

Natural Vision Improvement After Unsuccessful Eye Cornea Surgery - Is it Safe? 29
Can it Reverse the Cornea Damage, Vision Impairment Caused by the Cornea Surgery?

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

The cornea, in some ways is like the human liver and skin; there are cases that prove it has repaired itself. Eyes with cornea injuries, scars may repair naturally, the cornea heals similar to the way the skin heals from a cut, and clear vision returns. See Dr. Bates' *Better Eyesight Magazine* pdf. Type the word 'scar' using the search tool. 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 or may not. Example;

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, abnormal eye function, with tension... existing at the time of the surgery. Cornea surgery, alteration, removal of part of the eye's 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 shape, state, tension 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 shape, state of the eye, muscles changes; becomes more impaired or improves; the eye can no longer see clear through that eyeglass lens prescription. Eyeglass lens strength can be changed; increased, reduced to match a new eye shape, state. BUT; a surgically altered cornea cannot be changed. Some surgeons attempt this resulting in much more cornea, eye, vision impairment.

Natural Vision Improvement might help the cornea rebuild its structure and work correct with the eye producing clear vision as the Natural Vision practice returns the eye to normal shape, or; The improved eye shape occurring from practice of Natural Vision Improvement might pull on the surgically altered, weakened cornea, as the weakened cornea unsuccessfully tries to change shape with the eye as the eye changes back to normal shape. This can result in impaired cornea function; waves, tears in the cornea, blur, streaks, astigmatism, pain..., possible blindness.

After the cornea surgery a patient can develop increased eye muscle tension 'from the prescription in the cornea surgery' (which will increase abnormal eye shape). Or; less muscle tension might occur, relaxation might set in due to conscious or *automatic* Natural Vision practice/the vision, eyes' true function occurring *on it's own* (which changes the shape of the eye to a normal shape). As the surgically altered cornea tries to reform itself 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; the cornea cannot return to normal shape with the eye=cornea and eye do not fit/work together=blur.

If the surgically altered cornea can return to normal shape with the eye, without tension, injury; then the vision will be clear. If the surgically altered cornea cannot return to the normal shape to fit the changing eye shape; vision will be unclear and astigmatism, 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-entire eye muscle relaxation and clear vision. Healing a cornea scar, injury is different than trying to replace, rebuild a section (piece) of the cornea that has been removed due to laser... surgery.

If a cornea surgery patient is getting clearer vision with Natural Vision Improvement and does not feel, see any problems with the cornea, vision; it might be OK, beneficial to continue the practice. If the cornea feels like it is pulling, stretching... or the vision starts to become blurry, astigmatism... occurs; take a break, *stop* practicing Natural Vision Improvement for a while and let the cornea have a chance to catch up to the improvement in eye shape. Continue the basic Natural Eyesight practices (which the eye does on its own);

Shifting, Central Fixation, Blinking, Relaxation... Temporarily stop the *advanced* Natural Eyesight practices (ones that bring fast increased vision improvement) such as; *Switching close - far on objects in a line*. Note; The cornea that had laser or other surgery, and an eye that had certain surgeries might be injured by some sports, using a trampoline and other activities. Avoid them.

Check with your eye doctor, get an eye, cornea exam (preferably by a Bates Method Ophthalmologist) FIRST before starting and returning to the Natural Vision Improvement practice.

Be aware that the visual system applies Natural Vision Improvement *even if you have never heard of, studied, practiced it*. This is due to it being the normal function of the eyes, vision, brain. Also; the eye changes shape with the lens when it looks close (accommodates) and far (un-accommodates). This could also affect a surgically altered cornea.

Another thing which may occur; If the prescription in the cornea created by the surgery causes increased eye muscle tension, more abnormal eye shape, blur (as eyeglasses do); A little bit of Natural Eyesight Improvement practice might relax the eye muscles just enough to return the muscles, eye back to the state, shape they were in when the surgery was done. Not a perfect state, shape but better. Then the vision might be as it was after the surgery. If it was clear back then, it might be clear now. But; just a bit of Natural Vision practice might cause the visual system to apply it 100%, completely relax the eye muscles, and produce a perfect eye shape. Then, the surgically altered cornea will not fit the improved eye shape.

Fluctuations in the vision are normal for everyone (people with clear and unclear vision); *clear, bit less clear, then back to clear*. During Natural Vision Improvement practice; some slightly double, triple... 'astigmatism like effect' images can occur as the vision is improving, the brain causing all eye muscles to relax, coordinate, eyes/cornea reversing back to normal shape, clear vision. It is harmless, indicates improvement is occurring. It clears up quickly with continued relaxation and Natural Vision practice. But; for a surgically altered cornea; this may not indicate a problem with the cornea, or; it could be a sign of cornea tension, pulling, injury occurring as the cornea tries to change shape with the eye's changing shape.

The cornea and lens protect the eye from over-exposure to sunlight. When the cornea is weakened, parts removed due to laser... surgery; the cornea, eyes' natural protection, tolerance to sunlight is impaired. I do not know if 'Sunning' is safe if the eyes have been treated with cornea surgery. Possible over-exposure can occur due to the weakened/surgically altered cornea. Also; If the cornea does not get some natural full spectrum sunlight, it will not stay healthy and growth, repair may be blocked. *The entire eye needs sunlight to remain healthy*. Closed Eyes Sunning only and some open eyes 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.

Combining cornea surgery with Natural Vision Improvement IS a RISK; vision impairment can occur. The BEST choice is to AVOID CORNEA SURGERY! If you had the surgery and want to try Natural Vision Improvement; work with a Bates Method Ophthalmologist. The eye doctor must monitor the eye, cornea, vision condition before, during and after practice of Natural Vision Improvement.

Is Practicing Natural Vision Improvement After Cataract Surgery Safe, Effective?

The lens' structure is different than the cornea, and because the lens is attached to the eye similar to 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. Most cataract are caused by outer and inner eye muscle tension, abnormal eye shape, eyeglasses, contact lenses, lasik, drugs.

Also; When the lens changes shape with the eye as the eye changes shape to produce accommodation, un-accommodation when looking close and far; this function might be affected by the surgery. (At this time most artificial lens placed in the eye after cataract surgery cannot change shape.) Will the lens adjust to work with the eye, or can it be harmed as a surgically altered cornea can? Is a artificial or altered lens more easily injured, displaced? Note; modern eye doctors proved Dr. Bates and other doctors are correct; the eye and lens change shape together (like a camera) when looking close and far, adjusting to different distances.

Cornea surgery is done to change the cornea's shape to fit an abnormal eye shape.

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

Dr. Bates writes about people that have had cataract lens surgery, then obtaining clear vision, accommodation, un-accommodation with The Bates Method of Natural Vision Improvement. 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 naturally *without cataract surgery*.

The cornea and lens absorb, control the amount of sunlight that enters the eye, lens; protecting the eye from over-exposure, sunburn. Removing part of the cornea, lens impairs this function. This can affect the cornea, iris/pupil muscle, pupil reaction to light and dark, the lens, retina and light traveling to the brain.

Note; Dr. Bates states that *only the eye changes shape*; 'lengthens a bit' to produce accommodation when looking at close distances. The eye *returns to a round shape* when looking at far distances.

Doctors are creating a eye lens with the EXACT natural focus as a perfect, healthy human eye's lens. No unnatural *eyeglass type* prescription in it. Similar to a real 'donor' human eye lens. It can change shape to focus at close and far distances.