

The Inner Secrets Behind

Perfect Eyesight

THE ART OF IMPROVING VISION NATURALLY



A Complete Course in Eyesight Healing

Robert A. Zuraw & Robert T. Lewanski

Perfect Eyesight The Art Of Improving Vision Naturally

William H. Bates, Emily C. Lierman



Perfect Eyesight The Art Of Improving Vision Naturally:

Perfect Eyesight Robert A. Zuraw, Robert T. Lewanski, 2010-06 The Miracle of Perfect Eyesight The Truth About The Eyes It is said that the eyes are the windows of the soul How clear is your vision Can you see the world without blurry vision or distortion The so called normal eye can easily read the 20 foot line on the Snellen Eye Test Chart at 20 feet away this is called 20/20 vision There is no limit as to how much one can improve their vision beyond the 20/20 range Healthy eyes are a marvel of nature's creation A person with above average eyesight can easily read the 10 foot line smallest bottom line on the Snellen Eye Test Chart at 20 feet away 20/10 vision I have seen people who can read the 10 foot line at 50 to 60 feet away 60/10 vision This is called telescopic vision There is also no limit to reading small Microscopic Type Print known as microscopic vision There is no limit to how sharp and clear one can see in the distance and close up We are all walking talking seeing miracles of Great Nature The sages say human beings are solidified sunlight or trails of light because our eyesight and our very life is totally dependent on the Solar Orb We would all become blind without the healing rays of sunlight upon our retina Sunlight also gives us natural Vitamin D for healthy skin and eyes The eye training secrets contained in this book have taken me from 20/600 progressive advanced myopia or blind without glasses to better than 20/20 vision If you practice and are persistent in your eye training you too can improve vision quickly Eye Muscles Accommodation The Mystery Unveiled In order to see properly the eyes must accommodate Accommodation takes place when focusing on various distances close and far Which muscles are doing the focusing during accommodation is debatable among Ophthalmologists Dr Helmholtz an early eye doctor found that only the ciliary eye muscles do the accommodating The Helmholtz Theory is the accepted belief of most modern eyeglass doctors Dr Bates a natural eye specialist felt that the two oblique eye muscles performed eye accommodation by compressing the round eyeball in the middle and making it longer horizontally Dr Bates cut these muscles in rabbits and found the eyes could not accommodate When he injected a drug to paralyze the oblique muscles the eyes failed to accommodate When he put together the severed muscles and washed out the drug the rabbit's eyes were able to accommodate again The Helmholtz theory holds that accommodation is due to the expansion and contraction of the crystalline lens caused by the action of the ciliary muscle Dr Bates through his experiments discovered and proved that it is not the crystalline lens but the six external muscles that act upon the eyeball and give the eye its ability to adjust and accommodate to near and far objects The fact that patients who have had the crystalline lens removed are still able to see and have the power to accommodate should be convincing proof of this theory It is obvious both the oblique muscles and the ciliary muscles work in conjunction when focusing Here is the reason why the normal eye when looking at a distant object becomes shortened and when looking at a close object is elongated The external muscles oblique recti iris and the ciliary muscles all enable the eyes to accommodate properly The external muscles lengthen and shorten the eyeball to enable light rays to fall upon the macula The iris adjusts the pupil for the amount of light necessary to see clearly And the ciliary muscle

contracts the lens to focus upon the object The ciliary muscle changes the lens and directs the rays of light to focus upon the macula or center of sight While looking at a distant object of more than twenty feet away the rays come into the eyes parallel When looking at a close point rays come into the eyes at an angle The normal eye must accommodate these rays in order to see clearly a close or distant point All rays fro

Ophthalmologist William H. Bates & the Bates Method History - Natural Eyesight Improvement Dr. William H. Bates,2011-04-10 True Story of Ophthalmologist William H Bates Battle with the Optical industry Eye Surgeons Doctors to Teach and Preserve Natural Eyesight Improvement Bates Method History Black unclear close and distant vision astigmatism crossed wandering eyes cataracts glaucoma and other conditions Natural Eyesight Improvement was practiced years before Dr Bates discovered it It is the normal natural function of the eyes Hidden from the public by eye surgeons Optometrists Optical businesses for over 100 years because this method works is easy anyone can learn teach it including children It produces healthy eyes clear vision and frees the patient from the need to purchase eyeglasses drugs unnecessary eye surgery Yes it can and has reversed cataracts Dr Bates worked his entire life treating people successfully with Natural Eyesight Improvement When he cured the eyes vision of many patients medical students and other doctors in the hospital where he worked with natural treatments without use of eyeglasses surgery drugs and proved his method is fact that some of the old theories of eye function are incorrect the eye surgeons that preferred to sell eyeglasses surgery drugs became angry and expelled him See Reason and Authority http://www.amazon.com/William-H-Bates-e-B004H9DOBC/ref=ntt_athr_dp_pel_pop_1 **The Art of Cosmic Vision** Mantak Chia,Robert T.

Lewanski,2010-03-09 How to achieve perfect vision naturally through proven eye training methods Explains how vision problems are related to imbalances in the internal organs Provides Taoist and Ayurvedic practices for harmonizing the liver and kidneys the organs directly associated with eye problems In the West problems with eyesight are treated separately from overall health usually with prescription glasses or contact lenses But Eastern systems of holistic healing view the eyes as mirrors of physical health Eye problems reflect problems with the internal organs most specifically the liver and kidneys The Art of Cosmic Vision offers Taoist healing sound exercises for strengthening the liver and kidneys as well as seven internal Chi Kung exercises and Dao Yin self massage practices for toning the organ meridians It also provides extensive dietary recommendations including a complete Ayurvedic analysis of the three main nutritional body types The wide variety of eye strengthening exercises in The Art of Cosmic Vision includes the Egyptian Black Dot technique the Taoist Long Swing technique the Tai Chi Rocker Eye technique and relaxing Yoga Eye Palming techniques Rather than viewing the ciliary muscle within the eye as the only muscle responsible for focus these exercises improve focus by training all of the muscles surrounding the eyes With attention to improved diet physical exercise and these proven eye training techniques readers can restore their vision to vibrant health *Improve Your Eyesight Naturally* Leo Angart,2007 Leo s approach is very specific You will find exercises that work for your degree of vision problem He explains how you can tone your eye muscles release

tension and build up energy to regain your natural eyesight with simple exercises The book includes simple vision tests that you can use yourself to verify your level of vision and monitor your improvement Leo Angart's Vision Training approach is effective for Near sight the inability to see at a distance Astigmatism uneven stress pattern in the cornea Presbyopia the need for reading glasses Eye coordination when the eyes point beyond or closer than the object of interest Anisometropia when the two eyes have different degrees of visual ability Amblyopia also known as lazy eye a condition where the brain switches off the input from one eye Strabismus when one eye diverges either in or out Book jacket [Perfect Eyesight](#) Robert A. Zuraw, Robert T. Lewanski, 1998-01-01 **Better Eyesight** William H. Bates, 2000-12-14 Artists teachers army officers housewives elderly people parents and children with vision problems write about their experiences with the Bates Method and giving up their glasses in Better Eyesight Major eye conditions myopia astigmatism farsightedness presbyopia amblyopia strabismus cataract glaucoma blindness are discussed by Bates other ophthalmologists the medical community and readers The significance of this literature is both historical and immediate For the first time the connection between eyestrain to shoulder and neck pain headaches and other muscular tension is discussed [The Bates Method - Perfect Sight Without Glasses](#) William H. Bates, Emily A. Bates, 2017-06-29 See our YouTube Channel for VIDEOS of the book with color pictures animations video in video Natural Eyesight Improvement training by Bates Method author teacher Clark Night https://www.youtube.com/watch?v=GhEy4Ys_pKU This book is the Google Play text version of Perfect Sight Without Glasses Contains only Ophthalmologist Bates book Better Eyesight Magazine extra training pictures to learn the method quickly and eye charts Dr W H Bates started his career as an orthodox ophthalmologist following the old long time rules of the practice prescribing eyeglasses During his practice working with different patients eye conditions he realized that unclear close distant vision astigmatism and other conditions often cured itself reversed back to clear vision especially when his patients stopped wearing their eyeglasses and relaxed He noticed that wearing glasses tensed the eyes eye muscles lowered the vision and resulted in stronger and stronger eyeglass lens prescriptions being needed in order to see clear through the glasses He began his own studies on the eye and its function This led him to discover that many of the old ophthalmology optometry supposed facts about the eye lens and its function and cause of unclear vision are incorrect Dr Bates began teaching his patients to stop wearing their glasses He taught them natural methods including relaxation correct use of the eyes vision shifting to produce clear vision Dr Bates cured his own eyesight close vision presbyopia Distant vision also clear He wrote an article in his book magazine describing how he did it with Memory Imagination Relaxation He controlled changed the focus of light rays in his eyes with his mind Dr Bates performed experiments on the eyes of animals and observed the function of animal patient's eyes under different conditions He used the retinoscope to see the refraction of light rays in the eye under various conditions He proved that the refraction clarity of vision changes often And when the eyes are left alone eyeglasses avoided the refraction clarity returns to normal clear vision He proved that the state of the mind thoughts emotions body

change the refraction of the eye clarity of vision Example when the mind body is relaxed positive happy thoughts emotions the refraction is normal and vision is clear When the mind body is under stress strain the refraction is abnormal and vision is unclear Dr Bates discovered that the main cause of unclear vision and other eye problems is Wearing Eyeglasses Mental Strain Mental Visual Effort to See Poor Vision Habits incorrect use of the eyes vision squinting staring not shifting lack of normal relaxed eye movements lack of central fixation poor memory and imagination Perfect Sight occurs with Perfect Relaxation deep or active dynamic relaxation Relaxation occurs first and then the eyesight becomes clear Practicing normal relaxed eye vision function induces relaxation of the mind eyes and perfect clarity Dr Bates experiments on the outer eye muscles proved that tension in these muscles mainly caused by eyeglasses strain in the mind incorrect vision habits disrupts their function the eyes movement accommodation convergence un accommodation divergence causes pressure tension pulling on in the eye alters the eyes shape and lens retina disrupts refraction focus of light rays in the eye on the retina and the clarity of vision When the mind is strained tense the brain and retina do not communicate function together at optimum level Function of the retina is lowered Relaxing the mind returning normal eye movement relaxes the outer inner eye muscles returns the eyes lens retina to normal shape with clear vision Website <https://cleareyesightbatesmethod.info>

Perfect Sight Without Glasses William H. Bates, Emily C. Lierman, 2021-01-16 Dr Bates 1st Original book in the Antique 1920 Print Color Edition Includes the 1st Edition The Cure Of Imperfect Sight By Treatment Without Glasses Five editions combined All of W H Bates treatments and Dr Bates Better Eyesight Magazine Page Two of 132 Issues of his best Natural Eyesight Practices for every eye vision condition Myopia Presbyopia Astigmatism Fundamental Treatments Steps by Dr Bates unclear close and distant vision astigmatism crossed wandering eyes cataracts glaucoma Perfect Sight Without Glasses The Cure of Imperfect Sight by Treatment Without Glasses by Dr Bates Photo Copy of the Original Antique Book Pages with Pictures Text version with additional Modern Treatments included Original Antique Better Eyesight Magazine by Ophthalmologist William H Bates Photo copy of all his Original Magazine Pages in the 1900 s Print Unedited Full Set 132 Magazine Issues 11 Years July 1919 to June 1930 Learn a variety of Natural Eyesight Improvement Treatments directly from the Original Eye Doctor that discovered and practiced this effective safe natural method Better Eyesight Magazine by Ophthalmologist William H Bates Unedited Full Set 132 Magazine Issues 11 Years July 1919 to June 1930 Illustrated with 500 Pictures and additional up to date Modern Natural Eyesight Improvement Training Medical Articles by Dr Bates with Pictures Stories From The Clinic by Emily C A Lierman Bates Dr Bates Clinic Assistant Wife Use Your Own Eyes Easy to learn steps read the short directions on the pictures to quickly learn apply a treatment activity for Fast Vision Improvement Clear Close Vision Reading Fine Print Clear Ten Steps For Clear Eyesight The Basics of Natural Eyesight Improvement Astigmatism Removal and other books Eyecharts Book with Training 15 Large Small and Fine Print Big C E Charts for Close and Distant Vision White and Black

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Table of Contents Perfect Eyesight The Art Of Improving Vision Naturally

1. Understanding the eBook Perfect Eyesight The Art Of Improving Vision Naturally
 - The Rise of Digital Reading Perfect Eyesight The Art Of Improving Vision Naturally
 - Advantages of eBooks Over Traditional Books
2. Identifying Perfect Eyesight The Art Of Improving Vision Naturally
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Perfect Eyesight The Art Of Improving Vision Naturally
 - User-Friendly Interface
4. Exploring eBook Recommendations from Perfect Eyesight The Art Of Improving Vision Naturally
 - Personalized Recommendations
 - Perfect Eyesight The Art Of Improving Vision Naturally User Reviews and Ratings
 - Perfect Eyesight The Art Of Improving Vision Naturally and Bestseller Lists
5. Accessing Perfect Eyesight The Art Of Improving Vision Naturally Free and Paid eBooks
 - Perfect Eyesight The Art Of Improving Vision Naturally Public Domain eBooks
 - Perfect Eyesight The Art Of Improving Vision Naturally eBook Subscription Services

- Perfect Eyesight The Art Of Improving Vision Naturally Budget-Friendly Options
- 6. Navigating Perfect Eyesight The Art Of Improving Vision Naturally eBook Formats
 - ePub, PDF, MOBI, and More
 - Perfect Eyesight The Art Of Improving Vision Naturally Compatibility with Devices
 - Perfect Eyesight The Art Of Improving Vision Naturally Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Perfect Eyesight The Art Of Improving Vision Naturally
 - Highlighting and Note-Taking Perfect Eyesight The Art Of Improving Vision Naturally
 - Interactive Elements Perfect Eyesight The Art Of Improving Vision Naturally
- 8. Staying Engaged with Perfect Eyesight The Art Of Improving Vision Naturally
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Perfect Eyesight The Art Of Improving Vision Naturally
- 9. Balancing eBooks and Physical Books Perfect Eyesight The Art Of Improving Vision Naturally
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Perfect Eyesight The Art Of Improving Vision Naturally
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Perfect Eyesight The Art Of Improving Vision Naturally
 - Setting Reading Goals Perfect Eyesight The Art Of Improving Vision Naturally
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Perfect Eyesight The Art Of Improving Vision Naturally
 - Fact-Checking eBook Content of Perfect Eyesight The Art Of Improving Vision Naturally
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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