

Vision Without Glasses

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Contents at a Glance

Introduction

Introduction

This new and exciting book will provide some of the latest, greatest, and useful tips and tricks anyone can put to use in order to improve eyesight or prevent common eye problems such as near or far sightedness to cataract or glaucoma. You will learn that your body has its own natural healing powers which can help improve your visual and mental focus.

One major method you will learn in this book was formulated by an eye doctor, and it has been used for many people over the years. The best thing about it is, it's simple and it works. Anyone from young to old can use it, those with poor vision or those wanting to further improve their vision can benefit from this method. It doesn't even matter if you wear glasses right now, this method will give you the tools to use to improve your eyesight.

Here are some facts about good eyesight:



Glasses and contact lens actually weaken your eyes.



Most corrective surgery only treats the symptoms of bad eyesight, it is a temporary fix.



Professionals, who are trained in the eye, have little to no information on natural ways to improve eyesight or prevent common eye problems!



Your poor eyesight increases and secures sales in the optical industry.



You should personally take an interest in your eyesight, it will save you money.

To get the most of this book you need to take your time and practice the methods each day. For the best possible results, you should read one section at a time and actually put the methods to use.

This book will help improve your vision by opening your eyes to their own natural healing power, you always held inside.

You will want to read it again and again, so that each time you will find new things you missed before.

As you read through this book, take your time and try each tip given to you. Please keep in mind that this book was put together to help you learn to use your body's own healing powers, but it should never

be used to override the advice of a licensed professional. In order to get properly diagnosed for any eye problems, please consult your eye or family doctor.

Special Thanks to William H. Bates, M.D

We would like to take the time to dedicate this book to William H. Bates, M.D., the founder of many of the vision improvement methods found in this book.

Dr. Bates graduated from Cornell University and later went on to teach ophthalmology at New York Postgraduate Medical School. He is associated with many hospitals in the New York area.

Most of his studies, over a span of 30 years, revolved around finding new methods for improving eyesight in healthy, natural ways.



William H. Bates, M.D

More about Dr. Bates at: http://en.wikipedia.org/wiki/William_Bates





Natural Vision









Chapter 1

Natural Vision

Your eyes are one of the most amazing organs in the body. They have the power to heal themselves, recover from trauma, and improve their overall ability to see. No matter what age you are, your eyesight can always improve. It doesn't matter if poor eyesight runs in your family or if you have worn glasses for years, it is never too late to start improving your vision.

This book is simple to follow, and rightly so, putting forth too much effort can be straining on the eyes. Strain and stress on the eyes are the main factors in poor eyesight and the more you avoid those two things, the better your eyesight will be. This book will cover common visual ailments which include:

-  Astigmatism
-  Cataract
-  Cross-eye
-  Dyslexia
-  Eyestrain
-  Far-sightedness

-  Glaucoma
-  Lazy eye
-  Light sensitivity
-  Macular degeneration
-  Near-sightedness
-  "Old-age sight"
-  Poor night vision
-  Tension headache

Your body holds the key to natural healing, once you understand how to activate this healing you can begin to feel the benefits of sharper vision and more clear mental focus.

Throughout this book, you will learn a number of simple, easy to use techniques which are intended to return your eyes back to normal.

Practice the techniques in this book, and you will experience a life without the use of glasses. Within a matter of weeks, the endless search for your glasses will be over. There will be no need to search the desk for reading glasses, the front dash for driving glass or prescription sunglasses, or your already too messy desk at work for the

extra pair of glasses you have stashed there. Keep in mind, this is by new means a “quick fix” and may not work for everyone, but there is no harm in giving it a try. If nothing else, you will be able to alleviate chronic headaches and fatigue, isn’t that at least worth giving it a try?

You will learn how to use your own natural healing powers instead of on glasses or contact lenses. Artificial lens may seem to help you see better, but they actually teach your eyes to see incorrectly. More often than not, when you look through glasses the image you see is actually a bit distorted; the shape and size is incorrect and the quality is duller and less clear than what is really in front of you.

We will talk a little bit further about artificial lenses in the next pages. We will also discuss corrective surgery in more detail too, but just know that while the surgery may fix one problem, it can actually create other issues.

There are a large number of people out there who have problems with their vision, and no one really knows that you have the power to improve your own vision without spending large amounts of money on doctors and glasses. Even if you have vision coverage with your

insurance, most optical doctors either don't know much about natural healing or don't want to know to keep you in glasses. This book is going to show you how it is possible to gain better vision without anything you don't already have.

According to the latest research, almost all of us were born with good, normal eyesight. The very earliest humans had great vision as well; which is good because glasses weren't around then. Even native people, who live far from the modern world have strong vision.







What is it that causes our eyesight to deteriorate from the way it was at birth? It seems our eyesight is pretty good up until we start school, then the pressure on the eyes begins to increase and build each year. Most school age children gradually lose their eyesight as they work through junior high and high school, leaving almost everyone with damage to their vision by the time they graduate. Nearly all adults in modern day, advanced countries experience vision problems.

The eyes are a very delicate organ, and just like with other organs like the heart, you should take steps to protect them. With the heart, it is good to do cardio exercises in order to keep it in good working order. Just like the heart, our eyes should be protected from the stress and strain of daily life. Every day, we abuse our eyes by straining and overworking them. If you were to have a heart attack, you would be given some clear cut signs such as pain or numbness in the arm or back. Your body also sends out signs and messages when your eyes are tired and need a break. It seems we are trained from childhood, to work and play hard without taking the time out to relax and give our body and organs necessary rest.

We appear to be highly stressed people, for the most part, and even when relaxing you are never really 'relaxed'. Of course, we all have our moments when true and full relaxation happens and our vision benefits. The techniques presented throughout this book, will give you the steps to experience practically perfect vision all the time. You will be amazed at the differences you will see in a matter of weeks, if you follow the steps in this book.

The benefit of improved eyesight doesn't stop with increased visual acuity; it can actually benefit all aspects of your life. Once you are able to achieve mental and visual focus, you will notice other health benefits through the whole body. The body's overall functioning will improve, symptoms of diseases will be alleviated, and the performance of the brain will increase. This is just a few of the benefits you will find in only a few weeks.

We will cover ten other additional advantages gained by the techniques in this book which include:

-  Overall peace of mind and body.
-  An ability to get more done each day effortlessly.
-  Those around you will notice how relaxed and calm you are.
-  You will be able to deal with stress without feeling drained or exhaustion.
-  You are able to “stop and smell the roses”; your overall outlook on life will improve.
-  You will actually look forward to change and seek out new opportunities.



Decisions will be less of a struggle because you won't doubt yourself anymore.



Your mind will be sharper and your attention to detail will be stronger; helping to prevent unnecessary confrontations or accidents.



Self-esteem will increase and you will learn to depend on and trust your own instincts.



Every organ in your body will be stronger, making you less susceptible to illness or disease.

Summary

From a very early age, we have taught ourselves bad habits concerning our eyes. It is easy to improve our eyesight by learning to put less stress and strain on the eye and allowing them to function normally. By improving the eyesight, the rest of the body will benefit as well.

Read to Get Started?

Just click on: [Vision Without Glasses](#) now and let's start learning...