



PERFECT EYES

30 DAYS TO BETTER SIGHT

A LIFETIME OF CRYSTAL CLEAR VISION

LEGAL DISCLAIMER

Due to the unfortunate and often perverse legal culture permeating the United States and now much of the developed world, I have to begin this e-book with a legal statement.

I know 99% of people really don't need to see this, and you're most certainly one of those 99%, but the last thing I want is to get sued for trying to help people get their sight back! So please make sure you read and agree to the following before you continue.

This e-book contains the opinions of the author and others who share an interest in the field of natural vision correction.

The author is not a doctor or health professional and this book is not intended to diagnose or treat any medical condition. It is simply a narrative of the author's and other people's experience and accumulated anecdotal information.

Because this book contains advice and information about health, it is a statutory requirement in the United States of America to include the following:

If you are ill or have been diagnosed with any disease, please consult a medical doctor before attempting any of the exercises or routines outlined in this e-book

When you are attempting self healing, it is helpful to have the support of a qualified professional, but remember, most opticians/optometrists have not been trained in natural healing, and will probably not support your attempts, or may even try to discourage you from doing the exercises.

If you intend to continue with this e-book, and embark upon your own natural vision correction adventure, you must take responsibility for your self and your own



health, and agree to release, indemnify and hold harmless the author.

If you don't agree to this, please close this e-book now, read no further, and contact me for a full refund.

OK, now that's out of the way, let's get on with it...

Read on, and learn how YOU are going to get **your perfect vision** back, and then keep it for the rest of your life....

HOW TO USE THIS BOOK

I've spent a lot of time writing this book in a way that it should naturally flow from page to page, so you can simply start at page one, and read through till the end.

When you come to the exercises, I recommend you read through all of them, and make a note of the ones you like the sound or 'feel' of the most, then come back to them once you're done reading the book, and build your first exercise routine around your favorites.

Once you've read through the book once, you can then use the bookmarks on the left there, to skip backwards and forwards, re-reading the information you're going to need most in your natural vision correction adventure.

If you're familiar with Adobe Acrobat Reader, you can go straight to the 'official' start of the book by [clicking here](#).

If this is your first time using Acrobat, I recommend you read through the following few pages, which will show you how best to use the program, and how to easily get around this book.

USING ADOBE ACROBAT READER

PERFECT EYES has many features to help you get around more easily, and enhance your reading experience.

I'll explain these to you here...

Links to places within the book


Throughout the book, you'll find several links that take you to other related places in the book.

For example, on the page before this one, there was a link to skip this section, and go to the 'official' start of the book.

Links are [underlined and in blue like this](#).

To return to the place where you were before you clicked the link, choose

View > Go To > Previous View from the menu.

You might also have a button that looks like this  at the bottom of your screen, depending on your version of Acrobat reader. Clicking on this button is the same as using **View > Go To > Previous View** from the menu.

Links to places on the internet

You'll also find several links to internet web pages in this book. They'll also be [underlined and in blue like this](#) but when you click on them, they'll open up your default internet browser (the program you usually use to surf the internet).

Here's an example that you can try now: <http://www.perfect-eyes.com>

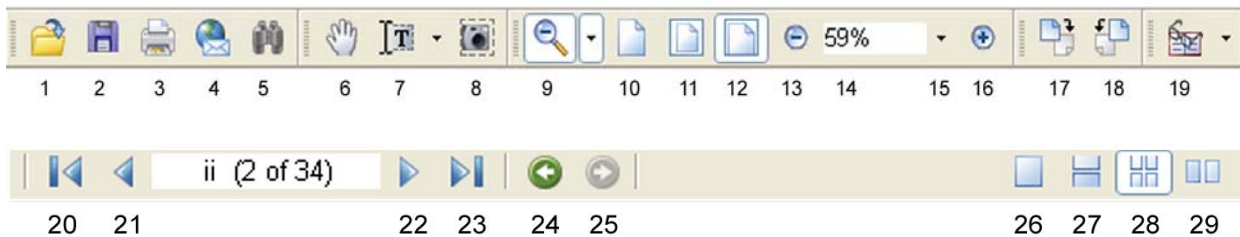
When you're done looking at the website, and you want to come back to the book, you'll just need to close your browser, or click on **PERFECT EYES** on your taskbar at the bottom of the screen.

Navigation

You can easily get around in Acrobat by using the handy navigation features. This will depend on the version of Acrobat you have, but most versions are fairly similar.

First of all, you have a vertical scroll bar on the right of the screen here => You can drag this slider up and down to go quickly through the book. As you go up and down, you'll see a box appear with the page number you are currently dragging past, or you'll see the page numbers scroll up and down in the page navigation box at the bottom of the screen.

Here are the buttons in Acrobat 6 - you'll find most of them on earlier versions:



- 1 Open file - use this to open another pdf file while using Acrobat Reader
- 2 Save file - not needed because PERFECT EYES is not editable
- 3 Print the Book
- 4 Send the file by email (I'd rather you gave your friends my website so they can buy their own ;-)
- 5 Search - a fantastic facility to quickly find what you are looking for
- 6 Hand tool - use it to grab pages and move them up or down if you prefer this method
- 7 Copy text (not enabled in PERFECT EYES as the book is protected)
- 8 Snapshot tool - new to Reader 6 (not enabled in PERFECT EYES as the book is protected)
- 9 Magnify or reduce - the arrow by the side toggles them. Dynamic zoom in version 6 does both
- 10 Actual size
- 11 Fit page
- 12 Fit width
- 13 Zoom out (makes page smaller)
- 14 Shows magnification size - can be manually changed
- 15 Arrow by the side provides standard magnification choices
- 16 Zoom in (makes page bigger)
- 17 Rotate the page clockwise - not needed for PERFECT EYES
- 18 Rotate the page anticlockwise - not needed for PERFECT EYES
- 19 Helps you locate eBooks on the internet
- 20 Go to the very first page
- 21 Go back one page
- 22 Go forward one page
- 23 Go to the very last page
- 24 Previous view - like the back button in a web browser
- 25 Next view - like the forwards button in a web browser
- 26 Shows only one page at a time
- 27 Also a single page view, but scrolls across pages instead of jumping straight to the next one
- 28 Double page version of 27
- 29 Double page version of 26

You can also go straight to a page, by simply typing the page number in the page navigation box at the bottom of the screen.

Bookmarks

At the left of the screen, you can display all the bookmarks I've added to **PERFECT EYES**. How to show the bookmarks depends on the version of Acrobat you're using.

If you're using version 6 (which I highly recommend) you should see a little tab on the left of the screen, which says bookmarks – just click on it to show the bookmarks! If the bookmarks take up too much space on your screen, you can click on it again to hide the bookmarks.

For earlier versions, you may need to use the menu, or one of the buttons on the menu bars, to show and hide the bookmarks. Try looking in the **Window** menu for **Show Bookmarks** and if it's not there, try the **View** menu.

I've created bookmarks and sub-bookmarks for all of the 'chapters' of the book, and also for all of the individual exercises, so you'll find it easy to find them again anytime you like.

The **+** to the left of a bookmark (or triangle in some versions) means there are sub-bookmarks. Click on the **+** or the triangle to 'expand' the tree. Then click on the **-** to 'collapse' the tree.

There are many other features, but I can't cover them all here. You won't break anything by clicking on buttons, and you won't be able to delete or damage the book, as I've protected it against any accidental (or deliberate) editing or deleting of text, so feel free to play with the controls and buttons in Acrobat Reader.

Ok, let's get straight into it...

I'm going to show you how to construct a 15 minute, killer routine, an awesome battle plan, which will absolutely guarantee the return of your vision.

15 minutes a day – not much is it?

Actually, you can do more, can't you?



Here's the catch... a lot of people begin their eye healing adventure with lots of enthusiasm and gusto. They do more than 15 minutes, much more... **on some days.**

And on other days... they do... **nothing!**

Pretty soon, the 'nothing' days are happening a lot more often than the 'something days' and shortly after that, it's all over!



I don't want that to happen to you. I want you to get your sight back.

So this is what I want you to do...

I want you to do it this way, because I know that this way IT WILL WORK.

I want you to absolutely commit, without hesitation or question, without any back door or 'get out' clause... to doing **just** 15 minutes a day.

Set aside a special time.

Personally, I found that midday worked really well for me. It was half way through the day, so it gave my eyes a great rest from work. Also, during the work week, I was usually in the same location at midday, every day.

I found a place where I could be alone and undisturbed. A place where I could concentrate, and devote my full attention to my eye healing.

I made it my 'sacred' place.

I can't describe how fast the improvements came after I started taking it **that** seriously.

Each and every day, I did my simple 15 minutes. It really wasn't any effort at all, once I'd set my mind to it, and decided that there would be no exception... **ever**.

Now here's the interesting part...

I like variation. So I collected many different eye exercises.

To make sure I didn't get bored, I often picked different exercises for my session. After a few weeks, I'd learnt nearly 100 different exercises (I've put the best 40 or so of them in this book) – I had a nice **menu**, which I could select from.



Then what started to happen, was that I automatically started doing exercises at other times in the day when I could grab a few seconds or minutes. For example, when I was driving the car, and the lights turned red, instead of getting upset that I had to wait a few moments, I used it as a great excuse to do a bit of Tibetan Peripheral Vision, or Yoga Sunning.

To make it more interesting, I even started to make up my own exercises, by adapting the one's I'd already learned.

Although I was still only, **officially**, doing 15 minutes each day, (so only needing to schedule a tiny 15 minute portion of my day), I was getting in many more minutes on automatic pilot, without it **costing** me any time at all.

Perhaps on some days, I might spend a total of an hour or two working on my sight, but because I didn't have to set aside the time, I never had a resistance to doing it.

If you'd told me upfront to sit down for an hour a day, I doubt I would ever have got started. The thought of doing a whole hour would have **prevented me doing even 5 minutes!** Can you relate to that?

That's why this is such a great system – EVERYONE can spare 15 minutes. And those 15 minutes, over time, begin to train you more and more into the habits of eye correction, which will stay with you for a lifetime.

Once you get your vision back, you can even drop the 15 minute schedule, and you'll still do the exercises as habit, whenever the opportunities show themselves throughout your normal day.



Actually, natural vision correction isn't really about doing a few minutes of scheduled exercises and spending the rest of the day doing things to damage your eyes. It's about learning a new way to use your eyes, which will keep them in great shape for the rest of your life – and consequently, give you far better than 'average' vision.

TAKE RESPONSIBILITY

Let me tell you the **MOST IMPORTANT** thing if you want perfect sight. You are going to have to **take responsibility** for the health of your eyes.

We aren't taught this way.

Little of our educational system, (both our schooling and the informal education we get from society), teaches us to take responsibility.

Instead, we are taught to look for ways to dump our responsibility on other people, or blame the circumstances of life we find ourselves in.

This is particularly true when it comes to our health!

From birth, most of us are taught that the only person who can help us, when something about our body isn't working properly, is a trained medical professional (doctor, dentist, optometrist)



Let me dispel this myth for you right now: **IT'S NOT TRUE!!**

Your body is amazing. It has a miraculous ability to heal itself... you simply need to give it the right help and support.

"Your body has a BLUEPRINT, a SCHEMATIC of what perfect health is and it is constantly trying to achieve this perfect health for you, all that goes wrong is that you get in the way of this natural process... Getting well is just a matter of stopping what you did to make yourself sick and beginning a few new programs that will encourage health"

Dr Richard Schulze, Naturopathic Doctor

The same is true for the eyes.

Don't let anyone tell you that you can't heal your own eyes, or that you need glasses for life, or that it's inevitable, or there's something wrong with you.

You just need to correct the bad habits, bring in some good habits, do the exercises and as many of the other things in this book you can, and perfect sight is just a matter of time.

Still Need Convincing?

Did you know, that many commercial airlines and even the US Air Force, have programs to train pilots to develop super-normal sight?



Olympic athletes, including the US volleyball and field hockey teams frequently work to improve their sight to beyond normal.

Some athletes who are known to have trained their eyes to see better, include tennis champion Virginia Wade, the Dallas Cowboys, the New York Yankees and Val Skinner the professional golfer.

The Connecticut state police have regular vision improvement training.

Do you think, that if it wasn't possible to improve your vision, that all these people (and the US Government) would bother with it... I don't think so!!

This stuff works! You will get your sight back.

KEEP A DIARY

Many people groan when they here this, but let me tell you, it's going to help you enormously on your natural vision correction adventure.



Keeping a diary helps you see the longer term trends, and gives more reliable feedback as you experiment with the exercises and the changes to your lifestyle.

Changes over weeks and months are difficult to notice until they reach certain thresholds. I don't want you to get discouraged, because you think something isn't changing on a daily basis. The body doesn't work like that. Some days are better than others, and some days, you may feel to be going backwards.

Don't rely on your memory. It's very easy to forget how bad your sight was, and not notice the improvement. You'd be surprised at how quickly you adjust to better eyesight and forget what poor vision was like. Some people improve without even realizing they have improved!

Write everything down each day.

Write down the exercises you did, the changes you made to your diet, your daily habits, how your eyes felt (tired, itchy, fresh, dull, sparkly). Come on, it only takes a few seconds to jot down a line or two – don't miss it out, it will help keep you on track.

CLEAR FLASHES

Sometimes, during your exercises, you will find that 'all of a sudden' you can see really clearly. This is called a '*clear flash*'.

Actually, it can happen at any time of the day (or night), but it's most common whilst you're doing exercises.

At first, these clear flashes don't last very long, but they will gradually last longer and longer. Your average daily vision will also improve along with them.

When you have a clear flash, you'll be really tempted to strain your vision to 'hang onto it', but this is actually self defeating. As I'll explain in the next chapters, one of the causes of your poor vision is eye strain. Any kind of straining of your vision, will just make your vision worse!

When you get a clear flash, and it begins to fade away, just say to yourself, "*I did it once, I can do it again*" and you will.

There are 3 categories of clear flashes:



Tears have changed your refraction

While this doesn't really count as an authentic vision improvement clear flash, it is handy to know how to do it, when you need to see clearly in a hurry and you don't have glasses handy!

Its easy to spot this one, as you can feel excess moisture on your eyes. Tear film clarity is not even and usually it only occurs for a split second and is moved around by blinking.



Involuntary Clarity

Sometimes you just look up and "*Oh my god I can see!*"

This is usually accompanied by a deep sense of peace, comfort, relief and relaxation in your eyes.

Involuntary clear flashes can last from a few seconds to minutes or even hours. This is **your natural vision**, and as you progress, it will happen more and more frequently and last for longer and longer, until eventually, it just becomes your natural state.

During a clear flash you will notice that black is **very black**. Memorize it. Also, detail is phenomenal as central fixation is taking place. There is also a strong sense of 3D, as your eyes are now working perfectly as a team.



Voluntary Control

After having many *involuntary* clear flashes, some people learn that by relaxing in a particular way, and playing with some of the muscles in their eyes, they can "bring on" a clear flash.

Again this is very useful when you need to see in a hurry and you don't have your glasses handy!

GLASSES ON OR OFF?

Here's the million dollar question... when you start your natural healing adventure, should you continue wearing your glasses/lenses or should you go 'cold turkey' and just bin them straight away?

There's no easy answer to this one. It really depends on the current state of your vision, your circumstances and also on your temperament.



My original reaction, when I got started with my natural vision correction, was a little too 'Gung Ho!'

I took off my glasses and threw them in the bin, vowing never to need them again. Actually, this slowed down my progress.

Here's why...

Remember I said that 'straining' to see, is one of the greatest causes of poor vision. Your eyes need to relax in order to see well.

Personally, I do a lot of close vision work (I work a lot on the computer), and so without my glasses, I found myself straining to see. I began to develop some very bad vision habits, like squinting, and getting too close to the screen (more of this later).

I already had poor vision habits, and now I was adding to them!

I found that I did actually need my glasses to be able to work, even though I desperately wanted to get rid of them.

The trouble is, that at best, lenses are a crutch, and continuous use of any kind of crutch just weakens the body's ability to become strong and heal itself.

So my glasses were necessary for me to work, but they were also contributing to my poor eyesight!

It was a Catch 22. But I found a solution.

I found an optician who was willing to 'work with me' during my healing adventure. Just a quick note here – the first couple of opticians I spoke to were not at all supportive and basically mocked my intention to help myself, telling me I was wasting my time! If you get the same thing, keep looking. There are plenty of open minded professionals who will help you.

I asked the optician to help me monitor the improvement in my vision, and as my eyesight got better, to give me progressively weaker and weaker lenses.

Oh, one more thing... I asked him to always give me lenses that were at least a half diopters too weak for me, so that my eyes were always being encouraged to work a little bit, instead of get lazy!



Each month, I went for a quick eye test, and if my sight had got better, I got new lenses.

By the way, a close friend of mine also did this with contact lenses. She bought the daily lenses, and found an optician who would just keep giving her weaker prescriptions, as her eyesight improved.

Now, if you can comfortably get around daily life without really needing your lenses, and you just use them for convenience, then you can probably just go cold turkey from day one.

Just use your own good judgment and common sense. Remember, **you** are taking responsibility now.

UNDERSTANDING THE EYES

Before we get started learning how to fix our vision, let's understand a little of how the eyes actually work.

By the way, you don't have to understand any of this in order to attain perfect vision. It's for your interest only. Also, knowing a little about the eyes can help you see the logic and reasoning behind some of the exercises. This may help increase your confidence in your routine, which in turn, helps you stick with the program.

I thought for a long time about how much information to include here. It's easy to get caught up in the biology and physiology, but to be honest, too much understanding can often side-track you from your goal of improving your vision.

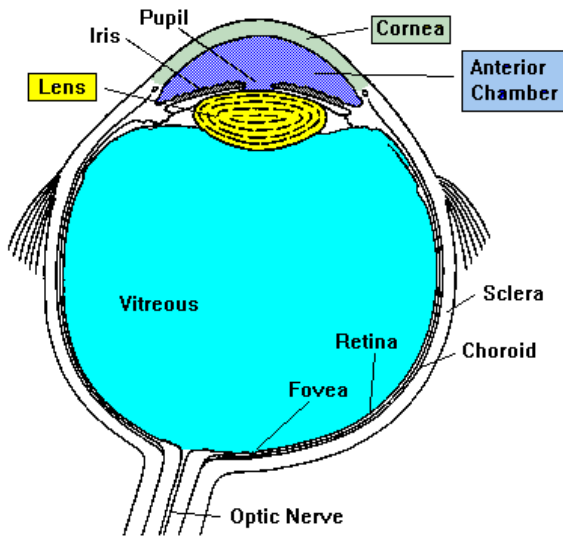
So I've basically, 'dumbed down' the information, to give you a very simple overview of the mechanics of the eye. If you're really interested in a detailed and in-depth description, there's tons of information available on the net.

Just go to google.com and enter 'how the eyes work' as your search phrase.

So if you like things to be very technical and detailed, and you're a stickler for correctness, better skip the next section and do your own research. The following is only a 'rough guide to the eyes' and intended for those who like their technical info on the 'hurry up'.

A Quick Lesson in Eye Anatomy

The normal healthy eye is almost spherical and is made up of three layers:



1. The Outer Layer (Sclera)
2. The Middle Layer (Choroid)
3. The Inner Layer (Retina)

The Sclera is opalescent, which means it has “a milky iridescence like that of an opal”!! Its center is transparent and is called the Cornea. Light comes through the cornea.

Behind the cornea, the second layer, or Choroid is visible. The Choroid Layer contains tiny blood vessels which transport blood to and from the eyes. When we do our exercises, one of our aims is to increase this blood flow, to get more oxygen and nutrition to the eyes, and also to remove waste products.

The Choroid layer contains the Iris (the part of the eye that is colored), with the Pupil in its center.

The Iris is like a circular muscle that expands and contracts to adjust the size of the pupil. This lets more or less light into the eye, and helps us to see perfectly, whatever the lighting conditions (or at least it does in a healthy eye).

The pupil, in the normal eye, gets smaller when looking at a distant object, and larger when looking at something close by.

Interestingly enough, the pupil also changes size according to the emotions. When you look at someone you love very deeply, or something that gives you great pleasure, the pupils get larger. When you look at something you don't like at all, they get smaller!

So now you have a way to know 'who loves ya baby'!



Right behind the Iris is the Crystalline Lens, which receives the light as it passes through the Pupil and focuses it upon the Retina, just like you did as a child when you used a magnifying glass to focus the sun onto a piece of paper.

Connected to the Crystalline Lens by a tiny ligament, is the Ciliary Muscle, which controls the contraction and expansion of the Crystalline Lens. In other words, the Ciliary Muscle changes the shape of the eye's lens and therefore changes your focus.

The third, Inner Layer, or Retina, is a continuation of the Optic Nerve, which is located at the back of the eye. Actually, it's a direct outgrowth of the brain!

The Retina receives the light that is focused upon it by the lens and then sends signals to the brain. The brain interprets the signals and you 'see' the image of the outside world! Neat huh!

The Retina's "Yellow Spot": The Secret to Vision

The "Yellow Spot" is a part of the Retina that allows the **details** of whatever you're looking at to be seen more clearly.

The middle bit of the yellow spot is called the 'Fovea Centralis'. This part of the Yellow Spot 'sees' twice as well as the Retina itself, particularly in bright light. When you focus on a small object or read a book, you see with this part of the Retina.

Some of the exercises in this book, are specifically designed to help you retrain your eyes to use the Fovea Centralis more effectively.

Peripheral vision: the ability to see out the corners of your eyes

In the normal eye peripheral vision is quite clear.

Peripheral vision is weakened by too much eye-squinting, close work and intensive mental concentration for long periods. These activities center your eyes' attention upon a single point only, and you begin to lose your ability to see peripherally.

According to the legendary Dr. Bates, *"The normal eye sees one thing best, but not one thing only."*

So How Do We Lose Our Sight?

OK, here's a bit more technical stuff about the process of 'seeing'. If you're not that bothered about understanding the mechanics of it all, click the button below and skip straight to the 'no brainer' explanation.

[click here for the 'no brainer'](#)



The Theory of Accommodation

In order to "see" properly, the eyes must **accommodate**. Accommodation takes place when you are focusing on various distances, close and far.

Which muscles are doing the focusing during accommodation is debatable among Ophthalmologists. In fact, it's quite a hotly debated topic, and the jury is still out on the verdict, but here are the basics...

Dr. Helmholtz, an early eye doctor, 'postulated' that only the Ciliary Muscle does the accommodating. The Helmholtz Theory is the 'accepted belief' of most modern eye-glass doctors.

Dr. Bates, a natural eye specialist, disagreed. He felt that the two oblique eye muscles were involved in eye accommodation, by compressing the round eyeball in the middle and making it longer horizontally.

To demonstrate his theory, Dr. Bates cut these muscles in rabbits and found the eyes could no longer accommodate. He also tried injecting a drug to paralyze the oblique muscles, and found that the eyes also failed to accommodate.



When he put the severed muscles back together again, or washed out the drug, the rabbit's eyes were able to accommodate again.

The Helmholtz theory states 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, suggests that it is not the Crystalline Lens, but the six external muscles that act upon the eyeball, that give the eye its ability to adjust and accommodate to near and far objects.

Whatever the actual reason, it doesn't really matter to someone who is following a proven exercise routine to recover their lost vision. We'll leave the dispute to the scientists, but let's say it is both the oblique muscles and the Ciliary Muscle which work together when focusing.

Confused?



OK, here's the simple version...

The muscles of your eyes change the shape of your eye, and the shape of your eye lens, so that whatever you are looking at, gets focused in the right place on the retina. If the muscles are not working properly, the image is focused in the wrong place and appears fuzzy!

Yes, that lacks a little finesse, as far as explanations go, but it gives you the basic idea!

Now, if it is your eye muscles that allow you to **see clearly**, then it follows that '*out of shape*' eye muscles are going to cause poor vision.



Eye muscles need exercise just as much as the other muscles in your body.

If you put your arm in a brace for a few weeks, the muscles will get weaker and smaller ('atrophy').

Because of the lack of movement and usage, the blood doesn't circulate as it needs to, and the muscles are deprived of nutrition.

Basically, nothing in the living world remains the same, it is either growing or it is dying. This is where we get the expression – **'use it or lose it'!!**

The eyes' tiny muscles are no exception.

If they are not exercised and used to their full capabilities, they will begin to atrophy. In other words, if you are not working on improving your vision, it is going to **get worse!**

When your eye muscles get weaker, they aren't able to pull the eye, and the lens of the eye, into the right shapes to focus your vision correctly.

When your eye muscles are too weak to be able to focus the eyeball on a close object, you end up with Myopia [nearsightedness). When it's a distant object you can't focus on, you get Presbyopia (farsightedness).

When you begin to do your eye exercises, you'll start to bring your eye muscles back into shape. Imagine that when you're doing your 15 minute exercise session, you're sending your eye muscles to the gym to *'pump some iron'*!



Just like a body builder, who can build a stronger and leaner body than the average person, by spending enough time, *regularly* doing the **RIGHT** exercises, you can also develop your eye muscles **way beyond the average person**.

You can create 'super-vision'.



Eye muscles can be strengthened to see telescopically. What others' can see with binoculars, a person with 'telescopic vision' can see with the naked eye. You can also develop 'microscopic vision' where you can see very small things, close up, very clearly.



It takes some work, and a bit of persistence and perseverance, but it will be **fun and enjoyable** if you do it with a happy, positive attitude and follow the guidelines in this book.

OK, are you ready to get started?

Well, there's one more thing we need to cover before we launch into the exercises...

... **MOTIVATION!**

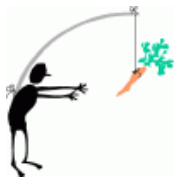
MOTIVATION

Why do most people fail whenever they set out to make a change?

Why do very few people follow through on their New Year's Resolutions?

Why is it, that even when we know what to do, we often just don't **DO IT??**

Well, for most people, the answer lies with motivation.



Most people are governed by their emotions. In fact, to one extent or another, we ALL ARE! When we feel good (motivated), we do things without needing to be pushed, reminded, cajoled, bribed...

However, when we feel bad (demotivated), we tend to 'forget' what we previously promised ourselves we would do.

Some people have the ability to follow through, no matter how they feel, and it is usually these people who enjoy the most 'success' in life. They have developed a muscle in their brain, that literally powers through their emotional state, and pushes them to do whatever it is they said they would do.

For these people, a commitment is: ***“doing the thing I said I would do, long after the mood I said it in has left me”***

For the rest of us, a commitment is too often: ***“if I feel like it, then I'll do what I promised!”***

Has that ever happened to you? It happens to me all the time. At times like this, I need to create my own 'carrot and stick', to get me to take action and follow through, and it's actually a lot easier than you think.

Create Your Own Instant Motivation

Here's an incredibly simple exercise you can use, ANYTIME YOU LIKE, to get yourself to follow through on just about anything.

If you've made a commitment to do something, then you probably have good reasons for making that promise to yourself. To create the motivation you need to make yourself take action, all you have to do is remember **why you made the commitment**.

OK, I know what you're thinking... *"Yeah, I promised I'd do my eye exercises because I want to see without lenses – I remember fine, but I still 'forget' to do my exercises, or I 'bunk off' when I know I shouldn't"*

The thing is, you may 'theoretically' know you're supposed to do your exercises, and why you 'should' do them, but **that** doesn't create motivation.

To get motivation, you have to emotionally **feel** the reasons. You have to create enough emotional juice to turn the '*should*' do my exercises, into '**MUST**' do my exercises.

It's really not that difficult, here's an example.

Q: Why do you want to do your eye exercises?

A: Because I want to see better.

(no emotional juice there – let's try again)

Q: OK, if you could see better, how would that improve your life?

A: If I could see better, then I wouldn't need to wear glasses to read

(hmmm, again not much juice – try again)

A: If I could see better, I'd be able to wake up in the morning and see the beautiful face of my partner lying on the pillow beside me, rather than a fuzzy blur.

(that's better – can you put yourself in that position, imagine that actual experience and feel the emotion?)

A: If I could see better, I wouldn't need to wear glasses anymore. I hate wearing glasses, and I especially hate the two little red marks they make on the bridge of my nose. I hate getting all steamed up whenever I walk inside from a cold day. I hate the way they make me look like a nerd. I hate

(that's the spirit – feel that emotion! Once you get enough of that juice flowing, nothing will stop you from your commitment to your natural healing program)

OK, here's the exercise ... **DON'T READ ANY FURTHER IN THIS BOOK UNTIL YOU HAVE DONE THIS EXERCISE – PLEASE!**

Take a piece of plain paper, or even better, take your ***Natural Vision Correction Adventure Diary***, open it to the first page, and write down 10-20 things you would/could do if you could see better.

These are the 'carrots', now you also need the 'sticks'

Now write down 10-20 things you absolutely HATE about your poor vision. These are the things that you are going to have to LIVE WITH FOR THE REST OF YOUR LIFE if you don't fix your eyes.

Read that again... if you don't fix your eyes, you will have to LIVE WITH THESE THINGS FOR THE REST OF YOUR LIFE.

If that doesn't get you motivated to take action, then you simply haven't put yourself 'inside' of the emotion of the 'carrots' and the 'sticks'. Remember, the theory won't motivate you, YOU MUST FEEL THE EMOTION.

Whenever you find yourself tempted to 'miss' or 'delay' the odd 15 minute session, whip out your diary and spend a few minutes reading through your list (or add some more).

A Quick Word on BELIEF

One thing which will absolutely kill your motivation, is a lack of belief that your program is going to actually work!

This can be a tricky one to overcome, especially if you've been doing your exercises diligently, and you're not seeing results as quickly as you expected.

At times like these, you need to do whatever you can to 're-convince' yourself that it's going to work.

I went through many of these phases, and the thing I found that helped me the most, was to read other people's success stories.

There are plenty of testimonials out there on the internet – plenty of information available to convince you of the validity of natural vision correction. You just need to look.

DAILY EYE HABITS

OK, we're only one chapter away from the actual exercises, but before we get into them, we need to talk about our 'vision habits'.

As I already said earlier, if you spend 15 minutes doing some great stuff for your eyes, and then 23 hours and 45 minutes doing bad stuff, you aren't going to improve your vision.

You need to develop some great eye habits, and your daily 15 minute session is going to help condition your mind and body, and train you in the activities that will guarantee the return of perfect vision!

However, there are some 'things' which aren't really exercises, they're just ways of being, or ways of doing day to day activities, so I've put them here in the 'Habits' chapter.

Read this chapter again and again as you go. You need to learn and apply these principles and activities into your day to day life, so that they become completely natural to you.



I'm going to begin with 'reading', because this is probably the one thing most people do intensely, which damages their vision. This is especially true, if your job involves reading (or other forms of close vision work, like computer usage).

THE ART OF READING

Reading, and other 'close vision' work, is probably one of the greatest causes of poor eyesight – but it doesn't have to be.

Here, I'm going to tell you how to make reading a pleasurable experience which is totally safe for your eyes, and won't result in progressively worse eyesight.

⊕ **Don't read when tired or sick.** The rule of thumb here is to read or perform close work only when your energy is high: when you are ill or tired, get plenty of rest and sleep.

Yes, I know, if you have to read for your job, you may not have the option, but at least you can avoid making it worse by not using your eyes too much after work.

⊕ **Don't read for extended periods in poor light.** Nature, or outside solar light, gives us about 10,000 watts of light. Inside lighting is very dim in comparison, about 150-200 watts at best.

Most people read with 60-100 watt bulbs or less, and strain their eyes. If you have trouble reading in dim light, your eyes will strain and weaken even more.

It's best to read in daylight, with the sun or outdoor light coming through the window **onto** your reading or working material. Or better yet, do your reading or close work outdoors!

At night, shine a bright bulb - 150-200 watts - onto your reading material to make it clear, and lessen eye strain. Adjust the light so it does not cause glare on the page. Even better, use a FULL SPECTRUM LIGHT BULB. If you don't know where to get these from, do a google search for 'full spectrum lighting' to find a supplier near you, or one that will ship to you.



Keep a Good Posture Whilst Reading. Poor posture while reading is a major cause of weakened and fatigued eyesight.

Avoid slumping or hanging or craning your head down while reading. Sit comfortably erect.

A slumped head position causes gravity to pull down on the eyeballs, placing strain on the eye muscles, which have to hold the eyes back in the sockets.



Holding this 'neck-bent downward' position causes lengthening/flattening of your eyeball, resulting in myopia or nearsightedness.

Hold your book or reading material parallel, about twenty inches from your eyes. Holding the print too close to your eyes is also a major cause of myopia.



Don't Read for more than 30 minutes at one time. 30 minutes is about the maximum time most people's untrained eyes can handle without strain or fatigue.

Read for a bit, then get up and walk around, stretch or go outside for a breath of fresh air.

Look into the distance. Take a deep breath, bend over and rub your face, forehead and around the eyes, exhale and stand up straight. Inhale again and bend backward, then to each side, and exhale and relax your gaze.

Close your eyes and place your palms over your eye sockets and do some palming (see the next chapter)



Avoid Straining. Strain is the major cause of bad eyesight.

Straining to "see" any object, far or near, which you are unable to see clearly, places a heavy strain on the eye muscles.

It's just like trying to lift a heavy weight that your body is not conditioned to cope with, it will strain and damage your tendons and muscles.



Other ways to strain your eyes include - long exposure to cold wind directly into the eyes, bright artificial lights, (especially fluorescent lights), watching too much television and staring too long at a computer screen (my favorite!)



Look up regularly and gaze into the distance. This is probably the most important eye habit you can practice while reading, doing any close work or watching television.

This exercise keeps the eye muscles flexible and stops them from getting into a frozen position.

Simply look UP from your close-work every five minutes and gaze (focus) at a distant object for five seconds. This exercise prevents eye-muscle cramping and also relaxes the eye muscles.

During close work, the Eye Muscles contract to properly focus the lens. These muscles kept in constant contraction for long periods, tend to get cramped, just like your arm muscles would do if you held a barbell in a fully flexed arm curl position for several minutes.

This was the hardest one for me, as I do a lot of computer work, and often, I get so involved with what I'm doing, I totally forget to look away. Sometimes, hours will pass before I realize I haven't looked up from the screen even once!

To force myself to do this, I found a simple, free software program which I installed on my computer – it's called Break Reminder, and every 6 minutes, is locks me out of the computer and turns the screen black for a few seconds.

At first, it really irritated me, as it always seemed to happen when I was in the middle of something really intense, but after a while, I got used to it and now I never forget to look up every 6 minutes to relax my eyes!



Avoid Close Work During and After Meals. Dr. Sasaki, a Japanese Eyesight Specialist states that you can add twenty years to your life if you don't read while eating, and go outdoors after meals for at least 30 to 60 minutes.

I don't know if he's right about that, but it's kind of obvious that if your stomach is pulling all your bodies energy and blood supply to digest a meal, your eyes are better to be rested at this time, and not working flat out!



You wouldn't go to the gym, 5 minutes after eating a meal, so it makes sense not to 'send your eyes to the gym' either, by forcing them to work hard, during or just after eating!



Avoid 'Squinting'. Learn to see without muscular effort.

The eyes naturally 'squint' in bright light, snow or water reflection. Other than that, squinting to read or see an object only weakens your eyesight.

Avoid squinting by consciously relaxing the eye brows.



Special Reading Technique to Improve Vision. This one's a bonus... I found this awesome technique recently. It takes a while to get used to it, but it really helps your eyes and makes reading much easier...

... "When reading, you should look at the white spaces between the lines and not directly at the lines themselves.

The reason for this is that there is no effort involved in sweeping your eyes over a plain white background. Fixing the eyes on individual words and letters involves strain, and strain hurts your vision.

When a person with normal sight regards the white spaces with a sweeping shift across the page from margin to margin, he can read easily, rapidly and without fatigue. If the same person looks at the letters, the eyes grow tired and the vision becomes poor.

People who cannot read well at the near point always tend to fix their attention on the print. Consequently they see worse. Improvement cannot take place until they learn to look at the white spaces between the lines.

Reading can be improved by improving the power to remember or imagine whiteness. This improvement can be achieved in the following way...

Close your eyes and imagine something even whiter than the page before you - white snow, white linen, a white board. Then open your eyes again.

If your mental images of whiteness have been clear and intense, you will find that the white spaces between the lines will appear for a few moments to be whiter than they really are.

Repeat this process as a regular drill.

When your imagination of whiteness has become so good that you can constantly see the spaces between lines as whiter than they really are, the print will seem blacker by contrast and the eye will find itself reading easily and without effort or fatigue"

I love this technique. Not only does it help your eyes and make reading more relaxed, you will find that you actually read many times **faster than normal!**

EYE WASHING

In my opinion, this is the single most important exercise you can do to correct and improve your eyesight.

It's **so** important, I didn't put it in the exercise section of the book, but instead, I've put it here as a daily habit.

When I started 'washing' my eyes every day, my eyesight improvement accelerated way beyond anything else I did.



At first it was a bit strange, but after a few days, it became just as normal as cleaning my teeth, and I did it morning and night. (Actually, I still do it!)

I first came across eye washing from some information I found about Dr. William Apt, a leading eye specialist in the mid-1900s, who recommended the Lemon Juice Eye Bath.

Apparently, he stumbled upon this secret from a 105 year old man, who told Dr. Apt to *"put three or four drops of lemon juice in an eye cup with purified water and wash the eyes with it daily for about 20-30 seconds with each eye."*

I started doing the lemon juice eye bath, but began to think that with all the wonderful herbs out there, something must be even better than lemon juice.

Indeed there is! There are many herbs that will help your eyes. You can eat them, and you can put them directly in your eyes. In fact, one of the herbs is so well known throughout history as being beneficial to the eyes, it actually called 'Eyebright'.

As always, I did plenty of research (so you don't have too ;-), and I eventually found the absolute, without question, best ever, herbal formula for 'washing' the eyes.

It's a formula 'created' by Dr Richard Schulze, my all-time favorite Naturopathic Doctor and Natural Healer.

Dr Schulze is a 'larger than life' natural healing 'evangelist', who's experience in herbal medicine and natural healing is pretty much unparalleled.

I came across Dr Schulze many years ago, and quickly became a big fan of his teachings and his programs and products. I've probably used 90% of his herbal formulas, and I've done almost every one of his cleansing and natural health programs, and I can say, without any question, that every single one of them has greatly benefited my health. WITHOUT QUESTION.

I'll refer to Dr Schulze a few times in this book, as several of his programs will help you in your quest for improved vision.



Dr. Schulze is one of the foremost authorities on natural healing and herbal medicines in the world. He operated natural cure clinics in New York, Southern California and Europe for almost 20 years up until 1994.

He still teaches throughout the United States, Canada, Europe and Asia and has for the past 17 years. He has designed natural therapy programs, which have assisted tens of thousands of people worldwide to create miracles and regain their health.

You can read about all Dr Schulze's herbal products and programs on his website <http://www.800herbdoc.com> or you can call his pharmacy on 1-800-HERB-DOC.

On the next page, I've copied Dr Schulze's web page for his Eyebright formula, (<http://www.800herbdoc.com/p57.asp>) straight from his website, so you can read what he has to say about this fabulous formula. I'm probably not supposed to do this (copyright etc), but I want you to understand how great this stuff is, and **start using it as soon as possible!**

EYEBRIGHT FORMULA

A FAMOUS CLINICAL FORMULA FOR THE EYES.

DR. SCHULZE DESCRIBES EYEBRIGHT FORMULA:



For centuries people have washed their eyes with herbal teas and tonics. This was done to physically cleanse the eyes of dust and dirt particles, destroy harmful bacteria which cause eye infections and to increase circulation to the eyes. In the early 1900's washing eyes became so popular that many herbal and pharmaceutical companies sold bottles of eyewashing preparations in the drug stores, and the top of the bottle was actually an eyecup that screwed off. You can still find these bottles for sale in many antique stores along with hundreds of clear, white and cobalt blue eyecups which have now become collectors' items. After WWII the practice of washing eyes was dropped, for you guessed it – antibiotics again – the supposed cure-all.

You can still find eyewash cups for sale today in drugstores, but most often they are plastic. You want to search for the glass ones, which are much more comfortable and easier to clean.

This formula is based on classic eyewash herbs that have been used for literally centuries for this purpose, except one, Cayenne. This was the addition of the late Dr. John Christopher, which this formula is based on, who became famous for his patients' miracle healings with eye infections, disorders and diseases, even cataracts, glaucoma and blindness. Although the Cayenne in the formula did sting a bit, it so dramatically increased the blood circulation to the eyes. Well, you can just imagine what happens.

By current law I cannot describe this formula any further.

METABOLIC ACTION AND BOTANICAL CHEMISTRY:

Goldenseal root is famous for being a mild acting, but highly effective antibacterial and antiseptic herb. In the clinic I found it extremely useful for destroying infection around the sensitive areas of the body like the eyes, inside the sinus, and sensitive mucous membrane areas where garlic could be too strong. It contains the alkaloids hydrastine, berberine and canadine, and volatile oils and resins. The first two alkaloids are listed medically as antibacterial and antiseptic.

Eyebright and **Fennel** both have a long history of being used for the eyes, soothing inflammation and reducing irritation, especially for conjunctivitis. Mullein is very soothing and demulcent to the delicate mucous membranes. **Red Raspberry** is a mild astringent and **Rue** an antispasmodic. Again, the law restricts me from commenting any further.

BOTANICAL INGREDIENTS:

Eyebright herb and flower, Euphrasia officinalis, Goldenseal root, Hydrastis canadensis, Rue flower, Ruta graeaevolens, Mullein flower, Verbascum thapsus, Fennel seed, Foeniculum vulgare, Red Raspberry leaf, Rubus idaeus and Cayenne, Capsicum annuum.

DOSAGE:

In my clinic I had my patients mix 2 to 10 drops of the tincture into an eyecup and fill it with room temperature distilled water. They would hold the eyecup up to their eye, tip their head back and open their eye under the solution (it would burn a little at first). Then they did eye exercises while under the solution, looking left and right, up and down, circles left and right. Then they would rinse the eyecup and do the other eye.

Even though this formula has been used for hundreds of years, and I successfully used this formula in my clinic for over 20 years, it is illegal for me to advise or suggest putting it into your eyes.

Price: \$22.00 **Quantity:** 1 ounce / 30ml.

© Copyright 2005 Dr. Richard Schulze. All rights reserved | **WARNING:** None of the above statements have been evaluated or approved by the Food and Drug Administration or the American Medical Association. The information provided on this site is intended for your general knowledge only and is not a substitute for professional medical advice or treatment for specific medical conditions. Always seek the advice of your physician or other qualified health care provider before using any herbal products.

If you are serious about getting your vision back, get this incredible formula from Dr Schulze's pharmacy by calling 1-800-herb-doc, or from his website www.800herbdoc.com. They ship internationally, so it doesn't matter where you live.

At current time of writing, one bottle of this formula cost only \$22. As you'll only be using a few drops each day, one bottle lasts almost forever – it's a superb deal.

This formula is an absolute must if you want to heal your eyes quickly. There's no excuse. Just do it! Do it now!

(By the way, I don't have any financial relationship with Dr Schulze – I recommend his products because they work, and because I want you to have the very best that's available).

THE SUN

Sunshine is Food for the Eyes. The eyes thrive on the sun's energy.

Go outdoors in the sunlight everyday that you can. Outdoor people generally have better vision than people who spend most of their time inside.



The best time to enjoy the sunshine on your eyes is in the morning before 11:00 am or after 3:00 pm.

The sun improves the eyes and pupils in many wonderful ways. For instance, it loosens tight muscles. The nerves and muscles just naturally let go of stress and tension, a leading cause of poor eyesight.

In the exercises section, you'll find several 'sunning' exercises – they are amongst my favorites – but here's one you can do whenever you get the chance, not just in your 15 minute routine.

Sit down, relax your mind and body; loosen your neck and shoulders. Close your eyes and swing your head slowly from side to side, with the sun shining directly on your face. If your eyes start to "tear" or "water", just let it happen, the tears are very healing.

SUNGLASSES

Sunglasses shield your eyes from the life-giving sun. They aren't good for your eyes at all, except in drastic circumstances such as a bright sunny day in the snow covered mountains.



Wearing sunglasses all the time can lead to photo-sensitivity or even photo-phobia (fear of light).

Many eye specialists now warn against the excessive use of sunglasses. They say that it can cause blindness by paralyzing the eye-pupil.

In bright light the pupil becomes smaller and in darkness it becomes larger. Wearing sunglasses in sunlight keeps the pupil expanded because the shaded lens does not allow light to enter. This is what weakens the eyes.

If you are driving into the sunset or sunrise, use your sunglasses to reduce glare, otherwise **leave them off**.

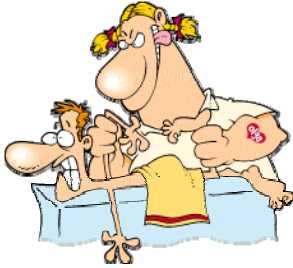
The modern fashion of wearing sunglasses all the time, even indoors or at night, is only going to damage your vision.

If the sun bothers your eyes, the best remedy is to spend more time outside in the daylight! Also, changing your diet will help a lot – see the diet section.

MASSAGE

Remember I said earlier, that any kind of strain or tension weakens the eyes?

So anything you can do to help the muscles of the eyes relax, will help your vision. That also goes for the surrounding muscles, like the face, neck, shoulders, head etc.



Massage is great for this, and here's a simple massage you can do on yourself, whenever you have a spare moment or two. It's also great to do this before and/or after your daily 15 minute eye exercise session.

The Face

Warm your fingers by rubbing them together and begin with your jaw. Always begin very gently and notice what you feel and what effect it is having on you.

Work outward from the point of your chin under and behind the ears. The point directly under the ears is often very tight. Opening and closing the jaw is a good idea as well as yawning.

Work from the bridge of the nose outward over the cheekbones and up toward the temples. Use circular strokes on the temples. Continue on the eyebrows, working outward from the center using long strokes. Use your fingertips to stretch out the brow, and alternate with picking up the brow with your thumb and forefinger and stretching it out.

Often a point between the brow is very tense, so use small circular motions on this area. Another delicate point is in the indentation outside the bridge of the nose on the inner edge of the eyebrows. This is also an excellent acupressure point for the eyes.

Work above and below the brows and finally use long strokes on the forehead. Notice how your face feels and your eyes feel when you're done. Wonderful!

Now for the neck.

Turn your head to one side. Feel along from behind the ear down to your chest, and you'll find the side neck flexor or sternocleidomastoid. This muscle can become tighter than any other muscle in the body. It gets so tense that some people mistake it for a bone!

Gently at first till it warms up, palpate, tap and stroke it. Do each side. Then massage the back of the neck working out from the spine. The top of the spine at the very base of the skull is often quite tight.

Finally finish by doing head rotations. Start with small rotations, in each direction. Do a dozen circles, gradually expanding to your full range of motion. Always do rotations slowly and deliberately.

Doing this face and neck massage on yourself before you go to bed, will help you sleep better and you'll wake up feeling far more refreshed.

Stretching the eye muscles

Close both eyes tightly, squeeze them closed and open them suddenly, arching your brows and stretching your face. Repeat several times.

Look up as far as possible, look down as far as possible, inhale on up, and exhale on down. Blink rapidly a dozen or so times. Look as far right as possible, look as far left as possible and blink rapidly again. Look diagonally up to left, down to right, up to right, down to left, and blink rapidly. Rotate your eyes in circles, clockwise and anticlockwise. Try with your eyes open and shut.

THE MOTIVAIDER

The trouble with trying to replace your current bad habits with some new **good habits**, is you do actually need to remember to do it!!

Again, I found a solution to this. It's a little gadget called a **Motivaider**. It's about the size of a pager, and looks a bit like one, and it sits on your belt or in your pocket, and silently reminds you to do stuff (by vibrating), at regular intervals throughout the day.

Don't under-estimate the power of this little gadget. It's truly brilliant, and **it WORKS!**

Here's what the inventor of the Motivaider, Dr. Steve Levinson, has to say about it:

What the MotivAider® Is

The **MotivAider** is a remarkably simple electronic device that empowers people of all ages to make desired changes in their own behavior. It allows users to quickly and efficiently eliminate unwanted old habits and build constructive new ones. Used worldwide for over fifteen years in the fields of health care, education, sports, and business, the **MotivAider** has already helped thousands of people transform their good intentions into life-improving action.



How the MotivAider Works

The **MotivAider** works by keeping your mind sharply focused on whatever change you want to make. By keeping your good intentions from getting lost in the shuffle, the **MotivAider** lets you benefit from knowledge, ability and motivation you normally waste.

The **MotivAider** is easy to understand and easy to use. It works privately and automatically. And, most importantly, it really works!

The **MotivAider** looks like a pager and weighs less than three ounces. You simply clip it on your belt or waistband or carry it in a pocket. It sends you a self-repeating private signal - a pulsing vibration - that keeps you tuned-in to your personal behavioral change goal.

How to Use the MotivAider

To use the **MotivAider**, you simply devise a brief personal message that reminds and motivates you to take action to achieve your goal. Next, you assign your personal message to the **MotivAider's** vibration so that whenever you *feel* the vibration, you'll automatically *think* the message. Finally, you set the **MotivAider** to send you signals — and therefore your message — as often as it takes to keep you on track. That's all there is to it. The **MotivAider** does the rest.

With a steady stream of private reminders flowing through your mind, your mind stays "set" on your goal until you reach it.

The "Swiss Army Knife" of Self-Improvement

The **MotivAider** gives new meaning to the word "versatile." Because it corrects for a fundamental flaw in the way the mind treats your good intentions, the **MotivAider** lets you make desired changes - both big and small — in virtually any area of your life. For example, the same simple tool will help you stick to a diet, improve your golf or tennis game, or improve your job performance. You can use the **MotivAider** to try out a new outlook or attitude, to stay focused at work, or to improve your image or your relationships. It can help you quit smoking, get organized, or be a better parent or partner. Or you can use it to improve your posture, reduce stress, become a more comfortable and effective public speaker, or stop biting your fingernails.

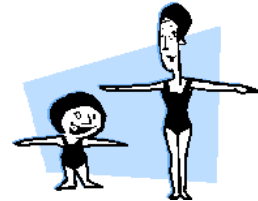
Whatever your good intention, the **MotivAider** gives you the power to follow through!

You'll find the Motivaider is a fabulous tool, which will help you in your natural vision improvement adventure. You can get your own Motivaider from Dr Levinson's website by clicking here: <http://www.perfect-eyes.com/r/m>

EXERCISES FOR PERFECT VISION

In this section, you'll find 40 or so exercises that are going to help you get your vision back.

Of course, you'll only be able to do 2 or 3 of them in each 15 minute session, but I've included this many different exercises so you'll be able to change your routine as often as you like and not get bored.



As you go through the exercises, you'll develop some favorites. You may also find that you don't like some of the exercises at first, but several weeks or months later, they are much more fun than they were at first.

The exercises are split up into 3 different categories...

1. **Palming.** This is an absolutely essential part of your eye healing routine. You must include some palming in your 15 minute session.
2. **Eye Muscle Training.** These can be simple 'eye gymnastic' exercises, or 'focus training' exercises.
3. **Other Exercises.** This section contains some exercises which do not focus on the eyes, but on some other part of the body. **DO NOT** ignore these exercises just because they don't seem to be specifically for the eyes. **EVERY** exercise in this book, will help you heal your vision to some extent.

Experiment with your routine. Remember, you are in charge now, you are responsible. I am giving you the tools and some guidelines, but you need to decide how you are going to use them.

Use your own common sense and intuition. Let your body, and your eyes, tell you what to do as you progress along your natural vision correction adventure.

Here are a few more guidelines to help you get the most from your sessions...

1. RELAX

Relaxation is the key to crystal clear vision. The more you can learn to relax your eye muscles, the better you will see. That goes for the rest of your body too, as



every part of our body is connected to every other part in some way.

Any kind of strain in your body or eyes will worsen your sight, so make sure you **DO NOT STRAIN** when you are doing your exercises.

2. BREATHE

Deep, calm and regular breathing is one of the keys to great health.

Easy and full breathing helps you to relax, and fills your blood with life-giving oxygen. Oxygen is **THE MOST IMPORTANT** thing we need. We can go weeks or months without food, days without water, but only a few seconds without oxygen.

Remember to **KEEP BREATHING** whilst you do your exercises. Don't hold your breath unless the exercise specifically requires it.

3. KEEP IT LIGHT AND FUN

Do your sessions with fun and a light heart, not as a duty or regimen.

Your brain has incredible power to affect your body. If you start to see your daily sessions as a chore, something boring or difficult or unpleasant, your brain will turn against you! Not only will it make you forget to do your exercises, but it will find all sorts of ways to interfere with your healing, creating tension and strain.

4. LOVE YOUR EYES

Whilst you are doing your exercises, it's a great time to learn to love your eyes. Most of us with poor vision, begin to feel badly towards our eyes. This will hurt your vision, not help it.

Think for a moment, what your eyes actually do for you. How hard they work for you, and the pleasures they bring you.

Appreciate them. Imagine they have a life of their own (they do!).

Talk to them and tell them how much you love them! Imagine

hugging and kissing them! It may sound a bit strange, but I

promise, that if you do this with authenticity, your eyes will respond and give you better vision.



5. TAKE BREAKS WHEN NEEDED

Don't push it! If your eyes are tired, itchy, red, painful, aching, etc. take a break. Miss a session or two and just rest your eyes. Do your exercises when you feel energized, not when you feel exhausted.

It is not the exercise that builds and strengthens the muscle, it is the resting phase afterwards! Your muscles need to rest when they have been working. If they don't rest, they don't get stronger.

A word of caution here... be careful your brain doesn't use this as an excuse to skip sessions, when your eyes are perfectly fine!

6. AVOID ANALYSIS PARALYSIS!

Like all the exercise routines, it's doing them that makes the difference, not analyzing them. Don't get hung up on the details. You don't need to be doing it perfectly to get a benefit. Just understand the concept and the 'feeling' of the technique, and do it as well as you can. After a while, you will be able to feel when an exercise is really helping your eyes, and you'll even be able to adapt the exercises to better suit your style and ability.

7. KEEP AN OPEN MIND



The mind is like a parachute... it only works when it's open!

Some of these exercise may seem a little 'weird'. You may not understand how they will benefit your sight, but that doesn't matter. Just keep your mind open, and decide to trust the process. Some of these exercises have been used by many different cultures for hundreds and even thousands of years. They WORK.

8. TAKE OFF YOUR GLASSES

Always, always, ALWAYS take off your glasses or take out your lenses before you do your 15 minute session.

If you're doing an exercise at some spare moment during the day, remember to take off your glasses first. If you wear lenses, this may not be possible, so use your own good judgment.

9. TEARS

If your eyes begin to water at any point during exercises, or during the day, this is GOOD!

Tears are nature's eye drops. They cleanse and purify the eyes and contain the bodies natural healing chemicals, many of which science probably hasn't even discovered yet.



10. VISUALISATION

Regularly throughout your day, visualize yourself with perfect vision. The stronger and clearer you can imagine the picture of yourself, seeing clearly, the more powerful effect it will have.

Remember, the brain has awesome power to affect the body. If you keep feeding your brain a picture of what you want, it will start working for you, to achieve that picture. Don't underestimate this one, it's very, very powerful.

OK, we're ready...



... now on to the exercises.

PALMING

Palming is definitely one of the most important exercises you can do to improve your vision. Actually, palming isn't really an exercise, it's more of a **non-exercise!** I'll explain...

Palming was re-discovered by William H. Bates, M.D. in the early 1900's.

Before this, the ancient Indian Yogis and Chinese Taoists practiced eye palming techniques for thousands of years. They "palmed" their eyes as a form of meditation or inner visualization and relaxation.

What is Palming?

Very basically, Palming is simply the act of gently 'cupping' both palms over the eyes, blocking out as much light as possible.

There are a few variations to the technique, which we'll cover in a moment, but first, why does this work to help fix the eyes?

The Physical Explanation

Palming is one of the most important methods for relaxing eye muscles and eye nerves. Remember the chapter on how the eye works, and why it stops working? When the eye muscles get stressed or strained, lazy, and bent out of shape, **so does the eye.** This also affects the lenses in your eye, and your vision.



Any body builder, professional athlete, coach or physical therapist will tell you, that one of the most important aspects of muscle conditioning, is relaxation. When the muscles relax, they begin to function as they are supposed to, at peak performance.

But what does this mean to you? Simple...

...more relaxed eyes = better vision!

The Meta-Physical Explanation

The Masters say that *'too much outward gazing at all the 'exciting' and fast-moving things in the world, upsets the inner balance of our 'spiritual third eye'.*

The physical eyes and brain become clouded, confused and agitated, like a muddy stream.

Palming calms the mind, emotions, spirit and body. This allows the inner and outer eyes take on the qualities of a clear, tranquil and peaceful pool of water.

When your mind and emotions are tranquil, your eyes can focus on the outer world with clarity and insight.'

The 'Blackness' Explanation

According to Dr Bates, *"Perfect blackness that is recalled and perceived, indicates that the mind is perfectly relaxed.*

When you cultivate the power to "remember and visualize black", your brain and mind rests and relaxes instantaneously, and your vision strengthens tremendously.

Your mastery in remembering to see black goes beyond relaxation. It enables you to see the letters 'much blacker' on a page, thus making them sharper and easier to read.

Your subconscious memory of "perfect blackness", carried in your mind when your eyes are open, will give you a high degree of mental and visual clarity and strength.

Thus, your vision can be improved immediately, if your memory and mental image of "perfect blackness" is visualized and retained."

The Energy Explanation

In addition to this calming effect, many believe that during palming, healing energy passes through the palms of your hands into your eyes.

If you're a sensitive person, and you relax and concentrate a little, you'll actually be able to feel this happening, and you can even magnify the effect by using your intention or imagination. You'll find you can 'pull' energy from your hands with your eyes, or you can intentionally send healing energy from your hands into your eyes.

Sometimes, this energy feels warm and soothing, sometimes it feels a little cool and prickly, sometimes it feel expansive and magnetic!

Actually, it's a lot of fun to play with this energy, once you begin to identify it. Then, your palming sessions will become an exciting adventure, rather than just some exercise that you're doing to see better!

It doesn't really matter which or these explanations are true, or perhaps all of them are. The fact is **PALMING WORKS**.

More than that... this could be THE SINGLE MOST IMPORTANT EXERCISE TO HELP YOU GET YOUR SIGHT BACK!

Ok, is that clear enough?

Tips and Techniques to Improve your Palming Effectiveness

Relaxation is the key here. While palming, you really need to "let go", both mentally and physically. Your eyes cannot completely relax when your mind or body is full of stress and tension.

Breathe slowly, evenly and naturally. Don't force your breath. Let it come and go. Let your lungs fill up, and then let them empty. No effort.

Visualize Black Velvet! Even though your hands are blocking out the light, you can make the exercise more effective by visualizing the color black. Most people find this easiest by imagining something black, for example a very dark box, lined with black velvet.

The 'darker' the black you can 'see', the quicker your eyesight improvement!

Rub your hands together. Before you start your palming, rub your hands together for 10-20 seconds very vigorously. This is a technique used by energy healers to bring healing energy into the hands, which you can then pass into the eyes.

If you don't believe in 'healing energy' (remember that open mind we talked about?), then just see it as getting some heat into the hands, which feels nice on the eyes and helps them relax more.

You can make this even more effective, by using your intention and imagination to send healing energy to your hands when you rub them together.










Find a relaxed position. You can do Palming with your elbows on your thighs or on a table. You can also place a cushion under your elbows for both positions. Supporting your elbows helps you relax a little more.

Practice palming as part of your 15 minute routine, EVERY DAY. You should palm for at least 5 of the 15 minutes.

Once you start doing this, and noticing the benefits, you'll want to do it more, so start to get into the habit of palming many times during the day, whenever you have a few spare moments.

Unlike some of the eye exercises, palming won't tire your eyes and muscles, so you aren't going to overdo it. You can palm for hours each day if you really want, it won't harm your eyes, it will only help them.

Palming Review

-  Palm daily for at least 5 minutes
-  First, rub your hands together vigorously until they get HOT
-  Cup your hands and put them over your closed eyes
-  Relax everything, especially your eye muscles, brow, tongue, face, jaw, teeth, neck and shoulders
-  Now relax your thoughts! Let go of worries. Just tell you mind that you'll deal with everything in 5 minutes, but to leave you alone just now! Your mind won't object too much to that, it's used to being put off.
-  See black. Visualize black velvet.
-  Feel the healing energy from your palms entering your eyes.
-  Will (ask) your eyes to heal themselves and return to perfect vision – but do it gently.
-  Breathe gently and fully throughout the exercise.

Re-read through this page every now and then, to make sure your palming remains as effective as possible.

OK, let's go. Here are a few specialized palming techniques, to give you a little variety from basic palming.

The Secret 'Black Globe' Palming Technique

While palming, when you've pictured a background as black as it can be, imagine a "round" very black "Globe" or ball, pictured against that background.

What do you see?

You will see something even blacker than the background.

Then let go of the background and let the Black Globe spread out until it becomes the background itself.

Now picture a Black Globe, even blacker, on the new background.

Let go of the background and let the globe expand again to become the new background.

Keep repeating this exercise until you get a background so black that you can't imagine a globe any blacker.

Green Palming

The Taoist Masters teach us that "green" is associated with the liver and the eyes.



Green vegetables and nature's green colors - trees, grass etc., help to heal the liver and the eyes.

So for a pleasant alternative to 'Black' palming, try visualizing the color green when you palm.

Yoga Fetal Palming

The Yogis of India discovered that performing palming in the Fetal Kneeling Position or Fetal Squatting Position is more relaxing and healing than in the upright sitting position.

Kneeling Fetal Position

While kneeling in the fetal position, bring your head to floor in front of your knees, with your palms cupped over your eyes. Rest the heel of your palms on your cheek bones, fingers crossed over your forehead. Be sure your palms do not touch your eyeballs.

Squatting Fetal Position

This one isn't so good if you're not comfortable squatting (I'm not). Asian people tend to find this much easier, as squatting is a natural way to rest in many parts of Asia. It's a natural position and very conducive to relaxation, meditation and palming, if you can do it comfortably. (Squatting is also very good for the posture by the way!)

Squat down with your feet 8 to 10 inches apart. Place your arms over your knees and cup your palms over your eyes.

Relax in this position and 'palm away'!

Open Eyed Palming

I like this one, because I love to feel the energy from my hands play with my eyes, and when I keep my eyes open, I can feel it more strongly.

However, one of the main reasons for palming, is for the eyes to experience blackness, so if I'm going to do palming with open eyes, I make sure I'm in a darkened room.

If you've got a room with no windows, that you can make completely dark, so dark that you can't even see your hand in front of your face, that's a great place to do some palming.

EYE MUSCLE AND FOCUSING EXERCISES

Tracking/Edging

Tracking or Edging helps your eye to regain the natural ability to focus upon the Macula.

The macula is at the centre of the retina where the incoming rays of light are focused. The macula is very important and is responsible for:

- what we see straight in front of us
- the vision needed for detailed activities such as reading and writing
- our ability to see colour

As you practice edging, objects will start to become sharper and clearer to you.

Tracking is a really simple concept, and it's one that you'll grow to enjoy, as you VERY QUICKLY become really good at it.

The idea is you pick out an object, and then move your focus around the edges of the object. At first, move slowly around the object, seeing each part of the edge. Later as you get better, you can go much faster.

The object can be anything, from a mountain in the distance, a tree in the park, the face of your loved one, a single letter on a page, even down to a tiny dot. As long as you can trace the outline of the object or image, you can Track it.

To Improve Your Distance Viewing



'Edge' or 'Trace' your eyes around a picture or a large letter on a sign that you can see clearly. Edge or Track around a table 20 or 30 feet away.

Practice as you walk around outside. Trace or Track up and down buildings, billboards, highway signs. Edge along window frames, houses, trees. Use your imagination.

Try this - use your nose as a focal point while edging. That means that you trace the outline of the object with your nose, and your eyes just follow along! This helps to relax your head and neck, which is important, and prevents the eyes from staring with a fixed gaze.

It's easy, just point your nose at the object you've chosen and move the tip of the nose along its edges.

Alternatively, keep your head completely still, and Track by moving your eyes ONLY around the object. This adds the dimension of making the eye muscles work a little, which is great.

Try both versions of the exercise and feel the difference.

To Improve Your Close Vision



Track letters on a printed page. Each week pick out smaller and smaller letters until you can read the smallest print easily.

VERY Important...

...close your eyes for a few moments after Tracking each object. This gives them time to relax, avoids you getting eye strain, and HUGELY improves the results. Even better if you 'palm' whilst your eyes are closed.

Remember to breathe deeply and easily while Tracking.

Initially, you can build this exercise into your 15 minute daily routine. Once you get comfortable with it and good at doing it, you'll find yourself practicing tracking as a fun 'habit', more and more throughout the day. Whenever you get a spare moment when you don't have to focus on something in particular, do some tracking.

Do it in the Dark! Even when it's dark and you can't see anything, you can still practice tracking. Even with your eyes closed! Simply make a mental picture of an object, or remember one of your favorite images, and Track It!

The Tibetan Peripheral Vision Technique

Peripheral Vision, means seeing out of the 'sides' of your eyes!

In primitive times, peripheral vision was incredibly important... if you didn't see the saber-toothed tiger 'comin at ya' from the corner of your eye, you'd end up as lunch!

Nowadays, we've pretty much lost the ability to use our peripheral vision, as our modern society encourages us to 'narrow our focus' and stare straight ahead (usually at the TV!) Unfortunately, for your eyes, exercising your peripheral vision is actually very important to keeping them healthy.

In addition to improving your sight, having a keen peripheral vision will bring many other benefits to your life. It actually increases your general awareness of what's going on around you – you get to notice more of life.

Whatever your goals in life, you can be sure that being more 'aware' will do wonders for your success. It's not just a metaphor... opening up the 'range' of your vision seems to have the direct effect of opening up your mind, and allowing you to see opportunities you just didn't know were all around you, before.

Here's how to do it...

Step 1: Hold a pencil/pen/stick (or some similar object – a finger will do!) in each hand, about twelve inches (30cm) in front of your eyes.

Step 2: Gaze straight out past the pencils into the "distance", without looking directly at them. See the pencils with your "Peripheral Vision." Do not look directly at the pencils.

Step 3: Move each pencil s-l-o-w-l-y to the sides of each eye, as far as you can see them peripherally. Repeat this front-to-side movement about ten times.

Step 4: Next, move the pencils, right hand upward and left hand downward, ten times.

Step 5: Next, move the pencils right hand diagonally upward, and left hand diagonally downward, ten times.

Step 6: Next, move the pencils left hand diagonally upward, and right hand diagonally downward, ten times.

Step 7: Next, hold pencils twelve inches in front of your eyes and make a circle about two or three feet in diameter, from in front of your eyes, out to the sides. Perform circles clockwise and counterclockwise

Notes

Don't get too hung up on what is meant by diagonally up, down, in, out etc. I'm sure you get the idea. Feel free to experiment and come up with your own movements. The idea is that you exercise your peripheral vision all the way around.

One thing I found really fun with this exercise, was to open my arms wider and wider and see where the pencils disappeared from my vision. At first I could get about 120 degrees – not too great. As I practiced I found I could go well beyond 180 degrees! I'm still working on 360, then I'll really have 'eyes in the back of my head,' hee hee!

Keep your eyes looking straight ahead in all 7 Steps.

If you find your focus following one of the pencils during any of these exercises, don't give yourself a hard time, just move your focus back to the distance in front of you, and use your 'peripheral' vision to find the pencils again.

The Hindu Yoga Accommodative Eye Exercise

Remember we talked about 'accommodation' in the section on 'how the eye works'? This exercise is great for exercising the eye muscles responsible for eye accommodation.

The accommodative eye muscles, just like any other body muscles, become weaker over time, not because you're getting older, but because they aren't getting used!

Muscles need exercise, and eye muscles are no different in this respect than other muscles of the body. Exercising increases blood flow, oxygenation, removal of toxins, improves elasticity and flexibility and a whole heap of other good stuff
bottom line: **better vision!**

How to do it

It's best to do this outside, or at least in a well lit room, whilst looking out the window.

Step One: Pick out a distant object, 20-30 feet or more away (10m). This could be a tree, car, a building... anything you can see easily. This is your 'distant vision object.'

Step Two: Write some black letters, large enough for you to see clearly, on a small card or piece of paper, and hold this in your hand.

Step Three: Hold the card at eye level and at arms length away, (or wherever you can see it clearly).

Step Four: Look at your distant object and make sure you see it clearly for a few seconds. Now, move your eyes back to a letter on your card and see that clearly for a few seconds. Do this 3 times, back and forth. i.e. far, near, far, near, far near.

Step Five: When the letter on the card becomes easier to see, move the card a little closer to your eyes and repeat step 4 (3 far, 3 near)

Step Six: Keep doing this routine, moving the card closer to your eye each time, until you've had enough, or your eyes get tired, or the card is too close to your eyes to be able to see it clearly, or you've reached your allotted time for this session.

Notes

When I started my eye routines, one of my eyes was much worse than the other. Apparently that's true for a lot of people.

I adapted this exercise by also doing it with one eye only (using an eye patch, or just holding my hand over one eye)

Then I switched eyes and did it again.

Then I finished off by doing it with both eyes.

I found that doing it this way, quickly balanced my vision, and both eyes became more or less equal in strength.

Here's a small twist on the exercise to improve your Distant Vision.

In place of gradually moving the card closer, leave your 'close vision object' where it is and instead, pick objects that are further and further away for your distant vision object. Each time another 20-30 feet further.

Whipping and Tromboning

Here are some more 'accommodative' eye exercises.

Whipping

1. Hold your left hand over your left eye.
2. Hold your card at arms length.
3. Bring the card towards your right eye until it's a few inches from your face. Not too slow, not too fast, at a speed where you can keep your focus on the letter.
4. Whip the card suddenly back to arms length.

Do this ten times or so.

Now swap eyes.

Right hand over right eye.

Card in left hand, move it towards the left eye.

Do it the same number of times

Now do it with both eyes open.

Easy Peasey Lemon Squeezy!

Tromboning

1. Hold your card at arms length.
2. Slide it 3 inches (10cm) towards your right eye.
3. Slide it back out again.
4. Slide it 6 inches
5. Back out
6. Slide it 9 inches
7. Back out
8. Keep doing this until it's a few inches from your eye.



Do this 3 times with each eye, then both together.

Don't go too fast. Move the card at a speed that you can keep your focus.
Remember to relax and breathe easily.

Notes

After practicing this exercise for a few weeks, vary the speed of the card, sometimes really fast, sometimes really slow

To make the exercise more fun, make a sound like you're playing the trombone!

Distant Vision Strengthening Exercise

This eye exercise was taught during the 1940s in Michigan, by two optometrists, Drs. Ross and Rhymer. They used it to achieve consistently awesome results, extending the limits of distant vision, especially for people with myopia (nearsightedness).

If you're far sighted, don't ignore this exercise though. It'll still give you great eye improvement, and remember that goal of telescopic vision you have?

This exercise makes use of an eye chart, which you can either buy, or make yourself ([click here for instructions](#)). If you don't have an eye chart, or haven't made one yet, just improvise.

Like all the exercises, don't get hung up on the details, just understand the concept and the 'feeling' of the technique, and adapt it to your style and ability.

Step 1: Stand straight, take a deep breath, let your shoulders and belly relax. Select one of the "letters" on the top line of the chart

Step 2: Trace the outline of your chosen letter with your focus, then close your eyes for a few seconds and relax some more.

Step 3: Open your eyes and look at the letter again. Next, place both hands over your eyes and "Palm" while visualizing the "letter" in your mind for 15 seconds. (if you skipped the section on palming, you need to go read that before you do this exercise)

Step 4: Open your eyes with a deep inhalation and exhalation of breath, noting the "letter" becoming even blacker.

Step 5: While looking at the "letter", begin swaying slowly from side to side. Whilst you continue to sway, move s-l-o-w-l-y away from the chart, taking very short backward steps. When you reach the point where the print becomes indistinct or unreadable, STOP!

Step 6: At this point, bend forward at the waist, continuing to sway, and again read the "letter". Now, resume your short backward steps. Again, even though you're leaning far forward, you'll reach the point where you can't clearly see the letter anymore.

Step 7: Straighten up, move close to the chart, and repeat the exercise on the next smaller line of the chart. Repeat the exercise for each line until you reach the bottom line of the chart.

Notes:

It's important to relax your entire body whilst doing this exercise.

Mentally and physically feel your shoulders, neck, face, eye, arms and hands relax. Let go of your jaw muscles and let them drop. Let your eyes become soft and calm.

The "Eye-Power-Gaze" Technique

Everett Hughes ND, writing in Natural Health Guardian [February, 1958] said: "*I wore glasses for years, but after taking these exercises for a year, optometrists told me I did not need glasses.*"... nuff said!

This one is quick and easy, and can be done at any time of the day when you get a spare moment, as well as building it into your 15 minute routine.

1. Close one eye tight. Now shut it tighter. Squeeze it shut even tighter! (Go easy the first few times you do this).
2. Now change to the other eye and do the same.
3. Then with both eyes, look hard at some object straight ahead. Stare as hard as you can at the object. Put power behind the look.
4. Then look hard to one corner, but keep facing ahead. Just turn the eyes. Put pressure behind the look.
5. Now change and look hard to another corner. Remember, don't turn your head.
6. Do this exercise to all corners of your eye. If you notice any soreness, you can put a little more pressure in that direction.

Notes:

This one is very simple but deceptively powerful. Go easy with it at first. Over time, you'll find it a breeze, but at first it might make your eyes ache a little.

Remember to do some palming afterwards to relax your eyes.

American Indian Telescopic Vision Technique

Edmund Shaftsbury, an early 1900's writer on health and human magnetism, writes about the early American Indians: *"The American Indians are known to have the strongest eyes in the world. They have the closest thing to 'telescopic vision.' They can see objects in the far distance that the average person would need a telescope to see. Here is an exercise that is similar to the ones the Indians practiced for clear, sharp telescopic vision."*

1. Focus your eyes on the tip of your nose for six seconds.
2. Next, look at a nearby object, then glance twenty feet further away, then fifty feet, a hundred feet, a thousand feet, and finish by looking into the horizon.
3. Gently try to see an object on the horizon as clearly as possible.
4. Repeat this exercise several times for 3-5 minutes

Egyptian Black Dot Technique

It seems that all the ancient cultures had exercises to help people retain extraordinary vision. Here are a few from the annals of Egyptian history.

The Black Dot Technique forces your eye muscles to focus your vision in positions not normally focused upon. This helps to reshape and balance the eyeball, so that it can begin to function again as nature intended.

How to do it:

Draw a Black Dot about the size of a dime on a small white card. If you are farsighted do not perform the first part of the Black Dot Technique. Perform the second part only below.

Part 1

Hold the card in front of your eyes at the tip of your nose, and gaze at the black dot for 30 seconds.

[You must see only one dot. If you see two dots, move the card away from your nose until you see only the one dot.]

After 30 seconds, move the card slowly, straight out in front of your eyes.

Rest and close your eyes for a few seconds.

Next, place the at the level of your eyebrows, as close to your head as possible, but remember you must see only one dot.

Again, stare at the dot for 30 seconds and then close your eyes and rest for a few seconds.

Remember to breathe gently, deeply and naturally during the exercise.

Part 2

Keep your head facing straight forward and move the black dot to your right shoulder.

Stare at it for 30 seconds.

Close your eyes and rest for a few seconds.

Move the dot to your left shoulder and again stare at it for 30 seconds.

Close your eyes and rest for a few seconds.

Notes:

Try moving the dot to different positions and see how it feels.

Egyptian Letter Gazing Technique

Again, this exercise helps to exercise the muscles of your eyes in ways they don't normally get exercised. This helps to reshape and rebalance the eyes – result... better vision.

For this one, you'll need the good old 3x2 white card with a letter or two printed onto it. Letters should be 1/8" to 1/4" thick, so choose a suitable font on your favorite word processing program, or cut some letters out from a newspaper or magazine and glue them onto the card.

This technique exercises the unused muscles of the eye by using a full range of eye movement. There are a series of 5 movements.

Do each exercise in this way:

- Once with the left eye
- Then again with the right eye
- Then a final time with both eyes

When exercising with just one eye, wear an eye patch on the other eye, or just cover it with one of your hands. The eye that is covered must be kept open during the exercise, as this allows your eyes to 'work together'.

Start by doing each movement 3 times in each direction. Every two to three weeks, add one repetition, until you reach a maximum of six.

Between each movement, rest your eyes for a few seconds by closing them and visualizing the muscles relaxing.

You must keep your head still during the exercises – **move the eyes only**.

Here we go...

First Movement:

Hold the card twelve inches (30cm) in front of your eyes.

Concentrate on one of the letters, and keep the letter in focus, as you move the card first up above your eyes and then down below your chin.

Move the card slowly and KEEP YOUR HEAD STILL – move your eyes only!

Second Movement:

Hold the card twelve inches in front of your eyes. Move the card s-l-o-w-l-y from left to right and back again, always keeping the letter in focus.

Third Movement:

Hold the card 12 inches in front of your face and move the card diagonally, from top right to bottom left and back again. Repeat the exercise going from bottom right to top left and back again.

Fourth Movement:

Move the card in large circles, at arms length. Go both clockwise and then counter-clockwise

Fifth Movement:

Hold the card about a foot in front of your face and move the card smoothly in a 12 inch diameter circle. (You don't need to get a ruler out, just use your best guess). Again, do it both clockwise and then counter-clockwise

Notes:

Breathe deeply and naturally and try not to blink. Try to see the letter as clearly as possible but don't strain your eyes.

Advanced Egyptian Letter Gazing Technique

After practicing the Egyptian Letter Gazing Technique for a month, you can move onto the advanced technique.

It's just the same as the normal exercise, but this time, you hold the card at a different distance from the eyes.

To improve distant vision and overcome nearsightedness (myopia), hold the card 2-3 feet away. You will need to tape the card to a ruler or a stick to do this.

The letters on the card must be big enough for you to comfortably see at this distance. As your sight improves, you can progressively use smaller and smaller letters to keep the improvement going.

To improve your close vision and overcome farsightedness (presbyopia), simply perform the exercises holding the card less than twelve inches from your eyes! Again, you can use smaller and smaller letters as your eyes get better and better.

Notes:

Choose letter sizes that you can clearly see at your chosen distances.

Take time to move further out (telescopic vision), or closer in (microscopic vision). A few inches per week is fine, or per month if that's what it takes.

Everyone is different. Don't rush it. Let your eyes be your guide.

The Oriental 'Yang Eye' Candle Gazing Technique

This powerful technique has been taught and practiced in the East for thousands of years. According to the ancient texts, this technique will give you “*glowing magnetic eyes*” and allow you to “*look anyone in the eye without fear or timidity*”.

Sounds good doesn't it? Here's some more...



“This Yang Eye Technique not only improves the eyesight, but also alleviates many eye problems and latent ailments within the body. The whites of the eyes become clear, full of lustre, and shine with brightness.”

OK, let's get on with it!

1. Light a candle, sit in front of it, and place it at arms length and at eye level.
2. Gaze steadily at it without blinking.
3. Breathe naturally, stay relaxed, and continue gazing at the candle for five minutes without moving your body.
4. Try not to blink or move your eyelids at all.

According to the Taoist Masters, less movement brings more magnetic power and control into the eyes and the entire nervous system.

After a short time, your eyes may start to water – this is GOOD! Keep your eyes open and allow the tears to flow down your cheeks. If you can, open your eyes wider as the tears flow.

Every minute or so, close your eyes and count to ten, then open them and gaze again at the candle, without blinking.

Finish by closing your eyes and palming for a couple of minutes.

Yoga Sun Gazing

Do you want...

- Magnetic healthy eyes?
- A steady powerful gaze?
- The ability to approach life situations without fear?



As well as a great eye healing exercise, the ancient Yogis used "Yoga Sun Gazing" as a daily meditation to infuse the body, mind and spirit with healing solar light and power.

This exercise also helps to relax and heal stress and tension in the mind and the eyes.

How to do it

Go outside at SUNRISE or SUNSET when the sun is red or orange. DON'T DO THIS EXERCISE IN THE MIDDLE OF THE DAY WHEN THE SUN IS FULL IN THE SKY!

Open your eyes wide and look at the sun. Take several deep but gentle breaths.

Feel the sun's energy going into your eyes and down to your belly button - if you can't feel it, just imagine it.

After sun gazing, gently cover your eyes with your palms for a few minutes, whilst visualizing black velvet.

Notes:

If you live in an area where you can see the sun rise or set, then make this one of your regular daily exercises – it's incredibly powerful. If you don't get to see a sunrise or sunset very often, just learn the exercise so you can make the most of it when you do.

Kriya Yoga Tratak Eye Technique – The Healing Tears

The tears created by this exercise are very special. They will soothe and cleanse the eyes, wash away toxic residues and pollution from daily life, and they contain extra-ordinary healing properties not yet known to western medical science.

How to do it

Put a black dot on a small piece of plain white paper or 3x5 card, and fix it to the wall, at eye level. If you are nearsighted, make the dot about the size of a ping pong ball, if you're far sighted, make the dot nice and small.

Sit about 3 or 4 feet (a meter) away from the wall.

First, you need to get your eyes moving with some exercises. **Don't move your head** whilst you do this round of 'eye aerobics'!

Blink very quickly and as hard as you can 20 times

Open your eyes wide and look up to the top of your head, then down to your chin.

Look far to the left, then to the right.

Then do the diagonal corners, all 4 of them

Now circle the eyes around in a large circle, twice slowly and once quickly. Do it clockwise and then anticlockwise.

Hold your thumb 12 inches (30cm) in front of you and focus on it. Then switch your focus to the wall for a moment, and then back again. Do this 10 times.

OK, now's a good time for a bit of palming.

Next, open your eyes as wide as possible and stare at the dot.

DO NOT BLINK OR SQUINT. Keep your eyes wide open. Keep your head absolutely still.

At first, this will be difficult, and the urge to blink will be difficult to control, but after a while, you'll be able to do the whole exercise without blinking once.

Keep staring at the dot, without blinking, squinting or moving your head until you begin feeling pin-pricks, twitches, itching or a slight burning sensation in your eyes. These feelings are known as Kriyas by the Yogis, and they are a sign that your eyes and optic nerve are being regenerated and healed.

Sometimes, the feelings are quite uncomfortable, and it's really hard to keep your eyes open, but do your best to keep them as wide as possible.

Soon after the sensations begin, your eyes will start to make tears, which is the very thing we are trying to do.

Once the tears start to flow, close your eyes and allow the tears to be absorbed.

When the tears have been absorbed by the eyes (10 to 20 seconds), wipe your eyes with a tissue, handkerchief or towel, and stare again at the dot until the tears return.

Do the routine at least 4 times during each session. Try to stay relaxed and at ease during this exercise, don't force or strain your eyes – keep breathing slowly and calmly.

Notes:

If you've been using chemical eye-drops up to now, then throw them away and use this exercise instead ... much, much better.

Over the days and weeks as you do this exercise, it may begin to take longer and longer for the tears to come. This is a great sign, and means that your eyes are healing!

Eye Gymnastics

Just as you need to exercise the muscles in your body, you need to exercise your eye muscles if you want them to stay healthy.

Exercising muscles improves their efficiency, increases blood flow so the muscle gets better nutrition, and helps to eliminate the waste and toxic compounds that build up in the cells.

Part 1

1. Roll the eyes "up." Try to look at the top of your head.
2. Roll the eyes down, try to look at your bottom teeth.
3. Look out of the right corner of both eyes. Roll the eyes to the right side.
4. Look out of the left side of the eyes. Roll the eye balls to the left.
5. Roll the eye balls around, in a circle; look up, right side, down, left side.
Look at every corner, ceiling, and floor of the room you are sitting in, without moving your head.
6. Look at the tip of your nose; make yourself cross-eyed.

Part 2

1. Close your eyes. Gently press your eye balls into their sockets with your fingers, hold and count to ten. Release. Repeat 10 times.
2. Close your eyes. Gently place the tips of your fingers against your eyelids, and make quick small circles, BE VERY GENTLE. You'll find this one very relaxing.

Notes:

After doing these eye gymnastics, make sure you do some palming.

Hot and Cold Hydro-Therapy

This is probably the best possible way to increase blood flow to ANY part of the body. If there's any part of your body that needs a bit of healing, this technique will speed up your recovery by many many times.

It's so simple, yet so overlooked. Consider this one of the best kept natural healing secrets you will ever learn.

The idea is very simple to understand. If you apply heat to a part of the body, the blood vessels and capillaries open up and drive blood to the surface of the skin. If you apply cold to a part of the body, the blood is driven away from the surface.



If you alternate the hot and the cold, the blood is driven first up and then down (or in and out, whichever way you want to see it)

Blood brings oxygen and nutrition (food) to every cell of the body, and takes away the waste products, toxins and pollution, so the cell remains strong, clean and healthy. Without a good blood flow, healing simply CANNOT TAKE PLACE.

This exercise takes 7 minutes to do properly, so it will extend your 15 minute routine if you do it fully. If you don't have the time, just do less repetitions.

If you do have time, or you are really committed to speeding up the return of your sight, then you can do this exercise twice a day (morning and night) *in addition* to your 15 minute exercise routine.

How to do it

1. Prepare 2 bowls of water, one cold and one hot.
2. Soak a cloth in each bowl.

3. Take the cloth from the hot bowl, wring it out a little so it doesn't drip everywhere (or do this in the bath!!), and hold the cloth on your eyes for 30 seconds.
4. Then put the cloth back in the hot water bowl.
5. Take the cloth from the cold water bowl, wring it out a little, and hold that cloth on your eyes for 30 seconds.
6. Put it back in the cold water bowl and repeat the cycle 7 times (that's 7 hot and 7 cold)

Notes:

The greater the difference in temperature, the greater the increase in blood flow, but please don't go burning yourself! Use your common sense and build up gradually until you are using very hot water and ice water.

If you're feeling really brave you can try doing this in the shower every morning and night, and give your whole body a hydrotherapy session!

Taoist 'Liver Sound' and the Eyes

The ancient Taoist masters were renowned for their incredible health (and eyesight). They believed that the eyes were connected to the liver, so any healing work on the liver, also helps the eyes.

You'll read more about this in the diet section, but here's an exercise using the liver 'healing sound', which is used to cleanse and calm the liver.

1. Open your eyes Wide
2. Breathe in slowly and gradually squeezing your eyes tightly shut for 10 to 15 seconds. Slowly exhale, making the sound "ssshhh" while opening your eyes widely.
3. Repeat 3-6 times.

Notes:

Don't underestimate the simplicity of this exercise, it's incredibly powerful.

You don't have to believe in this for it to work. If you find it embarrassing to say "ssshhhh" whilst breathing out, then make the sound silently to yourself, or do this exercise when no-one else is around!

Taoist 'Secret to Longevity' Eye Exercise

This is a secret eye technique taught by Taoist Masters currently living in the mountains of China. These masters never lose their vision and they are reportedly over one hundred years old!

Master Da Liu, a Tai Chi Master from China, now living in New York, practices and teaches a variation of this exercise to his many students. Da Liu is 95 years of age and still sees perfectly!

How to do it:

Sit with your back straight.

Close your eyes.

With your first two finger pads, press lightly on the closed eyelids.

Breathe in deeply but gently, hold your breath and move your eyes up and down three times.

Exhale, making a gentle "ssshhhhh" sound as you breath out.

Take a deep breath and relax!

Repeat the exercise.

Breathe in deeply but gently, hold your breath and move your eyes from side to side three times.

Exhale, making a gentle "ssshhhhh" sound as you breath out.

Take a deep breath and relax!

Repeat the exercise.

Breathe in deeply but gently, hold your breath and move your eyes in clockwise circles three times.

Exhale, making a gentle "ssshhhhh" sound as you breath out.

Take a deep breath and relax!

Repeat the exercise.

Breathe in deeply but gently, hold your breath and move your eyes in anti-clockwise circles three times.

Exhale, making a gentle “ssshhhhh” sound as you breath out.

Take a deep breath and relax!

Repeat the exercise.

Notes:

Remember, whilst you're doing the eye movements, to gently press your fingers on your closed eyelids.

The value of this special eye exercise lies in combining massage, breathing and eye movement simultaneously. You can also press the heel of your palm on your closed eyelids while doing this technique.

The 'ssshh' sound is the Taoist healing sound for the liver, don't leave it out, it makes a huge difference – see the previous exercise for details about this.

Naturopathic Eye Massage Technique

The Naturopathic eye massage technique was used in the 1800's by Naturopathic doctors, Health and Physical Culture practitioners to improve eyesight and prevent vision problems.

How to do it

Step 1. Place the palm of each hand on the bony ridge above each eye. Press hard on your brow and move your skin up-and-down, side-to-side and in small circles. Perform twelve times with each area.

Step 2. Place your open palms on each side of your temples. Move the skin up and down, forward and back and in a circular motion a dozen times each.

Step 3. Place your fingers on each cheekbone under your eyes, and move the skin up and down, right and left, a dozen or more times each.

Notes:

This is another very simple but very effective technique for getting increased blood flow to the eye area. It's really quick and easy to do, and you can easily make this a habit to do whenever you have a few spare seconds (waiting for a bus, in a bank line, at the checkout etc.)

OTHER EXERCISES

Barefoot Walking

This will benefit your entire health, but pay attention to the last line of this quote from world famous health teacher, Dr. Bernard Jensen, author of many books on health rejuvenation.

He recommends walking in a bed of sand, or the beach, in cold water up to your ankles, or if you don't live at the beach, walking barefoot a few minutes in the morning dew in the grass.

Dr. Jensen says: *"Persons with poor circulation in the lower extremities put an extra burden upon the heart. When there is but slight muscular contraction in the lower extremities, blood is not properly returned to the heart, and leg disorders may develop. To remedy this condition, we devised at the sanitarium...the sand walk.*

"Every morning we wet down a bed of sand with cold water and patients walk in this cold sand. This massaged the bottoms of their feet and developed the small muscles in their feet and legs. One of the first comments usually made by these patients was that as a result of these sand walks they had warm feet when going to bed at night, whereas never before had they gone to bed with warm feet.

*"The Kneipp grass walk, as used in sanitariums in Germany, is another excellent means of increasing circulation in the lower extremities. I have noticed changes in patients using the sand walk or the grass walk that are hard to believe. In most cases the whole body responds when we build strong healthy feet; organs are reflex released. **Eye conditions improve almost immediately. In fact, I have seen eyes improve to such an extent that glass were no longer needed.**"*

Chinese Taoist Stomach and Liver Massage

As I've said many times already in this book, in Chinese Medicine, the liver is connected to the Eyes. A congested and weak liver will lead to poor sight.

In conventional medicine, the liver is the great detoxifying organ of the body. It filters out chemicals, pollutants, environmental poisons, preservatives, fats, oils etc.

A weak liver places great stress on the immune system. Congestion in the liver causes poor food digestion, fatigue and can easily lead to yeast infections, PMS and blood disorders.

This internal organ massage technique, performed regularly and together with a healthy diet, will help improve vision and increase overall health.

How to do it

Really simple... just spend a few minutes every day rubbing, kneading, massaging, poking gently, the area under your right rib cage – this is where the liver lives!

While you're at it, massage the area under your left rib cage too. This is the area of the stomach, spleen and pancreas, and will help your overall health.

Neck Rolls

Tenseness around the neck and shoulders can cause severe eye tension. Eye tension leads to poor vision. Chronic tension leads to long term deterioration of your sight.

To loosen-up your neck and release the stored tension, do these Neck Rolls, but do them gently and carefully. Don't rush it and don't push it!

1. Move your head in a circular motion
2. Move it left to right as far as you can without straining
3. Let it drop forward and then backward as far as possible without straining.
4. Whilst your head is all the way back, lift both shoulders up towards your earlobes and move your head right to left and left to right several times.

Do these exercises for a minute or two, often during the day. They help to reduce eye strain, neck tightness and eye tension headaches.

Chinese Scalp Rubbing

Sit straight and relax your mind and body.

Simply rub your scalp with your fingers slowly from front to back, and in small circles for 30 to 60 seconds.

This helps to clear the heart of toxins, relax the brain, calm nerves, invigorate the scalp and improve eyesight by bringing blood circulation to the head and eye region.

Notes:

Even better, exchange a scalp massage with your partner or friend. It's even more relaxing and soothing when someone else does it for you.

Head Lift Technique

The "Head Lift" Technique is a great exercise to clear up both ear and eye problems. It also helps to get rid of headaches, and neck and shoulder pain.

How to do it

Place your entire hand(s) (fingers and palms) around your neck at the lower part of your skull (the mastoid protuberance for those who know what that is! – if you don't, it's the knobby bit of your skull that sticks out at the back)

Next, pull or lift your head upwards and also slightly forwards.

Gently rotate your head from side to side, whilst keeping the lift going.

Use your hands, **not your neck muscles** to turn your head – try to relax your neck whilst you're doing this.

Notes:

This simple movement can help unblock any pinched nerves in the neck, or trapezius muscles which are attached to the neck.

Remember to lift your head gently, DON'T squeeze the neck too hard.

Turn as far as you can, comfortably, in each direction, without straining or jerking.

Practice this one several times every day, especially before sleep.

Taoist Massage Techniques for the Eyes

Stroking Eyebrows Technique

Place your thumbs on your temples and 'stroke' your eyebrows with the second knuckle of each of your forefingers.

Do it smoothly 10-20 times.

Keep your eyes closed, and use light and even pressure.

This helps to clear your eyes and regulate nerve function, and prevents hardening of cerebral arteries and degenerative eye diseases.

Ironing the Face Technique

'Scrub' your face with open palms, from the forehead, down to the chin, and up to the ears in a circular motion.

Do it 10-20 times.

As well as helping your sight by bringing fresh blood to your eyes, it also improves your complexion and removes wrinkles!!

The East Indian Yoga Nasal Massage Technique

OK, this one definitely qualifies as a '*weird*' one, but you don't have to believe it, for it to work. Just keep an open mind and do it – your eyes will thank you!!!

Ayurvedic Medicine teaches that chronic colds, flu, mucus and lung congestion is the basic cause of most eye problems - the eyes are positioned very close to the nasal and sinus passages.

Nasal massage helps to improve sinus conditions and therefore improves your sight.

It also helps to relieve emotional tension, which builds up in the face, forehead and eyes. We tense our face when under stress, and any tension in the face will affect the eyes.

How to do it

1. Dip your baby finger into sesame oil, or apply one drop of eucalyptus oil.
2. Stick your finger up your nose and massage as deep as possible.
3. Slowly massage in both a clockwise and counterclockwise direction.
4. It may hurt a bit at first, so go easy.
5. You may also sneeze and blow your nose several times. Don't panic. This is a cleansing reaction of your body. It's one of the reactions we're looking for!

Remember to do both nostrils!

One minute for each nostril, 2 or 3 times each week is recommended.

"Lazy Eight" Neck Loosening Exercise

This is a great Warm-Up for your 15 minute session.

Doing the lazy eight exercise slowly and smoothly loosens the back of your neck, calms your nervous system, and helps you to focus your eyes clearly.

How to do it

Couldn't be simpler... just draw figure-eights with your nose!

Move your head slowly and smoothly.

Vary the "figure eights" by drawing them vertically, then horizontally.

Draw large ones and finally tiny "figure eights"

The variety of movement helps to warm up the different muscles in the eyes.

Go right to left and left to right; top to bottom and bottom to top.

Try with your eyes open and your eyes closed, feel the difference.

Spend a minute or two on this exercise.

Spine Straightening Movement

This simple exercise is great for overcoming a 'craned neck,' or 'hunched-back' upper spine. It's an excellent movement to improve and maintain a healthy strong posture for life.

Correcting bad posture will help your body get the blood, energy and lymph in and out of your eyes and the surrounding area – ergo: you'll see better!

How to do it

Simply let your head fall backwards as far as it will comfortably go, while standing in an upright posture.

Hold this position for 15 seconds, while breathing slowly.

Notes:

This one is so quick and easy, there's no excuse for not doing it many times each day!

Eye Breathing

Did you know that the eyes use one third as much oxygen as the heart?

John Selby devised this exercise, which combines breathing, mental imagery, relaxation and awareness of your eyes into a single practice called Eye Breathing.

Sit comfortably in a chair.

Close your eyes, back straight, body relaxed.

Breathe calmly through the nose, but imagine that your eyes are inhaling and exhaling the air. Imagine that your eyes have become lungs.

Imagine health, vitality, healing and relaxation flowing into your eyes with every breath.

Continue breathing in this way for as long as you like, but for at least 3 to 5 minutes.

Notes:

I added my own slant to this one, by imagining my eyes breathing in pure white light, and then breathing out dirty grey light. Or sometimes, pure deep green going in, and dirty green going out.

This helped me to visualize healthy energy in, and unhealthy energy out.

You could use any color you like, that means something to you, but white and green worked for me.

Persian Sufi Mind-Eye Breathing Technique

As well as improving your vision, this Sufi Breathing Technique is known in the mid-East to prevent hair loss and wrinkles!

It also helps to stimulate and maintain the thyroid and pituitary glands. These glands are extremely important – they regulate virtually every body function in some way or another, and are especially important for growth and rejuvenation.

How to do it

1. Place your feet about shoulder width apart.
2. Close your right nostril with your right thumb and inhale deeply through the left nostril until your chest is fully expanded.
3. Next, close both nostrils with thumb and forefinger.
4. Bend over from the waist, head lowered, knees slightly bent.
5. Hold your breath in this position for 20 to 45 seconds, or as long as you comfortably can. While you're in this lowered position, you'll feel a strong pulsation of blood in your head, eyes, mouth and tongue, and a flushed feeling from your chest to the top of your head.
6. Finally, slowly straighten up, and let the breath out from the right nostril.

If you are ill or have high blood pressure, do the exercise sitting straight up without bending over.

If your health is good, and you feel dizzy or light headed during or after the exercise, cut back to holding your breath for only 5 or 10 seconds with your head lowered, and build up to 40 seconds over a few weeks. If you're persistent, the dizziness will eventually disappear, and you'll begin to feel elated and energized.

Always remember to inhale from the left nostril and exhale through the right nostril.

Do the exercise 3 times per session for its full value, and 3 to 4 times per week.

Oriental Jade Hop

This is an excellent "grounding" exercise.

Too much thinking, worrying, reading, staring at computer screens etc. causes your energy to 'stay in your head' and you become ungrounded and unstable. Mental activity also creates stress, strain and tension in the brain, which then leads to distorted blurry vision, and further eyesight degeneration.

When you learn to ground your energy, you get lots of benefits, as well as improved vision... you'll start to feel more relaxed and calm, and able to handle any situation life throws at you.

How to do it

1. Stand straight but relaxed.
2. Let go of your stomach, shoulders, neck, arms. R-E-L-A-X
3. Now simply start hopping up and down on your toes one or two inches. Don't go too fast or bounce too high, just a nice gentle up and down.
4. Keep this up for a minute or two, or until you're out of breath.

If you find it too difficult to hop on your toes, just bounce a little (an inch or two) at your knees.

According to the Taoist Masters, here's a list of the benefits of Jade Hopping:

- strengthens the sexual organs
- stimulates the pituitary gland in the mid-brain, and the thymus gland
- builds strength in the legs
- rejuvenates the kidneys and adrenal glands
- helps to prevent the formation of kidney stones
- decongests the head, sinuses and lungs to allow fresh blood to circulate to the head and eyes for improved vision
- helps to move and circulate the lymphatic system to detoxify the body
- helps build immunity

Surely that's worth a minute or two of hopping each day!

Foot Slapping

When I was first advised to do this exercise I thought someone was playing a joke on me and I didn't take it seriously at all.

As my natural vision healing adventure progressed, I started looking at some of the exercises I'd previously mocked, with new eyes (pun intended!) I decided to give 'foot slapping' a go, at first just for fun.

After I'd been doing it for a few days, I wished I hadn't been so quick to dismiss it, back when it was first introduced to me. What a waste! Now it's one of my favorites.

Here's the original text I found: *"Chi Kung Master Huang Runtian, writing in Treasured Qigong of Traditional Medical School, states that this "Foot Tapping Technique" ... "can nourish the liver and improve eyesight; curing chronic diseases of the liver, gall bladder and eyesight diseases (near-sighted, far-sighted, and poor-sighted)."*

Here are some of the problems Chinese Medicine says will be helped by foot slapping:

- kidney and heart problems,
- excessive rise of liver yang,
- seminal emissions,
- night sweats,
- heart palpitations,
- poor memory,
- insomnia,
- mental stress,
- neurasthenia,
- migraine headaches,
- knee and back pain,
- blood deficiency,
- burning red face,
- mental depression,
- poor eyesight,
- liver and gall bladder problems

and a few others I couldn't understand or pronounce!

Master Runtian says, *"you need not believe in it, but you must do the exercise earnestly. You will get benefits from it, whether you believe it or not."*

When you start foot slapping, go easy. Don't cause yourself pain... that's not the idea at all. Just begin gently and build up as you go.

Apparently, there's an 'acupoint' in your foot, which gets opened up after the first couple of weeks of foot slapping. Once this point is opened, any stinging or redness that occurred beforehand will now no longer occur.

So how do you do it?

Simple, just sit down, put one foot on your opposite thigh and gently slap the sole of your foot with the palm of your open and relaxed hand.

Slap rhythmically and slowly, about once every second, 50-100 times on each foot.

The exercise is best done before bed time and will help you sleep like a baby!

If you have low-blood pressure or hypoglycemia, place one hand on the top of your head, while the other hand slaps your foot.

The exercise is more powerful than you would imagine, so don't practice foot slapping if you're suffering from a serious health condition or are extremely weak. Instead, just rub your feet and finish by rubbing your belly for a few minutes.

Take Up Juggling

Juggling is really good for your eyes.



Think about it... when you're juggling, you are constantly changing your focus, so you're exercising your eye muscles nicely.

You're also using and exercising your peripheral vision, as you don't stare at one particular object, but try to 'see' all your juggling balls at once!

Also, it has the best qualification for an eye exercise... **it's loads of fun!**

DIET AND NUTRITION

This is going to be quite a long section, so buckle up and get ready!

DON'T skip this section. What you eat is just as important to your eyes as the exercises.

In fact, a friend of mine got a 20% improvement in her vision over a 6 month period *just* by changing her diet and doing a bit of 'internal cleansing'. She didn't do any exercises at all, and her eyes just *'got better!'*

The subject of diet is a huge one, and I'm not going to cover it in too much depth here. If you're interested, there's a great book I'd recommend in the 'resource section'.

Here, we're just going to look at some basic concepts, particularly those that apply to your eyes.

I don't think there's anyone alive who doesn't understand that a good healthy diet is important for every aspect of your health. However, judging by the queues at MacDonald's and the other fast food joints, either people don't know what a healthy diet is, or they conveniently forget what they know, whenever they get hungry!



By the way, if you're a fast food junkie (i.e. you eat fast food more than once a week), then you owe it to yourself to watch the movie documentary 'Super Size Me'. If you haven't seen it yet, it's hilarious, and should put you off junk food for life. If it doesn't, watch it again and again until it does!!

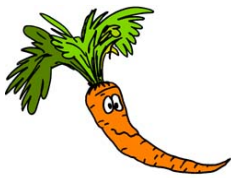
OK, I'm going to break down the **secret to a healthy diet** into the simplest possible explanation... ready

Natural = Healthy and Processed = Unhealthy

Yes, I know, it's not that simple. There are lots of natural things which are not so good for you, and there are some manufactured foods which can help you. BUT IT'S A GOOD RULE OF THUMB!

I spent over 20 years following the swinging fashions of what is and isn't healthy, and after all those years, I found this simple rule helped me keep my diet way above average.

The more natural it is, the better



For example, a raw, organic carrot, freshly pulled out of the ground, is better than one that's been sitting in the supermarket for a week, which is better than one which has been peeled and cooked and stuffed into a can 6 months ago, which is better than one which has been peeled, cooked, dehydrated, mixed with a bunch of preservatives and chemical flavorings and stuck in packet.

Get the idea?

Here's another test – can you pronounce it? Good foods tend to have simple names, like apple. If it's called monohydrated sodium glutamic epoxy acid, it's probably not what your body wants!

Here's another one... if you plant it, would it grow? Plant an onion in the ground, and it will grow, so will a coconut. Plant a hotdog in the ground and see what happens!



Yes, OK, I'm having a bit of fun here, but you **do** get the point don't you.



Your body is alive, (hopefully!), and it needs live, nutritious foods to stay that way.

So do your eyes.

Now we've got that out of the way, here's another, slightly weird concept that I've already mentioned many times in this book....

In Chinese medicine, it's well known that the eyes are connected to the liver – not by a tube or a nerve or something, but they are connected energetically. (You don't have to believe this for it to be accurate)



In today's western lifestyle, with our terrible diet, stressed living, over-use of alcohol and medical drugs, our livers are under constant attack. It's no wonder our eye-sight is so bad!

Anything you can do to help your liver – cleansing, fasting, special liver herbs and foods – will also help your eyes.

OK, on we go. Here are a few other food concepts which will not only help your eyes, but the rest of your health too – and that includes your mental, emotional and spiritual health too:

Eat only when hungry and take liquids only when thirsty.

DO NOT OVEREAT – stop eating when you are 2/3 full, your stomach needs some room for digestion.

“Very few people die from starvation, but millions die prematurely from over-eating.”

“Half the food we eat feeds us, the other half feeds the doctor.”

Chew Your Food Well. Proper chewing sets our digestive juices flowing. It gets the food ready for thorough assimilation in the gastro-intestinal tract and healthy bowel elimination. Bowel problems start with poor eating habits and cause poor vision.

Eat mostly whole, natural foods in season. The optimum diet for Perfect Eyesight, health and longevity is one that includes plenty of whole grains and vegetables.



Eat plenty of delicious fruit, but mostly in the warm summer months, and soak nuts and seeds in water overnight to revive their life energy. If your nuts are fresh, they will actually sprout if soaked for long enough!

Eat as much organic as possible.

Do you know how many thousands of chemicals are now in our foods, no neither do I, and probably, no-one does! We simply don't have any clue what is being sprayed on our food nowadays. Animals are now stuffed with hormones, drugs and goodness knows what else – do you really want to eat all that stuff?

Stick to organic food whenever you can. Yes, it's more expensive, but as more and more people buy it, eventually it will get cheaper and cheaper – support the organic movement – it's for your own good.



Try to stick to seasonal foods. Tender fresh raw fruits and vegetables come out in the Spring and Summer for a reason. They cleanse the liver of toxins that have accumulated during the winter months. Berries, especially blueberries, blackberries, strawberries, raspberries, cherries help to detox the liver, cleanse the blood and increase iron and oxygen in the system.



Cooked grains, beans, soups, pasta, steamed root vegetables are more suitable for cold winter months to impart strength and maintain heat in the body, hands and feet.

Raw food is loaded with potassium, a cooling mineral, which cools the blood and body during hot summer months. Cooked whole foods on the other hand are

higher in sodium, phosphorus, nitrogen... warming minerals to warm-up the blood and body in cold winter months.

If you listen to your intuition (body intelligence), it will lead you to the right foods for the right climate and season. Doesn't it feel better to have a nice hot bowl of soup on a cold winter day and a fresh salad in the middle of summer?

Stay away from extreme one-sided diets. They only cause poor health and weaken your eyesight. ALL FAD WEIGHT LOSS DIETS that promise instant weight loss or weight loss without exercise, are BAD FOR YOUR HEALTH in the long term, and almost never work anyway!

Super-Nutrient-Rich Foods for Perfect Eyesight

Seeds contain the life-giving force of nature bundled-up in a tiny package. Seeds are the beginning of another life. They come from life and they give us life when we eat them. Sunflower seeds are a supreme food for the eyes. They contain Vitamin B-2, which helps to prevent and overcome photo-phobia (fear of light). They are also high in Vitamin D, the sunshine vitamin.

Carrots or carrot juice work wonders for night vision. Carrots are high in vitamin A. The body does not require a high intake of Vitamin A daily, because it is stored in the liver for future use.

Commercial, non-organic, chemical foods weaken the liver and other organs, leading to poor vision, so make sure you eat only organic carrots. Unlike the commercial, chemicalized variety, organic carrots are naturally sweet and delicious. They are loaded with over four times the vitamins, minerals, trace elements and healing power as the non-organic ones.

Carrots are noted for soaking up whatever is in the soil. Guess what? You guessed it. Commercial carrots are packed full of health-destroying chemical fertilizers, pesticides, and the latest brand of devastating immune-system-destroying chemical/pesticide sprays.

Talking of super-foods, here's another plug for my friend Dr Schulze. He's definitely an expert in this area, and has put together a mixture of some of the world's most powerful super-nutritional foods.

He calls it simply 'Superfood'. I put 2 tablespoons of this mixture into a glass of apple juice every day – it's my nutritional kick start to the day and I do my best to never miss drinking it.

You can get Dr Schulze's Superfood from his website <http://www.800herbdoc.com> or by calling the toll free number 1-800-herb-doc

Herbs for the Eyes

Blueberry, bilberry and raspberry herb teas are all good for night vision.

Parsley contains Vitamin B-2, which helps to improve day vision.

Eyebright herb tea has been used for centuries for improving the eyesight. Steep a teaspoon of eyebright in hot water for 20 minutes and drink one cup a day.

Dandelion root tea improves distant vision (nearsightedness). Dandelion leaf tea helps you to see better close (farsightedness).

Chinese Lychee berries and Chrysanthemum are highly acclaimed in the East for promoting better vision and reducing liver toxicity.

Use the Chinese herbs lychee berry and chrysanthemum for a month, then change to the Western herbs eyebright and dandelion the following month.

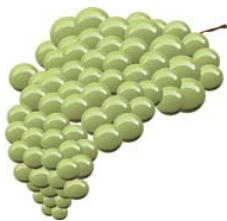
Licorice root is an excellent herb to reduce inflammation, mucous and to improve vision. Use no more than a 1/4 teaspoon of licorice powder with water daily. Or chew on a small piece of licorice stick. Licorice is also supposed to increase your memory and mental clarity.

Foods that Heal, Cleanse and Strengthen the Liver and Eyes

Here is a list of vegetables, fruits and seeds to strengthen and heal your liver, eyes and immune system:

- Yams
- squash
- potatoes
- carrots
- beets
- dandelion greens
- celery
- cabbage
- broccoli
- chard
- kale
- collards
- green beans
- fresh snow peas & green peas
- blueberries
- raspberries
- mangos
- grapefruit
- sunflower seeds
- pumpkin seeds
- all radishes
- mushrooms
- kombucha tea.
- Blue Green Algae
- Green Kamut
- Spirulina
- Green Barley

Green vegetables help to clear the eyes and prevent eye inflammation. Whole grain foods contain Vitamin complex which strengthens eye nerves and the entire nervous system. Whole grain foods, i.e.. rice, wheat, rye, oats etc, give us steady nerves and steady eyes. Buckwheat contains rutin to repair and heal cells and tissues. Barley helps to heal tumors and inflammations. Oatmeal is rich in silicon for sparkling eyes, lustrous hair and strong nails.



OK, there's a nice big list of things that are going to help your eyes, now for some of the foods to avoid. These foods are definitely hurting your eyes!

Foods you should avoid

Before we get into the list, did you know that in the early 1900's only six-percent of the population of America were nearsighted. Today, over 65 percent have eye problems.

In the early 1900's there were no junk food joints. People ate a mostly whole food diet, fresh fruits, grains and vegetable, little or no refined carbs or sugars and virtually no chemical additives, flavorings etc. Interesting?

OK, here's that list of the 'bad' foods, but I think by now you probably know what it's going to be:

- junk food
- chemical drug medications
- antibiotics
- white sugar
- soda pop – cola etc. including **diet sodas**, which are ESPECIALLY HARMFUL (see later)
- candy and cakes etc.
- commercial milk (loaded with bovine growth hormones. steroids etc. – get organic)
- white refined table salt, (use sea salt instead – should be a bit grayish in color)
- white refined flour (bread, pastries etc.)
- solid fats (lard)
- cheap supermarket vegetable oils
- vegetable margarine (made from hydrogenated oils – this is one of the worst possible foods)
- high salt foods
- most 'low fat' foods
- virtually anything that says 'sugar-free' (loaded with toxic artificial sweeteners)
- commercial butter, dairy, yogurt, milk and cheese - these are all loaded with growth hormones and antibiotics
- Soy products and tofu are also difficult to digest, and weaken the liver (see later)

Sugar Blues, Depression and Myopia (Nearsightedness)

Sugar is clearly the most deadly food for your eyesight!



This also includes raw brown sugar, which is just white sugar with molasses added for coloring. Don't be fooled by this gimmick.

Sugar robs the bones and teeth of calcium and the all important B vitamins. It destroys the pancreas by using up insulin and causes diabetes, obesity, heart disease, skin diseases, poor memory, kidney and liver disorders and **POOR EYESIGHT.**

Sugar forms a crystalline coating on the eyes, causing cataracts. It is the main cause of inflamed eyes.

Even natural sugars, like honey, maple syrup, rice syrup, barley malt etc., **eaten in excess**, can weaken the organs and cause poor vision.

The human body only produces one tablespoon of insulin daily. If you drink a large glass of carrot juice or fruit juice, and two tablespoons of honey, you have just used-up your supply of insulin for the day - (or you can drink a glass or two of coke and it's all gone!)

Consume four or five times more than this every day for years, and you create hypoglycemia (low blood sugar) and finally diabetes (no insulin produced in the pancreas).

Simple mathematics! Weaken the organs with excess sugars, fats, refined flour, drugs, alcohol etc., and you're left with zero health. Nothing in the balance. Hormones dry up and disappear. No hormones, no health. No health, no life - period! Got it?

So, if you want to have zestful energy everyday, then you'll have to cut out white sugar and products with white sugar in them, and limit your intake of natural sweets too, like honey and maple syrup. Two or three teaspoons daily - no more.



Limit your intake of juices also. Fruit juices are concentrated sugars, extracted from the whole fruit if you drink juice, dilute half and half with water. You'll save your organs from overworking.

BEWARE THE SUGAR SUBSTITUTES

Artificial sweeteners are one of the most toxic substances in our food today.

Especially Aspartame. Unfortunately, this poisonous chemical has found its way into so many supermarket foods, it's becoming difficult to avoid it.

Aspartame was originally banned by the FDA, as dangerous. Only after several years of pressure from the food companies that produce it, and a change in the senior management of the FDA, did this horrible additive become 'legalised'.

Aspartame is, amongst other things, a 'neuro-toxin'. In other words, it poisons your brain. You'll find Aspartame in virtually every processed and packaged food that declares 'no added sugar', 'sugar free' or 'diet' on the label! Other chemical sweeteners like saccharin, are just as bad. Don't eat anything with this stuff in it. It's just not worth the risk.

If you don't believe me, just do a quick search with google.com for 'dangers of aspartame'. After 10 minutes of research, you'll never touch the stuff again!

If you want a sugar substitute with no calories, that's safe for your blood sugar, and totally safe for you, **then use Stevia.** You'll most likely find it in your local health food store. It's a plant, and it's 300 times sweeter than sugar, in it's extracted form!

Salt and Poor Vision

Excessive *refined* salt consumption leads to hardening of the arteries, high blood pressure, obesity and a bunch of other stuff. Hardened arteries causes poor circulation to the eyes and weak vision.



Excess salt congests the kidneys and eventually creates edema (waterlogged body). Use kelp or powdered vegetable seasoning instead of salt, or find a really good quality natural sea salt from your health food store.

White Flour and Poor Vision

White flour mixes with your digestive juices and becomes a paste, like 'Plaster of Paris'. We become glued-up inside. Literally, blocked-up or constipated from these "refined foods."



Many people walk around with 15 to 20 pounds of dried-up fecal matter (sh*t) pasted up against their colon walls. Not a happy camper! If you can get this out of your body, you'll feel a whole lot better.

Constipation is a direct cause of blurred, dim vision, and many major diseases. If you want better eye-sight, you should make sure your bowels are clean, and moving properly. (see later the section on [bowel cleansing](#))

Fats and Oils

Fats and oils are highly misunderstood. We've all been confused by all the so called health industry advertising of 'low fat' foods. Actually fats are an essential part of your diet. If you don't eat fat, you die!

But there are many different types of fats, and whilst some of them are healthy, some of them are not healthy at all!

If I asked you to pick our the healthy fat between Extra Virgin, Cold Pressed Olive Oil and French Fries and Kentucky Fried Chicken, do you think you'd be able to guess correctly?



Cholesterol problems are also linked to fat consumption, but again, this is a much misunderstood area of nutrition and health.

Unhealthy fats block up the liver and gall bladder, and remember how important the liver is to the eyes?

Here's a quick list of some of the dangerous oils and fats, followed by some really good stuff...

Dangerous Oils and Fats that Destroy Vision

Beware of any oil or fat that has undergone any kind of processing, including heating.

Fats and oils get 'damaged' when they are exposed to heat. The more heat, the worse they get. Oils and fats are best consumed in their raw and natural state. Limit your consumption of heated and processed fats and oils.

Totally remove the following oils from your diet, they are actually dangerous to your health:

- any kind of margarine including oleo-margarine
- cotton seed oil
- soy oil
- canola or rape oil

Soy and Canola are industrial oils and extremely toxic to the human body! Use these oils to grease your car only!

All margarine is hydrogenated to make it solid at room temperature. The hydrogenation process does some weird things to the chemical structure of the oil, and turns it into something called 'trans fat'. Trans fat will kill you!

In addition to this, margarine is made by boiling oil at extremely high temperatures through a nickel alloy, and then other very toxic chemicals are used, like acids and

caustic soda, to remove the nickel and further process the oil. Some of these chemicals do remain in the now nutritionally destroyed oil.

So there's not much left that will help you, and a lot that can harm you. Margarine will harden your arteries in a jiffy, and cut your life in half. It's called "plastic fat." It will KILL YOU over time.

Margarine was introduced to replace butter and other natural fats, which people thought were unhealthy, and causing heart disease and other problems. Since their introduction, heart disease occurrences have actually 'gone through the roof'!

Soybean Products Cause Toxic Blood and Weak Vision

Soy is a poisonous weed grown for human and animal consumption! Even bugs won't eat soy plants, maybe they know something we don't! It's been shown that animals that eat a lot of soy products live only half their normal age!

And then there's the oestrogen argument. Soy mimics oestrogen (the female hormone) and interferes with the body's natural hormone balance. Do some research – go to google, and type 'dangers of soy'

If you currently eat soy, soy milk or any other soy product, STOP doing it immediately, and you will notice an improvement in your energy and your health.

Soy oil, soy products and tofu contain a poisonous chemical called "phyto-hemagglutinin" or PHG. It is a large protein molecule that causes the blood to clot or stick together like glue, forming plaques on the arterioles, which clog the capillaries in the eyes, ears and scalp, causing eye problems, ear infections and hair loss.

PHG is also found in Canola oil. Soy and canola oil products weaken the immune system's T cells, weakening the nervous and hormonal systems. PHG in soy and canola kills small rodents, fast. These products are systemic toxins causing many disease conditions.

Canola oil, or Rape oil (same thing, just a different name), is even worse than Soy oil. Do some research on the internet and you'll get the idea. Here's a good place to start: <http://www.besthealth.com.au/canoladangers.htm> or use google and search for 'dangers of canola oil'

Cotton seed oil is known to lower testosterone and sperm count in males!

Read labels and watch for soy, canola and cotton-seed oil. If it's in there, don't eat the food!

If you want good eyes, stick to these oils:

- **Olive**
- **Sesame**
- **Sunflower**
- **Flax**

Buy them from health food stores, and make sure you get organic, cold pressed, unfiltered oils. It's a bit more expensive, but your health is worth it. Don't buy the commercial stuff from supermarkets, it's mostly JUNK.

Bilberry

Here's another really amazing 'herb' for the eyes. Check this out...

During World War II RAF pilots were forced to fly at night in order to accomplish any deep assault on Germany. Many pilots and their crew members complained of the poor visibility and its effects on their performance. It was just simply very difficult to work in the dark.

In one of the families of a flight leader, an older woman suggested using Bilberry jam as an aid to night vision.

Researchers found fifty years later what the RAF already knew, Bilberry's powerful effects increased Retinal purple by dramatic amounts in just twenty minutes .

Further research showed that the RAF pilots who survived and continued consuming the jam or other Bilberry products had several remarkable aspects to their health. The most noticeable was perfect vision both near and far as well as a complete absence of eye disorders throughout their lives. The group was absent of any circulatory or digestive disorders in their medical histories.

Another study showed Bilberry to improve eyesight and increase ocular blood supply in 75% of patients. It improved nearsightedness after 5 months of regular use while an 83% improvement in visual acuity was recorded after only 15 days.

One of the more encouraging statistics regarding Bilberry's visual enhancing properties is that over 80% of the people taking Bilberry for the first time improved on their visual acuity exam and passed a night vision test within 3 minutes of ingestion. Long term improvements took an average of 6 weeks with regular doses.

BOWEL CLEANSING

Let's talk about poop!

I know, I know, it's not the kind of thing people like to talk about. But you and I are on a natural healing adventure, so we need to discuss the things that will help your eyes get better, without fear or prejudice!

Perhaps you are thinking that there's no way poop could have anything to do with your eyes, but believe me, everything in your body is connected, even your eyes and your ass!

On the next page, I'm going to let Dr Schulze explain this one to you. He probably has more experience in this field than anyone else currently alive, so he should know. I've copied a page from one of his free newsletters.

Again, I'm probably not supposed to do this, for copyright reasons, but I haven't altered the page in any way, and I want you to read the information, and then immediately call Dr Schulze pharmacy on 1-800-herb-doc, and order his bowel detox program. (You can also go to his website at <http://www.800herbdoc.com>)

Look, you may well fix your eyes by just doing the exercises, but if you want real dynamite results, at lightning speeds, then you need to do *everything* in this book.

None of it will hurt you, and there's an added bonus, if you follow some of the additional 'health' routines, you'll not only get better sight, but **EVERY SINGLE PART OF YOUR BODY WILL WORK BETTER**. And I mean, **every** part.

How Could So Many Seemingly Unrelated Health Problems Be Caused By Constipation?

THE SYMPTOMS OF CONSTIPATION CAN INCLUDE: Tension, Fatigue, Allergies, Indigestion, Headaches, Irritability, Nervousness, Nausea, Depression, Overweight, Craving for food, Anxiety and worry, Insomnia, Bad breath, Menstrual problems, Swelling of the legs, Asthma, Backache, Loss of memory, Loss of concentration, Poor appetite, Lack of sexual response, Hemorrhoids, Prostate trouble, Skin problems, Abdominal discomfort... and many other ailments.

This body of ours must have had some incredible engineer. Everything has its place and THERE IS NO EXTRA ROOM! If one organ swells or gets bigger, then another organ (usually the one next to the swollen one) gets squeezed, compressed or crushed.

Your colon is so big that it is connected to, touches, sits next to or is in the vicinity of every major organ in your body except your brain. It also touches most of your major blood vessels and nerves. Constipation causes the colon to literally swell, expand and even herniate. Leading medical books tell us that all of us store too much fecal matter. So when an area of the colon gets constipated and swells, it compresses and crushes the organ next to it. This could be the lungs, the heart, the liver and gallbladder, the pancreas, the kidneys and adrenals, the uterus, the prostate – again, almost every major organ in the body. This is simply why a constipated swollen colon can cause an almost endless amount of seemingly unrelated diseases and problems, and I haven't even discussed toxic build up in the colon that literally infects and poisons nearby organs.

Bowel cleansing can be the cure for ANY digestive disease. Bowel cleansing can be very effective for any disease, but especially diseases of the digestive tract. I had many patients heal their upper gastro-intestinal problems like ulcers, hyperacidity, gastric reflux, hiatal hernia and indigestion, plus colon problems such as chronic constipation to spastic colons, colitis and Crohn's disease – and yes, even hemorrhoids.

Dr. Schulze's SOLUTION

Even if a person thinks that their particular problem is unrelated to the colon, they might be wrong. A swollen, constipated, irritated bowel puts pressure on and infects everything around it. The nerves from the spine run right next to the bowel before they go down the legs. I have had hundreds of patients with chronic back pain, sciatica, leg pain, and it all disappeared after doing my 5-Day Detox: Bowel Program.

No matter how far removed the problem seems from the colon, no matter how ridiculous it may seem to do a bowel cleansing program instead of brain surgery, cleanse the bowel first and see what happens.

Real People. Real Results.

"I had this fog over my mind and I knew something was wrong with me. I didn't know what it was. I couldn't focus very well, couldn't really remember things. I was just kind of like walking around in a daze. I was feeling confused and I really didn't know why. I just knew that my body had changed from what it normally used to be. After I did the Bowel Program I started feeling clear. It felt like I had more energy, and I was able to move about. I was able to just think and remember, and the clouds just went away."

– D.S. Westchester, CA

"My wife has always been constipated and a Naturopath suggested that constipation might be a contributing factor for my wife's depression. A friend told me about Intestinal Formula #1. That formula actually worked when nothing else has – and we tried everything. I also started my wife on your SuperFood, Brain Formula and Nerve Formula. She is now off her Synthroid (she was hypothyroid), off her estrogen (for menopause), and she no longer takes Serzone (an anti-depressant proven to cause liver failure). For the first time in over 10 years my wife is now able to go to church, attend baby showers, drive across town to visit my daughters, and not go into panic attacks and anxiety. Thank you from the bottom of my heart."

– T.R. Uniontown, OH

**SEE PAGE 15 FOR DR. SCHULZE'S
THINK SHARP SPECIAL**

It only takes 5 minutes a day and will Change Your Life,
GUARANTEED! Please, if you don't do anything else, at
least do this, you owe it to yourself and your loved ones.

TESTING YOUR PROGRESS

You've been doing your 15 minute session every day, you've adopted some new healthy eye-habits, stopped doing some of the bad habits, you've changed your



diet and made some other great changes to your lifestyle. It's time to see how much your eye-sight has improved.

First, a quick word of warning.

The body takes its own time to heal. Don't rush it, and don't get disappointed if you don't get the results as quickly as you expect. Just stay with the program, and over time, you'll get the results. For some people, it happens in a few weeks, for others, it can take a year or more.

Also, you'll find that some days are better than others. In fact, some days, your sight will appear to actually get worse. It's all a natural process, your body has it's own intelligence and reasons for how it reacts to your healing efforts.

Don't make the mistake of testing yourself every day – your eyes simply can't respond that quickly. **Once a month, is enough.**

Also, always test your sight at the same time of the day, under similar circumstances, as vision does change at different times of the day, and under stress and tensions from circumstances in your life.



Personally, I went back to my supportive optician for a quick eye-test once a month. I wanted to get an accurate assessment of my improvement. There were some months when I showed no improvement, and even 2 months when my vision went backwards (heavy work months), but most of the time, there was a gradual and steady improvement in my sight. It was very exciting, and I began to look forward to my monthly visits.

If you don't want the expense of visiting a professional for an eye test, you can do it yourself... here's how:

Self Testing

You'll need an eye chart to do this, so go buy one (less than \$10) or make one yourself ([click here for how to do this](#))

Hang the chart on the wall, at eye height, and stand 20 feet or 6 meters away.

Determine the smallest row you can read, then divide the distance you are standing away from the chart (20) by the number printed next to the line.

This ratio is called your acuity. Specifically, the ability to read black letters on a white background from twenty feet (6m) is known as "Snellen acuity", named after the inventor of the eye chart. It's usually represented with "20" in the numerator, e.g. 20/20

Expressed as a percentage, it is your "*percent of normal vision*", however, you mustn't take this as an absolute measurement, as you will have different acuities at different distances.

To get your percentage, simply multiply the fraction by 100! So 20/20 would be 100% of *normal vision*, and 20/60 would be 33.3% or about a third of *normal vision*.

Of course, 60/20 would be 300% or 3 times better than *normal vision*, which is more like the kind of number we're going for, is it not?

RESOURCES

Dr Schulze

One more time, Dr Schulze's website is <http://www.800herbdoc.com> and you can also call on free phone 1-800-herb-doc

As a minimum for your natural vision correction quest, I recommend you get the following Dr Schulze products:

- Eyebright Formula
- Bowel Cleanse Program
- Superfood

In addition to the above, if you're real hard core, and want the best results possible in the shortest time, then also do the Liver Cleanse and the Kidney Cleanse, or better still, do Dr Schulze's 30 day '*incurables*' program! It will be the best investment you ever make in your health.

Steve Levinson's Motivaider

To help you remember to make those daily habit changes, get yourself a Motivaider. You'll find it helpful for all sorts of life-style changes and personal improvement changes, once you've done fixing your eyes.

Here's the web address again: <http://www.perfect-eyes.com/r/m>

Nutrition and Diet

Here's that diet and nutrition book I told you about: <http://www.perfect-eyes.com/r/d>
From the website, it looks like a weight loss book, but when you get the actual book, it's crammed full of incredible nutritional and healthy diet information.

Make Your Own Eye Chart

I found this great website that generates an eye-chart for you, which you can then print off. It does Snellen charts, Picture Charts, Landolt C's and Tumbling E's... really cool.

Here's the link: <http://www.i-see.org/eyecharts.html>, then click on the link that says: 'Generate a [Random Snellen Chart](#) on the web' or any of the other eye chart links.

This is also a great website for info and exercise about vision improvement, well worth adding to your favorites folder.

You can also download the random generator to your computer, and run it anytime you like. In fact, this is the best option, as you can then make a different eye-chart every day, and not cheat by remembering the lines.

If the link is dead, because the website has gone offline, contact me, and I'll send you the little program.

For those enterprising souls out there who would like to print or draw by hand their own eye chart, or if you would like to verify that your printout is of the correct proportions, here are the specs:

Distance (feet)	70	60	50	40	30	20	15	10	7	4
letter ht (mm)	31	27	22	18	13	9	7	4	3	2
letter ht (pt)	88	76	63	50	38	25	19	13	9	5
font size (pt)	152	130	108	87	65	43	33	21	15	9

"Distance" in the above table refers to the furthest distance from the chart at which a normal eye is able to read the letter. On a Snellen eye chart, row letters of a given size have the corresponding distance number next to them. Thus row of 18mm letters is marked "40". The font must be `Courier` (or `Courier Bold`) in order for the "font size" in points to correspond to the indicated letter height. `Courier Bold` is the PostScript font that most closely approximates the official Snellen letters.

LET ME KNOW HOW IT'S GOING

Would you like to help other people with their natural vision correction efforts?

Would you like to encourage and inspire them?

Please write to me with your success stories at mystory@perfecteyes.com

I'll keep a collection of all the good stories, and if you allow me, I'll add them to the 'testimonial' chapter.



I do love to hear how things are going with my customers. Keep me informed of your progress.

Enjoy your adventure!