES DRY, WEAK AND INJURED.

ALL CONTACT LENSES; SOFT, FLEXIBLE, NIGHT WEAR... CAUSE EYE INJURY AND ACT AS EYEGLASSES CAUSING INCREASED VISION IMPAIRMENT LEADING TO PRESCRIPTIONS FOR STRONGER AND STRONGER CONTACT LENSES AND EYEGLASSES.

CONTACT LENSES COMPLETELY BLOCK OUT ALL FULL SPECTRUM SUNLIGHT CAUSING THE EYES, BRAIN, BODY TO BE CONSTANTLY EXPOSED TO UNHEALTHY PARTIAL SPECTRUM LIGHT.

UV BLOCKING, TINTED AND COLORED CONTACTS CAUSE LIGHT TO BE MORE UNBALANCED AND INCREASE ABNORMAL PUPIL ENLARGEMENT.

CONTACT LENSES IMPAIR BALANCE, COORDINATION, BLINKING, SHIFTING AND OTHER CORRECT VISION HABITS.

NATURAL EYESIGHT IMPROVEMENT MAY IMPROVE THE CLARITY OF VISION BY RELAXING THE EYE MUSCLES IF THE EYE

MUSCLES HAVE BECOME MORE TENSE AFTER CORNEA SURGERY, BUT MAY RESULT IN LESS CLEAR VISION IF THE EYE MUSCLES COMPLETELY RELAX AND RETURNS THE EYE TO NORMAL SHAPE BECAUSE THE SURGICALLY IMPAIRED

CORNEA WILL NOT BE ABLE TO RETURN TO NORMAL SHAPE WITH THE EYE.

AVOID ALL CORNEA SURGERIES, CONTACT LENSES AND EYEGLASSES.

USE NATURAL EYESIGHT IMPROVEMENT TO RELAX THE EYE MUSCLES AND RETURN THE EYE, CORNEA TO NORMAL SHAPE WITH CORRECT FOCUS OF LIGHT RAYS IN THE EYE, CLEAR EYESIGHT AT ALL DISTANCES AND HEALTHY EYES.

THE BATES METHOD OF NATURAL EYESIGHT IMPROVEMENT CURES MANY EYE PROBLEMS.

NATURAL EYESIGHT IMPROVEMENT RELAXES THE EYE MUSCLES CAUSING THE EYE, CORNEA TO RETURN TO NORMAL SHAPE.

THIS CONDITION ALONG WITH NECK MUSCLE RELAXATION, MOVEMENT IMPROVES CIRCULATION IN THE EYE AND NORMALIZES EYE PRESSURE.

THIS CAN REVERSE AND CURE GLAUCOMA, CATARACTS AND OTHER EYE PROBLEMS.

IF A PERSON IS TAKING DRUGS TO LOWER EYE PRESSURE TO TREAT GLAUCOMA, CHECK WITH YOUR EYE DOCTOR.

AS NATURAL EYESIGHT IMPROVEMENT NORMALIZES EYE PRESSURE, THE DRUG MAY HAVE TO BE REDUCED OR DISCONTINUED.

CHECK WITH YOUR OPHTHALMOLOGIST IF YOU HAVE HAD OR ARE GOING TO HAVE ANY EYE SURGERY OR ARE BEING TREATED WITH DRUGS FOR A EYE CONDITION AND LET HIM/HER KNOW YOU PLAN TO APPLY NATURAL EYESIGHT IMPROVEMENT.

MOST EYE DOCTORS PREFER TO SELL SURGERY, DRUGS, EYEGLASSES AND CONTACT LENSES.

FIND A EYE DOCTOR THAT TEACHES THE BATES METHOD OF NATURAL EYESIGHT IMPROVEMENT AND PREFERS TO AVOID, SURGERY, DRUGS, EYEGLASSES, CONTACTS.

SEE WEB SITES LISTED IN CHAPTER 2 FOR BATES OPTOMETRISTS, OPHTHALMOLOGISTS.



Passed 29-Jun-2014

Questions or Comments? Get in touch with us at; mclearsight@aol.com
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AVOID LASER CORNEA EYE SURGERY AND OTHER CORNEA SURGERIES. LASER AND OTHER CORNEA EYE SURGERIES CAUSE EYE HEALTH IMPAIRMENT, UNCLEAR VISION, A VARIETY OF VISION PROBLEMS INCLUDING BLINDNESS

Eye surgeons advertise expensive cornea surgery to improve the clarity of distant and close vision but are not required to warn the patient about all of the side effects the surgery causes. The eye surgeon does not tell the patient the truth; that many different types of vision impairment and blindness can, has and will occur due to cornea laser surgery.

A woman on a television news show described how laser cornea surgery has caused her to be blind at night and in low light. She cannot go outside at night due to extreme glare, halos from lights. Other vision impairments have developed, unclear daytime vision, reading vision. This condition is permanent. The woman says the cornea surgery has ruined her life.

In 2008 - Television news broadcast - a father telling about how his son was so depressed, his life miserable due to the incurable eye problems, near blindness, eye pain he suffered caused by laser cornea eye surgery. The son committed suicide.

Many people have impaired vision due to cornea surgery.

Read Laser surgery side effects warning - FDA; www.fda.gov Click medical devices, lasik.

See YouTube videos on eye/vision impairment caused by lasik.

Type in 'laser surgery, suicidal patients'. <http://www.youtube.com/watch?v=976O9G6Dno0>

Also see website, YouTube videos: www.lasikcomplications.com

Many patients are developing cataracts after laser cornea surgery.

Some of the side effects of laser and other cornea surgeries are;

The surgery destroys, weakens the cornea's structure. Part of the cornea is permanently removed.

Cornea injury, ulcers, scars, infection in the cornea and eye, waves, uneven and torn areas in the cornea and other impairments occur resulting in; vision less clear than it was before surgery at close and far distances, double, triple vision, astigmatism, dizziness, cloudy, dull vision, haze, spots in the visual field, impaired tolerance to light and large halos, glare from indoor lights, from sunlight and from lights at night resulting in night blindness and low daylight vision.

The peripheral field of vision is lowered and the central field becomes unclear..

Increased cornea structure impairment occurs. Many people have become blind right after the surgery or a short time into the future after the surgery. The permanently weakened cornea is easily injured and the person must avoid certain activities, sports, climates, altitudes... for life. Even a soft touch of the hand, a blanket, sleeve... to the cornea can injure it. Cornea injury can occur from a light blow to the body, head. Pilots, various government, military persons and people in certain occupations are not allowed to have cornea surgery.

Some surgery results in clearer than 20/20 vision but this is temporary and the clarity of vision goes below 20/20 in a short time. Most people still need eyeglasses after cornea surgery.

Cornea surgery causes the eyes to feel tired and the clarity of vision to lower during the day and become more unclear at night. Most cornea surgery patients need permanent use of eyeglasses at night and in dim light. The eyeglasses then cause and increase eye muscle tension, abnormal eye/cornea shape and vision impairment resulting in eyeglass prescriptions for the day and night at close and far distances. More vision impairment occurs and stronger and stronger eyeglass prescriptions are prescribed causing increased eye muscle tension, abnormal eye shape with pulling, stretching, tension on/in the eye, cornea. The surgically weakened cornea develops waves, tears, ulcers. Multiple eye problems develop. Cornea transplants and other eye surgeries are needed.

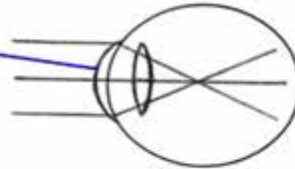
The eyes cornea and lens absorb/control the amount of sunlight and UV light that enters the eye, protecting the eye from over exposure to sunlight, UV light. Cornea surgery; removing part of the cornea destroys this natural eye function. Cornea surgery leaves the cornea, iris/pupil, lens, retina overexposed to sunlight/UV light and overexposed to unhealthy partial spectrum artificial light.

This can result in impaired eye health, damage to the cornea, lens, retina... causing pupil malfunction, cataracts, macula degeneration, and other retina damage, unclear vision and other eye problems, including blindness.

Abnormal pupil enlargement in sunlight, artificial light and in dim light occurs. This also causes a abnormally large amount of sunlight and unhealthy partial spectrum light to enter the eyes.

**AFTER CORNEA SURGERY.
EYE SHAPE STILL ABNORMAL, LENGTHENED.
EYE MUSCLES STILL TENSE.**

**CORNEA
MADE SHORTER,
PART OF CORNEA
REMOVED BY
SURGERY**

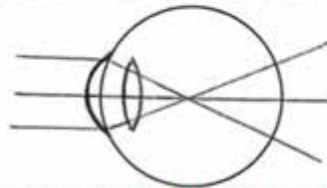


PART OF THE EYES CORNEA HAS BEEN PERMANENTLY REMOVED BY LASER OR OTHER SURGERY. THE CORNEA IS SHORTENED IN AN ATTEMPT TO MAKE THE EYE CLOSER TO A ROUND SHAPE TO IMPROVE FOCUS OF LIGHT RAYS IN THE EYE. LIGHT RAYS FOCUS BETTER, CLOSER TO THE RETINA, BUT OFTEN FOCUS IMPERFECT. DISTANT VISION IS CLEARER BUT NOT PERFECT.

**5 MONTHS AFTER CORNEA SURGERY. VISION IS MORE
IMPAIRED THAN BEFORE SURGERY.**

**IN DIAGRAM # 4 IT IS 5 MONTHS
AFTER CORNEA SURGERY.**

**THE EYE MUSCLES HAVE
RELAXED, NATURALLY AND THE
EYE HAS RETURNED TO NORMAL SHAPE.
THE LIGHT RAYS SHOULD FOCUS CORRECT
AND DISTANT VISION SHOULD BE CLEAR, BUT,
THE CORNEA HAS BEEN PERMANENTLY SHORTENED,
IMPAIRED BY SURGERY AND THE CORNEA CANNOT
RETURN TO NORMAL SHAPE WITH THE EYE.**



**THIS CAUSES THE EYE TO BE TOO SHORT CAUSING LIGHT RAYS TO FOCUS INCORRECT BEYOND /BEHIND THE RETINA.
DISTANT AND CLOSE VISION ARE UNCLEAR.**

**THE CORNEAS STRUCTURE IS ALSO WEAKENED AND EASILY INJURED, INFECTED, SCARRED RESULTING IN ASTIGMATISM, HAZE, BLIND SPOTS,
OTHER VISION PROBLEMS INCLUDING BLINDNESS.**

**THE CORNEA, IRIS, LENS, RETINA IS ALSO OVEREXPOSED TO LIGHT DUE TO IMPAIRED STRUCTURE, FUNCTION, SIZE, THICKNESS OF THE
SURGICALLY ALTERED CORNEA. CATARACTS, MACULA DEGENERATION AND OTHER EYE INJURY OCCURS.
LASER AND OTHER CORNEA SURGERIES CANNOT BE REVERSED.**

This causes the eye problems listed above. Cornea surgery impairs the eyes natural tolerance to sunlight and artificial light. The eyes hurt, are sensitive in all types of light. This causes the person to wear sunglasses, tinted and UV blocking eyeglass lenses which are addictive, cause and increase vision impairment, close and distant blur, and causes more abnormal pupil enlargement, further impairs the eyes tolerance to light. The enlarged pupil increases the eyes exposure to unhealthy partial spectrum light that passes through the sunglasses, tinted, UV blocking lenses.

All eyeglasses, contact lenses; plain, tinted, UV blocking, dark, colored...cause partial spectrum light to enter the eyes, brain, body, cause abnormal pupil enlargement and impair the eyes tolerance to light.

The sunglasses, tinted, UV blocking lenses also block out full spectrum sunlight causing a constant flow of unhealthy partial spectrum sunlight and even more unbalanced partial spectrum artificial light to enter the

eyes, brain, body. Health and function of the eyes, brain, body become impaired. Cataracts, macula degeneration, detached retina and other eye problems occur. Sunglasses, tinted, UV blocking lenses and plain eyeglasses cause and increase vision impairment resulting in prescriptions for eyeglasses.

The cornea and lens refract, bend, focus light rays in the eyes. Cornea - 80% Lens - 10%. Removing part of the cornea by surgery impairs the corneas natural focus of light rays.

Outer eye muscle tension can cause a abnormal eye/cornea shape with incorrect focus of light rays in the eyes and unclear vision. When the eye muscles relax due to natural causes; relief of stress and mental strain, improved diet and health, good posture, relaxation of the neck., use of Natural Eyesight Improvement; Correct Vision Habits, relaxation... the eye returns to normal shape with correct focus of light rays and clear vision. (See picture 1)
(Correct Vision Habits and other Natural Eyesight Improvement states can occur automatically, without the person learning, consciously using Natural Eyesight Improvement because; it is the normal function of the eyes. The visual system always returns the eyes to normal correct function.)

Cornea surgery does not correct the cause of unclear vision. Cornea surgery does not relax tense eye muscles, does not remove; stress, mental strain, use of Incorrect Vision Habits, does not return the eye to normal shape, does not remove abnormal pressure, tension, pulling, stretching on/in the eye, retina, lens, cornea, does not improve circulation to, in the eye.

Example; the eye surgeon cuts off part of the eyes cornea in an attempt to make the shape of the eye closer to a normal round shape with better focus of light rays in the eye for clearer distant vision.
(see picture)

If, in the future, after cornea surgery, the eye muscles relax due to natural conditions; relief of stress, strain, improved diet, health, better job, life situation... using the eyes correct with relaxation, Correct Vision Habits, Natural Eyesight Improvement, correct posture, relaxed neck and other natural causes and the eye returns to normal shape; the surgically altered, impaired cornea will be too flat and cannot return to normal shape and function with the eye. This causes the eye to be too short.
(see picture 4) Focus of light rays in the eye are now more impaired than before surgery. Light rays focus beyond the retina resulting unclear close and distant vision.
The weakened, impaired cornea stretches, pulls, experiences tension, pressure as it tries to return to normal shape with the eye. This causes the cornea to develop waves, uneven areas, ulcers. Infection in the cornea and eye, scars occur resulting in unclear vision, astigmatism, blind spots, large halos, glare from lights and other eye problems.

The cornea also changes shape with the eye when the eye lengthens slightly when looking at close distances and returns to a round shape when looking at far distances. The surgically weakened, impaired cornea will not be able to change shape perfectly with the eye-the cornea will stretch, pull, develop waves, uneven areas causing blur, astigmatism, glare and other eye problems.

It is normal for the shape of the eye and cornea to change, fluctuate slightly and this can occur often; within a second, minute, hour, day...causing the clarity of vision to fluctuate slightly and temporarily; clear, little less clear and back to clear. A surgically altered cornea will cause the temporary state of less clear vision to be increased. The vision is much more unclear.
When the cornea is normal, not altered by surgery, temporary states of less clear vision are slight and are usually not noticed. The clarity of vision always fluctuates back to normal when eyeglasses, surgery are avoided.

Natural Eyesight Improvement keeps the vision clearer than 20/20; to 20/15, 10, 5, 40/20...
When temporary fluctuations of clarity occur, vision goes from 20/5, 20/10 to 20/15, 20/20, occasionally to 20/30, 40 and then returns back to clearer than 20/20.
Vision rarely goes less clear than 20/20, 20/30.

Cornea surgery does not remove the underlying cause of unclear vision; does not remove eye muscle tension, mental strain, use of Incorrect Vision Habits, neck tension... and abnormal eye shape.

After cornea surgery eye muscle tension may increase, causing the shape of the eye to become more abnormal. This will also impair focus of light rays in the eye and result in unclear eyesight.
(Example; cornea surgery was done for a eye that is abnormally lengthened. The eye surgeon cut, shortened the shape of the cornea to fit that specific eye shape. If, after surgery, the eye muscle tension and abnormal

eye shape increases: the surgically altered cornea will not fit the eye, cannot change shape with the eye.) Increased pulling, stretching on the cornea occurs resulting in cornea injury and vision impairment as described previously.

Wearing eyeglasses after cornea surgery will increase the eye muscle tension, abnormal eye shape (increased lengthened, shortened, irregular shape), vision impairment and cornea, eye injury. Stronger and stronger lenses are prescribed causing more vision impairment.

(Contact lenses must never be worn after cornea surgery because the contacts easily injure and infect the weakened cornea. Contacts cause injury even to a healthy, strong non-surgically altered cornea.)

The same side effects occur due to cornea surgery to steepen, (raise, lengthen) the cornea in an attempt to improve close vision and altering the shape of the cornea to treat astigmatism. All these surgeries involve permanently removing part of the cornea, removing a healthy, normal part of the eye. This is poor medical practice, breaks a medical law: 'Do not harm, destroy healthy tissue'.

Notice that cornea surgery applied in an attempt to obtain clearer distant vision is done to make a lengthened eye more round and, that, cornea surgery to obtain clearer close vision is done to make a shortened eye longer but; eye doctors, surgeons refuse to admit that a abnormally lengthened or shortened eye/cornea shape is caused by outer eye muscle tension and that the eye muscles can be relaxed naturally with Natural Eyesight Improvement enabling the eye, cornea to return to normal shape with clear close and distant vision, thus avoiding cornea eye surgery.

(Cornea surgery is necessary sometimes for treating a eye cornea injury, possibly infection... if other, preferably natural methods, cannot save the eye, vision.)

Natural Eyesight Improvement (no glasses, no surgery) relaxes the eye muscles and returns the eye to normal healthy shape with clear vision at all distances.

Natural Eyesight Improvement may improve the clarity of vision by relaxing the eye muscles if the eye muscles have become more tense after cornea surgery, but may result in less clear vision if the eye muscles completely relax and returns the eye to normal shape because the surgically impaired cornea will not be able to return to normal shape with the eye.

Increased eye muscle tension, further impairing the shape of the eye, cornea also can result in more vision impairment after cornea surgery.



CONTACT LENSES CAUSE EYE INJURY

Cornea injury and vision impairment occur often due to wearing of contact lenses; It is normal for the shape of the eye/cornea to change often, naturally, on its own. The shape of the eye/cornea can change, fluctuate in a second, minute, hour, day... It is impossible to prescribe a exact size/fit for contact lenses because the size, shape of the cornea is always changing. The contacts will never fit the cornea and will scrape, infect, injure, scar the cornea and eye. Contact lenses enable bacteria, and a variety of germs to grow on the cornea and on/in the eyes. Contact lens solutions often contain bacteria, viruses and other contaminants that cause frequent cornea/eye infection and can and has caused blindness, loss of the infected eye.

ORTHO-KERATOLOGY; Fitting the eyes corneas with contact lenses that are a different size/shape than the cornea, to be used as braces on the corneas to try to force the cornea to change shape in an attempt to remove close and distant blur, astigmatism results in frequent cornea injury.

Because Natural Eyesight Improvement causes the shape of the eye and cornea to change as the eye muscles relax and the eye/cornea returns to normal shape; contact lenses must never be worn before, during and after use of Natural Eyesight Improvement - the contacts will not fit the changing cornea shape.

Never wear contacts at night, during sleep; the shape of the eye/cornea changes during sleep. The contacts will injure the eyes corneas during sleep. Any injury to the cornea can result in infection which can go into the eye and cause cornea/eye damage, vision impairment and blindness.

The eye, cornea changes shape often, a natural, normal function, with or without Natural Eyesight Improvement. This makes it impossible to prescribe a correct contact lens size.

ORTHO C-ORTHOLOGY - A new method using contact lenses to force the cornea, lens, eye to change shape, force some eye muscles to become tense, stretch, and other eye muscles to un-contrast in a abnormal state. This is unnatural and dangerous. People selling this method warn the patient that there are risks; cornea, eye infection, injury, permanent damage, abnormal eye and eye muscle function, dependence on the method and other eye, vision impairment. Avoid these and all unnatural methods.

The Bates Method teaches that all the eye muscles must relax, function together, contracting and un-contracting in a coordinated, relaxed state. The eye, cornea, lens returns to normal shape on its own.

Contact lenses impair the shape of the eyes cornea causing a uneven cornea shape and astigmatism. A uneven cornea is easily scraped, injured by contact lenses. Contact lenses must not be worn when the cornea/eye contains astigmatism. Astigmatism is caused by a uneven area in the cornea and abnormal eye/cornea shape. The degree, type, shape, and placement of the astigmatism/abnormal eye/cornea shape/wave causing the astigmatism changes frequently. Contact lenses will never fit the changing cornea shape. Contacts often injure the cornea that contains astigmatism.

Contact lenses impair tear production, coating of tears over the eyes/corneas, cause abnormal pupil enlargement, impair tolerance to light, block oxygen, nutrient flow to the cornea. The cornea becomes dry, weak and injured. All contact lenses; soft, flexible, night wear... cause eye injury and act as eyeglasses causing increased vision impairment leading to prescriptions for stronger and stronger contact lenses and eyeglasses. Contact lenses impair; balance, coordination, blinking, shifting and other Correct Vision Habits. Contact lenses completely block out all full spectrum sunlight causing the eyes, brain, body to be constantly exposed to unhealthy partial spectrum light. UV blocking, tinted and colored contacts cause light to be more unbalanced and increase abnormal pupil enlargement.

Eyeglasses allow some full spectrum sunlight to enter around the edges of the frames. No eyeglasses is best.

Avoid all cornea surgeries, contact lenses and eyeglasses.
Use natural eyesight improvement to relax the eye muscles and return the eye, cornea to normal shape with correct focus of light rays in the eye, clear eyesight at all distances and healthy eyes.

The Bates Method of Natural Eyesight Improvement cures many different eye problems. Natural Eyesight Improvement relaxes the outer and inner eye muscles causing the eye, cornea, lens to return to normal healthy shape, function. This condition along with neck muscle relaxation, movement improves circulation in the eye and normalizes eye pressure. This can reverse and cure glaucoma, cataracts and other eye problems.

(If taking drugs, eye drops to lower eye pressure to treat glaucoma, check with your eye doctor. As Natural Eyesight Improvement normalizes eye pressure, the drug may have to be reduced or discontinued.) Check with your Ophthalmologist if you have had or are going to have any eye surgery or are being treated with drugs for a eye condition and let him/her know you plan to apply Natural Eyesight Improvement. Most eye doctors prefer to sell surgery, drugs, eyeglasses and contact lenses. Find an eye doctor that teaches the Bates Method of Natural Eyesight Improvement and prefers to avoid surgery, drugs, eyeglasses, contacts.

Avoid Sunglasses. Sunglasses cause eye sensitivity to light, lowers natural light tolerance, lowers, impairs use of sunlight by the eyes, brain, body, causes watering, burning eyes, eye infections, sties, unclear vision, cataracts, and other eye diseases, impairs vitamin D and other nutrient absorption, hormone balance, sleep cycle and other functions. Sunglasses cause unbalanced, partial spectrum light to enter the eyes, brain, body. Sunglasses block healthy full spectrum sunlight. Impairment of the health and function of the eyes, eye muscles, lens, retina, brain, left and right brain hemispheres and body occur due to lack of full spectrum sunlight and exposure to the unhealthy, unbalanced light entering the eyes through the sunglasses.

Natural Vision Improvement After Unsuccessful Eye Cornea Surgery - Is it Safe? Can it Reverse the Cornea Damage, Vision Impairment Caused by the Cornea Surgery?

Often, people that have had eye cornea laser and other surgery develop unclear vision and/or astigmatism, light sensitivity and other types of vision impairment. This can occur immediately after the surgery or weeks, months, a year or more after surgery. They ask if Natural Vision Improvement can restore the vision?

The cornea, in some ways is like the human liver and skin: it can repair itself. Eyes with cornea injuries, scars can repair naturally, the cornea heals as the skin heals from a cut and clear vision returns. See Dr. Bates 'Better Eyesight Magazine'.

Cornea surgery removes part of the cornea, weakening it. The cornea might repair itself after surgery if Natural Vision Improvement is used but this is not definite. The cornea might be able to re-grow, return to full normal thickness, strength and shape.

Natural Vision Improvement relaxes tense eye muscles and returns the eyes shape to normal but this might interfere with the surgically altered cornea which has been formed by the surgery to work with an abnormal eye shape, function existing at the time of the surgery. Cornea surgery, alteration, removal of part of the eyes cornea is done to match the abnormal eye shape, state of eye muscle tension causing the abnormal eye shape existing at the time of the surgery. The eye and muscles must remain in this abnormal state for the eye to see clear through the surgically altered cornea. A surgically altered cornea is like an eyeglass lens constructed for a specific abnormal eye/vision state. If the state/shape of the eye changes; becomes more impaired or improves; the eye can no longer see clear through that eyeglass lens prescription. Eyeglass lens strength can be changed: reduced, increased but the surgically altered cornea cannot be changed. Some surgeons attempt this resulting in more vision impairment.

Natural Vision Improvement might help the cornea rebuild its structure and work with the eye producing clear vision as the Bates Method returns the eye to normal shape or:

The improved eye shape occurring from practice of the Bates Method might pull on the surgically weakened cornea, as the weakened cornea un-successfully tries to change shape with the eye as the eye changes back to normal shape. This results in impaired cornea function: waves, tears in the cornea, blur, astigmatism...

A patient might develop increased eye muscle tension (which increases abnormal eye shape) after the cornea surgery or, less muscle tension occurs (which changes the shape of the eye toward a normal shape). As the surgically altered cornea tries to reform to fit the changing eye shape, this results in unclear vision:

Eye muscles more tense=more impaired eye shape=more impaired cornea shape=blur.

Eye muscles less tense, relax=eye shape returns to normal but cornea cannot return to normal shape with the eye=cornea and eye do not fit/work together=blur.

If the cornea can return to normal shape with the eye, without tension, injury, then vision will be clear. If the surgically altered cornea cannot return to the correct shape to fit the changing eye shape, vision can blur and astigmatism and other vision impairment can occur.

The right amount of practice of the Bates method might help the eye/cornea stay within a workable state: the right amount of balance, amount of eye muscle relaxation with improved eye shape, but not too much all at once, and then, if the cornea can rebuild itself, in the future it might be able to fully, safely change shape with the eye into a state of complete, perfect eye/cornea shape, perfect muscle relaxation and clear vision.

If a Cornea Surgery Patient is getting clearer vision with the Bates method and does not feel, see any problems with the cornea, it may be alright to continue. If the cornea feels like it is pulling,

stretching... or things get really blurry, increased astigmatism.., take a break and let the cornea have a chance to catch up to the improvement in eye shape.

Check with your eye doctor.

Fluctuations in the vision are normal for everyone, and some slightly double 'astigmatism like effect' or blur can occur as the vision is improving, reversing back to normal eye/cornea shape, clear vision and this may not be a problem with the cornea. It would be normal and it clears up quickly with relaxation and Bates Method practice.

When the cornea is weakened, parts removed, due to laser surgery: the cornea, eyes natural protection, tolerance to sunlight is impaired. The cornea and lens protect the eye from over-exposure to sunlight. I do not know if Sunning is safe if the eyes have been treated with cornea surgery. If the cornea does not get some natural full spectrum sunlight, it will not stay healthy and growth, repair may be blocked. Closed Eye Sunning only and some sunlight exposure by taking a walk outside daily wearing a hat with a brim, worn on and off may help.

Check with your eye doctor first.

Is practicing Natural Vision Improvement after cataract surgery is safe, effective?

The lens structure is different than the cornea and since the lens is attached to the eye, like, but different than the cornea; if it has been treated with surgery, it may or may not be affected adversely when the eye changes back to normal shape with application of Natural Vision Improvement.

Also; If the lens changes shape with or without the eye to produce accommodation, un-accommodation as most eye doctors state; this function might be affected by surgery. Will the lens adjust to work with the eye, or can it be harmed as a surgically altered cornea is, as described above?

Dr. Bates writes about people that have had cataract lens surgery, then obtaining clear vision with The Bates Method of Natural Vision Improvement.

Cornea surgery is done to change the corneas shape to fit an abnormal eye shape.

Cataract surgery is done to remove part of or the entire lens to remove a cataract.

See Dr. Bates 'Better Eyesight Magazine' for cataract surgery and Bates Method treatment results after the surgery and Bates Method treatment to reverse, remove cataracts without surgery.

The cornea and lens absorb, control the amount of sunlight that enters the eye, protecting the eye from over-exposure, sunburn. Removing part of the cornea, lens impairs this function.

STRONG EYEGASSES = VISION IMPAIRMENT VERSES REDUCED, WEAKER LENSES = VISION IMPROVEMENT. EYEGASSES - Low Cost, Reduced 20/40, Weaker Lenses by Mail.



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Ophthalmologist Bates Life History, Natural Eyesight Improvement Experience. AVOID the Harmful 'Plus Lens' Eyeglass Method! Dangers of Laser Cornea Surgery, Most Cataract Surgeries, Contact Lenses.

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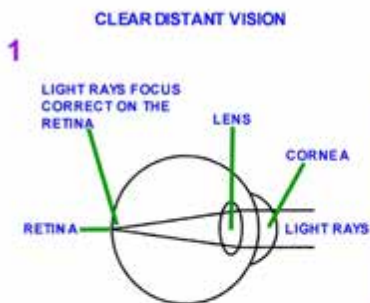
What Glasses Do to Us by Ophthalmologist William H. Bates

Avoid the Harmful **Plus Lens-Anti-Corrective Eyeglass Method** - It is not True Natural Eyesight Improvement. It Causes Cataract, Retina Damage...

More Information, Warnings, What to Avoid - Click Here.

CLICK THE LINKS ABOVE TO READ DR. BATES ARTICLE ON VISION IMPAIRMENT CAUSED BY EYEGASSES, UNNATURAL METHODS TO AVOID

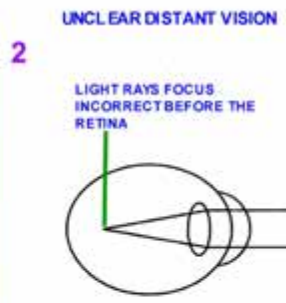
EYEGASSES, CONTACT LENSES CHANGE THE FOCUS OF LIGHT RAYS ENTERING THE ABNORMALLY SHAPED EYE TO BRING THE FOCUS OF LIGHT RAYS ONTO THE RETINA RESULTING IN CLEARER BUT NOT PERFECT VISION THROUGH THE EYEGASS LENSES. EYEGASSES, CONTACTS DO NOT IMPROVE THE SHAPE, FUNCTION AND HEALTH OF THE EYE. EYEGASSES, CONTACT LENSES CAUSE AND INCREASE EYE MUSCLE TENSION, DYSFUNCTION, IMPAIRMENT OF THE SHAPE, FUNCTION AND HEALTH OF THE EYES AND CLARITY OF VISION.



1 CLEAR DISTANT VISION

LIGHT RAYS FOCUS CORRECT ON THE RETINA

NORMAL HEALTHY ROUND EYE SHAPE. CLEAR DISTANT VISION.
THE EYE LENGTHENS SLIGHTLY TO PRODUCE ACCOMMODATION AND CLEAR CLOSE VISION AND RETURNS TO A ROUND SHAPE FOR CLEAR DISTANT VISION.
THE LENS IS ALSO IN NORMAL SHAPE, CILIARY MUSCLE ATTACHED TO LENS FUNCTIONING CORRECT.
IF THE LENS ALSO CHANGES SHAPE TO PRODUCE ACCOMMODATION, UNACCOMMODATION AS THE OLD THEORY STATES, THE LENS WILL FUNCTION CORRECT PRODUCING CLEAR VISION WHEN THE EYE IS IN NORMAL HEALTHY SHAPE.
THE CILIARY MUSCLE WILL ALSO PRODUCE ITS OTHER FUNCTIONS KEEPING THE EYE HEALTHY.
THE BATES METHOD OF NATURAL EYESIGHT IMPROVEMENT RELAXES THE EYE MUSCLES, KEEPS THE EYE IN NORMAL HEALTHY SHAPE AND FUNCTION WITH CORRECT FOCUS OF LIGHT RAYS ON THE RETINA AND CLEAR VISION AT ALL DISTANCES WITHOUT USE OF EYEGASSES.

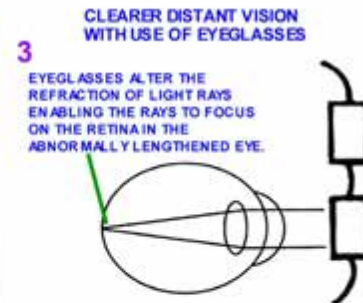


2 UNCLEAR DISTANT VISION

LIGHT RAYS FOCUS INCORRECT BEFORE THE RETINA

ABNORMAL LENGTHENED EYE SHAPE DUE TO TENSE OUTER EYE MUSCLES. DISTANT VISION UNCLEAR.
CLOSE VISION CAN ALSO BECOME UNCLEAR IF THE EYE LENGTHENS TOO MUCH AS IS SHOWN IN THE DIAGRAM.
TENSE OUTER EYE MUSCLES PULLING THE EYE INTO AN ABNORMAL SHORTENED SHAPE RESULTING IN UNCLEAR CLOSE VISION ALSO CAUSES UNCLEAR DISTANT VISION IF THE EYE BECOMES TOO SHORT.
EYE GLASSES CAUSE, MAINTAIN AND INCREASE EYE MUSCLE TENSION, ABNORMAL LENGTHENING, SHORTENING OF THE EYE AND AN IRREGULAR EYE SHAPE THAT CAUSES ASTIGMATISM. ALL THESE CONDITIONS CAUSE THE EYE PROBLEMS LISTED FOR DIAGRAM # 3.
NATURAL EYESIGHT IMPROVEMENT REVERSES PROGRESSIVE EYE MUSCLE TENSION, MALFUNCTION AND ABNORMAL LENGTHENING, SHORTENING, AND IRREGULAR SHAPE OF THE EYE CAUSED BY EYEGASS LENSES.

WHEN THE EYE RETURNS TO NORMAL SHAPE; EYE PRESSURE RETURNS TO NORMAL, STRESS, TENSION, PULLING, STRETCHING ON/ IN THE EYE, CORNEA, LENS, RETINA, NERVES, BLOOD VESSELS, ALL PARTS OF THE EYE IS REMOVED.
CIRCULATION IN THE EYE RETURNS TO NORMAL.
THE EYE REMAINS HEALTHY.
THE EYE PROBLEMS LISTED FOR DIAGRAMS # 2 AND 3 ARE REVERSED AND PREVENTED.



3 CLEARER DISTANT VISION WITH USE OF EYEGASSES

EYEGASSES ALTER THE REFRACTION OF LIGHT RAYS ENABLING THE RAYS TO FOCUS ON THE RETINA IN THE ABNORMALLY LENGTHENED EYE.

DISTANT VISION IS CLEARER WHEN WEARING EYEGASSES BUT THE EYE REMAINS IN ABNORMAL LENGTHENED SHAPE. EYEGASSES DO NOT REMOVE EYE MUSCLE TENSION AND ABNORMAL EYE SHAPE. EYEGASSES CAUSE, MAINTAIN AND INCREASE EYE MUSCLE TENSION, ABNORMAL EYE SHAPE, RESULTING IN STRONGER AND STRONGER EYEGASS LENSES BEING PRESCRIBED IN ORDER TO FOCUS LIGHT RAYS ON THE RETINA IN THE PROGRESSIVELY LENGTHENED EYE.
STRONGER LENSES CAUSE MORE EYE MUSCLE TENSION, INCREASED LENGTHENING OF THE EYE, INCREASED VISION IMPAIRMENT; BLUR, ASTIGMATISM AT CLOSE AND FAR DISTANCES, ABNORMAL INCREASED PRESSURE ON/IN THE EYE, CONSTANT PRESSURE, STRESS, TENSION, PULLING, STRETCHING ON/IN THE EYE, CORNEA, LENS, VITREOUS, RETINA, OPTIC AND EYE MUSCLE NERVES, BLOOD VESSELS, CAPILLARIES, CELLS IN THE EYE, LENS, RETINA BLOOD, OXYGEN, NUTRIENT, LYMPH, FLUID, ENERGY FLOW AND NERVE SIGNALS/FUNCTION TO/FROM, IN THE EYE, LENS, RETINA...ARE IMPAIRED.
EYE MUSCLE, LENS, RETINA, IRIS... HEALTH, FUNCTION ARE IMPAIRED RESULTING IN; UNCLEAR VISION AT ALL DISTANCES, ASTIGMATISM, CATARACTS, DETACHED RETINA, MACULA DEGENERATION, GLAUCOMA, CONICAL CORNEA AND ULCERS, WEAKENED SCLERAL TUNIC, VITREOUS DETACHMENT, UNBALANCED VISION IN THE LEFT AND RIGHT EYES, CROSSED/ WANDERING EYES, FLOATERS, VISUAL DISTURBANCES AND OTHER EYE PROBLEMS. CENTRAL AND PERIPHERAL VISION, COLOR, DEPTH, DISTANCE PERCEPTION, THREE DIMENSIONAL VISION, BALANCE, COORDINATION, LEFT AND RIGHT BRAIN HEMISPHERE ACTIVATION AND INTEGRATION, MEMORY AND IMAGINATION, SHIFTING/EYE MOVEMENT, CENTRAL FIXATION, CORRECT VISION HABITS AND OTHER EYE/BRAIN FUNCTIONS ARE IMPAIRED.

EYEGLASSES ARE ADDICTIVE

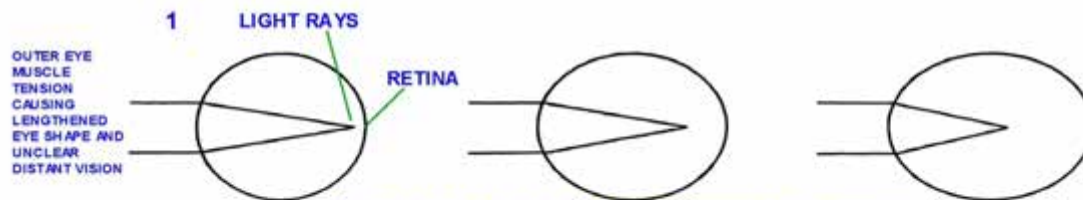
STRONGER AND STRONGER EYEGLASS LENSES MAINTAIN, CAUSE AND INCREASE OUTER (OBLIQUE, RECTI...) AND INNER (CILIARY, IRIS) EYE MUSCLE TENSION, ABNORMAL EYE SHAPE AND PROGRESSIVE VISION IMPAIRMENT. THE DIAGRAM BELOW SHOWS THE NEARSIGHTED EYE (UNCLEAR DISTANT VISION).

A SERIES OF STRONGER EYE GLASS LENSES ARE PRESCRIBED WHICH CAUSES INCREASED EYE MUSCLE TENSION, INCREASED ABNORMAL LENGTHENING OF THE EYE AND PROGRESSIVE VISION IMPAIRMENT; INCREASED PRESSURE, TENSION, PULLING, STRETCHING ON IN THE EYE, CORNEA, LENS, RETINA, OPTIC AND EYE MUSCLE NERVES, BLOOD VESSELS, CAPILLARIES, CELLS IN THE RETINA, ALL PARTS OF THE EYE RESULTING IN IMPAIRED BLOOD, OXYGEN, NUTRIENT, LYMPH, NERVE, ENERGY FLOW IN THE EYES, CORNEA, LENS, RETINA, EYE MUSCLES... INCREASED BLUR, DEVELOPMENT OF ASTIGMATISM, CATARACTS, DETACHED RETINA, MACULA DEGENERATION, GLAUCOMA AND OTHER EYE PROBLEMS.

ABNORMAL EYE SHAPE, PRESSURE, TENSION CAN IMPAIR THE SHAPE HEALTH OF THE EYE, CORNEA, LENS, RETINA, IRIS, ALL PARTS OF THE EYE WHEN EYE MUSCLE TENSION ABNORMALLY LENGTHENS THE EYE, THE LIGHT RAYS DO NOT FOCUS CORRECT ON THE RETINA. THE LIGHT RAYS FOCUS INCORRECT BEFORE THE RETINA RESULTING IN UNCLEAR VISION. SEE DIAGRAM 1 TOP LEFT.

WHEN EYEGLASSES ARE WORN, THE EYE MUSCLE TENSION IS MAINTAINED, INCREASED CAUSING INCREASED LENGTHENING OF THE EYE. THE LIGHT RAYS FOCUS FARTHER AWAY FROM THE RETINA RESULTING IN INCREASED BLUR AND PRESCRIPTIONS FOR STRONGER EYEGLASS LENSES.

NEARSIGHTED - UNCLEAR DISTANT VISION

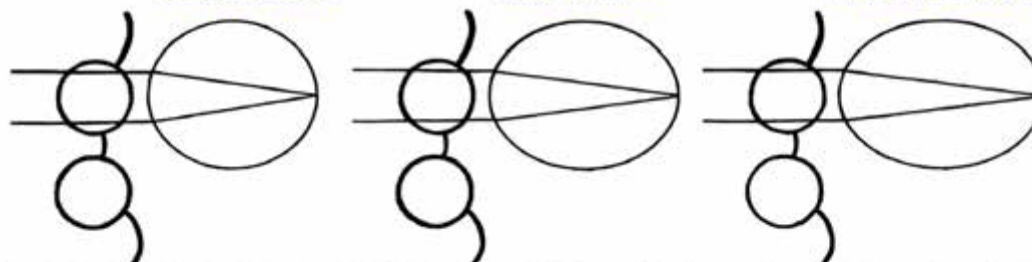


LIGHT RAYS FOCUS INCORRECT BEFORE THE RETINA

FIRST EYEGLASS PRESCRIPTION

STRONGER LENSES PRESCRIBED

MUCH STRONGER LENSES PRESCRIBED



STRONGER AND STRONGER EYEGLASS LENSES ARE NEEDED TO BRING THE FOCUS OF LIGHT RAYS ONTO THE RETINA.

EYE MUSCLE TENSION, ABNORMAL LENGTHENING OF THE EYE, UNCLEAR VISION MAINTAINED AND INCREASED BY THE EYEGLASSES.

EYE MUSCLE TENSION, ABNORMAL LENGTHENING OF THE EYE, UNCLEAR VISION MAINTAINED AND INCREASED MORE BY STRONGER EYEGLASS LENSES.

EYE MUSCLE TENSION, ABNORMAL LENGTHENING OF THE EYE, UNCLEAR DISTANT AND CLOSE VISION MAINTAINED AND PROGRESSIVELY INCREASED BY STRONGER AND STRONGER EYEGLASS LENSES. CATARACTS, DETACHED RETINA, GLAUCOMA AND OTHER EYE PROBLEMS DEVELOP.

NATURAL EYESIGHT IMPROVEMENT RELAXES THE EYE MUSCLES AND RETURNS THE EYE, CORNEA, LENS, RETINA, OPTIC NERVE, ALL AREAS OF THE EYE TO NORMAL SHAPE, FUNCTION, NORMAL BLOOD, OXYGEN, NUTRIENT, LYMPH, ENERGY, NERVE FLOW IN THE EYES, RETINA, LENS... PERFECT EYE HEALTH, CORRECT FOCUS OF LIGHT RAYS ON THE RETINA, CLEAR VISION AT ALL DISTANCES. ASTIGMATISM, CATARACTS, DETACHED RETINA AND OTHER EYE PROBLEMS ARE REVERSED/PREVENTED.

OPHTHALMOLOGIST BATES TAUGHT THAT STRAIN, STRESS IN THE MIND, BODY, NEGATIVE EMOTIONS; WORRY, FEAR, GRIEF, ANGER...CAUSE EYE MUSCLE TENSION, LOWERED BRAIN, RETINA FUNCTION, INCORRECT FOCUS OF LIGHT RAYS IN THE EYE AND UNCLEAR VISION. RELAXATION OF THE MIND, BODY, POSITIVE EMOTIONS RELAX THE EYE MUSCLES, RETURN THE BRAIN, RETINA TO NORMAL FUNCTION WITH CLEAR VISION.

ABNORMAL EYE SHAPE IS ACCENTUATED FOR EASY VIEWING

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HISTORY The Bates Method, Natural Eyesight Improvement - Best Teachers, Books, Websites, Blogs, Training, variety of Information. 1800's, 1901 to Present Date

BETTER EYESIGHT MAGAZINE By Ophthalmologist William H. Bates', Introduction. 132 Issues, July 1919 to June 1930. Original Training, Cures from the Eye Doctor that Discovered Natural Vision Improvement

BETTER EYESIGHT MAGAZINE - Entire 132 Issues on One Page or Link to the

DISTANT VISION IMPAIRMENT

IT IS EMPHASIZED THAT ALL EYEGLASSES, EVEN WEAKER LENSES BLOCK VISION IMPROVEMENT. REDUCED, WEAKER 20/40 EYEGLASS LENSES PRESCRIPTIONS PRODUCE LESS EYE MUSCLE TENSION, MENTAL AND VISUAL STRAIN THAN 20/20 AND STRONGER LENSES.

REDUCED 20/40 LENSES WILL NOT BLOCK VISION IMPROVEMENT AS MUCH AS 20/20 AND STRONGER LENSES. IF EYEGLASSES ARE NEEDED FOR SAFETY WHEN DRIVING, OPERATING MACHINERY AND OTHER TASKS THAT REQUIRE SAFETY, THEN 20/40 REDUCED EYEGLASSES CAN BE WORN. WEAR THEM ONLY WHEN NECESSARY. DO NOT BECOME DEPENDANT ON THEM.

THEY WILL PREVENT COMPLETE NORMAL FUNCTION OF THE VISUAL SYSTEM. EYE MUSCLES, EYES, VISION IMPROVEMENT BUT NOT AS MUCH AS STRONG LENSES. AVOID GLASSES COMPLETELY IF SAFETY IS NOT REQUIRED. IN THE DIAGRAM ON THE RIGHT STRONGER AND STRONGER EYEGLASS LENSES ARE PRESCRIBED TO FOCUS LIGHT RAYS ONTO THE RETINA TO PROVIDE 20/20 AND CLEARER VISION THROUGH THE EYEGLASSES AS THE EYE AND VISION ARE PROGRESSIVELY IMPAIRED BY STRONGER EYEGLASS LENSES.

THE EYEGLASSES CAUSE INCREASE EYE MUSCLE TENSION CAUSING THE EYE TO BE PROGRESSIVELY LENGTHENED, AN ABNORMAL CONDITION THAT CAUSES THE LIGHT RAYS TO FOCUS INCORRECT BEFORE THE RETINA. STRONGER THAN 20/20 LENSES PRODUCE CLEARER THAN 20/20 VISION THROUGH THE EYEGLASSES AND PRODUCE MORE VISION IMPAIRMENT. 20/20 LENSES ARE ALSO TOO STRONG.

20/20 AND STRONGER LENSES (20/15, 10) CAUSE, MAINTAIN AND INCREASE EYE MUSCLE TENSION, IMPAIRMENT OF THE EYES SHAPE, HEALTH AND CLARITY OF VISION. PRESSURE, TENSION, PULLING OCCUR ON THE EYE, CORNEA, LENS, RETINA, OPTIC AND OTHER NERVES, BLOOD VESSELS, CAPILLARIES, CELLS IMPAIRING BLOOD, LYMPH, EYE FLUID, NERVE FLOW, SIGNALS, WASTE REMOVAL AND OTHER EYE FUNCTIONS.

BLUR AT ALL DISTANCES, ASTIGMATISM, CATARACTS, DETACHED RETINA, MACULA DEGENERATION, GLAUCOMA AND OTHER EYE PROBLEMS DEVELOP.

THE BATES METHOD, NATURAL EYESIGHT IMPROVEMENT RELAXES THE EYE MUSCLES, RETURNS THE EYE TO NORMAL HEALTHY SHAPE WITH CORRECT FOCUS OF LIGHT RAYS ONTO THE RETINA PRODUCING CLEAR VISION WITHOUT USE OF EYEGLASSES.

EYE PRESSURE RETURNS TO NORMAL. TENSION, PULLING, STRETCHING ON THE EYE, CORNEA, LENS, RETINA, NERVES, BLOOD VESSELS, ALL PARTS OF THE EYE IS REVERSED. CIRCULATION IN THE EYE, NERVE SIGNALS RETURN TO NORMAL.

BLUR, ASTIGMATISM, CATARACTS, DETACHED RETINA, MACULA DEGENERATION, GLAUCOMA AND OTHER EYE PROBLEMS ARE REVERSED, PREVENTED. WANDERING AND CROSSED EYE CONDITIONS CAN ALSO BE CORRECTED.

IN THE DIAGRAM ON THE RIGHT WEAKER AND WEAKER REDUCED 20/40 EYEGLASS LENSES ARE PRESCRIBED UNTIL EYEGLASSES ARE NOT NEEDED, USUALLY WHEN THE VISION REACHES THE 20/40 LEVEL OF CLARITY WITHOUT EYEGLASSES WHICH IS REQUIRED FOR DRIVING IN MOST STATES. REDUCED MUCH WEAKER LENSES PROVIDING 20/60, 80... VISION CAN BE USED IF SAFETY IS NOT REQUIRED.

THE WEAKER THE LENSES THE LESS TENSION STRAIN IS PRODUCED AND THE MORE VISION CAN IMPROVE.

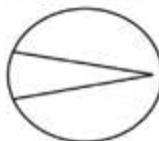
IN THIS EXAMPLE OF 20/40 REDUCED LENSES; EACH TIME THE CLARITY OF VISION IMPROVES TO THE LEVEL THAT THE EYEGLASSES BECOME TOO STRONG (PRODUCING 20/25, 20/20 VISION THROUGH THE LENSES) A NEW PAIR OF REDUCED, WEAKER PAIR OF EYEGLASS LENSES PROVIDING 20/40 VISION THROUGH THE LENSES IS PRESCRIBED.

OFTEN EYEGLASSES ARE OMITTED WHEN THE VISION IS AT 20/80, 20/60 BUT THE SOONER THE GLASSES ARE DISCONTINUED, THE FASTER AND EASIER VISION IMPROVES.

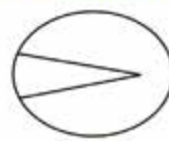
EYEGLASSES CAN BE DISCONTINUED AT ANY TIME EVEN IF THE VISION IS SO UNCLEAR (20/300...) THAT THE PERSON NEEDS A GUIDE DOG TO WALK OUT OF THE HOUSE.

CORRECT VISION HABITS; SHIFTING, CENTRAL FIXATION, RELAXED MIND, EYES, BODY, NECK ARE USED WHEN WEARING GLASSES AND WHEN NOT WEARING THE GLASSES.

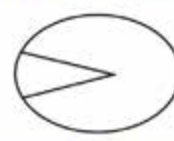
DISTANT VISION IMPAIRMENT CAUSED BY STRONGER EYEGLASS LENSES. LIGHT RAYS FOCUS INCORRECT, FARTHER AND FARTHER AWAY FROM THE RETINA.



LITTLE EYE MUSCLE TENSION, LITTLE LENGTHENING OF THE EYE, SMALL AMOUNT OF DISTANT BLUR.



INCREASED EYE MUSCLE TENSION AND LENGTHENING OF THE EYE. DISTANT VISION MORE UNCLEAR.



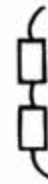
EXTREME EYE MUSCLE TENSION, EYE PROGRESSIVELY LENGTHENED, DISTANT AND CLOSE VISION VERY UNCLEAR, OTHER EYE PROBLEMS.



1ST PAIR OF EYEGLASSES, 20/20 AND STRONGER LENSES

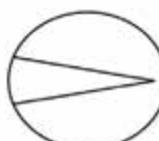


2ND PAIR OF EYEGLASSES, STRONGER LENSES

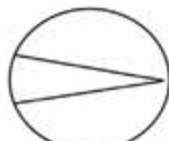


3RD PAIR OF EYEGLASSES, VERY STRONG LENSES

DISTANT VISION IMPROVEMENT WITH APPLICATION OF NATURAL EYESIGHT IMPROVEMENT (AND WEAKER EYEGLASS LENSES IF NEEDED FOR DRIVING, SAFETY). LIGHT RAYS FOCUS CLOSER AND CLOSER TO AND THEN CORRECT ONTO THE RETINA.



LITTLE EYE MUSCLE TENSION, LITTLE LENGTHENING OF THE EYE, SMALL AMOUNT OF DISTANT BLUR.



LESS EYE MUSCLE TENSION, LESS EYE LENGTHENING, DISTANT VISION CLEARER.



EYE MUSCLES RELAXED, EYE HAS RETURNED TO NORMAL ROUND SHAPE, LIGHT RAYS FOCUS ON THE RETINA. DISTANT VISION IS CLEAR. THE EYE LENGTHENS SLIGHTLY TO ACCOMMODATE FOR CLEAR CLOSE VISION. OTHER EYE PROBLEMS REVERSED, PREVENTED.



20/20 AND STRONGER EYEGLASS LENSES ARE AVOIDED AND REPLACED WITH 20/40 REDUCED, WEAKER LENSES. NATURAL EYESIGHT IMPROVEMENT IS PRACTICED AND THE EYEGLASSES ARE WORN AS LITTLE AS POSSIBLE.



THE CLARITY OF VISION HAS IMPROVED. A WEAKER, MORE REDUCED PAIR OF LENSES PROVIDING 20/40 VISION ARE PRESCRIBED. WEAKER AND WEAKER 20/40 LENSES ARE PRESCRIBED UNTIL VISION IS CLEAR ENOUGH TO GO WITHOUT EYEGLASSES.

EYEGLASSES NOT NEEDED. VISION IS 20/20 AND CLEARER; 20/15, 10, 5 WITHOUT EYEGLASSES.

IMPROVING THE CLARITY OF DISTANT VISION AUTOMATICALLY IMPROVES CLARITY OF CLOSE VISION. LIGHT RAYS IN THESE DIAGRAMS ARE SHOWN IN A SIMPLE FORM AS IN MANY OPTOMETRY TEXTS.

Fovea, Optic Nerve, Eye Muscles...

4 - Front View of Eye. Pupil, Iris, Ciliary, Lens, Sclera..., Outer Eye Muscles; Oblique, Recti. THE EYE CHANGES LENGTH LIKE A CAMERA (with the lens) TO FOCUS CLOSE- FAR

5 - DO IT YOURSELF NATURAL EYESIGHT IMPROVEMENT; Practice Shifting and Other Relaxed, Natural, Correct Eye-Vision Functions.

The IMAGINARY NOSEFEATHER

Play with the Moving Pointer to get the Eyes Shifting, Relaxed. Move with the Figure Eight.

6 - CENTRAL-FIXATION - Central Vision 'Centralizing'. See Clearest with the Center of the Visual Field. Combine With Shifting. The Central Field MOVES as the Eyes, Mind-Attention Move 'Shift'.

7 - CENTRAL-FIXATION STICK Use the Gate to Find the Exact Central Field and Move it. Test for Balanced Eyes, Vision.

8 - MEMORY AND IMAGINATION Improve the Mind, Eyesight, Body, Spirit. PALMING, EFT

9 - TEN CORRECT, RELAXED, NATURAL VISION HABITS Practice Normal, Eye-Vision 'Visual System' Functions

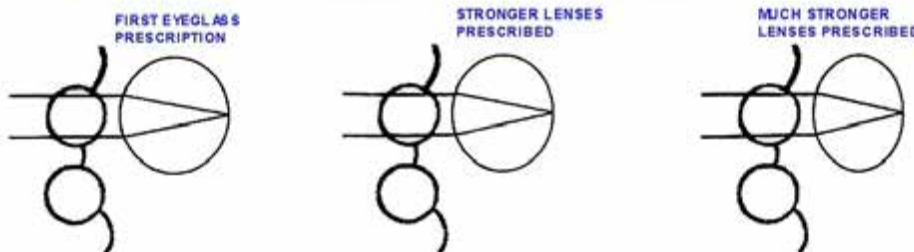
10 - SWITCHING, SHIFTING CLOSE, MIDDLE AND FAR For Clear Eyesight at All Distances. Bates Method Combined with Behavioral Optometry, Relaxed Eye Exercises

11 - SWITCH CLOSE, MIDDLE, FAR ON THE THREE PENS IN A ROW, THE BEAD (BROCK) STRING

12 - WARNING - Avoid Artificial 3-D

UNCLEAR CLOSE VISION IS CAUSED BY TENSE OUTER EYE MUSCLES (RECTI) PULLING THE EYE INTO A SHORTENED SHAPE CAUSING LIGHT RAYS TO FOCUS INCORRECT BEYOND THE RETINA. EYEGLASSES FOR CLOSE VISION MAINTAIN, CAUSE AND INCREASE EYE MUSCLE TENSION AND SHORTENING OF THE EYE. THIS RESULTS IN STRONGER AND STRONGER EYEGLASS LENS PRESCRIPTIONS, INCREASED EYE MUSCLE TENSION, SHORTENING OF THE EYE, INCREASED PRESSURE, TENSION, PULLING, STRETCHING ON/IN THE EYE, RETINA, LENS, CORNEA, OPTIC AND OTHER NERVES, BLOOD VESSELS, CAPILLARIES, CELLS. ALL PARTS OF THE EYE RESULTING IN INCREASED BLUR AT ALL DISTANCES, A STIGMATISM AND DEVELOPMENT OF THE SAME EYE PROBLEMS LISTED ON THE PREVIOUS PAGE FOR A LENGTHENED EYE. CLOSE VISION EYEGLASSES CAUSE FAST VISION IMPAIRMENT. CATARACTS AND DISTANT BLUR OFTEN OCCUR SOON AFTER WEARING CLOSE VISION EYEGLASSES.

FARSIGHTED - UNCLEAR CLOSE VISION



STRONGER AND STRONGER EYEGLASS LENSES ARE NEEDED TO BRING THE FOCUS OF LIGHT RAYS ONTO THE RETINA.

EYE MUSCLE TENSION, SHORTENING OF THE EYE, UNCLEAR CLOSE VISION MAINTAINED AND INCREASED BY EYEGLASSES.

EYE MUSCLE TENSION, SHORTENING OF THE EYE, UNCLEAR CLOSE VISION MAINTAINED AND INCREASED MORE BY STRONGER EYEGLASS LENSES.

EYE MUSCLE TENSION, SHORTENING OF THE EYE, UNCLEAR CLOSE AND DISTANT VISION MAINTAINED, AND PROGRESSIVELY INCREASED BY STRONGER AND STRONGER EYEGLASS LENSES. CATARACTS, DETACHED RETINA, GLAUCOMA, MACULA DEGENERATION AND OTHER EYE PROBLEMS DEVELOP.

NATURAL EYESIGHT IMPROVEMENT RELAXES ALL THE EYE MUSCLES; OUTER; OBLIQUE, RECTI, INNER; CILIARY, IRIS, RETURNS THE EYE TO NORMAL HEALTHY SHAPE; WITH CORRECT FOCUS OF LIGHT RAYS ON THE RETINA, HEALTHY EYES, NORMAL BLOOD, NERVE.. FLOW AND CLEAR CLOSE AND DISTANT VISION. THE EYE REMAINS ROUND FOR CLEAR DISTANT VISION AND LENGTHENS SLIGHTLY TO PRODUCE ACCOMMODATION FOR CLEAR CLOSE VISION.

TENSE RECTI MUSCLES CAN CAUSE TENSE OBLIQUE MUSCLES. TENSE OBLIQUE CAN CAUSE TENSE RECTI. TENSION IN THE OBLIQUE AND RECTI OUTER EYE MUSCLES CAUSE UNCLEAR CLOSE AND DISTANT VISION. WHEN STRONG EYEGLASS LENSES CAUSE EYE MUSCLE TENSION AND A EXTREMELY LENGTHENED OR SHORTENED EYE SHAPE, LIGHT RAYS FROM CLOSE AND DISTANT OBJECTS CANNOT FOCUS ON THE RETINA. THIS RESULTS IN UNCLEAR CLOSE AND DISTANT VISION.

TENSION IN THE OUTER EYE MUSCLES CAUSING ABNORMAL EYE SHAPE, PRESSURE, TENSION ON/IN THE EYE CAN CAUSE TENSION IN THE CILIARY MUSCLE AND IMPAIRED BLOOD, NERVE FLOW IN THE EYE, LENS, RETINA WHICH CAN IMPAIR FUNCTION/ HEALTH OF THE EYES LENS, RETINA...RESULTING IN UNCLEAR VISION, CATARACTS AND OTHER EYE PROBLEMS..

NO EYEGLASSES IS BEST, MOST HEALTHY FOR THE EYES AND VISION

I prefer people to NOT wear eyeglasses, any type of prescription. It's especially harmful, can lead to cataract, detached retina, glaucoma... when the prescription is strong. I understand that some people need glasses to drive, continue schoolwork, their job... If eyeglasses are necessary for safety, driving and other activities; reduced weaker and weaker 20/40 lenses can be used temporarily while Natural Eyesight Improvement is applied. Avoid wearing glasses as much as possible. Practice Natural Eyesight Improvement without glasses. Continue correct, relaxed vision habits 'shifting'... when wearing glasses. Discontinue use of eyeglasses as soon as possible. Weaker lenses cause less eye muscle tension than strong lenses and enable the eyes to begin returning to normal shape, but; all glasses cause tension and slow improvement.

People that COMPLETELY AVOID glasses improve quicker, easier.

Astigmatism...

Dedication to My Mom Nancy

Native American Videos - Natural Life=Clear Sight

SKYPE, GOOGLE Live Video on the Internet - Telephone Natural Eyesight Improvement Training. Student and Group Training

1 - Natural Eyesight Training Starts Here, Page #1 to #40. MENTAL STRAIN, EYE MUSCLE TENSION CAUSES UNCLEAR EYESIGHT. Dangers of Laser Eye Cornea Surgery, Eyeglasses and Contact Lenses

2 - STRONG EYEGLASSES = Addiction, Progressive Vision, Eye Impairment Verses REDUCED, WEAKER, TEMPORARY EYEGLASS LENSES = Vision, Eye Health Improvement. EYEGLASSES Low Cost Reduced 20/40, 20/50 Weaker Prescription Lenses by Mail & Behavioral Optometrists.

Pass the Drivers License Eyesight Exam - Practice on the Govt. RMV, DMV... Eyecharts

3 - HUMAN EYE Function, Anatomy, Light Rays, Cornea, Iris-Pupil, Lens, Retina, Macula,

CLOSE VISION IMPAIRMENT

IN THE DIAGRAM ON THE RIGHT STRONGER AND STRONGER CLOSE VISION EYEGLASS LENSES ARE PRESCRIBED TO FOCUS LIGHT RAYS ONTO THE RETINA TO PROVIDE 20/20 AND CLEARER VISION THROUGH THE EYEGLASS LENSES AS THE EYE AND VISION ARE PROGRESSIVELY IMPAIRED BY THE STRONGER EYEGLASS LENSES.

THE EYEGLASSES CAUSE INCREASE EYE MUSCLE TENSION CAUSING THE EYE TO BE PROGRESSIVELY SHORTENED, AN ABNORMAL CONDITION THAT CAUSES THE LIGHT RAYS TO FOCUS INCORRECT BEYOND THE RETINA.

CLOSE VISION LENSES (INCLUDING BIFOCALS) CAUSE INCREASE FAST VISION IMPAIRMENT, EXTREME EYE MUSCLE TENSION, DYSFUNCTION AND ARE A MAJOR CAUSE OF CATARACTS, ASTIGMATISM, CLOSE AND DISTANT BLUR AND OTHER EYE PROBLEMS.

STRONGER THAN 20/20 LENSES PRODUCE CLEARER THAN 20/20 VISION THROUGH THE EYEGLASS LENSES AND PRODUCE MORE VISION IMPAIRMENT.

20/20 LENSES ARE ALSO TOO STRONG. 20/20 AND STRONGER LENSES (20/15, 10) CAUSE, MAINTAIN AND INCREASE EYE MUSCLE TENSION, IMPAIRMENT OF THE EYE'S SHAPE, HEALTH AND CLARITY OF VISION.

PRESSURE, TENSION, PULLING OCCUR ON IN THE EYE, CORNEA, LENS, RETINA, OPTIC AND OTHER NERVES, BLOOD VESSELS, CAPILLARIES, CELLS IMPAIRING BLOOD, LYMPH, EYE FLUID, NERVE FLOW, SIGNALS, WASTE REMOVAL, AND OTHER EYE FUNCTIONS. BLUR AT ALL DISTANCES, ASTIGMATISM, CATARACTS, DETACHED RETINA, MACULA DEGENERATION, GLAUCOMA AND OTHER EYE PROBLEMS DEVELOP.

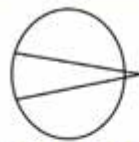
AVOID WEARING CLOSE AND DISTANT VISION EYEGLASSES AND THESE EYE PROBLEMS WILL REVERSE AND BE PREVENTED.

APPLY NATURAL EYESIGHT IMPROVEMENT. IF GLASSES ARE NEEDED FOR SAFETY WEAR ONLY REDUCED 20/40 OR WEAKER LENSES AND WEAR THEM AS LITTLE AS POSSIBLE AND DISCONTINUE USE OF EYEGLASSES WHEN VISION IS CLEAR ENOUGH.

CLOSE VISION IMPAIRMENT CAUSED BY STRONGER EYEGLASS LENSES. LIGHT RAYS FOCUS INCORRECT, FARTHER AND FARTHER BEYOND THE RETINA.



LITTLE EYE MUSCLE TENSION, LITTLE SHORTENING OF THE EYE, SMALL AMOUNT OF CLOSE BLUR.



INCREASED EYE MUSCLE TENSION AND SHORTENING OF THE EYE. CLOSE VISION MORE UNCLEAR.



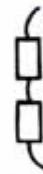
EXTREME EYE MUSCLE TENSION, EYE PROGRESSIVELY SHORTENED, CLOSE AND DISTANT VISION VERY UNCLEAR, OTHER EYE PROBLEMS.



1ST PAIR OF EYEGLASSES, 20/20 AND STRONGER LENSES

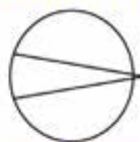


2ND PAIR OF EYEGLASSES, STRONGER LENSES

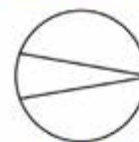


3RD PAIR OF EYEGLASSES, VERY STRONG LENSES

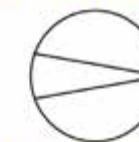
CLOSE VISION IMPROVEMENT WITH APPLICATION OF NATURAL EYESIGHT IMPROVEMENT (AND WEAKER EYEGLASS LENSES IF NEEDED FOR DRIVING, READING MEDICINE BOTTLES, SAFETY). LIGHT RAYS FOCUS CLOSER AND CLOSER TO AND THEN CORRECT ONTO THE RETINA.



LITTLE EYE MUSCLE TENSION, LITTLE SHORTENING OF THE EYE, SMALL AMOUNT OF CLOSE BLUR.



LESS EYE MUSCLE TENSION, LESS EYE SHORTENING, CLOSE VISION CLEARER.



EYE MUSCLES RELAXED, EYE HAS RETURNED TO NORMAL ROUND SHAPE, LIGHT RAYS FOCUS ON THE RETINA. DISTANT VISION IS CLEAR, THE EYE LENGTHENS SLIGHTLY TO ACCOMMODATE FOR CLEAR CLOSE VISION. OTHER EYE PROBLEMS REVERSED, PREVENTED.



20/20 AND STRONGER EYEGLASS LENSES ARE AVOIDED AND REPLACED WITH 20/40 REDUCED, WEAKER CLOSE VISION LENSES. NATURAL EYESIGHT IMPROVEMENT IS PRACTICED AND THE EYEGLASSES ARE WORN AS LITTLE AS POSSIBLE.

THE CLARITY OF VISION HAS IMPROVED. A WEAKER, MORE REDUCED PAIR OF LENSES PROVIDING 20/40 VISION ARE PRESCRIBED. WEAKER AND WEAKER 20/40 LENSES ARE PRESCRIBED UNTIL VISION IS CLEAR ENOUGH TO GO WITHOUT EYEGLASSES.

EYEGLASSES NOT NEEDED. VISION IS 20/20 AND CLEARER; 20/15, 10, 5 WITHOUT EYEGLASSES.

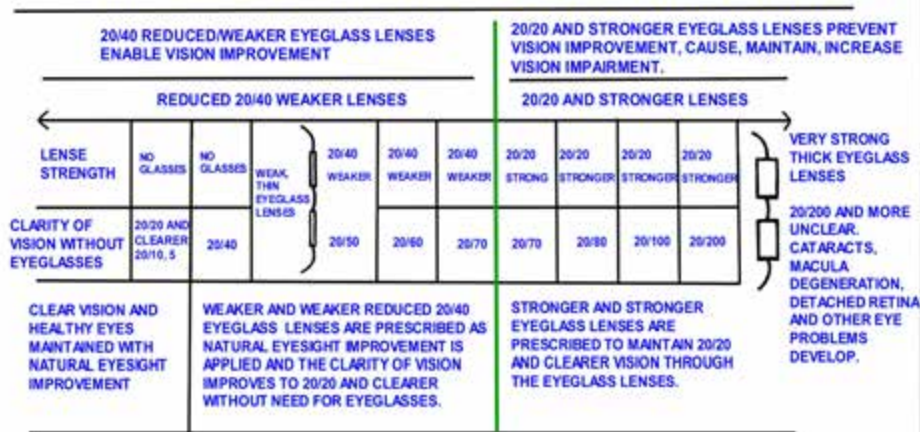
IMPROVING THE CLARITY OF CLOSE VISION AUTOMATICALLY IMPROVES CLARITY OF DISTANT VISION. LIGHT RAYS IN THESE DIAGRAMS ARE SHOWN IN A SIMPLE FORM AS IN MANY OPTOMETRY TEXTS.

- Fusion Pictures, Repetitive Eye Exercises;
- 'Autostereograms, 'Magic Eyes'
- 13 - EYECHARTS TEST AND IMPROVE CLOSE AND DISTANT EYESIGHT
- Eyechart Pictures From Dr. Bates Medical Articles
- 14 - THE FIGURE EIGHT (Infinity Swing) Left and Right Brain Hemisphere Activation, Integration, Neck, Body Movement, Relaxation
- 15 - THE SWAY, 'Rock', LONG SWING, CROSS CRAWL and Other Movement, Relaxation, Body-Brain Activities For Clear Eyesight
- 16 - THE ILLUSION OF OPPOSITIONAL MOVEMENT-'The Swing'
- 17 - SUNLIGHT, SUNNING, SACCADIC SUNNING With Hands
- 18 - SACCADIC SUNNING With Tree, Fence, Nosefeather, Swing, Rocking Chair, Oppositional Movement
- 19 - DR. BATES SUNLIGHT TREATMENTS, PICTURES - As Described in Better Eyesight Magazine and Perfect Sight Without Glasses
- 20 - SUNLIGHT, LIGHT ENERGY TRAVELS INTO THE EYES, OPTIC NERVES, BRAIN, SPINE, BODY, CHAKRAS' Energy Centers, Pathways'
- 21 - RELAXATION METHODS: PALMING, Color Visualization,

Wearing weaker, reduced eyeglass lenses (only when necessary for driving, work...) temporarily as the vision is improving with application of Natural Eyesight Improvement allows the eyes, eye muscles, visual system to relax, reverse and remove tension, strain, blur. See the diagram below and further instructions, larger pictures on this page and; <http://cleareyesight-batesmethod.info/id14.html>

Watch this video: <http://www.youtube.com/watch?v=qubQAAZ4oLE>

EFFECT OF WEAK AND STRONG EYEGLASS LENSE PRESCRIPTIONS



IN THE DIAGRAM ABOVE THE PERSON HAS 20/70 UNCLEAR (Distant) VISION (NEARSIGHTED). THE LARGER LETTERS OF THE 70 LINE ON THE DISTANT EYE CHART ARE SEEN CLEAR AT 20 FEET AWAY. THE SMALLER LETTERS BELOW THE 70 LINE ARE UNCLEAR AT 20 FEET.

IN THE EXAMPLE ON THE LEFT < SIDE OF THE CHART THE PERSON AVOIDS 20/20 AND STRONGER EYEGLASS LENSES. THE PERSON PRACTICES NATURAL EYESIGHT IMPROVEMENT AND WEARS REDUCED, WEAKER 20/40 EYEGLASS LENSES PRESCRIPTIONS ONLY WHEN NEEDED FOR DRIVING AND OTHER ACTIVITIES REQUIRING SAFETY. EACH TIME THE CLARITY OF VISION IMPROVES A NEW MORE REDUCED, WEAKER PAIR OF EYEGLASS LENSES PROVIDING 20/40 VISION THROUGH THE LENSES ARE PRESCRIBED. THE EYEGLASSES ARE USED AS LITTLE AS POSSIBLE.

NATURAL EYESIGHT IMPROVEMENT, CORRECT VISION HABITS ARE APPLIED WHEN WEARING THE LENSES AND WHEN NOT WEARING EYEGLASSES. AVOID SQUINTING, STRAINING, TRYING HARD TO SEE CLEAR WHEN WEARING THE REDUCED 20/40 LENSES AND WHEN NOT WEARING THE LENSES. ALWAYS USE CORRECT VISION HABITS: SHIFTING, CENTRAL FIXATION. WHEN WEARING THE 20/40 LENSES AND WHEN NOT WEARING EYEGLASSES. LOOK AT A OBJECT THROUGH 20/40 LENSES THE SAME. CORRECT WAY THE EYES WITH 20/40 (DRIVE) (ANY LEVEL OF CLARITY) LOOK AT A OBJECT WITHOUT EYEGLASSES: SHIFT FROM PART TO PART, USE CENTRAL FIXATION, BLINK, RELAX, MOVE THE HEADFACE, BODY WITH THE EYES. NECK IS RELAXED AND MOVES FREELY. GOOD POSTURE.

WHEN THE VISION WITHOUT EYEGLASSES REACHES THE 20/40 LEVEL, EYEGLASSES ARE DISCONTINUED. 20/40 VISION IS THE LEVEL REQUIRED IN MOST STATES FOR DRIVING. VISION IMPROVES EASIER AND FASTER WHEN ALL EYEGLASSES ARE COMPLETELY AVOIDED. EYEGLASSES CAN BE DISCONTINUED AT ANY LEVEL OF CLARITY, EVEN IF THE VISION IS MOST UNCLEAR, AS LONG AS DRIVING, OPERATING MACHINERY AND OTHER TASKS THAT REQUIRE A SPECIFIC LEVEL OF CLARITY FOR SAFETY ARE AVOIDED.

THE RIGHT > SIDE OF THE CHART SHOWS EYE AND VISION IMPAIRMENT THAT IS CAUSED BY WEARING 20/20 AND STRONGER (20/15, 10) EYEGLASS LENSE PRESCRIPTIONS. THE STRONG LENSES LEAD TO FREQUENT PRESCRIPTIONS FOR STRONGER AND STRONGER EYEGLASS LENSES. STRONG LENSES CAUSE, MAINTAIN, INCREASE EYE MUSCLE TENSION, DYSFUNCTION, ABNORMAL LENGTHENING, SHORTENING OF THE EYES SHAPE, IRREGULAR EYE SHAPE RESULTING IN INCREASED BLUR AND OTHER EYE PROBLEMS.

Breathing, Energy Circulation, Alpha, Theta, Delta Deep Relaxation Chart

22 - COLOR, COLORED LIGHT TREATMENT; Antique Colored Glass Bottle, Sunlight, Color Changing Angel Lamp for Night-time

23 - NEAR VISION; Clear Eyesight at Close Distances. READ IN FULL SPECTRUM SUNLIGHT, FINE PRINT HEALTHY FOR THE EYES - Reading, Seeing Fine and Microscopic Print Clear. Natural Presbyopia Cure, Prevention. Book

24 - CORRECT, RELAXED NATURAL VISION HABITS CARD For Clear Close and Far Vision. THUMB-FINGER MOVEMENT, 'OPPOSITE SWING'

25 - NIGHT VISION See Clear in Lower light, Moonlight. Cones, Rods in the Retina. Visual Purple

26 - ASTIGMATISM TEST & REMOVAL, CHARTS, SWINGS

27 - STRABISMUS Crossed/Wandering Eyes Correction

28 - GOOD POSTURE For Relaxed Body, Shoulders, Neck, Eye Muscles, Balanced Movement and Clear Eyesight

29 - PATH OF LIGHT RAYS AND EYE MUSCLES, NERVES IN THE EYES, BRAIN, BODY. Chiropractic Treatment Vs. Physical Therapy, Massage. CHIROPRACTIC Causes Stroke, Blindness, Death, Paralysis... Videos

30 - PHYSICAL THERAPY - For Relaxed Body, Shoulders, Neck,

If the student cannot find a Optometrist that will prescribe reduced lenses, then try searching for a Behavioral Optometrist. Behavioral Optometrists teach Behavioral Optometry, a method close to the Bates Method. Behavioral Optometrists are familiar with the Bates method and often teach it, will monitor the eyes, vision as the method is applied and prescribe reduced, weaker eyeglass lenses if needed. A Bates Method Behavioral Optometrist is best.

The Eyeglass stores, opticians listed below sell low cost, reduced eyeglass lenses without UV blocking, tinting, coating;

<http://www.eyeglasslensdirect.com/> (customer service at eyeglasslensdirect states they have full spectrum transmitting lenses, no UV blocking, no tinting, coating. Ask for CR39 plastic lenses. Phone; 1-888-885-5367). P.D.; <https://www.eyeglasslensdirect.com/SearchResults.asp?Cat=248> There are a few different ways to measure P.D. Testing with 3... ways, getting the same result helps to ensure a correct P.D. P.D. is DIFFERENT for close and far vision glasses due to the eyes converging, diverging.

<http://www.selectspecs.com/Glasses/Prescription/> - Customer service at selectspecs says they have plain eyeglass lenses; just de-select UV blocking, tinting and other unwanted additions on the prescription page and, you can also tell them in the 'Additional info' box to omit UV blocking, tinting, coating and other additions. Specify you want plain lenses. Phone; 1-845 704-7091 P.D.; <http://www.selectspecs.com/info/pupillary-distance/>

<http://www.zennioptical.com/cart/home.php?cat=20> - Fill in your prescription at Zenni-Optical - Reduced lenses by mail. Remember to fill in your P.D. (PUPILLARY DISTANCE); <http://static.zennioptical.com/media/Zenni-Optical-PD-Ruler.pdf> A student recently told me that Zenni now makes all glasses with uv light coating-blocking. This is unhealthy. The eyes need uv, full spectrum light! The student may have been in contact with a customer service person that misunderstood. To be safe; I now prefer eyeglasslensdirect and SelectSpecs on the top of this list. Last time I spoke to them they stated they do sell plain eyeglasses, no uv, no tinting...

When contacting any of these businesses; make sure that the optician understands that you want plain, clear lenses with special glass/plastic that allows full spectrum sunlight to pass through the lenses. If these are not available, then lenses that are plain with no UV blocking, no tinting, coating... is the next best thing to purchase.

There are Behavioral Optometrists that will prescribe reduced lenses and vision improvement training: (Remember to AVOID the Plus Lens Method, Artificial 3-D, use of contact lenses. I prefer referrals from a true Bates teacher that provides only safe healthy methods; <http://www.naturalvisioncenter.com>

Buy/wear plain, clear reduced lenses only! Avoid eyeglasses containing UV light blocking, filters, tinted, dark, transitions lenses, colored lenses, sunglasses, bifocals, mono-vision... Most of these optical business web sites state that these (harmful) additions are placed in all their eyeglass lenses. The buyer must be sure the eyeglasses do not contain these additions.

The author of this website is trying to find a optical business that prescribes low cost, reduced eyeglasses that are plain clear glass lenses, full spectrum transmitting; the lenses allow all waves of the suns light spectrum, full spectrum, including UV light to transmit/pass through the eyeglass lenses and reach the eyes. There are businesses that sell window glass, plastic that is full spectrum transmitting, but the only true, natural full spectrum sunlight is direct sunlight not passing through glass, plastic, any substance. The eyes need all wave lengths of the suns light spectrum, healthy full spectrum sunlight. UV blocking lenses, tinted, colored lenses, sunglasses and even plain, clear lenses cause unhealthy, unbalanced light to enter the eyes, brain, body resulting in eye, brain, body health impairment, depression, lowered memory, imagination, unclear vision and other eye problems. Full spectrum transmitting lenses are better but not perfect; they are not completely natural, do not provide pure, complete full spectrum sunlight.

Wear a hat with a brim to avoid overexposure to sunlight. Avoid all eyeglasses. Wear only reduced, plain, clear lenses and only when needed for safety while vision is improving.



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; <http://www.selectspecs.com/Glasses/Prescription> Click budget.

I clicked the \$10.00 option. Click customize and buy.

Now you are here; http://www.selectspecs.com/prescription/select_use Click Single Vision and Distance.

Now you are here; <http://www.selectspecs.com/prescription/prescriptions> 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; <http://www.selectspecs.com/prescription/tint/> 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.

Now you are here; <http://www.selectspecs.com/prescription/confirm/> REMOVE THE CHECKS on;

UV Coating Anti-Reflection Scratch Resistance See picture below;

- Head and Clear Eyesight. Vertebrae C-1 Top of Neck to C-5 Upper Spine
- 31 - ACUPRESSURE POINTS, MASSAGE Face-Eyes, Head, Neck, Shoulders, Back, Body, Hands, Feet... for Muscle Relaxation, Balanced, Moving Chi... Energy and Clear Eyesight. EFT
- 32 - NUTRITION For Healthy Eyes, Clear Eyesight. Grow Your Own Bilberries, Blackberries, Spinach, Kale, Corn, Dandelions, Flowers, Carrots... For Healthy Retina, Lens...
- 33 - For Pilots - Aviators - Better Eyesight Magazine. Warning: Avoid The Plus Lens-Anti-Corrective Method.
- 34 - STORIES FROM THE CLINIC by Emily C. A. Lierman, Bates, Dr. Bates Assistant, Wife for Many Years in His New York City Clinic, Offices...
- 35 - THE CURE OF IMPERFECT SIGHT BY TREATMENT WITHOUT GLASSES Dr. Bates Original 1919 Book. And: 'Use Your Own Eyes', 'Normal Sight Without Glasses' by Dr. William B. MacCracken M. D., 'Strengthening The Eyes' by Bernard MacFadden, W. H. Bates, Optometrist Harold M. Peppard, Monroe Hirsch, O.D. Ph. D. E-Books, Videos
- 36 - Clark Night - (Mary Iva Oliver) Natural Eyesight Improvement School, Courses Certificates, Receipts, 1st Book Copyright 1996+
- 37 - Clark Night - (Mary Iva Oliver) Drivers Licenses, Family Photos - No Glasses, Proof of Clear Vision. Govt. Directions for Eyesight Test
- 38 - Blind, Visually Disabled Achieve Independence - Guide Dog Schools, DAV, Perkins School For The Blind
- 39 - NEW STUFF! What's Up in the Natural Eyesight Improvement World? Lasik, Contact Lens Warning Videos. Corrupt Teachers, Author's Teaching Incorrect, Harmful Methods, Steal Manuscripts, Hack Honest Teachers Computers, Try to Hide the True Bates Method and Charge High Prices
- 40 - VIDEOS - Natural Vision Improvement and Other Topics
- GUEST PAGE Post a Comment, Ask Questions, State Your Opinion, Share Dr. Bates Method, Natural Eyesight Improvement Experiences.
- BEST FORUMS, GROUPS
- AFFILIATES - Earn Money, Sell HostGator Website,

Virtual Dispenser

Your glasses
Your lenses and tints
Confirm details


Finally, confirm your Savannah glasses are correct.

Savannah P2383 - Black - \$10.00

Colour: Black

Size: 140-19-50-40

Complete with FREE Standard Case and Cleaning Cloth



Remove the checks so you have:
NO Coating, No anti-reflection, NO Scratch resistance

Lens Options & Prescription

Type of Vision	Single Vision - Distance		Change this
Lenses	Standard - 1.50 Index	\$0.00	Change this
Sun Lens	Clear	\$0.00	Change this

Eye	SPH	CYL	AXIS	ADD	P.Distance
Right	-2.00	0	0	0	33/32
Left	-2.00	0	0	0	


Additional information: NO uv blocking, no tinting, no anti-scratch. [Edit prescription?](#)

FREE Coatings

UV Coating
 Anti-Reflection
 Scratch Resistance

Total Cost: \$10.00

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PRODUCT INFORMATION	PRICE	QUANTITY	TOTAL
 <p>P2383 - Black Savannah Colour: Black Size: 140-19-50-40</p>	\$10.00	<div style="border: 1px solid #ccc; padding: 2px; display: inline-block;">1</div> Remove Item	\$10.00

Lens Options & Prescription for this Item

Eye	SPH	CYL	AXIS	ADD	P.Distance
Right	-2.00	0	0	0.00	33/32
Left	-2.00	0	0	0.00	

Use Type: Distance

Lens Type: Standard - 1.50 Index - \$0

Tints: Clear - \$0.00

Coatings:

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.

[Click Here for a PDF Containing these Prescription Ordering Directions](#)

I do not recommend pinhole glasses, especially pinhole glasses that contain very small holes and look like full dark lenses. They block out full spectrum sunlight and lower the clarity of vision/health of the eyes.
Even plain pinholes containing visible holes reduce healthy sunlight and block normal eye, brain, visual system function, perfect use of correct vision habits and can cause headaches but they are better than pinholes which do not have visible holes and appear to be sunglasses. Pinholes are used only in emergencies, for a few seconds to read a medicine bottle, a distant sign...to prevent squinting until vision improves. See our alternative to pinholes.

The more eyeglasses, pinholes are avoided, the faster and easier vision improves.
Pinhole glasses do not help the eyes focus, do not improve function of the eye muscles. They impair eye muscle function.
Pinholes reduce some of the light rays entering the eye, and this reduces some of the blur.
Pinholes prevent the eye muscles, eyes from focusing, prevent normal, complete accommodation, convergence, un-accommodation, divergence, shifting/eye movement, central fixation and other correct vision habits, prevents the eye muscles (ciliary, iris/pupil, recti, oblique) from functioning normally.
Objects seen through pinholes appear smaller, incorrect size.
Depth, dimension, binocular vision is impaired.
This impairs memory, imagination, function of the brain with the eyes.
All eyeglasses including pinholes disrupt normal blinking.

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 Purposely
 Misaligning Neck
 Bones, Spine... in
 Order to Sell
 Hundreds of Follow-
 up Treatment.
 Causing Paralysis,
 Stroke, Vision,
 Hearing Impairment,
 Stroke, Death

More information. Some repeats. Contains additional pictures, directions from the e-books.

Eyeglasses, Bifocals cause Incorrect; Vision Habits, Eye Function, Posture, neck, Shoulder, Eye Muscle Tension and Fast, Increased Vision Impairment.

1	Correct	 <p>Person looks directly at the object. eyes look through the center of the eyeglasses. Head, neck are straight. Because eye, neck movement is restricted when wearing glasses: no eyeglasses is best.</p>
2	Incorrect	 <p>Looking up over the top of eyeglasses. Eyes up. Head, face, neck bent down. Eye, neck, head, shoulder muscle tension, increased vision impairment.</p>
3	Incorrect	 <p>Looking down under the bottom of eyeglasses. Eyes down. Head, face, neck bent up. Eye, neck, head, shoulder muscle tension, increased vision impairment.</p>
4	Incorrect - Bifocals	 <p>Bifocals and other multi-section eyeglass lenses are most harmful, cause fast vision impairment at all distances, astigmatism, cataracts, detached retina and other eye problems. Looking through the top of bifocals results in the same incorrect posture, tension as described in #2.</p>
5	Incorrect - Bifocals	 <p>Looking through the bottom of bifocals results in the same incorrect posture, tension as described in #3. Astigmatism lenses also cause these problems. Bifocals impair use of correct vision habits: central fixation, shifting, movement...</p>
6	Incorrect Squinting	 <p>Causes muscle tension in the eyes, face, head, neck, jaw, shoulders, chest, headaches, wrinkles, unclear vision.</p>
7	Correct - No eyeglasses.	 <p>Eyes look straight ahead at object. Head, neck straight, relaxed and move in the same direction with the eyes.</p> <p>FAA BOM EXPENSES TRASH</p> <p>Eyes, head, neck, body have complete freedom of movement, shifting, central fixation. Vision is clear.</p>

Eyeglasses, especially Bifocals block, impair; normal eye functions: shifting, central-fixation., eye, head, neck, body movement. Eyeglasses, bifocals cause: Neck, shoulder, chest, and eye muscle tension, incorrect posture, fast, increased vision impairment, cataracts and other eye function, health impairment. Contact lenses interfere with normal eye function.

Avoid the incorrect eye head, neck postures shown in the picture; Looking out over, under the top, bottom, sides of the eyes and/or eyeglasses. This Incorrect Vision Habit causes incorrect posture, blocks coordinated, synchronized movement of the eyes and head, face, body with the eyes, blocks central-fixation, normal eye shifting. The postures result in neck, shoulder, head and eye muscle tension, abnormal, uneven eye shape, unclear vision, astigmatism.

When wearing bifocals, trifocals or other multi-section lenses it is easy to accidentally look through the wrong section of the lense. This occurs frequently when the lenses are made to appear as one single lense and occurs constantly when the lenses are composed of many sections. This results in increased vision impairment at all distances. Car, Airplane, accidents have occurred due to wearing these lenses.

Looking through the bottom or top of the bifocal lense restricts normal eye functions: central-fixation, 'shifting' eye movement, blinking. Incorrect head, neck, eye posture, extreme muscle tension result. The chest muscles become tight restricting the breath. All these cause unclear vision.

Avoid pushing, pulling the head, neck forward, up, down, back. Keep the head, neck aligned with the spine. Avoid moving the head up, down, left, right with the eyes in the opposite direction.

Looking over the top, bottom of eyeglasses and trying to look through the top or bottom section of bifocals, multi-section lenses causes these incorrect postures, habits.

Avoid eyeglasses, bifocals... Use correct posture: Neck, head, back aligned, straight, relaxed. Shoulders down, relaxed.

The eyes, head, face, body move together, in synchronization, face the same direction, at the object of visual attention, in the center of the visual field. See more pictures of incorrect postures in the Posture, Physical Therapy chapters.

Mono-Vision, Bifocal, Trifocal and other Multi-Section eyeglass and contact lenses have been investigated as a cause of airplane, vehical and other accidents. The FAA (Federal Aviation Administration) does not approve the use of these lenses for pilots.

Avoid Plus Lens Therapy

A major cause of vision impairment is wearing eyeglasses that are too strong and the wrong type of lense.

+Looking to the distance through a eyeglass lense made for close vision or

+Looking at a close object through a eyeglass lense made for distant vision causes extreme strain, tension, dysfunction in the visual system, brain, eye muscles, eyes and fast, increased vision impairment.

Some Eye doctors sell **Plus Lens Therapy**: wearing close vision eyeglass lenses to cure unclear distant vision. This causes the same problems that occur when looking through the wrong eyeglass lense. Cataracts and other eye, vision impairment occur.

More Plus Lens information and picture in Chapter 4, Strong Eyeglasses...

Reading Glasses, Close Vision Lenses cause fast and increased vision impairment. Stronger lenses are usually prescribed within a year. Cataracts often develop after wearing close vision, reading glasses. It's not the Senior Citizen's age that causes cataracts, it is the stronger and stronger close vision, reading glasses & bifocals they are prescribed. Distant vision becomes unclear after wearing close vision lenses. Good nutrition, sunlight and discontinuing use of close and distant eyeglasses, sunglasses can reverse cataracts.

Reading Fine Print in the sunlight, (no eyeglasses) and shifting point to point on small details on objects at close distances improves the clarity of close and distant vision, prevents, reverses cataracts.

When the eyes look at fine print, shift, move the eyes (center of the visual field) on it (even if its blurry when beginning to practice) the eyes produce perfect, exact convergence, accommodation, central-fixation, Saccadic eye movements and perfect relaxation of mind, body, eyes. Fine print can be read perfectly clear only with perfect relaxation and reading it induces this perfect relaxation. Very clear vision occurs with practice. The function of the eye muscles improves to normal, the shape of the eye returns to round (slightly lengthened) when looking at the close fine print.

Circulation in the eye, retina, lens improves. All this improves the clarity of close vision and distant vision.

When the person looks from the fine print to the distance; the eye returns to a round shape (avoids abnormal lengthened shape) and distant vision is also clear.

Nutrition, relaxation and movement of the neck (improves circulation to the head, eyes and relaxes the eye muscles), avoiding drugs, sinus sprays also reverses, prevents cataracts and other eye health impairment. Senior citizens, people of any age develop cataracts, glaucoma... due to prescription and non-prescription drugs.

Most eye doctors state that the lens changes shape to produce accommodation, clear close vision. Natural Vision Improvement also relaxes, returns the ciliary, iris, lens muscle to normal function.

RELAXATION FROM FINE PRINT

A BUSINESS card, 3" x 2" with fine print on one side is held in front of the eyes as near as possible, the upper part in contact with the eyebrows, the lower part resting lightly on the nose.

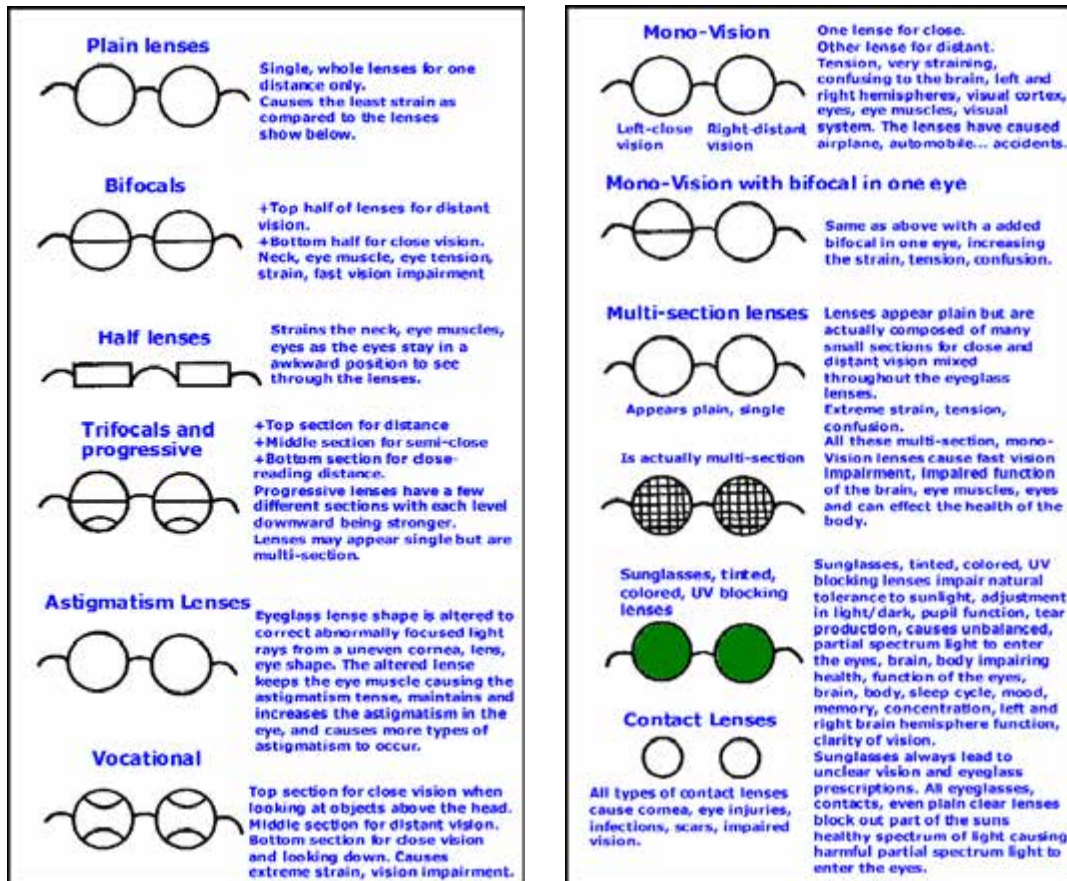
The patient looks directly at the fine print without trying to see. Being so close to the eyes most people realize that it is impossible to read the fine print and do not try, in this way they obtain a measure of relaxation which is sufficient to benefit the sight very much.

The patient moves the card from side to side a short distance slowly and sees the card moving provided the movement is not too short or too slow. The shorter the movement and the slower it is, the better.

Some patients, although the card is held very close, note that the white spaces between the lines become whiter and the black letters become blacker and clearer. In some cases one or more words of the fine print will be seen in flashes or even continuously as long as no effort is made to see or to read the fine print.

This movement of the card should be kept up to obtain the best results, for many hours every day. The hand which holds the card may soon become fatigued; **one may then use the hands alternately**. Some patients vary this by holding the card with both hands at the same time.

The amount of light is not important.



Bifocals, Trifocals, Multi-section eyeglass lenses, Astigmatism lens additions, Mono-Vision lenses

Mono-vision eyeglasses: (lense for distant vision is in front of one eye and lense for close vision in front of the other eye.), and glasses with two different strength of lense for the left and right eyes (Example: lense for left eye stronger than lense for right), bifocals and all lenses shown in the picture cause chronic strain, tension, confusion, dysfunction in the visual system, brain, eye muscles, eyes. Coordination, contraction, un-contraction of the eye muscles is impaired. Shifting, central-fixation, true central vision, movement of the head/face and body with the eyes, switching close and far (convergence, accommodation, divergence, un-accommodation), binocular vision, fusion, peripheral vision, all correct eye functions are blocked, impaired. Function of the visual cortex, left and right brain hemisphere activation, integration, function and the entire brains function with the eyes, retina, nerves, eye muscles, eye movement., memory, imagination, mathmatics., debth, distance perception, 3-Dimensional vision, placement, size, shape of objects, time/speed/movement of objects, balance, coordination are all impaired. All brain functions are imperfect. Distance, size, time, speed... perception function together. When impaired: car... accidents can occur.

Movement of the neck is limited. Neck, shoulder tension, stiffness occur and travel into the body, back, legs, arms, head, face and eye muscles. Even the ear muscles, ear function is impaired. Dizziness from impaired eye/ear function, blur and astigmatism occurs.

Abnormal eye, cornea, lens shape occurs due to outer and inner eye muscle tension. This can cause unclear vision, astigmatism, cornea ulcers, detached retina, cataracts, macula degeneration, cross/wandering eyes.

The incorrect posture of the head, neck, body and extreme tension, pulling on the neck that occurs when looking over the top or under the bottom of eyeglass lenses or looking through bifocals, multi-section lenses is a main cause of lowered blood, nerve signal flow to the head, eyes & neck vertebrae mis-alignment, pulling, tension on the nerves, blood, lymph vessels in the neck, brain stem, eyes. This results in unclear vision, lowered eye health and other abnormal eye/vision conditions.

Mono Vision Eyeglass Lenses are very straining, confusing to the visual system, brain, eyes and is a frequent cause of car, pilot accidents: The person is forced to use one eye to see at a specific distance. The other eye sees objects unclear at that distance and clear at a different distance. All the eye problems listed above for multi-section and other lenses can occur. Amblyopia (dim, low, no vision in one or both eyes, brain shuts off the image in the eye/eyes.), crossed, wandering eyes can also develop.

Magnifying Glasses/glass, Microscopes, Telescopes, Binoculars, Prisms cause impaired vision. If you must use a magnifier, telescope, try to use it sparingly and integrate the Bates Method; Shift, central-fixation... when looking at a object through the instrument. Look at other distances often, without the magnifier, telescope.

Astigmatism Lenses - The normal eye, corneas shape changes due to fluxuating 'eye muscle tension, malfunction' and 'relaxation, correct function'. The abnormal shape of the eye, cornea that is causing the astigmatism in the eye constantly changes, fluxuates. This makes it impossible to prescribe a correct prescription for astigmatism.

A prescription created for astigmatism occurring during a eye exam (often temporarily increased astigmatism due to nervousness, pressure to hurry and read the test card clear) is often incorrect. The person then wears glasses with a astigmatism correction that will cause the temporary astigmatism to remain and increase.

If the eye had astigmatism before the eye test, the astigmatism section in the eyeglass lens will maintain, increase the astigmatism, prevent it from fluxuating, reversing, removing itself from the eye. New types, angles of astigmatism occur.

If the eye does not have astigmatism, but the doctor finds 'or thinks he/she finds' a temporary astigmatism in the eye during the exam, the doctor will sell the patient eyeglass lenses with an astigmatism section in the lens. (Most of the standard eye doctor's eyechart tests for astigmatism can cause temporary astigmatism.)

The eye must now creat and maintain the specific amount, type of eye muscle tension, abnormal eye/cornea/lens shape to create, maintain the astigmatism in the eye in order to see clear through the astigmatism section in the eyeglass lens. The astigmatism is created, maintained, increased by the astigmatism section in the eyeglass lens and new types, angles of astigmatism and blur occur at all distances.

Plain single lense eyeglasses also cause the vision impairment listed in this chapter but not as much as multisection and astigmatism lenses.

Plain, reduced, weaker, 20/40 eyeglass lenses or no eyeglasses is best.

Sunglasses, Tinted, Colored, UV blocking Eyeglass and Contact Lenses

Sunlight enters the eyes, brain, body keeping the entire system healthy. (See the Sunlight and Color Treatment chapters.)

Sunglasses, tinted, colored, UV blocking eyeglass, contact lenses and plain eyeglass, contact lenses, windows block out part of the suns healthy full light spectrum causing a constant flow of unhealthy, unbalanced, partial spectrum light to enter the eyes, brain, body resulting in impaired health and function of the eyes, iris/pupil, lens, retina, all parts of the eye.

Unbalanced light energy travels into the brain and body resulting in disrupted function and lowered health of eyes, brain, body, all organs, glands, systems.



Function of the brain and brain with the eyes, left and right brain hemisphere activation/integration, memory, imagination, all brain functions are impaired.

Unclear vision, eye health impairment occurs, health of the cells in the retina, cones, rods, lens, all parts of the eyes are affected. Cataracts, macula degeneration and other eye problems develop.

The eyes, brain, body need Full Spectrum Sunlight. Partial spectrum, unbalanced light disrupts the brain, body's production and balance of hormones, chemical actions such as melatonin, serotonin, HGH growth/repair hormone... Sleep cycle is disrupted. Depression, fatigue, lowered immune system and other health impairment occurs.



The eyes, brain, body need UV light along with all of the suns light wavelengths, frequency's, that reach the planet consisting of all colors, the full spectrum.

Plain eyeglasses, contact lenses, sunglasses, tinted, colored and UV blocking lenses prevent the eyes normal, natural absorption of UV light, all light waves, full spectrum light. Adding UV blocking to any type of eyeglass lens increases the amount of unbalanced light that enters the eyes.

Tinted eyeglass and contact lenses that automatically change color, darken: Change from light to dark when going outside into the sun and from dark to light when moving indoors are especially harmful to the eyes. They remain partially dark when inside causing a constant flow of unhealthy partial spectrum light to enter the eyes.

These and all eyeglasses, sunglasses, tinted... lenses impair function of the brain with the eyes, confuses the brain, impairs, weakens the eyes iris/pupil function: contraction in light, widening in dim light and the iris, eye, retina, cones, rods... natural adjustment to light and dark, production of visual purple...

The iris/pupil muscle is near, connects with the lens/ciliary muscle. When the iris muscle becomes impaired due to wearing sunglasses, any type of eyeglasses, the ciliary, lens muscle can also be affected.

Tolerance to sunlight and even indoor artificial light is lowered.

Abnormal glare, haze around lights occurs.

The person becomes addicted to the tinted and/or UV blocking eyeglass lenses and begins to wear sunglasses. This further weakens/impairs the eyes health, clarity of vision.

Most indoor artificial light is partial spectrum, unbalanced light. Wearing eyeglasses, tinted, colored lenses, sunglasses further decreases the light spectrum, increases the amount of unbalanced light entering the eyes.

Color Treatment: A natural Vision Improvement treatment: Exposing the eyes to colored light, all colors and if one brain hemisphere, part of the brain is suppressed, extra exposure to specific colors for a certain length of time is done until the brain and hemispheres are balanced.

This improves vision at specific distances and in the left and right eyes.

All colors are also used to keep the brain balanced.

Colored eyeglass lenses are harmful: they cause one area, hemisphere of the brain to become dominant, suppressing other areas, hemispheres, brain functions.

Avoid sunglasses, all eyeglasses. Wear a hat with a wide brim to prevent over exposure to sunlight. Practice closed eye sunning and go outside daily, get natural full spectrum sunlight.

Avoid low cost reading glasses sold in 99 cent, drug stores

The lenses are not made by professionals. The lenses may contain uneven areas, waves in the glass/plastic, may not be balanced, centered properly.

This results in development of astigmatism, increased blur, unbalanced vision in the left and right eyes, impairs convergence, divergence, accommodation, unaccommodation, central-fixation, shifting, causes eyestrain, eye muscle tension, dysfunction, mental strain.

Avoid Second Hand eyeglasses from thrift stores, family, friends

Wearing eyeglasses that were prescribed for another person causes the new wearer to develop the same eye, vision condition that the lenses were prescribed, created for, the same eye condition the previous wearer had in addition to your present condition.

See the explanation in the section on astigmatism.

The eyes can only see clear through the second hand glasses by developing the specific eye problems, error of refraction the eyeglass lenses were made, prescribed for.

The eyeglass lenses will cause a specific form, level of eye muscle tension, dysfunction, abnormal eye/cornea shape, unbalanced, strained brain function to occur in order to develop the specific error of refraction (level/type of blur, astigmatism...) the eyeglass lenses were prescribed for in order to see clear through the lenses.

Use old Fashioned Wooden Eyeglass Frames Only.

Pure wood, no chemicals, paint, varnish on/in the wood.

Avoid metal and plastic frames.

Metal eyeglass frames disrupt/block the body's natural chi and other energy flow in the body and around/in the eyes, head, brain. A Karate, Tai Chi instructor can explain this.

See chapters: Palming, Color Chart, Breathing, Energy Circulation. EFT.

Plastic frames contain toxic chemicals that can be absorbed through the skin.

Avoid Eyedrops.

Special note on eyedrops; Prescription and non-prescription eyedrops contain chemicals that impair eye health, lower the clarity of vision, cause headaches.

Sinus sprays also do this. The spray and chemicals travel into the eyes.

Eyedrops are addictive and cause dry eyes.

Eyedrops impair the eyes natural production of tears and the tears structure.

Eyedrops do not contain the same ingredients as natural tears.

Natural tears contain 3 layers consisting of water, salt, oil, natural antibiotic, nutrients...

Blink, shift, yawn to produce natural tears.

Use a warm steam humidifier with filtered water, no chlorine.

Avoid dry air, smoke, pollution. Drink water to avoid dry, red eyes.

Eyedrops placed in baby's eyes: silver nitrate... are mandatory in some countries to protect against eye infection/blindness at birth. Silver nitrate and other chemicals, some antibiotics, treatments cause eye injury, irritation, inflammation, redness, discharge of the eyes, lids, chemical conjunctivitis, infection, pain, impairs eye health, causes unclear vision for days after birth, blocking natural eye function and has led to permanent eye, vision damage, blindness.

The pain, distorted vision caused by the eye drops interferes with baby, mother bonding.

There must be a natural, safe treatment to prevent eye infection.



Full spectrum sunlight, all colors, mixtures of colors, all light wavelengths, frequencies, energy of the sun's light spectrum for healthy eyes, brain, body.

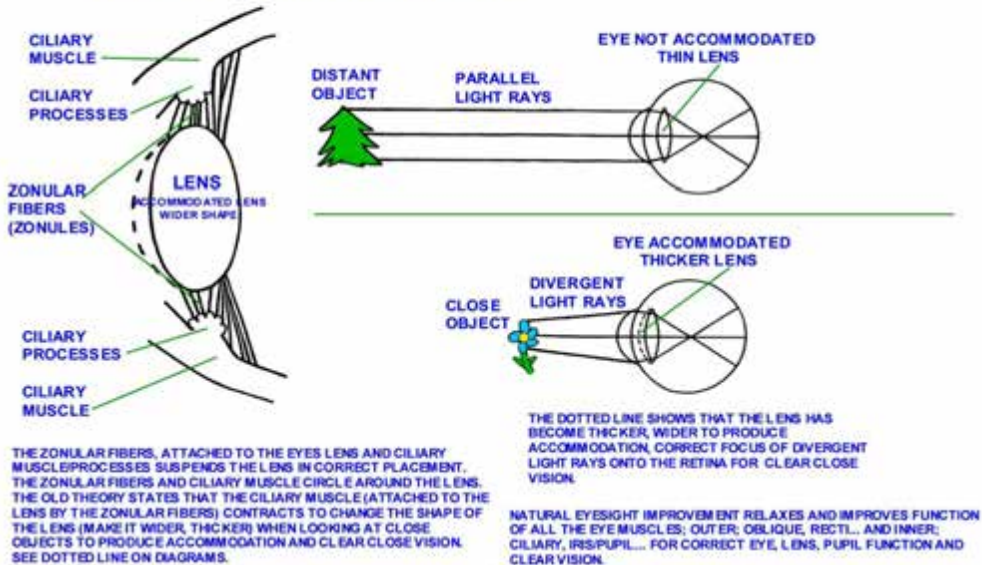
Full spectrum sunlight keeps day and night vision clear, improves the retinas production of visual purple, eyes adjustment to light and dark and other functions of the eye, retina, brain for clear day and night vision.



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OLD THEORY OF ACCOMMODATION;

+MOST EYE DOCTORS STATE THE OLD THEORY OF ACCOMMODATION; THAT THE CILIARY MUSCLE CHANGES THE SHAPE OF THE EYES LENS, MAKES IT THICKER TO PRODUCE ACCOMMODATION AND ENABLE THE EYE TO FOCUS DIVERGENT LIGHT RAYS FROM CLOSE OBJECTS CORRECT ONTO THE RETINA FOR CLEAR CLOSE VISION. THEY STATE :---- THE THEORY IS FACT AND THAT THE EYE DOES NOT CHANGE SHAPE.
 +OTHER EYE DOCTORS AND BATES NATURAL EYESIGHT IMPROVEMENT TEACHERS STATE THAT BOTH THE SHAPE OF THE EYE AND LENS CHANGE TO PRODUCE ACCOMMODATION OR,
 +THAT ONLY THE EYE CHANGES SHAPE, LENGTHENS.



Light rays from distant objects are parallel \parallel and focus perfectly on the retina when the eyes shape is round and looking at distant objects.

Light rays from close objects diverge $<$ causing the placement of light rays in the eye to change resulting in a need for the eyes to accommodate, change shape to produce correct focus of light rays on the retina when looking at close objects. See picture above and #1,2, 3 on the previous page.

Most eye doctors state the old theory that the ciliary muscle attached to the eyes lens causes the lens to change shape to produce accommodation and clear close vision and returns the lens to its original shape, un-accommodation for clear distant vision.

These doctors fight Dr. Bates by stating that the outer eye muscles do not affect the shape of the eye and clarity of vision and that the only treatment for unclear vision and other eye problems is eyeglasses and/or surgery and drugs.

Eye doctors state that the eye can acquire a abnormal lengthened shape that causes unclear distant vision, a abnormal shortened shape that causes unclear close vision and a irregular shape causing astigmatism but they state that they do not know what causes the lengthened and shortened shape and that there is not a cure for this condition so they prescribe eyeglasses or cornea surgery. This causes more vision impairment.

Dr. Bates Natural Vision Improvement treatments and experiments on the eyes and eye muscles proved that tension in the outer eye muscles (oblique and recti) causes a abnormal lengthened, shortened and uneven eye shape with incorrect focus of light rays in the eye and unclear vision. Eye muscle tension, abnormal eye shape also causes increased pressure on/in the eye, pressure, tension, pulling, stretching on/in the eye, retina, macula/fovea, lens, iris, cornea, tear gland, optic nerve, capillaries, cells, nerves in the retina, lens...all parts of the eye resulting in; unclear vision, astigmatism, cataracts, glaucoma, detached retina, macula degeneration, conical cornea, vitreous detachment, crossed and wandering eyes and other eye problems.

Dr. Bates proved that relaxation of the outer eye muscles returns the eye, cornea, lens, retina... to normal shape with correct focus of light rays in the eye, on the retina, returns the eye muscles to normal function, the eyes to normal movement: shifting, convergence, divergence, central-fixation.., removes abnormal pressure, tension, pulling, stretching on/in all parts of the eye, retina, macula/fovea, lens, cornea, optic nerve, eye muscle nerves, blood vessels, capillaries, cells, nerves...) resulting in removal of blur, astigmatism, cataracts and other eye problems.

Dr. Bates proved that tension, strain in the mind can cause strain, tension, dysfunction of the eye muscles, eye muscle nerves, optic nerve, retina, impairs function of the visual cortex, left and right brain hemispheres, memory, imagination, all areas, functions of the visual system, brain, eyes, body, and impairs reaction to, absorption and use of light rays entering the eye. This results in unclear vision with or without eye muscle tension and abnormal eye shape.

The mind has a major influence on the visual system and clarity of vision.

The Bates method of Natural Vision Improvement relaxes the mind, eye muscles, all nerves in the body, eyes, retina enabling the mind, eyes, retina to return to normal function with clear vision. Every Bates Method activity, treatment produces relaxation. Practice of any normal eye function, correct, relaxed vision habits activates relaxation and improves all functions.

Bates teachers state that unclear vision is also functional; incorrect function, use of the eyes causes unclear vision. Unclear vision occurs when the eyes, visual system function incorrect; not moving, 'shifting' correct, not using central-fixation and other normal eye functions, imperfect convergence, accommodation, un-convergence, un-accommodation and when Incorrect Vision Habits occur; staring, squinting, straining.

Vision is clear when the eyes, visual system function correct; mind, eyes relaxed, eyes moving, shifting normally, central-fixation and all Correct, Natural vision Habits (normal, relaxed eye functions) occur, convergence, accommodation, un-convergence, un-accommodation are perfect. Practicing Natural Vision Improvement, Imitating normal eye function, Correct Vision Habits; relaxation, shifting, central-fixation, switching close, middle, far.., relaxing the neck.., restores normal function to the eyes, visual system and clear vision.

The Bates method, by relaxing and bringing movement to the eyes, neck, body improves blood, oxygen, lymph, nutrient flow to the head, brain, eyes, retina, lens, cornea for healthy eyes and clear vision. The Bates method removes floaters, (floating specks) from the visual field and cures/prevents headaches.

Modern eye doctors state that use of new test instruments on the eye have proved that the eyes lens does change shape when looking from close to far and far to close distances.

Some eye doctors state that both the lens and eye may change shape, functioning together for clear close and distant vision.

A few doctors have theorized that the ciliary muscle might cause the entire lens to move slightly forward and backward (with or without the eye and lens changing shape) to produce accommodation, un-accommodation for clear close and distant vision.

Tension in the outer eye muscles, any outer, inner eye muscle nerves can cause tension in the inner ciliary, iris and other eye muscles.

Tension in the ciliary muscle can impair its function and its supposed ability to change the shape/movement of the lens and can impair the ciliary muscles function of bringing aqueous humor into the posterior chamber of the eye and may interfere with circulation of blood, oxygen, nutrients to/from the lens resulting in unclear vision, cataracts and other conditions.

The Bates method relaxes all the eye muscles including the ciliary muscle, returns the ciliary and lens to normal function resulting in clear vision, removal of cataracts and other abnormal eye conditions.

The Bates method works, keeping the eyes healthy and vision clear no matter which statements are true; the outer eye muscles changing the shape of the eye, the ciliary muscle changing the shape of the lens or both the eye and lens changing shape for clear close and distant vision.

**AVOID WEARING EYEGLASSES, CONTACT LENSES AND SUNGLASSES.
AVOID EYE CORNEA SURGERY AND DRUGS FOR THE EYES.**

Cornea surgery destroys the cornea's natural shape and structure, often results in unclear vision, has caused many cases of blindness, eye injury, a variety of vision impairment.

Cataract surgery, when done to remove part or all of the eye's lens impairs structure, function of the lens resulting in unclear vision and impairs the lens ability to absorb/control the amount of sunlight and UV light entering the eyes. The cornea also absorbs and controls the amount of sunlight/UV light entering the eyes.

Removing part of the lens, or the entire lens and/or part of the cornea impairs this function and can cause the eye, cornea, lens, retina to experience overexposure to sunlight and UV light.



**AVOID EYEGLASSES, SURGERY AND DRUGS.
EYEGLASSES, SURGERY AND DRUGS CAUSE AND
INCREASE EYE MUSCLE TENSION, MENTAL STRAIN,
ABNORMAL EYE SHAPE, UNCLEAR VISION, CATARACTS
AND ALL EYE PROBLEMS.**

Many people waiting for their cataracts to grow larger so surgery can be performed have reversed and completely eliminated the cataracts by stopping use of eyeglasses, sunglasses, improving their diet, and by applying Natural Vision Improvement.

Ophthalmologist Bates 'Better Eyesight Magazines' describes many natural cures for cataracts and other eye problems. If vision is unclear after cataract lens surgery, Natural Vision Improvement can help improve the clarity of vision.

Natural Vision Improvement may or may not improve clarity of vision after unsuccessful cornea surgery. See the following pages.

Eyeglasses, contact lenses, eye surgery and drugs always make eye problems worse, cause development of additional eye problems, cause and increase; mental strain, tension, dysfunction of the ciliary muscle and outer eye muscles resulting in increased abnormal eye shape (lengthening or shortening, irregular), increased abnormal pressure on/in the eye, pressure, tension, pulling, stretching on/in the eye, cornea, lens, retina, optic and eye muscle nerves, nerves, cells, capillaries, cones, rods, macula/fovea in the retina and all parts of the eye.

Blood, oxygen, fluid circulation to the retina, lens all parts of the eye is impaired.

All these abnormal conditions cause; unclear close and distant vision, astigmatism, cataracts, macula degeneration, detached retina, glaucoma, conical cornea, impaired convergence/accommodation when looking at close distances and impaired un-convergence (divergence)/un-accommodation when looking at far distances, wandering, crossed eyes and other eye problems, health impairment.

As eyeglasses cause, increase eye muscle tension, abnormal eye shape, causing progressive vision impairment to occur resulting in prescriptions for stronger and stronger eyeglass lenses, development of the eye problems/disease listed above, the eye doctor then sells eye surgery, drugs.

Eye cornea/lens surgery involves removing part of the cornea and often removing part or all of the lens. This does not correct the underlying cause of unclear vision; mental strain, eye muscle tension, abnormal eye shape, pressure, tension... on/in the eye. After the cornea or lens is altered, impaired by surgery, the cornea/lens cannot return to normal shape and function. Eye function and vision is impaired.

If, in the future, after eye surgery, the eye muscles do relax due to natural causes enabling the eye to return to normal shape, vision becomes more impaired because the surgically altered cornea and lens cannot return to normal shape with the eye. Focus of light rays in the eye will be more impaired resulting in increased vision impairment. See pictures on following pages.

The eye can produce clear vision without the lens, but the cornea is essential to clear vision. The cornea refracts 80% of the light rays.

Eye doctors admit that stronger eyeglass lenses for unclear distant vision increases abnormal lengthening of the eye, resulting in tension, stretching, pulling on all areas of the eye including on the retina and the capillaries, tissue, cells, nerves, cones, rods, macula, fovea centralis... in the retina resulting in macula degeneration, detached retina and other conditions.

Strong close vision eyeglass lenses causing eye muscle tension and shortening of the eye also causes this type of eye, retina impairment and other eye conditions.

Most eye doctors will not teach their patients Natural Vision Improvement to eliminate use of eyeglasses and enable the eye muscles to relax, return the eye to normal shape with normal pressure on/in the eye and removal of tension, stretching, pulling on the retina, lens which will result in reversal and prevention of detached retina, macula degeneration, cataracts and other problems. The eye doctor prefers to prescribe stronger and stronger eyeglass lenses, sunglasses, eye surgery and drugs.

Plain eyeglasses and contact lenses, sunglasses, tinted, colored, UV blocking lenses cause unclear vision, impaired light tolerance, cause unhealthy partial spectrum unbalanced light to enter the eyes and travel to the brain and body, result in stronger prescriptions for eyeglasses and lowered health of eyes, brain and body.

The optical industry and eye doctors place television ads promoting the sale of eyeglasses to children. The advertisements scare parents into believing their children will have learning disabilities and impaired vision if they do not wear eyeglasses.

This is a lie!

Eyeglasses are addictive, cause and increase vision impairment and lead to stronger and stronger eyeglass prescriptions for life and development of other eye problems/disease. Eyeglasses cause strain in the mind; impaired brain function, impairs: left and right brain hemisphere activation, integration and all left and right hemisphere functions; memory, imagination, concentration...math, science, language and other skills. Eyeglasses cause/increase learning disabilities, impair growth, development of the eyes, visual system, brain and body.

The optical industry advertisements are similar to the tobacco company's old advertisements aimed at young people; advertising to children to get them hooked, addicted to eyeglasses results in a customer that returns throughout life, purchasing stronger eyeglasses that leads to eye surgery and/or drugs. The optical industry practices the same dishonest, harmful method the drug companies use. Drug companies prevent the public from learning about medicine and natural treatments that will permanently cure disease and how to prevent disease/medical problems from occurring.

The drug companies invent drugs that will only control or dull some of the symptoms of diseases, medical problems, but will never cure the diseases, medical problems.

The patient must continue to buy the drug, usually once a month for life.

The drug is purposely made to cause side effects that cause other health problems. The drug company will then sell more drugs with more side effects to treat but never cure the new medical problems.

The same is true of eyeglasses.

Eyeglasses do not cure unclear vision and other eye problems.

Eyeglasses cause and increase vision impairment and other eye problems.

It is normal for the clarity of vision to fluctuate occasionally (clear, less clear, clear) as a child's eyes grow and as the child enters school and may experience stress in a new environment, learning new things and sees, learns to identify new unfamiliar objects; letters, numbers, each new teachers unfamiliar handwriting on the blackboard... Being exposed to activities that activate only one brain hemisphere, (usually the left) in school also impairs the vision by creating a brain hemisphere imbalance.

Let the child sit closer to the blackboard when learning to visually, mentally identify new objects.

Parents must protect their child's vision. Never place eyeglasses on a child. Teach them Natural Vision Improvement (Bates Method). See books by Janet Goodrich chapter 2.

The clarity of vision can fluctuate from clear to less clear and back to clear at any age; child, adult, senior. Unclear vision is always a temporary condition.

The visual system will return vision to 20/20 and clearer when eyeglasses are avoided..

Unclear vision can occur due to tension, strain in the mind, body, eye muscle tension, incorrect posture causing neck muscle tension, Incorrect Vision Habits, staring, squinting, poor diet, state of health... All of these can be corrected without eyeglasses.

When eye muscle tension occurs without use of eyeglasses, the tension is slight, causing vision to be a little unclear. The muscle tension and unclear vision is easily reversed when eyeglasses are avoided.

Eyeglasses prevent vision improvement;

Wearing eyeglasses will lock, maintain and increase the eye muscle tension and other causes of unclear vision into the eyes, brain, visual system, maintain and increase tension in the mind, maintain and increase an abnormal eye shape and incorrect focus of light rays in the eye, and block/slow improvement of eye health, function, prevent the visual system from returning to normal function and prevent a return to clear vision.

Eyeglasses block use of Natural Vision Improvement, Correct Vision Habits. Eyeglasses block activation and integration of the left and right brain hemispheres and relaxation of mind, body, eyes.

Eyeglasses block use of all Correct Vision Habits; shifting, central-fixation, relaxation, movement, ability to remember and imagine objects perfectly clear, good posture, relaxed deep breathing... Eyeglasses do not provide a perfect size, shape... image of objects. Far objects appear smaller and close objects appear larger than normal size through eyeglass lenses. This confuses, strains the mind, eye muscles, retina, eyes.

Eyeglasses cause use of Incorrect Vision Habits; staring, strain, reduced eye movement, cause incorrect posture, neck muscle tension, immobility, headaches (all major causes of blur). Eyeglasses impair and weaken natural convergence, accommodation and un-convergence, un-accommodation.

The eyes can reveal health problems. Lowered health, malnutrition, eye, head, neck, body injury... affects the clarity of vision and health of the eyes. Routine eye exams by an Optometrist, Ophthalmologist that teaches Natural Vision Improvement and avoidance of eyeglasses keeps the eyes and body healthy. See the disclaimer in the Introduction for Iridology.

There are Optometrists, ophthalmologists that teach their patients the Bates method of Natural Vision Improvement. If eyeglasses are necessary for driving and other tasks requiring safety while vision is improving, the eye doctor will prescribe reduced, weaker eyeglass lenses; 20/40. The patient wears the glasses only when necessary, as little as possible and uses relaxed, Correct Vision Habits, shifting, central-fixation... when wearing the glasses and when not wearing glasses. Other Natural Vision Improvement activities are practiced without glasses. Each time the clarity of vision improves the eye doctor prescribes a weaker pair of lenses until the vision is clear enough to permanently stop wearing glasses.

Weak lenses do not block vision improvement as much as strong lenses.

Vision improves much easier and faster when eyeglasses are completely avoided.

20/40 reduced distant vision eyeglass lenses are used for distant vision.

20/40 reduced lenses for distant vision are an incorrect prescription for close distances and will cause more vision impairment if used when looking at close distances.

A specific type of 20/40 reduced close vision lenses are used for close vision and reading distance.

20/40 reduced lenses for close vision are an incorrect prescription for distant vision and will cause more vision impairment if used for far distances.

Do not wear close lenses when looking to the distance.

Do not wear distant lenses when looking at close distances.

Specific type and strength of lenses are prescribed for close and far distances so be sure to check with your Optometrist for a correct prescription, separate pair of glasses for each distance.

Get plain lenses only. Avoid bifocals, half lenses, astigmatism lenses, tinted, colored and dark UV blocking lenses.

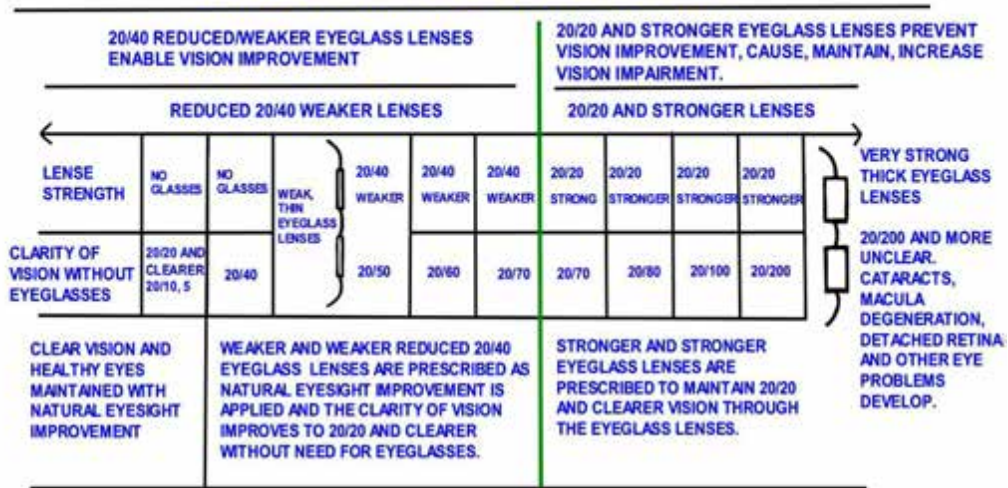
More reduced, weaker close and far distance lenses (20/50,) can be used when not driving or performing activities requiring safety. (Not too weak or the lenses will not provide enough clarity for comfort and strain can occur.) Weaker lenses allow for more relaxation of mind, body, eye muscles, eyes and easier, faster vision improvement. See complete directions in chapter 4.

If vision is clear at one distance, eyeglasses are not needed at that clear distance.

See list Natural Vision Improvement websites chapter 2 for contact information; eye doctors that teach the Bates method of Natural Vision Improvement and prescribe reduced, weaker eyeglass lenses.

Many eye doctors are monitoring and keeping records of their patients eye/vision improvement as Natural Vision Improvement is practiced.

EFFECT OF WEAK AND STRONG EYEGGLASS LENSE PRESCRIPTIONS



IN THE DIAGRAM ABOVE THE PERSON HAS 20/70 UNCLEAR DISTANT VISION (NEARSIGHTED). THE LARGE LETTERS OF THE 70 LINE ON THE DISTANT EYE CHART ARE SEEN CLEAR AT 20 FEET AWAY. THE SMALLER LETTERS BELOW THE 70 LINE ARE UNCLEAR AT 20 FEET.

IN THE EXAMPLE ON THE LEFT < SIDE OF THE CHART THE PERSON AVOIDS 20/20 AND STRONGER EYEGGLASS LENSES. THE PERSON PRACTICES NATURAL EYESIGHT IMPROVEMENT AND WEARS REDUCED, WEAKER 20/40 EYEGGLASS LENSE PRESCRIPTIONS ONLY WHEN NEEDED FOR DRIVING AND OTHER ACTIVITIES REQUIRING SAFETY.

EACH TIME THE CLARITY OF VISION IMPROVES A NEW MORE REDUCED, WEAKER PAIR OF EYEGGLASS LENSES PROVIDING 20/40 VISION THROUGH THE LENSES ARE PRESCRIBED. THE EYEGGLASSES ARE USED AS LITTLE AS POSSIBLE.

NATURAL EYESIGHT IMPROVEMENT, CORRECT VISION HABITS ARE APPLIED WHEN WEARING THE LENSES AND WHEN NOT WEARING EYEGGLASSES. AVOID SQUINTING, STRAINING, TRYING HARD TO SEE CLEAR WHEN WEARING THE REDUCED 20/40 LENSES AND WHEN NOT WEARING THE LENSES. ALWAYS USE CORRECT VISION HABITS: SHIFTING, CENTRAL FIXATION, WHEN WEARING THE 20/40 LENSES AND WHEN NOT WEARING EYEGGLASSES. LOOK AT A OBJECT THROUGH 20/40 LENSES THE SAME CORRECT WAY THE EYES WITH 20/40 (OR ANY LEVEL OF CLARITY) LOOK AT A OBJECT WITHOUT EYEGGLASSES; SHIFT FROM PART TO PART, USE CENTRAL FIXATION, BLINK, RELAX, MOVE THE HEAD/FACE, BODY WITH THE EYES. NECK IS RELAXED AND MOVES FREELY. GOOD POSTURE.

WHEN THE VISION WITHOUT EYEGGLASSES REACHES THE 20/40 LEVEL, EYEGGLASSES ARE DISCONTINUED. 20/40 VISION IS THE LEVEL REQUIRED IN MOST STATES FOR DRIVING. VISION IMPROVES EASIER AND FASTER WHEN ALL EYEGGLASSES ARE COMPLETELY AVOIDED. EYEGGLASSES CAN BE DISCONTINUED AT ANY LEVEL OF CLARITY, EVEN IF THE VISION IS MOST UNCLEAR, AS LONG AS DRIVING, OPERATING MACHINERY AND OTHER TASKS THAT REQUIRE A SPECIFIC LEVEL OF CLARITY FOR SAFETY ARE AVOIDED.

THE RIGHT > SIDE OF THE CHART SHOWS EYE AND VISION IMPAIRMENT THAT IS CAUSED BY WEARING 20/20 AND STRONGER (20/15, 10) EYEGGLASS LENSE PRESCRIPTIONS. THE STRONG LENSES LEAD TO FREQUENT PRESCRIPTIONS FOR STRONGER AND STRONGER EYEGGLASS LENSES. STRONG LENSES CAUSE, MAINTAIN, INCREASE EYE MUSCLE TENSION, DYSFUNCTION, ABNORMAL LENGTHENING, SHORTENING OF THE EYES SHAPE, IRREGULAR EYE SHAPE RESULTING IN INCREASED BLUR AND OTHER EYE PROBLEMS.

If the student cannot find a **Optometrist** that will prescribe reduced lenses, then try searching for a **Bates Method Behavioral Optometrist**. Behavioral Optometrists teach Behavioral Optometry, a method close to the Bates Method. Behavioral Optometrists are familiar with the Bates method and often teach it, will monitor the eyes, vision as the method is applied and prescribe reduced, weaker eyeglass lenses if needed. Many do not teach the Bates Method and secretly prefer to sell eyeglasses, contact lenses, eye surgery and other harmful methods.

Students (after a eye exam) have learned how to write their own prescription for reduced, weaker low cost eyeglass lenses and order them through the mail directly from Optical Companies. This is done by students that cannot find a honest eye doctor that will teach Natural Vision Improvement and prescribe reduced eyeglass prescriptions.

The three websites listed below are Optical Companies that sell mail order, low cost, reduced, weaker eyeglass lenses without UV blocking, tinting, coating;

<http://www.zennioptical.com/cart/home.php?cat=20> - Fill in your prescription at Zenni-Optical - Reduced lenses by mail.

<http://www.eyeglasslensdirect.com/> (customer service at eyeglasslensdirect states they have full spectrum transmitting lenses, no UV blocking, no tinting, coating. Phone; 1-888-885-5367).

<http://www.selectspecs.com/> - Customer service at selectspecs says they have plain eyeglass lenses; Order by un-selecting UV blocking, tinting and other unwanted additions on the prescription page and, you can also tell them in the 'Additional info' box to omit UV blocking, tinting, coating and other additions. Specify you want plain lenses. Phone; 1-845 704-7091

When contacting any of these businesses; make sure that the optician understands that you want plain, clear lenses with special plastic that allows full spectrum sunlight to pass through the lenses. If these are not available, then lenses that are plain with no UV blocking, no tinting, coating... is the next best thing to purchase. Unbreakable plastic lenses are best to prevent eye injury if the lenses break.

There are Behavioral Optometrists that will prescribe reduced lenses and vision improvement training; (*Remember to AVOID the Plus Lens Method, Artificial 3-D, use of contact lenses.*)

I prefer referrals from a true Bates teacher that provides only safe healthy methods; <http://www.naturalvisioncenter.com>

Buy/wear plain, clear reduced lenses only! Avoid eyeglasses containing UV light blocking, filters, tinted, dark, transitions lenses, colored lenses, sunglasses, bifocals, mono-vision... Most optical businesses state that these (harmful) additions are placed in all their eyeglass lenses. The buyer must be sure the eyeglasses do not contain these additions.

Find a optical business that prescribes low cost, reduced eyeglasses that are plain clear lenses, full spectrum transmitting; the lenses allow all waves of the suns light spectrum, full spectrum, including UV light to transmit/pass through the eyeglass lenses and reach the eyes. Full spectrum transmitting lenses are better but not perfect; they are not completely natural, do not provide pure, complete full spectrum sunlight. This is not a true, perfect full spectrum, but is close as possible for light passing through a lense.

There are businesses that sell window glass, plastic that is full spectrum transmitting, but the only true, natural full spectrum sunlight is direct sunlight not passing through glass, plastic, any substance. The eyes need all wave lengths of the suns light spectrum, healthy full spectrum sunlight.

UV blocking lenses, tinted, colored lenses, sunglasses and even plain, clear lenses cause unhealthy, unbalanced light to enter the eyes, brain, body resulting in eye, brain, body health impairment, depression, lowered memory, imagination, unclear vision, sleep disruption, impaired eye health.

Avoid all eyeglasses. Wear a hat with a brim to avoid overexposure to sunlight. Wear only reduced, plain, clear lenses and only when needed for safety while vision is improving.

Incorrect Eyeglass Prescription Example

In Oct. 2009-Nov 2010, a neck, back injury caused by a dishonest Chiropractor in Worcester, MA resulted in this patient (Clark Night, book Author) experiencing health and vision impairments: many neck, back vertebrae out of alignment, twisted on the spine, (this places tension, pulling on the spinal cord, brain stem, eye muscle nerves, optic nerve, muscles, nerves, lymph, blood vessels traveling to the brain, eyes, ears, sinus, arms, legs...) extreme neck muscle tension, sprain, swirling black lines, black dot, moving colors in the visual field, foggy, dark visual field upon awakening, double vision, ghostlike after images of objects (another form of double vision: I will look at a object, then when I look away; a ghostly, in color, image of the object appears for a second), sleep disturbances, nightmares, ringing ears, balance impairment, dizziness, vertigo, all over body muscle, joint tension, severe trouble walking for 12 months, sinus infections, swelling, fluid in sinus placing pressure on the eyes, optic nerve, eye muscle nerves, visual illusions: wavy, moving objects in the central and peripheral field, temporary lowered distant and close vision with astigmatism, other visual disruptions, stiff, 'frozen like' eyes, eye movement 'shifting', convergence, divergence, fusion impairment.

Medical Doctors and an Optometrist's Optician assistant said the neck injury, along with the air pollution in Worcester can cause the sinus pressure and the neck, sinus conditions can cause the eye problems. All are connected. (Incorrect use of a non-Bates Method Artificial 3-D Fusion eye exercise may have started or added to the eye movement, divergence impairment, astigmatism condition experienced in Sept-Nov. 2010 with the sinus pressure. I regretfully went against my Bates Teacher's advice. He states to avoid the Artificial 3-D Fusion eye exercises. I always test, experience vision treatments myself, first, before writing about it, so I can give my readers correct information. This is explained further in this books Fusion Chapter.)



Incorrect computer posture, looking down at the keys, 6-12 hr. days now partly activates, returns the neck injury. Posture did not cause a problem before the injury.

Example of Eyeglass Lens Prescription

<u>Distance</u>	<u>Eyes</u>	<u>Sphere</u> Clarity of Vision & Eyeglass lens strength - = Myopia-Distant Vision + = Hyperopia-Close Vision Minus and Plus - + signs also indicate positive and minus eyeglass lens type, strength.	<u>Cylinder</u> Eyeglass lens strength, type for Astigmatism in the eye. Amount of the Astigmatism in the eye.	<u>Axis</u> Placement, angle, type of Astigmatism in the eye, cornea. The direction of the astigmatism in degrees and; placement, orientation of the Eyeglass Cylinder.	<u>PD</u> Distance between the two eyes Pupils. Eyeglass lens, frame size to fit, center the lenses exactly to the eyes pupils.
D.V. Distant Vision	OD Right Eye	-1.00	-0.75	025	33
	OS Left Eye	-1.75	-1.00	175	33
N.V. Near Vision	OD Right Eye	+1.50			
	OS Left Eye	+1.00			

Myopia=Nearsight - Distant Vision Unclear

Hyperopia=Farsight - Close Vision Unclear.

Rx		SPHERICAL	CYLINDRICAL	AXIS	PRISM	BASE
D.V.	O.D.					
	O.S.					
N.V.	O.D.					
	O.S.					

REMARKS _____ P.D. _____ / _____

Axis: Where the uneven area, difference in the eyes curvature that is causing the astigmatism is. The Eye doctor, lens creator places the area of the eyeglass lens that contains the astigmatism correction at the correct area in front of the eye, cornea to stop the appearance of astigmatism in the visual field. Other areas of the glass that do not contain a astigmatism correction are placed in the correct area in front of the eyes/cornea.
Look at the lines on the astigmatism wheel Chart without glasses: blurry, distorted, double... lines seen are the angle of astigmatism in the eye.

Doctors use the top numbers, 1/2 chart: 0-180 degrees to determine the astigmatism location. Like a protractor ruler. The round chart in the Astigmatism Chapter shows all numbers: 0-360 for an exact test of all areas of the eye, cornea. The Chart can be used to practice shifting, tracing on the lines to remove the astigmatism from the eyes. This also improves clarity.

The neck injury was caused by the chiropractor in Oct. 2009 and it took 13 months of visits, treatments from other doctors, many afraid to get involved, refusing to treat me. This is the first time in my life I have experienced these severe health, vision impairments. I am still not completely healed. In Treatment by a Physical Therapist, Osteopath.

The eye doctor that wrote the top distant vision prescription for me in Nov. 2010 is not a Bates Method Behavioral Optometrist. He stated the patient (Clark Night) had fluctuating 20/40 - 20/60 - 20/20 vision in the left, right eyes with astigmatism in both eyes. (Near vision numbers in the prescription are placed here only for an example. Doctor found my near (close) vision clear.

Close vision remains clear at age 54, due to reading fine print, Bates Method. It was blurry after the neck injury. Bates Method returned it to clear, fine print seen at 20-6-3 inches from the eyes.) The Doctor told the patient that the Bates method will never cure myopia, astigmatism. The entire exam was done only with machines. Had extreme neck tension, sinus infection, head, neck immobile while placed in the machine, eye movement restricted, rushed to hurry and see the letters in the machine.

The eye doctor placed uneven prescriptions in the left and right eyeglass lenses and added astigmatism sections. This will cause more vision impairment. The patient refused to wear the glasses; she left them in the doctor's office because the eyeglass lenses were extremely blurry, impossible to see through when they arrived after 2 weeks of the patient practicing Natural Eyesight Improvement and eliminating a sinus infection with salt sea water. The patient regained clear eyesight with practice of the Bates Method and avoiding eyeglasses.

No Eyechart on the wall to test the vision. Could not use the Bates Method with completely natural eye function to read letters in the machine. Advertisement for Cornea Eye Laser Surgery in the forms the patient must fill out when waiting for the appointment.

Questions were discouraged and very limited, evasive answers were given to the cause of the eye condition. Would not state cause of visual illusions, eye movement impairment... Said, "It's ok". (I thought he might be afraid to get involved with stating anything about the neck injury the dishonest chiropractor caused.) Eyeglasses were stated as the only option. He prescribed strong 20/20 lenses with astigmatism corrections. This prescription will maintain, quickly increase the level of blur, astigmatism in the eyes, cause new types of blur, astigmatism, vision impairment to occur at all distances, prevent the eyes, visual systems natural reversal, removal of the blur, (myopia) astigmatism. When I lived here in Worcester 5 years ago the same astigmatism effect caused by sinus pressure, congestion occurred. It was cured by moving to Boston, MA, clean ocean air. It has returned after living here 4 years. I am moving soon. I gave up trying to talk to the doctor about the Bates Method and natural cures for vision, health.

Notice that the left and right eyes eyeglass lenses for myopia and astigmatism prescription are unbalanced: different strengths of eyeglass lenses. This will greatly impair the eyes fusion, binocular vision, 3-D vision, convergence, divergence, accommodation, un-accommodation, eyes ability to work together, will impair left and right brain hemisphere (entire brain) function with the left and right eyes. Doctor tried to sell bifocal glasses: plain lens on bottom and distant lens on top. This would further impair eye movement, central-fixation, will cause, increase neck muscle tension and will quicken, increase vision impairment. A direct road to cataracts and eye surgery. I refused the bifocals and this made the doctor upset. I was not allowed option for no astigmatism correction and not allowed reduced weaker lenses for use with the Bates Method, Natural Vision Improvement.

After the eye exam, I refused the eyeglasses, placed them in the Doctor's trash can. I used the Bates Method. Natural Vision Improvement has returned my vision to normal. Cured the sinus condition 90%, improving neck vertebrae alignment, relaxing the neck muscles with the Osteopath, Physical Therapy, Massage, improving posture, computer use with frequent breaks, stretching, relaxation, looking to the distance. Astigmatism was removed by also using the Natural Vision Improvement Astigmatism Wheel Charts, Central-fixation, Shifting with both eyes together, one eye at a time, both together again, Astigmatism Swings, Palming...

The blur and astigmatism is now removed after 2 weeks practice of Natural Vision Improvement. Vision fluctuates to 20/40 when neck injury is re-activated by lifting, strain, poor computer posture, but is corrected quickly.

The good part of the eye exam: the doctor checked to be sure that the chiropractic injury did not cause a detached retina, cataract, stroke. Eye doctors can detect these by looking into the eye. I refused eye drops due to the drug companies placing toxins in all their drugs. The doctor was understanding, kind. Knowing my eyes are healthy relaxed my mind, removed worry, stress.

This greatly helped my vision to return to normal. Fear, stress alone can cause blur, astigmatism, impair eye movement and block various brain functions with the eyes.

Sinus pressure, neck tension, vertebrae misalignment, worry does affect the clarity of close, distant vision and eye movement.

All return to normal when the patient uses the Bates Method, correct posture, better computer habits, clean air, warm steam humidifier with pure sea salt, less sugar, no extreme heavy lifting, no Artificial 3-D Fusion eye exercises. None of this was suggested by the Eye Doctor! Absolutely nothing was taught to improve the condition naturally!

People can improve their vision naturally. An injured neck causing many vision problems was repaired 90% and vision returned to clear due to this patient's training by Bates Method Teacher's. Most people do not have injuries, can improve their vision quickly, easily with a little knowledge of Natural Vision Improvement.

Reduce Your Eyeglass Lens Strength to 20/40

Learn how to create a eyeglass lens prescription to lower the strength of a strong 20/20 eyeglass lens prescription (prescribed by most eye doctors that do not teach Natural Vision Improvement) to a weaker, reduced strength of eyeglass lens that provides 20/40 vision on the eyechart to enable, help improve relaxation of the eyes, eye muscles, visual system and practice of the Bates Method. (I have not worn glasses for 35 years so I have no experience with this.) Compare two pair of glasses: one that provides clear 20/20 vision on the eyechart. The other glasses 'weaker', provide 20/40 vision. The difference in these numbers may be the number to reduce future lens to as vision improves if the vision

improves at the same level, but, if it improves more, then this number will be incorrect, the lens will be too strong. The question is: how much strength 'diopters' must the persons 20/20 lens be reduced to create a weaker 20/40 lens each time the vision improves?

Most eye doctors will not do this for the patient because it results in vision improvement, freedom from eyeglasses, can prevent: cataracts, other eye problems, sale of eye surgery.

Eyeglass strength, reduced to 20/40 clarity will be different for each person's level of clarity without the glasses. Example: A person that sees 20/80 without glasses, gets reduced lens providing 20/40 clarity. He will have a specific, different lens strength to produce that 20/40 state than a person with 20/60 vision without glasses being prescribed a reduced 20/40 eyeglass lens clarity. The 20/60 person will have weaker lens than the 20/80 person and still see 20/40 clarity through the glasses.

Some people prefer to get more reduced, weaker lens: 20/50, 60 if they do not need glasses for driving, work, safety... These glasses provide more relaxation of the visual system, more and faster vision improvement before needing to purchase new further reduced eyeglass lens. A Bates Method Behavioral Optometrist or Natural Vision Improvement Teacher specializing in reduced lenses knows how to do this. A person that has kept their old weaker eyeglasses (lenses) may be able to use old, weaker and weaker pairs of glasses if they provide 20/40 or weaker clarity each time a weaker pair is needed as the vision progressively improves. There must be no astigmatism correction in the reduced lens, no bifocal, no tinting... If astigmatism must be kept in the glasses to see, drive: get the astigmatism reduced, weaker each time the glasses are reduced as the vision improves with application of the Bates Method.

Many Optical businesses now sell low cost eyeglasses on-line: Experienced patients can write their own prescription. No eyeglasses is best. Reduced lenses are used only when necessary for driving, safety at work, play... <http://www.zennioptical.com>



Pinhole Glasses

Pinhole glasses are unnatural, act like dark, tinted lenses, sunglasses; they block healthy full spectrum sunlight and lower the clarity of vision, health and function of the eyes. The pinholes act as sunglasses and widen the pupil unnaturally in the light. This is harmful to the visual system, function of the brain with the eyes, pupil, iris, lens, retina. Dark glasses cause watering eyes, sensitivity to light, impairs light tolerance.

Pinhole glasses do not help the eyes function correct, do not improve function of the eye muscles and brain with the eyes, eye muscles, retina. Pinholes block normal eye, brain, visual system function; prevent the eyes from functioning, focusing, moving perfectly, natural; prevents normal, complete eye movement 'shifting', central-fixation, all Correct Vision Habits, accommodation, convergence, un-accommodation, divergence, binocular vision, fusion, depth, distance perception, 3-D vision. The fovea centralis, eyes 'central field' must avoid the black area of the glasses and move to, look through only the pinholes. This makes it difficult for the central light ray to focus perfectly on the center of the fovea centralis. This blocks full, free eye movement, normal central-fixation. Pinholes prevent the eye muscles (ciliary, iris/pupil/lens, recti, oblique...) from functioning normally. Objects seen through pinholes appear smaller, incorrect size. This impairs memory, imagination, function of the brain with the eyes. All eyeglasses including pinholes disrupt normal blinking, can cause headaches.

Pinholes reduce some of the light rays entering the eye. This reduces some of the blur produced by unfocused light rays in eyes that needs vision improvement. Pinholes act as the eyes pupil does in sunlight; in sunlight the pupil becomes smaller; this reduces light rays in the eye. This is why day vision is clearer than night vision when the eyes need vision improvement. Pinholes do this all the time, in all light and in an unnatural way. This is unhealthy, confuses the brain, eye muscles, iris/pupil muscles, impairs their function... (The iris/pupil muscle is interconnected with the ciliary, lens muscle. Tear gland and other muscles are in the same area and can affect each other when tense, not functioning correct.) Squinting, an Incorrect Vision Habit that causes eye, eye muscle tension and unclear vision is a form of a unnatural pinhole effect.

Pinhole Glasses



People with cataracts, other eye, vision impairments may see better through pinholes, but this is temporary and prevents Natural Vision Improvement, a return to natural clear vision, healthy eyes. Pinhole glasses are illegal, not safe for driving, work, play.

Pinholes are used only in emergencies, for a few seconds to read fine print on a medicine bottle, a distant sign... to prevent squinting and use of eyeglasses. It's better to use the pinhole glasses for a couple seconds than to put on eyeglasses and tense up the eye muscles, eyes, visual system and reverse your vision improvement process. If eyeglasses are needed; only reduced weaker lenses are used and as little as possible. Pinhole glasses are better than eyeglasses because they cause less strain than eyeglass lenses, less eye muscle tension so, this can help the vision improve. Pinholes should not be a replacement for natural vision. The more eyeglasses, pinholes are avoided, the faster and easier the vision improves. When the vision improves with use of The Bates Method, then pinhole glasses, eyeglasses are discontinued.

Warning; Avoid Plus Lens Therapy

Some eye doctors sell the use of strong plus convex lenses (close vision eyeglass lenses) to be worn to improve clarity of distant vision. They state that this method forces the eye muscles to stretch and strengthen to improve focus for distant vision. Stronger and stronger lenses are used.

This is not natural, it causes increased strain, tension, confusion, dysfunction of the visual system, outer and inner eye muscles, nerves, brain, body, impairs activation, integration, function of the left and right brain hemispheres, optic chiasm, visual cortex, retina, are addictive and result in increased blur, close and distant vision impairment, cataracts, headaches, dizziness, strabismus and other eye problems.

These businesses are sneaking onto Bates Method discussion groups, forums on the internet and promoting this harmful method. Avoid this method!! They are trying to sell to adults and especially children. These lenses will impair growth, function of the child's eyes, brain, learning, memory, concentration... and cause more vision problems.

Never wear strong eyeglass lenses.

Do not wear close vision lenses for distant vision.

Do not wear distant vision lenses for close distances.

A negative, minus eyeglass lens for distant vision causes increased eye muscle tension and abnormal lengthening of the eye = increased distant and close vision impairment and other eye problems; detached retina, macula degeneration, cataracts...

A positive, plus eyeglass lens for close vision causes increased eye muscle tension and abnormal shortening of the eye - increased close and distant vision impairment and other eye problems; detached retina, macula degeneration, cataracts...

Avoid all forms of eyeglass lenses. Use the Bates Method.

See article below; using close vision (Plus Lenses) to attempt to reverse unclear distant vision strains the eye muscles, causes eye muscle imbalance, dysfunction, impairs left and right brain hemisphere activation, integration, all brain functions with the eyes, eye muscles.

People develop fast, increased vision impairment, cataracts, detached retina and other eye problems from using close and distant vision lenses.

When a person wears reduced, weaker eyeglass lenses for close and distant vision, sometimes, as the vision improves due to use of the Bates method, lenses for a specific distance will become too strong and need to be reduced again. In this case the lenses for that distance may now be the correct reduced strength for the other distance. A Bates teacher can describe this better. This is a completely different method than the harmful use of strong or weak plus lenses for distant vision.

I prefer the Bates student that needs to use reduced lenses to use; reduced, weaker & weaker distant vision lenses for distant vision and reduced, weaker & weaker close vision lenses for close vision and to eliminate use of eyeglasses as soon as possible.

There are many new unnatural methods being sold by the optical industry, surgeons, people selling books and other devices that promise vision improvement but result in eye, vision damage.

Stay with the Bates Method. The Bates method relaxes the eye muscles, returns the muscles to correct function for clear vision at all distances close and far without eyeglasses. The Bates method is safe, healthy, the normal, natural function of the eyes.

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.)

<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.)

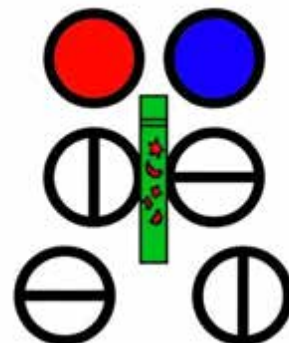
Many Natural Vision Improvement websites have guestbooks, discussion forums, blogs where people can post subjects on the Bates method, Natural Vision Improvement, ask questions and learn from others that have improved their vision. Beware of some Natural Vision Teachers that 'hang out' on Groups, Forums 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 ye, 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.cleareyesight-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.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.cleareyesight-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.

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://clearsight-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 scatomas, 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!

This PDF gives the public an option, full disclosure, side effects of all the different methods.

Even the Bates Method can produce 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 placed on my website and GuestPage. Be aware that the Plus Lens and other unnatural... teachers do not like me because I teach for free, provide free books. They have caused much trouble over the past 7 years. Some have hacked my computer trying to delete Dr. Bates Better Eyesight Magazines, my Amazon account, reviews and bookstores. 3 are from the forums, groups I left. They write 1 star reviews of my books to retaliate if I disagree on a subject. They forced me to leave all forums, groups. They might try to alter this PDF and my e-books and post them on other websites. I do not allow them to do this.

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Clark Night www.clearsight-batesmethod.info



WARNING - Avoid Artificial 3-D Image Fusion Repetitive Eye Exercises, 'Stereogram Pictures'. They Can CAUSE Strabismus, Double Vision.

NATURAL EYESIGHT IMPROVEMENT *Bates Method*

FREE 'Do It Yourself' Training for Perfect, Clearer Than 20/20 Eyesight. Correct Myopia, Presbyopia, Astigmatism and Other Eye-Vision Conditions Without Eyeglasses, Surgery

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[Artificial 3-D Images Test Directions & Warnings - Click Here](#)

Avoid Artificial 3-D Image Fusion Eye Exercises. This is not a normal, natural Bates Method Switching Close & Far Activity. The author of this website and other people have experienced double vision, convergence, divergence impairment from trying these eye exercises which are popular on the Internet and in some vision improvement books. Practicing the 3-D image activity as a repetitive eye exercise seems to cause the most vision impairment but I no longer use it for even one second!

Some Behavioral Optometrists and Natural Vision Improvement Teachers use these Fusion Images as Games, a Test with specific directions and it has helped some people regain clear vision, but: It is best to avoid these and to stay only with the True Bates Method.

If an extreme vision problem exists and the student is not gaining clear vision, strabismus removal from practicing the Bates Method (which is rare): seek a Bates Method Teacher and/or Bates Method Behavioral Optometrist, Ophthalmologist for in person Bates Training and if necessary, optional short term, temporary, advanced training with the Artificial 3-D Image Fusion Test.

The Bates Method can correct eye problems, including strabismus, crossed, wandering eyes without using these Artificial 3-D Image Tests. I place this here so students know the difference between healthy Bates Method Switching and These 3-D Images which are not true, safe methods of switching close and far and can produce side effects for some people.

Some Behavioral Optometrists/Ophthalmologists and experienced Natural Vision Improvement Teachers teach forms of these Artificial 3-D Fusion Exercises with beneficial results. The Method has helped correct imperfect Divergence, Convergence eye conditions (Strabismus, Fusion) when applied correct, (if the Bates Method alone does not correct the condition first). It must be practiced with the Guidance of your Natural Vision Improvement Teacher and Bates Method Behavioral Optometrist/Ophthalmologist.

The Teacher, Eye Doctor will teach the student which exercises, activities are to be done for specific conditions, distances that the students eyes movement, convergence, divergence, fusion... need 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 a variety of different far distances/objects beyond the card.

Spacing between the two images may be at a variety of lengths. 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.

Only a professional can prescribe a safe, correct, precise routine. Practicing too much at one distance, one activity or for the wrong distance... can impair divergence, convergence. Accommodation, un-accommodation work, occur with the eyes fusion, divergence, convergence. All are affected, improved or impaired, when the exercises are done correct or incorrect.

These activities do produce a natural 3-D effect created by the eyes, brain. Seeing the correct fused image indicates the brain, eyes are working together. I call these Artificial 3-D because it is not the normal way the person uses the eyes to see an object clear.

True completely natural 3-D vision for healthy eyes, brain function occurs when looking directly at the object of visual attention, at the distance the object is at, mind, eyes on/at that object, distance.

Try the Bates Method first: relaxation, central fixation, shifting may be all that is needed.

IF YOU NEED MORE HELP WITH A STRABISMUS CONDITION; CROSSED, WANDERING EYE, EYES, DOUBLE VISION; PLEASE CHOOSE A NATURAL VISION TEACHER IN PERSON FIRST. THEN, IF THE CONDITION STILL EXISTS; FIND A BATES METHOD BEHAVIORAL OPTOMETRIST, OPHTHALMOLOGIST WHO IS AN EXPERT IN THE ARTIFICIAL 3-D STEREOGRAM AND OTHER APPLICATIONS, TREATMENTS. THE PICTURES BELOW SHOW EXAMPLES OF TREATMENTS THE DOCTOR MIGHT USE BUT THEY WILL BE TAUGHT A SPECIFY WAY FOR YOUR INDIVIDUAL CONDITION. DO NOT PRACTICE THEM FROM PICTURES ON THIS PAGE OR IN ANY BOOKS... ON THE INTERNET, IN LIBRARIES, BOOKSTORES. READ THE DIRECTIONS, INFORMATION BELOW TO LEARN WHAT THESE ARE, SHOW YOUR EYE DOCTOR, LEARN HOW THESE PICTURES-EXERCISES CAN IMPAIR THE VISION. THEY HAVE A DIRECT EFFECT ON THE FUNCTION OF THE BRAIN WITH THE EYE MUSCLES AND EYES.

ALSO AVOID THE POPULAR 'MAGIC EYES' BOOKS, PICTURES, PAINTINGS. 3-D VIDEO GAMES CAN PRODUCE A SIMILAR VISION, EYE MOVEMENT IMPAIRMENT EFFECT.

Eye, Brain Artificial 3-D Image Fusion Test

This is another version of the Fusion Chart and 3-Cups 3-D Image test.
 Place the red and blue circles at eye level, the space between the circles between the left and right eyes, center of the visual field, 12-20 inches away.
 Place a pen below and between the two top circles, between the left and right eyes. (See picture below.) Look at and shift on the pen while moving it close and far from the eyes. Merge the 2 circles into a 3rd circle in the middle of the 2 circles. The circles are merged evenly, in perfect alignment.
 Then: while looking at the pen directly below the 3rd circle: Think red and the red circle appears. Think blue and the blue circle appears. If these images are seen, this indicates that the eyes are even, balanced, the brain and eyes are working together, communicating correct.
 Now practice on the circles with the vertical and horizontal lines. Do 1 line at a time. Practice with the chart at various distances. Practice on each line only for 1-3 seconds and only once. Relax, no strain.
 If any strain, tension is felt, do only 1 line or none. Circles close together on the top line are easiest to merge. Same directions and precautions as for the 3-Cups Test; Do not do this as a eye exercise. Do it only once. Bates Teachers do not advise this test. It can impair the eyes convergence, divergence, fusion if done as a repeating eye exercise or if there is a fusion, convergence, divergence or other imperfection in the eyes, visual system. See the other charts for more directions. A Bates Method Behavioral Optometrists, Ophthalmologists guidance is necessary for further use of the test.

William H. Bates,
 Emily Lierman,
 Other Doctors and
 Teachers. Eyecharts,
 Videos-Free Training.
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 Ophthalmologist
 William H. Bates.

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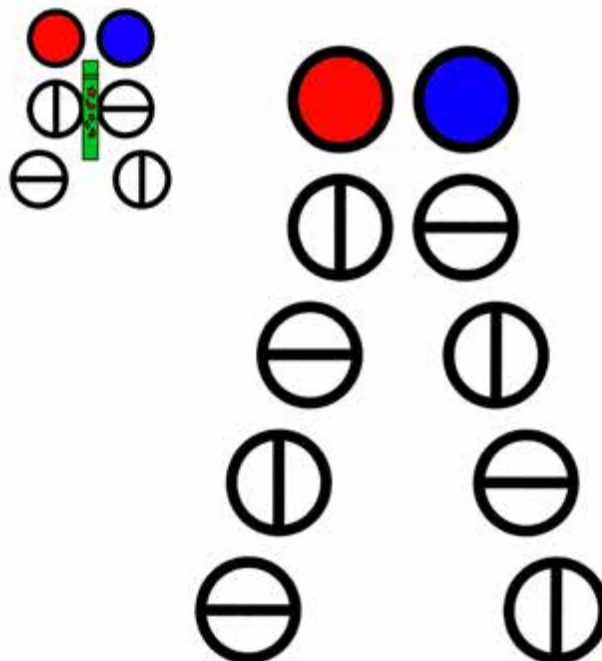
Vitamins, Minerals...
 Eye Health Vitamins;
 Bilberry, Lutein...
 Ming Mu Di Huang
 Wan Ancient Chinese
 Eye Formula for
 Healthy Eyes, Body,
 Liver, Clear Eyesight.
 Neck Muscle
 Relaxation. Health
 Books

TRANSLATOR

Convert Website
 Pages, E-Books to
 Other Languages.
 Audio; Hear in
 English, Spanish...
 Blind; Listen, Learn
 Without Reading

HISTORY

The Bates Method,
 Natural Eyesight
 Improvement - Best
 Teachers, Books,
 Websites, Blogs,
 Training, variety of
 Information. 1800's,
 1901 to Present Date



When the 3rd, middle
 image of the circle is
 seen: It is a **Artificial**
 3-D (3-Dimensional)
 image. It is not true
 normal 3-D vision.
 Maintaining this artificial
 3-D image by staring
 into space before the
 distance the image is at
 strains, tenses, confuses
 the visual system. It is
 not the normal function
 of the brain, eye
 muscles, eyes.

Placing a pen
 between, before, below
 the two circles and
 looking at, shifting on
 the pen while merging
 the two circles to
 produce the 3rd circle
 beyond the pen helps to
 prevent some of the
 strain, tension this test
 produces.
 See picture on the right
 with the green pen
 placed in the middle of,
 below the circles.

Notice that when doing this exercise without looking at the pen that the eyes, (visual attention) is not truly placed, focused, fused directly on a object, distance the object is at. It is focused in space before or beyond the object (circles) to produce the merged 3rd 3-D illusion of the circle created by combining two circles from the left and right peripheral field. This is against The Bates Method because it prevents normal fusion, central fixation, shifting, binocular vision directly on the object and distance the object is at. This results in: confusion, diffusion, eccentric fixation, tension, strain in the brain, eye muscles, eyes, double vision at close and far distances, strabismus and other visual disturbances due to disrupting the eyes, brains function of convergence, divergence, binocular vision, fusion, left and right brain hemisphere function...

Eye, Brain Fusion Artificial 3-D Image Test

Look at the center of the white space between two circles, placed at eye level, between the left and right eyes, 12-20 inches away. Example; between circles A & B on any row. (The bottom row, circles close together a easiest to merge.) Place a up-righted pen in front of the eyes (between the left and right eyes, eye level, between the left and right circles. Move the pen down a bit to see the white space/circles beyond it.) Look at, shift the visual attention part to part on the pen and move the pen slowly in and out, close and far from the eyes. Blink, relax. Let the eyes cross and uncross as the pen moves in and out causing the circles on the left and right sides to move toward eachother and merge together into one circle, a 3rd circle with a + cross in the middle between the two other circles. Practice on one row at a time with the chart at a variety of close and far distances.

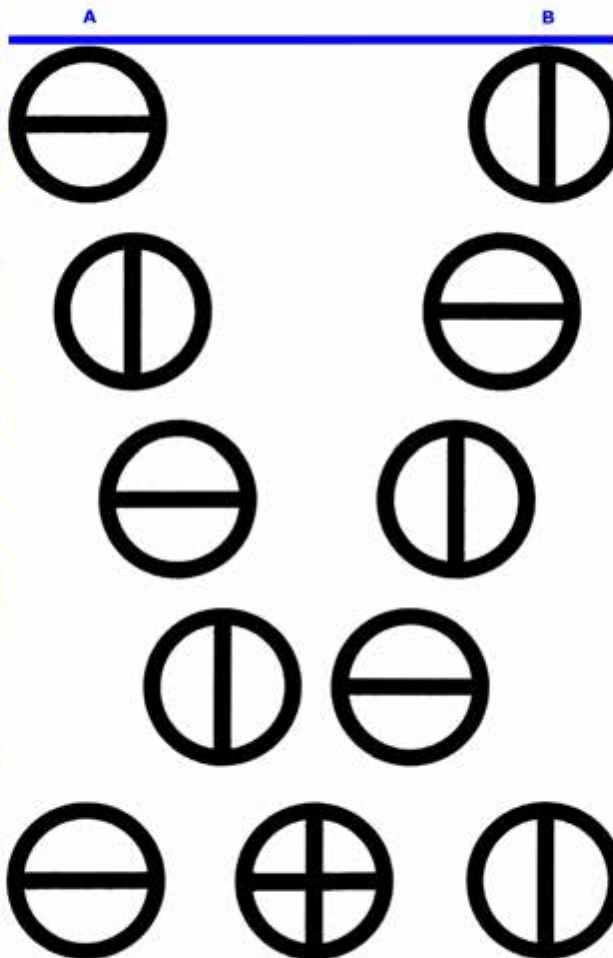
This is not the Bates

Method. The Bates Method teaches to look directly at the object you want to see, at the true distance the object is placed at, place it in the center of the visual field and to shift "move" the visual attention part to part on the object.

This 3-D merging circles test prevents shifting, central fixation on the circles and the eyes are not truly looking directly at the circles, not at the true distance, and area the circles are placed at, the eyes are not looking at a object in the central field: the eyes are merging the two images of the circles in the peripheral field to appear as one and 'appear' to be, but is not truly in, the central field. This can strain, tense, confuse the visual system, brain, eyes, eye muscles and impair convergence, divergence.

When the eyes look at, shift on the pen in front of the circles: it reduces the tension, strain because; the eyes are now looking directly at, shifting, central fixation directly on a object: the pen in the center of the visual field at the distance the pen is at. The merged 3rd circle is seen in the distance beyond the pen by the eyes, brains peripheral vision, peripheral fields. This is a normal image, eye function; but, it still causes strain, tension because the brain, eyes do not normally bring the attention to two different objects, distances at the same time.

Correct Image > Example: when looking at, merging two circles.



Brain Exercise: When the two circles are merged into one with the cross in the middle: Notice that when the brain thinks of the horizontal line of the cross that it can appear without the vertical line. When thinking about the vertical line: that line appears and the horizontal line disappears. When the brain, visual system moves 'shifts' attention back and forth on the two lines, (which can occur quickly), both lines appear and the cross is seen. Color one line red, the other blue to enhance this function.

Some people that had extremely unclear vision, frozen stiff eye muscles for years state that this exercise caused their tense, rigid eye muscles to release their tension, start to move: shift and converge, diverge the eyes, and then, they were able to quit this exercise and stay solely with the Bates Method, natural eye function and gained clear vision. Others state it impairs their convergence, divergence, causes double vision.

Correct Fused Image: Cross in the center of the merged circles; circles, lines forming the cross are even, straight, perfectly aligned, merged, equally clear. Means the left and right eyes are aligned, even, moving together correct and working correct with the brain. Exercise is not to be done all the time. It's just a quick test for fusion. (Persons with crossed, wandering eyes must not do this without specific training by a Behavioral Optometrist.)

Now try the Bates Method: Do not fuse any circles. Look directly at a circle: Notice when looking directly at, shifting on the picture above, (the middle circle with the cross): it is easier to see, relaxing, no strain. This is because it is a true image in the central field and the eyes are looking directly at it, in the center of the visual field, at the true distance the circle is at with correct, perfect convergence, divergence, accommodation, un-accommodation for that specific, true distance. True 3-D, fusion, binocular vision, depth, distance perception. Persons with crossed, wandering eyes can practice the Bates Method.

BETTER EYESIGHT MAGAZINE By Ophthalmologist William H. Bates', Introduction. 132 Issues, July 1919 to June 1930. Original Training, Cures from the Eye Doctor that Discovered Natural Vision Improvement

BETTER EYESIGHT MAGAZINE - Entire 132 Issues on One Page or Link to the Main Magazine Website, Individual Monthly Issues. Read, Listen Free on the Internet in any Language

AUDIOS For the Blind, Low Vision - Better Eyesight Magazine Treatments: Myopia, Presbyopia, Cataract Glaucoma, Retina Health, Strabismus, Astigmatism...

Dedication to My Mom Nancy

Native American Videos - Natural Life=Clear Sight

SKYPE, GOOGLE Live Video on the Internet - Telephone Natural Eyesight Improvement Training. Student and Group Training

1 - Natural Eyesight Training Starts Here, Page #1 to #40. MENTAL STRAIN, EYE MUSCLE TENSION CAUSES UNCLEAR EYESIGHT. Dangers of Laser Eye Cornea Surgery, Eyeglasses and Contact Lenses

2 - STRONG EYEGASSES = Addiction,

Eye, Brain, Fusion Artificial 3-D Image Test - Examples and Warning

Due to Clark Night and a few other Natural Vision Improvement students experiencing double vision, convergence, divergence impairment after practicing the 3-Cups and other Artificial Fusion 3-D Image Eye Exercises taught by some Vision Improvement Teachers and Behavioral Optometrists; I have added these advanced instructions and warning to the Fusion Eye charts: See picture examples of Artificial 3-D Illusion Fusion Images on the right >

In 2009 I was practicing the 3-Cups Fusion Exercise. For the next 2 days my close vision was double: when I looked at my desk to write, my eyes, visual focus was 'stuck' converged in space before the desk causing double vision. The problem cleared up in 2 days after stopping the exercise.

This year, Sept. 2010 I was doing a similar Fusion 3-D Image eye exercise on and off for 3 days. I found it in a Natural Vision Improvement book by a well known teacher. I developed eye divergence impairment with double distant vision and slow, skipping images and other visual disturbances for 10 days and continue to have some vision impairment from this but so far is getting back to normal vision after discontinuing the exercise.

I may have had an abnormal or exaggerated reaction to the exercise due to a neck injury, tension on the nerves, muscles in my neck from a bad chiropractic treatment 12 months ago, but last year when I experienced the problem after doing the 3-Cups exercise I presumed my neck was ok.

Maybe I got the reaction of double vision, divergence problem because my neck muscles, nerves are still injured, and I had a migraine, sinus headache, inflammation & working 6-10 hours a day on the computer without the best posture. If so: the 3-D Image Test alerted me to these conditions or: doing the 3-D exercises impaired the vision during a time of lowered health.

Because these exercises are taught by some Natural Vision Improvement Teachers and Behavioral Optometrists and there are people that claim the 3-D Image exercises (when done correct) have improved their vision, convergence, divergence: I am leaving the 3-D Fusion Image Eyecharts in this book. I place the Eye, Brain Fusion Test in this book so students can know what 3-D Eye Fusion Tests are. It is best to practice this only with a Bates Method Optometrists, Ophthalmologists guidance.

Because I was trained by a strict True Bates Method Natural Vision Improvement Teacher to never do 3-D Image Eye Exercises, I am placing a warning that the exercises can disrupt the eyes function, cause eye muscle tension, dysfunction and its best to stay with the Bates Method only and avoid these Fusion Artificial 3-D Image exercises.

As a Bates Student, Teacher; I do not advise doing the exercises. True Bates Method Natural Vision Improvement Teachers do not teach 3-D Fusion Image methods and will not allow students to practice with 3-D Eye Images as a test or exercise.

If a student decides to try this exercise;

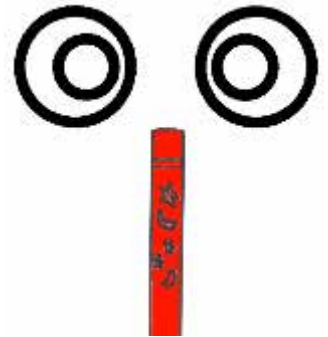
Do it as a quick test only! Only one time for a few seconds to see if the brain and eyes are communicating, working together. Do not do this repeatedly as an eye exercise. Doing this as a exercise can cause double vision at close and far distances, convergence, divergence dysfunction especially if there is any type of slight or advanced fusion, convergence/divergence imperfection, strabismus or similar condition in the eyes, brain, visual system, impaired or different brain function, pinched nerves in the neck, mis-aligned neck vertebrae, chronically tense muscles in the neck, arms, shoulders, eyes... Do not practice the exercise if the eyes have any amount of imperfect convergence, divergence. This is to be done only under guidance by a Bates Method Behavioral Optometrist, Ophthalmologist.

Before I had neck tension, nerve injury, vertebrae mis-alignment caused by the chiropractor, I could do these exercises as a quick test with no problems and I enjoyed it. I could do it longer, 20-30 seconds without vision impairment. I remember doing fusion exercises like these in the past in 1996 when studying a book **but no longer use them.**

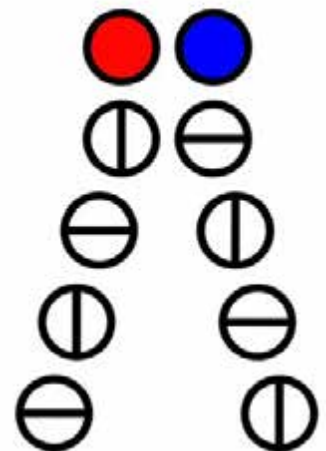
Placing a pen (or other object) to look at in front of the 3-D image, eyes looking directly at, shifting part to part on the pen helps to prevent strain, tension, vision impairment when practicing the 3-D Image as a test.

Using a red (or any color) pen placed in front of the 3-D image lowers the strain, tension (see directions on the 3-D chart pictures) but, tension, strain can still occur because the eyes, brain are still noticing, (bringing attention to without looking directly at) the circles in the distance while looking at the pen and the eyes, brains attention is now on 2 different objects at the same time-the pen and 3-D image. This also causes tension, strain.

True normal relaxed vision occurs when the eyes, brains attention is on one object, one distance at a time. The eyes shift, switch around, back and forth from object to object, distance to distance, looking directly at the object, distance of visual attention, seeing one object at a time.



3-D Fusion Image



An advanced method to this test: the 3-D Image card has a horizontal hole cut in the card along under the bottom of the circles, a window to look through to the distance. The person looks at the pen placed behind the card or other object behind/beyond the card in the distance to merge the circles on the card.

This tests fusion at a variety of other distances.

See a Bates Method Behavioral Optometrist, Ophthalmologist for doing these advanced tests.

I speculate that Behavioral Optometrists use these artificial 3-D Image eye exercises for students that have extreme blurred vision and the eye muscles are so tense, rigid, 'frozen in place' for years that the eyes cannot converge, diverge, move. These exercises, if not overdone, and if done correct, may break this tension and get the eyes moving. Then the student can stop the exercises and stay with only completely normal eye function: The Bates Method.

Try the True Bates Method first: Plain old fashioned relaxed switching, shifting & central fixation on objects at close, middle, far distances, looking directly at the object of visual attention. This has kept my vision clear and convergence, divergence at close and far distances perfect for 40 years.

I never had a convergence, divergence impairment (double close and distant vision, images slow to merge...) until after using the 3-cups and other 3-D image fusion tests repeatedly as an eye exercise for a few days.

I still suspect my neck injury by the chiropractor has weakened the nerves, muscles in the neck and these do branch out to, affect the function of the nerves, eye muscles in the head, eyes. This may be the reason that these fusion exercises disrupted my vision. The body has its own way of healing, adapting. Many people may have a little mis-alignment of the spine, neck vertebrae without any health problems occurring from the condition: the body, nerves, muscles adapt, can align the bones naturally without chiropractic treatment and create a good state of health even with some imperfect alignments. The nerves, muscles that connect, travel to the eyes create a workable balance that ensures clear vision, healthy eyes.

Artificial 3-D Image Fusion Exercises Activate Abnormal Eye/Brain Function

Notice that when doing the 3-D test that the eyes, (visual attention) is not truly placed, focused, fused on the 3-D object & and distance the object is at. It is focused in space before or beyond the object. The 3-D image of the object that appears is normal for the eyes, brain to produce, but: making that image your point of visual attention without looking directly at it, not looking at the object/distance it is truly at is abnormal eye, brain function and strains the visual system.

This exercise is against The Bates Method because it prevents fusion, central fixation, shifting, binocular vision directly on the object and distance the object is at. This results in: eccentric fixation, confusion, diffusion, tension, strain in the brain, eye muscles, eyes and can cause double vision and blur at close and far distances, strabismus and other visual disturbances due to disrupting the eyes/brains function of convergence, divergence, fusion. This then impairs accommodation, un-accommodation (which functions with convergence, divergence) lowering the clarity of vision further.

3-D Images on paper, computer, television screens... are not true 3-D vision. It is a illusion of 3-D.

3-D Computer games and televisions cause eyestrain, headaches, fast vision impairment.

This test using 3-D Images is not necessary. The Bates Method has better & safe ways to test the visual system.

It is best to practice the True Bates Method: shifting, central fixation, tracing, switching directly on objects at close, middle, far and infinity distances as described in this book in the switching chapter. Look directly at the object of visual attention, at its true distance and shift on it. Then switch to a object at another distance and shift on it... This is normal Fusion.

It is normal to see a double image of objects in the distance when looking at a close object and a double image of close objects when looking to the distance. When the eyes, brains visual attention switches to the double object: the two objects move together and merge, fuse into one object: the object the eyes are looking directly at, directly at the distance the object is at. This is the normal process of fusion, normal images, vision and is healthy for the eyes, clarity of vision. This is true 3-D (Three Dimensional) vision with true depth, distance, perception. It relaxes the eyes, visual system. See the chapter and videos on Switching Close, Middle, Far. Practice Palming, Relaxation, Shifting, Blinking, Movement, all Bates activities. I have used the True Bates Method for 40 years and it has always given me perfect clear vision, close and far, perfect, fast convergence, divergence.

The picture below is a old fashioned Behavioral Optometry fusion eye/brain test.



Eye, Brain Fusion Artificical 3-D Image Test

Look at the center of the white space between two circles, placed at eye level, between the left and right eyes, 12-20 inches away. Example; between circles A & B on any row. (The bottom row, circles close together are easiest to merge.) Place a up-righted pen in front of the eyes (between the left and right eyes, eye level, between the left and right circles. Move the pen down a bit to see the white space/circles beyond it.) Look at, shift the visual attention part to part on the pen and move the pen slowly in and out, close and far from the eyes. Blink, relax. Let the eyes cross and uncross as the pen moves in and out causing the circles on the left and right sides to move toward each other and merge together into one circle, a 3rd circle with a + cross in the middle between the two other circles. Practice on one row at a time with the chart at a variety of close and far distances.

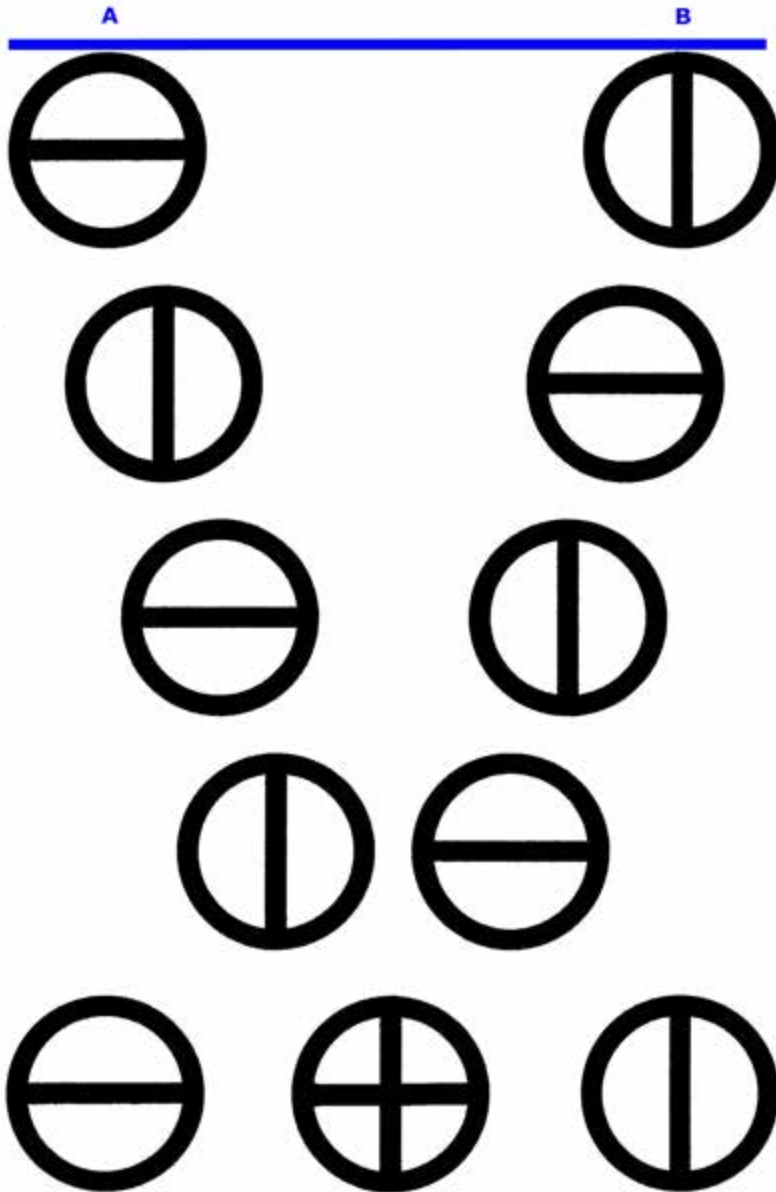
This is not the Bates

Method. The Bates Method teaches to look directly at the object you want to see, at the true distance the object is placed at, place it in the center of the visual field and to shift 'move' the visual attention part to part on the object.

This 3-D merging circles test prevents shifting, central fixation on the circles and the eyes are not truly looking directly at the circles, not at the true distance, and area the circles are placed at, the eyes are not looking at a object in the central field: the eyes are merging the two images of the circles in the peripheral field to appear as one and 'appear' to be, but is not truly in, the central field. This can strain, tense, confuse the visual system, brain, eyes, eye muscles and impair convergence, divergence.

When the eyes look at, shift on the pen in front of the circles: it reduces the tension, strain because; the eyes are now looking directly at, shifting, central fixation directly on a object: the pen in the center of the visual field at the distance the pen is at. The merged 3rd circle is seen in the distance beyond the pen by the eyes, brains peripheral vision, peripheral fields. This is a normal image, eye function; but, it still causes strain, tension because the brain, eyes do not normally bring the attention to two different objects, distances at the same time.

Correct Image >
Example: when
looking at,
merging two
circles.



Brain Exercise:

When the two circles are merged into one with the cross in the middle: Notice that when the brain thinks of the horizontal line of the cross that it can appear without the vertical line. When thinking about the vertical line: that line appears and the horizontal line disappears. When the brain, visual system moves 'shifts' attention back and forth on the two lines, (which can occur quickly), both lines appear and the cross is seen. Color one line red, the other blue to enhance this function.

Some people that had extremely unclear vision, frozen stiff eye muscles for years state that this exercise caused their tense, rigid eye muscles to release their tension, start to move: shift and converge, diverge the eyes, and then, they were able to quit this exercise and stay solely with the Bates Method, natural eye function and gained clear vision. Others state it impairs their convergence, divergence, causes double vision.

Correct Fused Image: Cross in the center of the merged circles; circles, lines forming the cross are even, straight, perfectly aligned, merged, equally clear. Means the left and right eyes are aligned, even, moving together correct and working correct with the brain. Exercise is not to be done all the time. It's just a quick test for fusion.

(Persons with crossed, wandering eyes must not do this without specific training by a Behavioral Optometrist.)

Now try the Bates Method: Do not fuse any circles. Look directly at a circle: Notice when looking directly at, shifting on the picture above, (the middle circle with the cross): it is easier to see, relaxing, no strain. This is because it is a true image in the central field and the eyes are looking directly at it, in the center of the visual field, at the true distance the circle is at with correct, perfect convergence, divergence, accommodation, un-accommodation for that specific, true distance. True 3-D, fusion, binocular vision, depth, distance perception. Persons with crossed, wandering eyes can practice the Bates Method.

Eye, Brain Artificial 3-D Image Fusion Test

This is another version of the Fusion Chart and 3-Cups 3-D Image test.

Place the red and blue circles at eye level, the space between the circles between the left and right eyes, center of the visual field, 12-20 inches away.

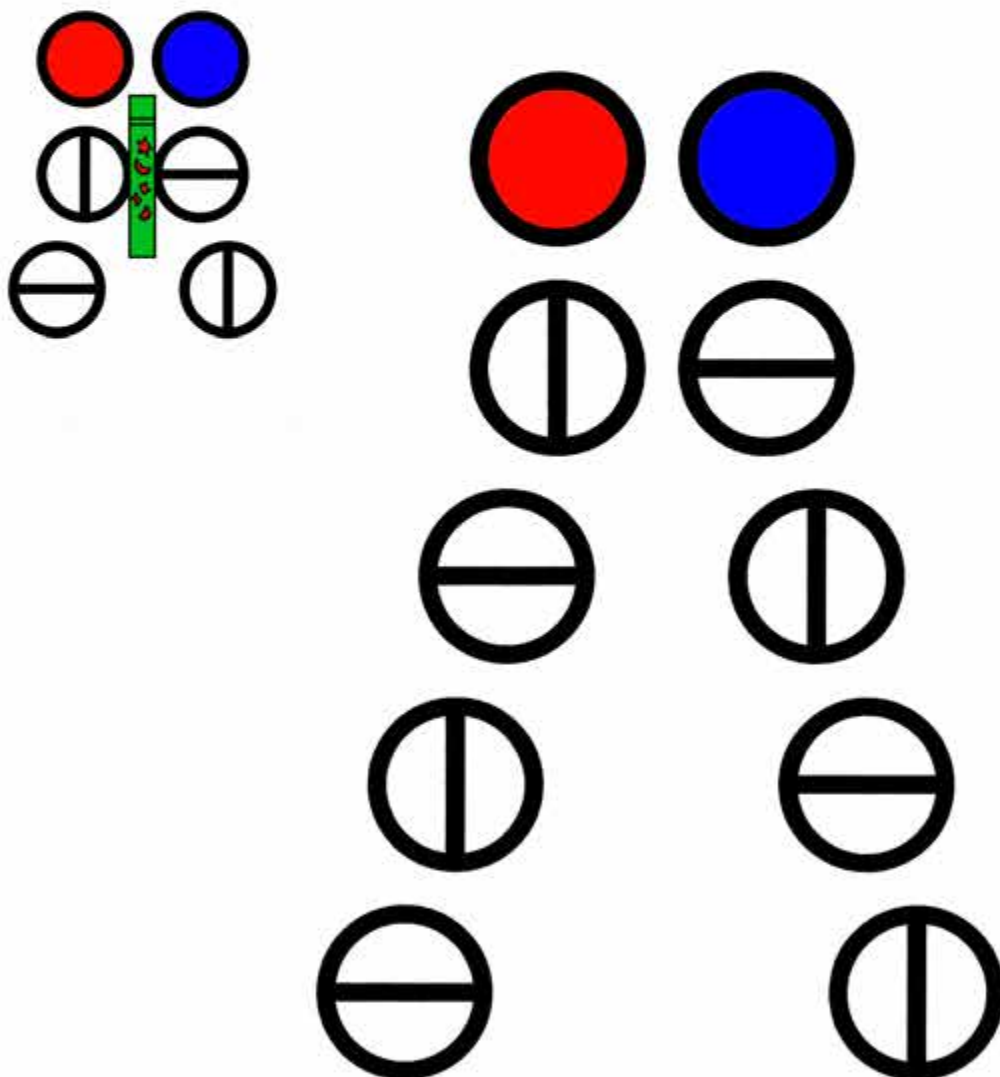
Place a pen below and between the two top circles, between the left and right eyes. (See picture below.) Look at and shift on the pen while moving it close and far from the eyes. Merge the 2 circles into a 3rd circle in the middle of the 2 circles. The circles are merged evenly, in perfect alignment.

Then: while looking at the pen directly below the 3rd circle: Think red and the red circle appears. Think blue and the blue circle appears. If these images are seen, this indicates that the eyes are even, balanced, the brain and eyes are working together, communicating correct.

Now practice on the circles with the vertical and horizontal lines. Do 1 line at a time. Practice with the chart at various distances. Practice on each line only for 1-3 seconds and only once. Relax, no strain.

If any strain, tension is felt, do only 1 line or none. Circles close together on the top line are easiest to merge.

Same directions and precautions as for the 3-Cups Test; Do not do this as a eye exercise. Do it only once. Bates Teachers do not advise this test. It can impair the eyes convergence, divergence, fusion if done as a repeating eye exercise or if there is a fusion, convergence, divergence or other imperfection in the eyes, visual system. See the other charts for more directions. A Bates Method Behavioral Optometrists, Ophthalmologists guidance is necessary for further use of the test.



When the 3rd, middle image of the circle is seen: It is a Artificial 3-D (3-Dimensional) image. It is not true normal 3-D vision. Maintaining this artificial 3-D image by staring into space before the distance the image is at strains, tenses, confuses the visual system. It is not the normal function of the brain, eye muscles, eyes.

Placing a pen between, before, below the two circles and looking at, shifting on the pen while merging the two circles to produce the 3rd circle beyond the pen helps to prevent some of the strain, tension this test produces.

See picture on the right with the green pen placed in the middle of, below the circles.

Notice that when doing this exercise without looking at the pen that the eyes, (visual attention) is not truly placed, focused, fused directly on a object, distance the object is at. It is focused in space before or beyond the object (circles) to produce the merged 3rd 3-D illusion of the circle created by combining two circles from the left and right peripheral field. This is against The Bates Method because it prevents normal fusion, central fixation, shifting, binocular vision directly on the object and distance the object is at. This results in: confusion, diffusion, eccentric fixation, tension, strain in the brain, eye muscles, eyes, double vision at close and far distances, strabismus and other visual disturbances due to disrupting the eyes, brains function of convergence, divergence, binocular vision, fusion, left and right brain hemisphere function...

3 Cups Eye, Brain Artificial 3-D Image Fusion Test

Test to See if the Brain, Eyes are Working Together, Communicating Correct.

Place the space between the 2 cups at eye level, between the left and right eyes, center of the visual field, 12-20 inches away. Place a pen below and between the 2 cups. (See picture with red pen below.)

Look at the pen, shift on it while moving it close and far from the eyes until a 3rd cup in the center of the 2 cups appears, is created from the merged peripheral images of the 2 cups. Do not stare at the 3rd cup. Let this 3-D illusion of the 3rd cup appear in the distance without straining to see it. Keep the eyes, brain, visual attention directly on the pen and shift, move the visual attention part to part on the pen. Blink, relax.



Do this only once, for 1-3 seconds to test the brain, eyes ability to produce the image. Then, do not repeat it, do not do this as a repetitive eye exercise.

Do not do this at all if you have any type of convergence, divergence imperfection or other eye condition. This test can strain, confuse the eye muscles, brain if done as a repeating eye exercise resulting in impaired convergence, divergence and other visual disturbances.

Strain, tension, impaired convergence, divergence, other visual disturbances can occur when this test is done incorrect or if there is any underlying abnormal eye condition because; the eyes, brain are trying to keep the attention on two different objects/distances at the same time: the close pen and distant 3rd cup. The brain/eye muscles are trying to converge, diverge, accommodate, un-accommodate the eyes at the same time, exact same moment for two different distances. This causes diffusion, confusion, tension, strain in the brain, eye muscles, eyes.

Some teachers state to remove the pen after the 3rd cup appears and to stare in space to maintain the illusion of the 3rd cup but this causes even more strain, tension because the eyes, brain must stay with their focus, attention in space, before the cup, not at the true distance the cup is at, while also placing mental, visual attention on the 3rd cup in the distance and, shifting, central fixation is prevented in order to maintain the 3-D illusion of the 3rd cup. The brain, eyes visual attention are still placed at two different distances and not truly focused on any object. Eyes are staring into space.

By keeping the red pen before the cup, with the eyes shifting on the pen: the brain, eyes, visual attention are mainly on the pen and shifting, central fixation on the pen occurs. The eyes are looking directly at, shifting on a real object in the center of the visual field at a specific distance: the pen. The brain is just aware of the 3rd cup in the distance: This is normal eye, brain function, a normal image: just as the brain, peripheral vision are aware of objects in the distance when looking at a closer object. Less strain, tension occurs when the eyes, visual attention remain on the pen, shifting part to part on it but, some tension will still occur as the attention is directed to the 3rd cup while also looking at the pen and because the two objects are at different levels, the pen unnaturally a bit below eye level.

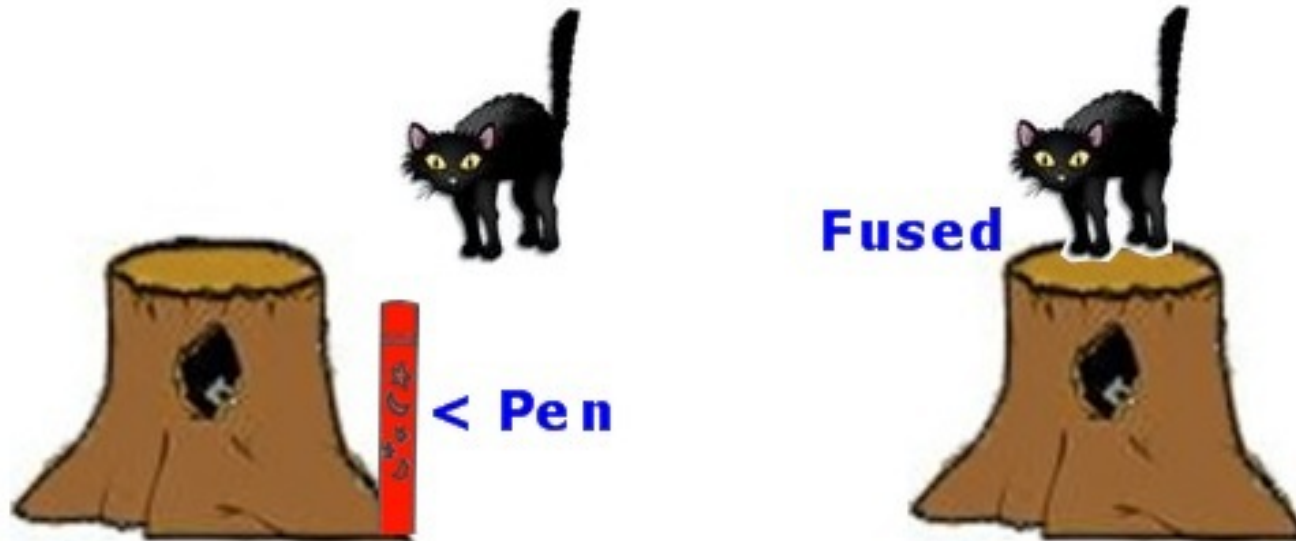
True relaxed vision occurs only when the brain, eyes, visual attention is directed to one object/distance at a time in the center of the visual field.

I place this test here because it and similar tests are taught by some Natural Vision Improvement Teachers and Behavioral Optometrists.

True Bates Teachers do not teach it, they advise against it. It is placed here mainly for the student to know the difference between these tests and the Bates Method. Remember, if you want to try Artificial 3-D Fusion: do it only once for a second to test the visual system and preferably under direction of a Bates Method Behavioral Optometrist. These 3-D tests are not necessary for Bates Students.

Old Fusion Game

Place a pen in front of and between the eyes, between and a little below the cat and tree stump. Look at the pen, move it close and far from the eyes and see the kitty in the distance move onto the tree stump. Do it once only.



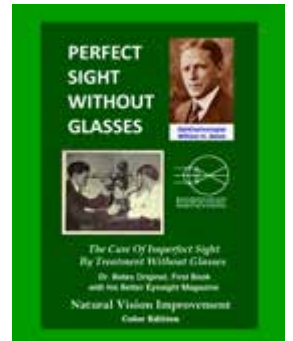
The Artificial 3-D pictures are placed here only for showing to your Behavioral Optometrist, Ophthalmologist if you think you need more help to correct Strabismus.

DO NOT use these pictures on your own. Seek an eye doctor for specific directions for your individual case.

Try the Bates Method FIRST.

This is a GuestPage (Forum) where unnatural and high priced, abusive teachers are not allowed to join;

<http://naturaleyessightimprovement-batesmethod.com/GuestPage/forumdisplay.php?fid=6>



Ophthalmologist Bates books in paperback;

http://www.amazon.com/William-H.-Bates/e/B004H9DOBC/ref=ntt_athr_dp_pel_pop_1

His book and Better Eyesight Magazines in video;

<https://www.youtube.com/watch?v=oYByCLE3XWc&list=UU8f8jhrxbwrHc-4v0fz7qcQ>

<https://www.youtube.com/watch?v=ew43-FONaxU&list=UU8f8jhrxbwrHc-4v0fz7qcQ>

Websites and free PDF E-books;

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

<http://cleareyesight-batesmethod.info/naturalvisionimprovementoriginalandmodernbatesmethod/default.htm>