

Video

Pinhole Eyeglasses

A TEMPORARY Tool to Prevent the Harm, Tension That Eyeglasses and Contact Lenses Cause. But, Pinholes Also Impair the Eyes, Visual System's Function, Can Cause Side Effects



Pinhole Glasses - Pros and Cons

Pinhole Glasses



First; I want to state 'I am against the use of pinhole glasses'. I have completed my own experiments, surveys on their effects; they definitely disrupt the function of the eyes, entire visual system. Instant headaches, eye pain, dizziness, multiple images, disorientation are some effects of pinhole glasses. I keep this webpage and Amazon products due to people asking for pinholes. Some have used them with benefit, especially if they are trying to break free of a very strong eyeglass prescription. Other people state they experience side effects and more vision impairment. The experiment results are posted at the end of this article.

Pinhole glasses block many natural eye-visual system functions so they are not a cure all, but they can be A 'temporary tool' to be used only when necessary, example; for a few seconds to read fine print on a medicine bottle, a distant sign... to prevent squinting, use of eyeglasses. The goal is to obtain complete freedom from eyeglasses and pinholes. In some ways they are better than eyeglasses, contact lenses, and are definitely better than eye cornea... surgery. They can (in safe situations, NOT when driving, using power tools, crossing the street, jogging, sports...) be used briefly in place of eyeglasses. This helps to stop addiction to stronger and stronger eyeglass prescriptions, prevent advanced vision, eye problems that are caused by strong eyeglasses. Pinholes prevent some of the strain, tension in the eyes, eye muscles, retina, lens, brain that eyeglasses cause. But, they cause some of the same types of strain, tension eyeglasses cause and create other types of strain, tension, vision problems. They block, disrupt many normal, natural eye-vision-visual system functions. So, they are not to be used forever. They are a step toward freedom from eyeglasses. Wearing pinhole glasses enables the eyes, eye muscles, entire visual system to relax a bit more than when wearing eyeglasses. It's better to use the pinhole glasses for a couple seconds than to constantly squint or put on eyeglasses and tense up the eye muscles, eyes, visual system and reverse your vision improvement process.

Eyeglasses contain, maintain an abnormal refraction, specific prescription for myopia, presbyopia, astigmatism... It is constant, locked in. This forces the person to develop and maintain the abnormal refraction, level of unclear vision the eyeglass lens is created for. Strain, tension occurs and it must be maintained to see through the prescription glasses. Strain, tension, blur is increased by the prescription. Relaxation and a normal refraction, fluctuation 'rhythm' in the eyes are prevented. These abnormal conditions prevent vision improvement. Natural Eyesight Improvement causes the eyes refraction-clarity-of vision to change often as it works its way to complete perfect clarity. Flashes of clarity occur more and more and last longer, become permanent. Eyeglasses prevent this natural fluctuation, flashes of clarity and eyesight improvement.

Pinhole glasses do not act as eyeglass prescriptions; they do not contain a myopia, presbyopia, astigmatism... prescription, so; the eye does not have to create an abnormal refraction, tension, strain and reverse its vision improvement to see through the pinholes. In this way pinholes are better than eyeglasses.

Most people can obtain clear eyesight without use of pinholes. I do not advise using them all day on the computer, ect... because of the side effects. Pinholes cannot be used at night, in low light.

Pinholes should not be a replacement for natural vision. People must use their own natural eyes-vision without pinholes, without eyeglasses to gain perfect clear eyesight. All you really need is to stop use of eyeglasses and to learn the Bates Method of Natural Eyesight Improvement. The more eyeglasses, pinholes are avoided, the faster and easier the vision improves. When the vision improves with use of Natural Eyesight Improvement, then pinhole glasses, eyeglasses are permanently discontinued. (How to do this, what to avoid; read this page and the website chapters, free e-books.)

For different types of Pinhole glasses, Amazon customer experiences, like-dislike 1 - 5 star reviews - [Click Here](#)

The vision and eyes health improve mainly by avoiding all eyeglasses, including pinholes. If eyeglasses are needed; only reduced weaker and weaker 20/40... lenses are used and as little as possible. (Do not wear eyeglasses, contacts when wearing the pinholes.)

If you want to get an idea of how pinholes work; place a piece of paper on a table over a piece of cardboard and push a toothpick through the paper to make a few holes. (See picture on top right of this page.) Put the toothpick away. Look through the holes in the paper. Notice the vision is clearer. (If your eyes need vision improvement.) Objects may seem smaller; that's the effect of light rays and areas of the retina being blocked by the pinholes. See the bottom of this page for construction of the best pinhole device.

Pinhole Glasses reduce a lot of the light rays entering the eyes. This reduces some of the blurry vision produced by unfocused light rays in eyes that need vision improvement. Unfocused light rays scatter on the central and peripheral areas of the retina. The central ray focuses incorrect onto the peripheral field of the retina. The peripheral rays scatter unfocused, incorrect on the peripheral and central area of the retina, including the macula, fovea centralis. Pinholes act as the eyes pupil does in sunlight; in sunlight the pupil becomes smaller. This reduces light rays in the eye. This is why day vision is clearer than night vision when the eyes need vision improvement. Pinholes do this all the time, in all levels of light and in an unnatural way. This is unhealthy, confuses, strains the brain, eye muscles, iris/pupil muscles, impairs their function... The iris/pupil muscle is interconnected with the ciliary body, ciliary-lens muscle. Tear gland and other muscles, nerves can be affected, affect each other when tense, not functioning correct. Modern science has proved Dr. Bates correct; the eye does change shape, lengthen to produce accommodation. The ciliary muscle works with, affects the outer eye muscles and the eyes shape during accommodation, unaccommodation. All eye functions work together, affect each other. Squinting, an *Incorrect Vision Habit* that causes eye, eye muscle tension and unclear vision is a form of an unnatural pinhole effect. Pinhole glasses act like many contracted pupils. This is abnormal.

All Pinhole glasses block healthy sunlight. I prefer pinhole glasses that have the regular old fashioned larger holes, allow more light to pass through to the eyes. This is better than the smaller and tiny hole pinhole glasses. Smaller holes produce a clearer image when the eyesight is very unclear; advanced myopia, presbyopia. The smaller holes hide the appearance of some of the problems, unnatural effects that pinhole glasses cause, but they are still occurring. Pinhole glasses with very small holes, appearing like plain sunglasses are most harmful, act as sunglasses and block out more healthy natural sunlight causing an addiction to sunglasses effect, lowed tolerance to light, impaired eye health. The smaller the holes, the more they block the eyes natural function, so choose pinhole glasses with larger size holes. Even pinholes with larger holes cause these problems but a bit less than the small hole version.

All pinhole glasses are unnatural, act like dark, tinted lenses, sunglasses; they block healthy full spectrum sunlight and lower the clarity of vision, health and function of the eyes. The eyes need natural full spectrum sunlight. In the daytime, bright light, it is normal for the eyes pupil to constrict 'become smaller' to control-lesser the amount of light entering the eyes. The pinhole glasses act as sunglasses 'darkness' and make the eyes pupil larger in the light; daylight, indoor light. At the same time the pinholes in the glasses act as many small 'contracted' pupils. 2 opposing unnatural functions are occurring. This causes strain, confusion, is harmful to the visual system, function of the brain with the eyes, pupil-iris, lens, retina, its cones, rods, production of visual purple. Dark glasses, including colored, tinted, UV blocking glasses cause watering eyes, sensitivity to light, impair light tolerance and lower the eyes health and clarity of vision. *At night, in low light, it is normal for the eyes pupil to enlarge to allow more light to enter the eyes.* The holes in the pinhole glasses oppose this function by acting as small constricted pupils while the pinhole glasses act as sunglasses and further enlarge the eyes pupil. Opposing and unnatural functions are occurring causing strain, tension, confusion in the brain, eyes, eye muscles, retina, iris-pupil, lens... This can also affect convergence, divergence, accommodation, un-accommodation. All functions of the eyes, visual system work together. The eyes' pupil naturally changes size to assist focus of light rays in varying amounts of light, darkness and when looking at close and far distances and when reading up close. Pinhole glasses interfere with this.

People that have cataracts, other eye-vision problems might see better through pinholes, but this is temporary and prevents Natural Vision Improvement, a return to normal clear vision, healthy eyes. The eyes, lens, retina need sunlight to remain healthy. The eyes' lens needs full movement, circulation, hydration, complete accommodation, un-accommodation to remain healthy. Convergence, divergence (looking close and far) works with, is affected by accommodation, un-accommodation. [Click Here](#) Accommodation, un-accommodation and convergence, divergence is party blocked by pinhole glasses. This can prevent cataract reversal. Eyeglasses cause cataract and cause many of the same problems that pinhole glasses cause. Pinholes are healthier than eyeglasses but I must emphasize; they do cause similar and other problems that eyeglasses cause. Interfering with the lens' natural movement-adjustment to different distances freezes up the lens and impairs its circulation. It's not just circulation of blood; it's also circulation-movement of fluids... that nourish, hydrate the lens. Lymph, energy... flow in the eye. (This is similar to the harm the dangerous Plus Lens-Anti-Corrective eyeglass method causes. [Click Here](#) for PDF)

Pinhole glasses are illegal, 'not safe' for driving, flying, bike riding, work, play, cooking-working with knives, machinery, walking, crossing the street... Many activities cannot be performed safely when wearing pinholes. Pinhole glasses block out a large part of the peripheral field of vision. Normally, without the pinholes, objects and moving objects are sensed by the peripheral field. Peripheral vision is necessary for safety when driving and most all activities. All pinhole glasses block parts of, restrict, impair function of the entire visual field, central and peripheral vision. Part of the retina and visual field, 'central and peripheral' are blocked by the dark solid area of the pinhole glasses and the frames around the lenses. This interferes with completely normal eye, retina, brain, brain hemisphere, vision function.

Pinhole glasses do not help the eyes function correct, do not improve function of the eye muscles and brain with the eyes, eye muscles, retina. Pinholes block normal eye, brain, visual system function; prevent the eyes from focusing, moving perfectly, natural; prevents normal, complete eye movement 'shifting', central-fixation, all Correct Natural, Relaxed Vision Habits, perfect, balanced accommodation, convergence, un-accommodation, divergence, synchronized visual and optical axis in the left and right eyes, binocular vision, fusion, depth, distance perception, 3-D vision, central and peripheral vision. All of these work together. Disrupting one affects function of all.

The fovea centralis, macula, the eyes retina's 'central field' (to be exact; the center of the fovea, its pit) must avoid the black areas of the glasses and move to, look through only the pinholes. Each time the eyes move or converge, diverge for different distances; the solid black areas will 'on and off' block one or both eyes pupils 'foveas'. This makes it difficult for the central light ray to focus perfectly on the center of the fovea centralis. Focus of other rays on the inner and outer central and peripheral areas of the retina are also blocked. This blocks complete, free flowing, perfect eye movement, 'shifting' scanning, tracking, searching, saccade shifts... normal perfect central-fixation, perfect clarity of central vision and maximum peripheral vision.

Pinhole glasses impair the eyes shifting movement, central-fixation, coordinated visual axis 'central light ray' focus from the left and right eyes. This is due to the black areas around the pinholes on and off blocking the eyes central field. Areas of the peripheral are also blocked. Shifting and central-fixation occur together. Pinholes disrupt this main natural eye-vision function. The optic axis is also affected.

Pinhole glasses disrupt your visual axis; central-fixation of both eyes' foveas, (the foveal pit 'foveola') working, moving together

NATURAL EYESIGHT IMPROVEMENT **Bates Method**

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

PERFECT SIGHT WITHOUT GLASSES Dr. Bates Original 1920 Book in the Antique Print - Free

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

COPYRIGHT, DISCLAIMER, DIRECTIONS

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

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

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

AMAZON.COM, Barnes & Noble... CUSTOMERS

17 FREE Bates Method, Natural Eyesight PDF E-Books; Direct Link to the Download Page. Thank-You For 7 Years Support!

BOOKSTORE Paperback Books by Dr. Ophthalmologist William H. Bates, Emily Lierman, Other Doctors and Teachers. Eyecharts, Videos-Free Training.

EFT - Emotional Freedom Technique, Acupressure and Color Breathing...

View, Description, Directions for, link to 17 FREE Color Natural Eyesight Improvement PDF E-Books

GOOGLEBOOKS; Natural Eyesight Improvement PAPERBACK and E-BOOKS. Read 100% Internal Pages

BOOKS - Paperback, Kindle. Variety of Natural Eyesight Improvement Books, Training by Different Teachers. Iridology, Breathing, Nutrition, Body Movement and Relaxation Tools, Strengthen the Mind, Spirit... Self-Help. Better Eyesight Magazine, Books by Ophthalmologist William H. Bates.

Shop at Amazon and Other New and Used Paperback Bookstores

PINHOLE

▶ EYEGLASSES - Pros and Cons, Healthier Than Eyeglasses

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

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

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

BETTER EYESIGHT MAGAZINE By Ophthalmologist William H. Bates', Introduction. 132 Issues, July 1919 to June 1930. Original Training, Cures from

the Eye Doctor that Discovered Natural Vision Improvement
BETTER EYESIGHT MAGAZINE - Entire 132 Issues on One Page or Link to the Main Magazine Website, Individual Monthly Issues.
Read, Listen Free on the Internet in any Language

AUDIOS For the Blind, Low Vision - Better Eyesight Magazine
Treatments: Myopia, Presbyopia, Cataract Glaucoma, Retina Health, Strabismus, Astigmatism...

Dedication to My Mom Nancy
Native American Videos - Natural Life=Clear Sight
SKYPE, GOOGLE Live Video on the Internet - Telephone Natural Eyesight Improvement Training, Student and Group Training
1 - Natural Eyesight Training Starts Here, Page #1 to #40.
MENTAL STRAIN, EYE MUSCLE TENSION CAUSES UNCLEAR EYESIGHT. Dangers of Laser Eye Cornea Surgery, Eyeglasses and Contact Lenses

2 - STRONG EYEGLASSES = Addiction, Progressive Vision, Eye Impairment Verses REDUCED, WEAKER, TEMPORARY EYEGLASS LENSES = Vision, Eye Health Improvement.
EYEGLASSES Low Cost Reduced 20/40, 20/50 Weaker Prescription Lenses by Mail & Behavioral Optometrists.

Pass the Drivers License Eyesight Exam - Practice on the Govt. RMV, DMV... Eyecharts

3 - HUMAN EYE Function, Anatomy, Light Rays, Cornea, Iris-Pupil, Lens, Retina, Macula, Fovea, Optic Nerve, Eye Muscles...
4 - Front View of Eye. Pupil, Iris, Ciliary, Lens, Sclera..., Outer Eye Muscles; Oblique, Recti. THE EYE CHANGES LENGTH LIKE A CAMERA (with the lens) TO FOCUS CLOSE- FAR

5 - DO IT YOURSELF NATURAL EYESIGHT IMPROVEMENT: Practice Shifting and Other Relaxed, Natural, Correct Eye-Vision Functions. THE IMAGINARY NOSEFEATHER

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

6 - CENTRAL-FIXATION - Central Vision 'Centralizing'. See Clearest with the Center of the Visual Field. Combine With Shifting. The Central Field MOVES as the Eyes, Mind-Attention Move 'Shift'.

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

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

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

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

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

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

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

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

precisely to focus the central light ray from the point of an object you are looking at perfectly into each eyes fovea pit; the solid areas of the pinholes cause the central field of the left and right eyes to not always focus together on the same point. This blocks binocular vision, fusion. Try this; when wearing the pinholes; move the head, eyes across the visual field until you see a part of an object in the distance clear or semi-clear through a pinhole. If you close one eye at a time when looking through the pinhole glasses you will notice often that one eyes central field, 'fovea' is blocked by the mesh of the black areas of the glasses surrounding the holes. Areas of the macula are also blocked. One eye sees the part of the object less clear or very unclear or the part is completely blocked. This causes diffusion, eccentric-fixation; the opposite of the healthy function of central-fixation 'centralizing'. Equal, perfect convergence, divergence, accommodation, un-accommodation and shifting movement of the left and right eyes is impaired. Unbalanced vision occurs. Often the black areas block both eyes foveas-macula causing the part of the object to be seen blurry by both eyes. Areas throughout the entire peripheral field are also blocked. Attraction, attention of the mind, eyes to other objects in the visual field is reduced. The person is tempted to move only the head or move only the eyes or move the eyes and head away from the object while using the peripheral area of the retina, peripheral field to see the object with. This is also eccentric-fixation, diffusion and a main cause of advanced myopia, presbyopia, astigmatism, cataract, macular degeneration. Even using the side of the fovea, or macula is still considered using the peripheral. The true central field, perfect central-fixation is to use the pit of the fovea; it's exact center and without pinhole glasses. Using the fovea occurs naturally, automatically without effort.

The pinholes prevent the eye muscles (inner; ciliary-lens, iris-pupil. Outer; recti, oblique...) from functioning normally. Because objects seen through pinholes appear smaller, incorrect size and are somewhat clearer; the eyes-brain feel that they do not need to adjust for different distances. Convergence-accommodation, divergence-un-accommodation do not occur fully, naturally. This impairs memory, imagination, depth, distance... perception, function of the brain with the eyes, eye muscles, retina and lens. The result is strain, impaired vision. All eyeglasses including pinholes disrupt normal eye-vision functions, blinking, can cause headaches. Tear gland muscle and tear production messages to-from the cornea, brain, gland are also disrupted.

Pinholes disrupt the function of the eyes, eye muscles, retina, brain 'entire visual system'. In some ways pinhole glasses are like eyeglasses; you have to 'adjust to them' by developing incorrect, unnatural use of the vision, eyes. This leads to unclear vision and blocks use of Natural eyesight Improvement.

Some sellers state their pinhole glasses have the pinholes lined up perfectly with the eyes pupils. This is a false statement because; pinhole glasses are set for one size (one PD; pupil distance; the placement 'centering' of the left and right sections of the glasses in front of the left and right eyes pupils.) So, the glasses are never a perfect fit for each individual person's PD. Everyone has a different measurement 'space' between the eyes and size-shape of the nose, head. So; the macula, fovea is often blocked on and off in one or both eyes by the solid areas of the pinhole glasses. Also; if the pinhole glasses barely move, tilt or the eyes move 'shift', converge... ; the position of the holes and solid areas change. Even if the PD were set correct, the pinholes will not always be in front of the eyes pupils. Immobility 'not shifting correct', not moving the head with the eyes is a main cause of defective sight. Sellers state that pinholes cause the eyes to shift; yes, but in a very unnatural, straining way that impairs the eyes natural true shifting. Shifting to avoid the solid areas of the pinhole glasses is not normal eye function.

Avoid teachers that try to convince you that the solid black areas of the pinholes stimulate the retina's photoreceptors. They do not! They confuse and strain them, acting as a constant flickering on and off of light-darkness effect, like placing sunglasses on, off, on, off. Very harmful to the function of the retina, its photoreceptors 'cones, rods' and the iris-pupil, ciliary body-muscle, lens. The function of the iris-pupil, ciliary muscle-lens and entire eye; eyes shape, oblique and recti eye muscles ALL work together and effect eachother.

Because pinhole glasses disrupt the eyes natural movement, convergence, divergence, and eye-lens accommodation, un-accommodation movement, all eye, visual system functions; they are definitely NOT for people with; strabismus (crossed, wandering eyes), any amount of convergence, divergence dysfunction (even if it is very slight), amblyopia, astigmatism, cataract, macular degeneration, even slightly advanced presbyopia and other eye-vision conditions.

I like the pinhole glasses with holes also placed in the center of the glasses as shown in the picture on the top right; this helps keep more of the central field visible. (Except where the black areas are. All areas of the visual field, central and peripheral are still partially blocked by the pinhole glasses.)

All natural eye-vision functions that are blocked, impaired by eyeglasses, pinhole glasses are restored, improved to perfect by The Bates Method.

Practicing the Bates Method of Natural Eyesight Improvement will free you from all types of eyewear.

Now you know the entire truth. Some people might benefit from use of pinholes if used sparingly and temporary. Others experience too many problems, decide to avoid them.

I prefer students to go completely natural; no pinholes, no eyeglasses. If your vision is in advanced stages of high myopia, farsight, presbyopia; any type of stress, strain can lead to more problems. Stronger and stronger eyeglasses lead to advanced myopia, farsight, presbyopia, astigmatism, cataracts, detached retina, macula degeneration, glaucoma and other conditions. But pinholes also cause tension, strain. If they are used in place of glasses to avoid advanced problems; could the pinholes also cause advanced problems or will they help the eyes-vision heal in some ways? No eyeglasses, pinholes is the best, healthiest decision. But if you must use some type of glasses; the pinholes, *used sparingly* will be better than the strong eyeglasses. Read more on the bottom of this page.

For a variety of styles, customer reviews, click the pictures below:

 <p>SaveGoodBuy Fusion Eyesight Vision L... SaveGoodBuy Best Price \$7.99 or Buy New \$7.99</p> <p>Buy from amazon.com</p> <p>Privacy Information</p>	 <p>Pinhole glasses for eyesight strengt... StylishGadget Best Price \$12.99 or Buy New</p> <p>Buy from amazon.com</p> <p>Privacy Information</p>	 <p>Women Sunglasses Eye Vision Care Exe... epower mail Best Price \$5.99 or Buy New \$5.99</p> <p>Buy from amazon.com</p> <p>Privacy Information</p>	 <p>amazon.com Books</p> <p>Click here Privacy Information</p>	 <p>Natural Eyes Blue Full Frame Kit Pin... Natural Eyes Best Price \$14.48 or Buy New \$17.55</p> <p>Buy from amazon.com</p> <p>Privacy Information</p>	 <p>Natural Eyes VISION TRAINING Natural Eyes Best Price \$13.49 or Buy New \$19.44</p> <p>Buy from amazon.com</p> <p>Privacy Information</p>
--	--	--	---	---	--

Avoid exercises that come with some pinhole glasses. I am not familiar with all of them. Sellers usually are not natural vision teachers and they often teach things that are wrong, unnatural, harmful or provide ineffective or partial training. Do not wear pinhole glasses over, under eyeglasses. Do not wear by looking out over the tops of glasses or the pinhole glasses. See this webpage for correct posture when wearing any type glasses; <http://cleareyesight-batesmethod.info/id24.html> Do not wear pinholes with contact lenses, sunglasses.

Do not wear pinholes when practicing Natural Eyesight Improvement; switching, memory, imagination... because the pinhole glasses alter, impair these functions. Pinholes disrupt all Bates Method, natural eye-vision functions, shifting, central-fixation, relaxation... They alter the true natural practice. Do your best to keep correct, relaxed vision habits; shifting... when wearing the pinholes, and remove them often so you may practice the Bates Method completely natural, perfect.

Some pinhole glasses on Amazon have smaller holes. As explained in this article, the smaller holes are not healthy, they block more natural eye-vision-brain functions. But; some people prefer the smaller holes which will show clearer images through the pinhole glasses at close and far distances when the eyesight is in advanced stages of blur, myopia; -3 and up negative lenses, presbyopia; +3 and up plus lenses. Some people state the smaller and tiny hole pinholes cause additional annoying effects. People state the spacing of the holes cause different effects. There are various opinions.

All pinhole glasses, especially the small holes can lower your determination of depth, distance, location, position 'orientation of the body, eyes-vision'. Remember to use pinholes sparingly. Switch to the bigger holes and eventually no pinhole glasses as the eyesight improves with practice of Natural Eyesight Improvement. Amazon sellers, a vision teacher keeps deleting their product and re-posting with a new product name. One reason is they do not like reviews that tell the truth about pinhole glasses. You may read my 3 pinhole glasses reviews here if products are removed again; http://www.amazon.com/gp/cdp/member-reviews/A9ARVDAUZEHDm/ref=cm_pdp_rev_all?ie=UTF8&sort_by=MostRecentReview

Here are customer reviews for the small holes; http://www.amazon.com/Natural-Eyes-Glasses-Black-Frame/product-reviews/B000K7AH4C/ref=dp_top_cm_cr_acl_txt?showViewpoints=1 and for the larger; http://www.amazon.com/SaveGoodBuy-Eyesight-Improve-Pinhole-Eyeglasses/product-reviews/B00A7674RV/ref=dp_top_cm_cr_acl_txt?showViewpoints=1

Note; most Amazon reviews are truthful, by real customers. Others are phony; people are paid by the sellers to write 5 star positive reviews. Business competitors pay people to write negative 1 star reviews.

Avoid plastic frames. Plastic contains toxic chemicals. The toxin can travel through the skin into the body, brain, eyes. Avoid metal frames, they disrupt energy flow, 'Chi, EFT'. Try to find pure wood, no coating, wood that does not contain toxins. (some wood is not healthy, even if it's natural), or pure organic, non GMO corn based plastic alternatives. Creating your own frames may be an option. A short Optician course will provide the skill. If you are a handyman, can create precise measurements, you might be able to copy the exact PD, size of your eyeglass frames. Avoid tight, awkward frame 'handles'; be sure the part that rests on the head above and near the ears does not pinch, press on the head, ears. Pressure on or near the ears or muscles, nerves in this area can affect the hearing, balance system and eyesight. Hearing and sight work together. No pressure on the nose, temples, face... Same goes for eyeglass frames; wear relaxed, no pressure on the face, head, around the ears, eyes, nose. Avoid shiny, reflective glasses that can produce glare off of the lenses, frames. No frameless eyeglasses because; without frames; the sides, angle of the edge of the eyeglass can act as a magnifier of sunlight and burn the skin, eyes.

Because I do not fully endorse the use of pinholes my conscience won't allow me profit from them. Money from Amazon Affiliate program for linking to the pinhole glasses on the Amazon website is given to the Blind; <http://cleareyesight-batesmethod.info/id73.html> Donation receipts and screen snapshot of all Amazon affiliate link sales is available on request.

See my Amazon reviews for; Natural Eyes: Pin Hole Glasses, Black Full Frame Kit and others;

http://www.amazon.com/gp/cdp/member-reviews/A9ARVDAUZEHDm/ref=cm_pdp_rev_all?ie=UTF8&sort_by=MostRecentReview

In my reviews I am partly against the [Vision Training by Natural Eyes](#) pinhole glasses because the holes are too small. But; many people like this because if their vision is very unclear, high amount of myopia, presbyopia, the small holes produce clear vision when wearing the pinholes. As vision improves with practice of the Bates Method-Natural Eyesight Improvement the person changes to larger hole pinholes and obtains the same or better clarity as the small holes. As vision becomes clearer, use of pinhole glasses is discontinued. The vision continues to improve to 20/20 and better, perfect clarity. (The [Vision Training by Natural Eyes](#) product is often taken off Amazon and reposted under a different title. Search Amazon in all departments for the one in the picture, top of this page.)

20/20 and stronger clarity eyeglasses block vision improvement. Avoiding eyeglasses is best, most healthy for the eyes and speeds vision improvement. If eyeglasses are needed until the vision level is clear for driving, safety at work, home..., this optical company will allow you to send in your prescription for affordable quality created weaker and weaker reduced eyeglasses by mail; <http://www.zennioptical.com/>

See complete directions for reducing the strength of your glasses here; <http://cleareyesight-batesmethod.info/id14.html> and <http://cleareyesight-batesmethod.info/id36.html>

Pinhole Glasses Experiment and Survey Results;

Some Natural Vision Students and many Natural Vision Teachers tell me that pinhole glasses are beneficial. Others are strictly against them. I have completed experiments on myself and surveys of other people that have used pinhole glasses.

Results myself, (I have normal 20/20 and clearer vision without glasses, pinholes) and people in the survey (with unclear vision) experienced;

Weird visual effects; indoor lights, outside streetlights and other objects seen through the pinhole glasses became multiple; triple, 4, 5... times the normal image. Streaks and objects shaking, like an astigmatism effect. After only 10-30 seconds use; dizziness; trouble orienting when walking, moving, the head feels very uncomfortable, then a sudden strong headache in the forehead, and the entire eyeballs inside and out feel very soar, pain. (Almost like when a person with clear eyesight looks through strong eyeglasses. Or when a person with blurry eyesight looks through glasses that are too strong.) The eyes shape became big, kind of bulging and a uneven shape with a very tense look after wearing the pinholes. When I took the pinholes off; my vision was lowered. Another effect; when you move, turn the head and eyes; objects in the visual field shake and a screen like mesh of thousands of tiny black dots appear, like static on a old TV screen or soot in the air. This can prevent natural movement of head and eyes; the person tends to lessen head, eye movement to avoid these uncomfortable effects, but then other effects occur when the eyes, head are still; areas of the visual field are blurred, multiplied in other ways. Eye floaters can appear. It can take about 30 min to an hour for the head, eye pain, blur to stop after removing the pinholes.

Night vision is more impaired by the pinholes. Night vision use can result in more multiple images, strange glare, streaks. The eyes pupil becomes larger at night. This has a strange effect as it tries to work with the pinholes. In daytime the pupil is smaller so it might be blocking out more of the strange effects of the pinholes but not much. And the pinhole glasses act like sunglasses and enlarge the eyes pupil. Both day and night vision is impaired by the pinholes.

These side effects happen to people with normal sight, and people in the survey with myopia, presbyopia, one with astigmatism.

For my personal experiment; I have clear vision. So; looking through the pinholes may have been like wearing eyeglasses; my eyes cannot accept glasses of any strength, even the slightest prescription will be blurry, cause head, eye pain and blur. Pinholes do this to people that don't need glasses and people that have unclear vision. This proves that pinholes are much like eyeglasses, are not healthy.

In another experiment using only a white paper (no pinhole glasses) with just a few holes in it; Looking through the holes with both eyes; still causes tension, headache... but a little bit less.

With one eye, one hole; no problem if peek through occasionally only for a couple seconds.

Using one eye, a paper with only one hole seems best; helps to stop the head-eye pain, dizziness... caused by imbalance of the left, right eyes, disrupted central-fixation-visual axis' that occurs when using the pinhole glasses, trying to coordinate both eyes foveas though the many pinholes, and moving across 'trying to avoid' the solid areas.

A paper with one hole is best. To construct it; use a white paper. Tear off the edges so there are no sharp ends, corners. Be careful; do not touch the paper to the eye or a paper cut could occur, injuring the eye, cornea. Seal over the edges if you like with a smooth substance. On the top of the paper, 1 inch down, push the end of a small paperclip through it to make a medium size hole. One inch below that; use a needle and make a tiny hole. Make clean holes so there are not fuzzy edges covering the holes. See picture >

Look through the bigger hole with one eye. If that does not bring clear sight, try the smaller hole. Do not close the other eye. Just cover it with the hand or an eyepatch. (Closing one eye causes tension in the face, eye muscles.) Alternate using the left and right eyes so you don't overwork one eye.

Using one eye all the time also causes forms of imbalance in the visual system, left-right eyes. So; using the pinhole effect through a paper, even with this best option of only one hole, one eye is also only for brief, temporary use. Do not use forever. A white non-shiny paper seems to work better than the black shiny plastic pinhole glasses. Maybe the white paper reduces the reflection of lights, glare and lessens the darkness effect caused by dark shiny pinhole glasses.



Relaxation

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

16 - THE ILLUSION OF OPPOSITIONAL MOVEMENT -The Swing'

17 - SUNLIGHT, SUNNING, SACCADIC SUNNING With Hands

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

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

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

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

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

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

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

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

26 - ASTIGMATISM TEST & REMOVAL, CHARTS, SWINGS

27 - STRABISMUS Crossed/Wandering Eyes Correction

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

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

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

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

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

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

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

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

35 - THE CURE OF IMPERFECT SIGHT BY TREATMENT WITHOUT GLASSES Dr. Bates Original 1919 Book. And: 'Use Your Own Eyes', 'Normal Sight Without Glasses' by Dr. William B. MacCracken M. D., 'Strengthening The Eyes' by Bernarr MacFadden, W. H. Bates. Optometrist Harold M. Peppard, Monroe Hirsch, O. D.

Placing a white paper with holes over the black pinhole glasses did not remove the negative effects.

My teacher Thomas Quackenbush (a true Natural Vision Teacher) does not sell or advise pinholes. He warns against them; <http://www.naturalvisioncenter.com/Other.html>

Avoid Unnatural Vision Teachers That Alter Dr. Bates Method!

Unnatural vision teachers that sell pinholes solely to earn money do not warn about all the side effects. They also state; to use natural vision habits; shifting, central-fixation...when wearing the pinholes. BUT; the pinholes interfere with, impair these natural functions! So what do we do? Answer; try not to wear the pinholes. Go without glasses and pinholes as much as possible, and, without them *'with no interference'*; practice true, complete Natural Vision Improvement.

Do not believe the misinformation some vision teachers give "stating that pinholes block all refracted *bent* light rays, all peripheral rays causing only central rays to enter the pinholes and eyes". That statement is incorrect. The true central ray is NOT refracted, so the pinholes do not need to block central refraction. They do block the peripheral rays refraction, but not all. There is one exact central ray coming into the eye through the center of the pupil and it focuses on the fovea's exact central pit. All other rays are peripheral, even the ones focusing close to the fovea's pit, next to the central ray. The central ray is the ray that moves directly, exactly, point to point upon the part of the object the eyes are looking at. Nice and easy, thinking of, seeing one thing at a time. This is relaxation, perfect central-fixation with shifting 'centralizing' for clear eyesight. (Exact description, precision of the visual axis, fixation axis, optical axis, line of sight, pupillary axis, light rays, precise refraction, focus by the cornea, anterior chamber, lens, vitreous... can be found in Ophthalmology, Optometry books. This diagram is simplified.)

The true function of pinhole glasses is; they cut down on some of the unfocused light rays in eyes that need eyesight improvement. They cut down on the peripheral rays in the peripheral field and the peripheral rays that are very close to the exact central field; near, in the macula and in the fovea, near the fovea pit. Peripheral rays are refracted, bent. The central ray that focuses on the exact fovea pit is not refracted. It travels straight into the eye to the center of the fovea. This is the visual axis ray, works with your line of sight, point of fixation. The exact central ray. (See ophthalmology books for precise detailed placements...) That main one central ray is important for very clear vision, perfect central-fixation. Pinholes often block it as described in this article. Correct placement of all rays in the eye, central and peripheral produce perfect vision.

There are still some peripheral rays coming in through the pinholes onto the peripheral areas of the retina and some are close to the central ray 'as the fovea looks through a pinhole', but they are truly peripheral, not central. Rays coming in from all areas of the glasses where you are not looking directly through are peripheral and will land on the peripheral areas of the retina.

A peripheral ray can 'become a central ray' when you turn and look directly at that part of an object the ray is coming from; when you face it directly, then the ray turns into central and focuses on the fovea's pit. If something in your peripheral field attracts the mind-eyes attention; you turn the eyes-head and face-look directly at it, placing it in the central field. The central field is clearest.

Teachers that tell students to think of many central rays in all areas of the visual field, 'many central rays focusing on the retina, macula, fovea, and fovea's pit' are giving their students incorrect, confusing training that results in diffusion, tension and unclear sight. Diffusion=eccentric fixation, the opposite of central-fixation. Diffusion=trying to see 2 or more points 'parts of a object' equally, perfectly clear at the same moment. Avoid this. The true natural vision function is; the fovea's pit moves continually as the eyes-mental attention move part to part upon a object and from object to object. 'Shifting and central-fixation; centralizing'. Prove it; look at a part of a object and try to see all its pieces at the same time equally clear without moving the eyes, not moving the fovea's pit from piece to piece. Note a feeling of spacing out-pulling of the eyes, brain in 2, 3, 4... different directions occurs. Tension, strain and pain are felt in the eyes, head, body and the vision lowers.

Now, use the vision correct; look at one piece at a time, and shift the eyes-visual attention 'fovea's pit' from one piece 'small part' to another, seeing each in turn clear; the part the fovea is presently moving upon is clearest. This is easy, relaxing and brings clear eyesight.

I have researched 7 ophthalmology, optometry books. Pictures of the eye show the central ray as one straight ray, not refracted and it focuses on the center of the fovea. One picture in a teacher's book shows one central ray but says there are central rays on the fovea. Pictures are often simplified, not showing exact functions. There are many rays focusing on the macula, fovea in the human eye and all could be considered central, but the ray in the center of all these rays is the exact central ray, the one used for detailed fixation by the center of the fovea. The ray that is coming from the tiny part of the object the eye's center of the fovea is looking at. The fovea-eyes continually move upon the object, moving over parts keeping the entire object perfectly clear. Note; the part the fovea is presently moving upon, even if only for a fraction of a second is always most clear; much clearer than 20/20.

I find it best, easiest for producing clear vision to consider all rays focusing in the fovea that are not in the exact center, even the rays very close to the central ray, to be almost central but truly peripheral and refracted, very slightly refracted but still refracted. The one tiny central ray in the center of all these rays is the true central ray and is the ray that provides microscopic central-fixation, very clear detailed vision, seeing tiny parts of a object clear at any distance. Example; Look at two tiny fine or microscopic print periods close together side by side. When the vision is clear, functioning normal, the one period the eyes are presently looking directly at 'fixed upon' by the fovea-central ray is seen darkest black and clearest. It's ray is in the central field, the fovea's pit.

Experiment; How small is the exact central ray? Prove that there are peripheral rays close to the central ray;

Look at two tiny dots side by side; . (you can start with larger dots and spaced further apart, then proceed to tiny fine and then microscopic print dots and placed closer together.) Look at the dot on the left side <. If the vision is clear, functioning normal, then the dot the eyes (center of the fovea) is looking directly at, 'left dot' is darkest black and clearest. It is the object fixated, in the central field. The exact central light ray coming from that dot (to be even more exact; the tiny part of the dot your looking at. Central-fixation can go even smaller!) focuses on the center of the fovea.

The other dot on the right side > the dot your not looking directly at, not fixed is in the peripheral field and is seen less clear. Peripheral rays are coming from that dot and focusing near the center of the fovea, close to the central ray but not on the exact same area as the central ray.

Next; look directly at the dot on the right >. Now that dot is in the central field, is seen dark black and clearest. The exact central ray is now coming from that dot and focuses onto the center of the fovea. The < left dot is now in the peripheral field, emitting peripheral rays and is less clear.

This experiment can be done on close and far objects. See how small you can go; shift part to part on a fine, then microscopic period or an o o o . . . seeing one tiny part darkest black and clearest at a time in the true, exact central field. That's the central ray, center of the fovea moving upon that part. How small is the central ray? Doctor Bates says to not place limits on your vision; "The fact is that the nearer the point of maximum vision approaches a mathematical point, which has no area, the better the sight."

(There's a lot of mathematics, geometry... going on outside and inside the eye. An ophthalmologist, optometrist can explain all of this perfectly, the exact focus-position of the eye, rays on the fovea...)

This experiment proves that peripheral rays also enter through the pinhole glasses holes.

See the central-fixation chapter for more examples; <http://cleareyesight-batesmethod.info/id12.html>

Central-fixation is the true Bates Method; look at one part of a object at a time. (Let the peripheral take care of itself.) Think of one central ray landing on that fovea pit in the back center of the retina producing your exact central field; where the eyes fovea pit is moving upon, on the part of the object of visual-mental attention. This is relaxing, easy and produces clear sight. The eye, fovea moves continually. The fovea pit enables you to see fine tiny details of close and far objects very clear. Use no effort to do this. Don't try to be perfect. The eyes do all of this automatically. Forget about your eyes. Just look at what you want, enjoy the scenery. Relax. Practice, then don't practice; let the eyes-vision do shifting, central-fixation completely natural 'on their own'. When you learn to do this with no glasses, no pinholes; you are free, the vision remains clear.

(This article is a bit repetitive. I will condense it all in the future. For now its pretty much done, I want to get this information out to the public. I apologize for some of the large text on this website. Small print is healthy for the eyes. But I have to choose a bit larger size for the students that cannot see the small print. To see in small print; change the Internet browser font or webpage zoom settings.)

Many examples, directions for central-fixation, shifting and all natural vision functions, practices are in Dr. Bates book and magazines. Free in original and modern editions on this website.

PERFECT SIGHT

If you learn the fundamental principles of perfect sight and will consciously keep them in mind your defective vision will disappear. The following discoveries were made by Dr. Bates and his method is based on them. With it he has cured so-called incurable cases:

1. Many blind people are curable.
2. All errors of refraction are functional, therefore curable.
3. All defective vision is due to strain in some form.
4. Strain is relieved by relaxation.

You can demonstrate to your own satisfaction that strain lowers the vision. When you stare, you strain. Look fixedly at one object for five seconds or longer. What happens? The object blurs and finally disappears. Also, your eyes are made uncomfortable by this experiment. When you rest your eyes for a few moments the vision is improved and the discomfort relieved.

Have some one with perfect sight demonstrate the fundamental principles contained in Dr. Bates' book, "Perfect Sight Without Glasses." If the suggestions and instructions are carried out, and glasses discarded, it is possible to improve the vision without personally consulting a physician.

"Perfect Sight Without Glasses" will be sent C. O. D. on five days' approval. Price, \$5.00.

Central Fixation Publishing Company
383 Madison Avenue, New York City

THOS. B. BROCKE, INC., N. Y.

Better Eyesight

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

Vol. X JULY, 1925 No. 1

Swaying

Astigmatism
By W. H. Bates, M.D.

Stories from the Clinic
No. 65: Cataract
By Emily C. Lierman

Palming

The Dream King
By George M. Guild

Suggestions to Patients
By Emily C. Lierman

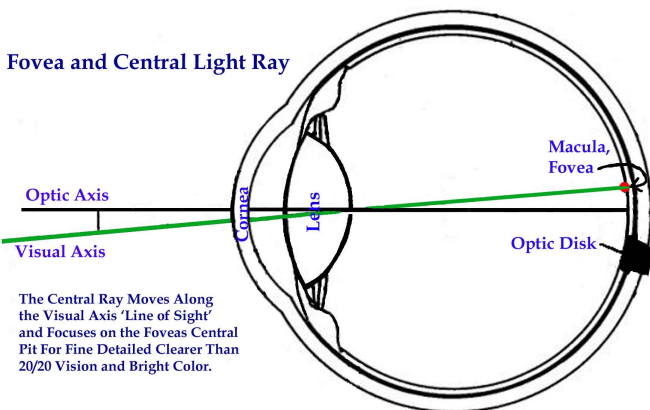
Dark Glasses

Questions and Answers

\$2.00 per year 20 cents per copy Back numbers 30 cents

Published by the CENTRAL FIXATION PUBLISHING COMPANY
383 MADISON AVENUE NEW YORK, N. Y.

Fovea and Central Light Ray



The Central Ray Moves Along the Visual Axis 'Line of Sight' and Focuses on the Foveas Central Pit For Fine Detailed Clearer Than 20/20 Vision and Bright Color.

Swaying

IT is a great help in the improving of vision to have the patient demonstrate that staring at one part of a letter at ten feet or further is a difficult thing to do for any length of time without lowering the vision and producing pain, discomfort, or fatigue. With the eyes closed it is impossible to concentrate on the memory or the imagination of a small part of one letter continuously without a temporary or more complete loss of the memory or the imagination.

When an effort is made to think of one part of a letter continuously with the eyes closed, the letter is imagined to be stationary. When the imagination shifts to the right of the letter a short distance and then to the left alternately, every time the attention is directed to the right, the letter is always to the left, and when the attention is directed to the left of the letter, the letter is always to the right. By alternating, the patient becomes able to imagine the letter is moving from side to side, and as long as the movement is maintained the patient is able to remember or imagine the letter. It can be demonstrated that to remember a letter or other object to be stationary always interferes with the perfect memory of the letter. One cannot remember, imagine, or see an object continuously unless it is moving. The movement must be slow, short, and easy.

When patients stare habitually, the eyes become more or less fixed, and are moved with great difficulty. When the patient stands and sways the whole body from side to side, it becomes easier to move the eyes in the same direction as the body moves. No matter how long the staring has been practiced, the sway at once lessens it.

JUN 10 1928

LIFE OF PUBLISHER

4

Better Eyesight

eye was examined with its aid, the curvature of the cornea has been found to be normal in all directions. When the eye was under a strain, the curvature changed, sometimes being more convex in one meridian than in all the others, or one meridian might be flatter than the other meridians. The axis of the astigmatism produced by a strain has been observed to vary, increase or diminish, while the instrument was being used.

When the patient remembered perfect sight, no astigmatism was manifest and the curvature of the cornea remained normal. When a letter or other object was remembered by the patient, one part best—central fixation, no astigmatism was produced. When astigmatism was present, the amount was lessened or it disappeared altogether when central fixation was remembered or imagined. It can be demonstrated that no astigmatism of the cornea can be observed with the aid of the ophthalmometer when the patient is able to remember or imagine letters or other objects by central fixation.

It is also a truth that when things are remembered or imagined to be moving with a slow, short, regular, continuous, easy swing, no astigmatism is present when the cornea is examined with the ophthalmometer. The demonstration cannot be made by an observer who does not understand what is meant by the ocular swing.

Rapid blinking also lessens or corrects corneal astigmatism temporarily or more continuously when done properly. When done under a strain, astigmatism may be produced or increased. The ophthalmometer demonstrates the facts.

Sun-gazing, when practiced in such a way as to improve the vision, also is followed by an immediate benefit to the astigmatism, as observed by the ophthalmometer.

It has been noted that after the eyes are closed for some minutes or longer, and rested, when they are first opened, an immediate improvement in the astigmatism is manifest.

Any form of treatment which was a benefit to the

6

Better Eyesight

quite frequently in young children who live in the tenement houses where the light is poor. Astigmatism is found after the ulcerations have healed. Irregular astigmatism has usually been cured by the sun treatment with the aid of the swing, central fixation, and the memory of perfect sight.

Advanced cases of conical cornea have irregular astigmatism, which heretofore has not been relieved by various kinds of operations, glasses, or any other form of treatment. In this disease the front part of the eyeball becomes much thinner and an opening may form with great harm to the eye. In one of my early cases conical cornea occurred in both eyes with one very much worse than the other. It reminded me that when the eyeball is elongated in near-sightedness or myopia, the bulging appears at the back part of the eyeball, which has been called Posterior Staphyloma. These cases have recovered after a long period of treatment. A temporary cure has been demonstrated with the aid of the ophthalmoscope by the memory of perfect sight. The same is true of conical cornea, which also disappears temporarily with the aid of the memory of perfect sight. These cases become worse by the memory of imperfect sight. Staring always increases the bulging and makes the vision worse.

Conical cornea with its irregular astigmatism, occurs not only in adults but, like near-sightedness, is found also in young children. For such cases the swing has been a great benefit. The mother or nurse can stand facing the child, take both hands and sway from side to side for several minutes or longer. Teaching the child to dance is also a great help. Playing games requiring movement, like running, prevents the stare or strain in most cases. It is well to remember, however, that when the child is moving more or less rapidly from one place to another, the stare is always possible. Encourage the child to look from one place to another. The old-fashioned game of "Puss in the Corner" is a great benefit to the eyes. In this game the child is constantly shifting his eyes from one place to another.

BETTER EYESIGHT

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

Copyright, 1921, by the Central Fixation Publishing Company
Editor, W. H. BATES, M. D.
Publisher, CENTRAL FIXATION PUBLISHING COMPANY

Vol. X.

JULY, 1925

No. 1

Astigmatism

By W. H. BATES, M.D.

THE word has frightened a great many people. When a patient has astigmatism, it means that the shape of the eyeball is changed from the normal sphere to one that is lop-sided. One may be near-sighted and have in addition a certain amount of astigmatism. The same is true in the far-sighted eye, which may have at the same time a certain amount of astigmatism. In most cases the front part of the eyeball, the cornea, is the part affected.

In making the diagnosis of astigmatism, the so-called astigmatic chart has been highly recommended. It has been used for more than fifty years and is still popular. The chart consists of vertical, horizontal, and oblique lines. When a patient has astigmatism, the lines running in one direction appear more distinct than the lines running in other directions. I do not consider the astigmatic chart a very good or reliable test, because many patients with no astigmatism have imagined the lines in one direction to be much plainer than the lines at right angles to them. Also in many cases of astigmatism, all the lines may be seen with equal clearness. Another objection to the test is that when some patients with normal eyes and with no astigmatism, regard the astigmatic chart, a high degree of temporary astigmatism has been produced, which was demonstrated by other tests—retinoscope, ophthalmometer.

The instrument for the diagnosis of corneal astigmatism is called the ophthalmometer. When the normal

Better Eyesight

5

vision of the patient was also a benefit to the astigmatism, as demonstrated by the ophthalmometer.

The text books on the eye have for many years published that most, if not all, cases of astigmatism occur at birth, or that they are congenital. It was supposed to be a permanent condition, but further study of astigmatism has shown that it may be acquired at any age. School children have been observed to acquire astigmatism at the age of eight, ten, fifteen years, or older. When the eyes were examined periodically, the astigmatism in many cases had changed. It is capable of increasing or of decreasing. It is an interesting fact that some cases do recover without treatment. This suggests the possibility of successful treatment.

In the normal eye astigmatism can be produced by a strain to see either at the distance or at the near point. At first it is temporary, but later may become more permanent. Astigmatism can always be corrected by relaxation or rest. When the imperfect sight of astigmatism can be corrected by glasses, it is called regular astigmatism, but when the vision cannot be improved to the normal in this way, it is called irregular astigmatism.

Many scientific articles have been written on irregular astigmatism which are offered as evidence that it is incurable. The men who wrote these articles did not cure irregular astigmatism and, therefore, being authorities in the medical profession, they stated that nobody else could cure it; and, furthermore, anyone who claimed to be able to cure this form of astigmatism must be a charlatan, and should be expelled from the medical profession.

Irregular astigmatism is produced by eyestrain, and relieved or cured by relaxation or rest. Most cases of ulceration of the front part of the eyeball, the cornea, produce a scar which is more or less opaque. Irregular astigmatism is also caused by ulceration of the cornea.

Patients who cannot stand the light, photophobia, suffer very much from eyestrain. These cases acquire astigmatism which is usually corrected by encouraging the patients to become accustomed to the strong light of the sun. Ulceration of the front part of the eye occurs

Better Eyesight

7

The child should enjoy the games, especially when adults join in the game. Often times a young patient will become quite boisterous and scream with excitement and pleasure. He may be as noisy as he likes. He may play, laugh, and scream, and become very much excited with great benefit to the astigmatism. It is well to exclude all children who carry around with them a grouch, or who make the patient uncomfortable by teasing him.

In my office there have been times when a child made so much noise that my other patients were interested, and too often, perhaps, disturbed. Between the mother, the child, and myself, we have had quite a riot with a great deal of noise and loud laughter on the part of the child, but always the astigmatism improved. Anything that helps the child is justifiable. Don't forget that children, as a rule, enjoy themselves more when they are allowed to make a noise than when they are expected to stay quiet. The kindergarten methods of teaching should be practiced. The Montessori system is also a great help in relieving irregular astigmatism from any cause, as well as conical cornea.

One of my worst cases of irregular astigmatism occurred in a woman, seventy-five years of age, who gave a history of ulcerations of the cornea, for a long period of years. After each attack, opacity of the cornea appeared, and with repeated attacks the opacities increased until the patient was unable to count fingers. She was recommended to sit in the sun with her eyes closed, holding her head in such a way that the sun shone directly on her closed eyelids. Most of the time while she was awake, she practiced the long and the short swing alternately. After a number of months her vision improved so that she became able to thread a needle and do some sewing. She became able to read fine print without the aid of glasses. Her vision for the Snellen test card was also materially improved.

Ph. D. E-Books, Videos

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

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

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

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

40 - VIDEOS - Natural Vision Improvement and Other Topics

GUEST PAGE

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

BEST FORUMS, GROUPS

AFFILIATES - Earn Money, Sell HostGator Website, Domain Service!

BOOK REVIEWS, Comments on Amazon.com, The Best Books, Teachers.

+ How to Avoid Harmful Methods. +Write a Review of Your Favorite Books on Amazon, Barnes and Noble, Indie, GoodReads...

Password page #1 For E-books in Event the Download Page Traffic Is Too High Causing Slow Connection.

Password Page #2 Extra books For Blind Persons That Prefer a Private Page, Special Requests

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

Stories from the Clinic

No. 65: CATARACT

By EMILY C. LIERMAN

A FRIEND of mine who knows me very well, perhaps better than I do myself, asked me if I ever get tired of clinic work, do I ever tire of treating obstinate cases—those who take a long time to cure. No, indeed, I do not. The harder a case is to benefit, the better I like it. I never tire of my patients, but I get tired myself. We appreciate rest all the more when precious work like ours makes us tired.

Mothers of the clinic, that is, most of them, are restful to me. I love to treat them. To see the tenderness, the loving expression come to their faces, always brings a perfect mental picture of the Madonna to my mind. When Mother Jones comes, she gives me that mental picture.

Her first visit was on November 1, 1924. She brought with her a note written by her pastor. Dr. Bates had cured many of his friends, so he was sure we could do something for Mother Jones. Her age was sixty-seven and she was troubled with cataract in both eyes. Her vision became defective about four years ago. Dr. Bates' examination with the ophthalmoscope showed a red reflex in the right eye, but none in the left.

After Dr. Bates had left the room, Mother Jones began to talk. I believe as long as I live I shall always remember the sound of her voice. When I compared her with the Madonna, I was not trying to give the impression that Mother Jones is beautiful of face or form. She is of the ordinary motherly type. But the impression one receives while looking at her, listening to her tender voice, suggests something holy. She did not know of anyone who had been benefited by the Bates method, but her pastor had sent her, that was enough. She is very poor, but her son and family are taking care of her. When I told her that the only way for her to be cured was to practice faithfully every day, and to do

adopted mothers. She comes from the good old State of Ohio where I have many friends. Her gratitude for the great benefit she has received from Dr. Bates prompted her to send a sum of money to be used in making my clinic family happy. Mother Jones and another poor mother with a big family, and dear old Pop, who lives in a Home for the Blind, shared in the loving thoughts of my mother from the West.

Mother Jones soon returned to thank me for the gift and to explain why she had been absent. Her son had become a daddy, and both the mother and baby were doing fine. After my joy had been expressed over this great event, I produced a strange test card which she had not seen before, and placed it ten feet from her eyes. Some of our readers may doubt it, but I do believe that the little stranger from heaven had something to do with the improvement in the vision of her grandmother. She read 10/20 with her left eye.

Soon after, I was called upon to take charge of our private practice because of the illness of our dear Dr. Bates. Captain Price of London, England, who is practicing the Bates system successfully in his country, was in our office at the time and offered to help me and my wonderful assistant of the clinic, Miss Mildred Shepard. I placed Mother Jones in his care. His record showed on February 7, 1925, right vision of the white C card—10/20, left vision—10/20. At her second treatment by Captain Price, her right vision was 10/15, left vision 10/15, reading white letters on black card.

Some ophthalmologists would certainly appreciate this, if they would only study and practice the Bates system. What further proof is necessary to convince those of pessimistic minds, that our method of curing people without glasses is a purely scientific one?

Mother Jones is still under treatment, but it will not be long before she will enjoy normal sight. She tells everyone who will listen to her, about how much better she sees and how much better she feels, since she knows how to relax and relieve her eyestrain.

Palming has done a great deal for me. I can read the smallest letters on the chart. I do much better imagination than I used to do. I have learned better English and can read better, etc.

I have taught my two sisters how to palm. One of them used to get terrible headaches. And since she started to palm she is getting rid of them. I have also taught them to swing and to read the chart. Now they are doing better.

Adeline Valentine.

One day a boy friend of mine dropped a half dollar. He was looking for it, but could not find it. Of course he had had trouble with his eyes for over a year. I walked out of my yard and asked him what he was looking for and he told me about the half a dollar. I looked on the sidewalk and found it the minute I laid my eyes on the walk. He asked me how I came to have such strong eyesight, and I told him that our teacher taught a lesson to keep eyes in good condition. He asked me to come to his house. I told him that by palming, his eyes would be better. He asked me how many times a day. I told him six times or more. Then I heard my mother calling me. I went home. Inside of a week the boy took off his glasses, threw them in a box and told his mother he would never put them on again.

John Marshall.

Many years ago I had poor memory. I was persuaded by all nurses to wear glasses. One day my father bought me glasses. I tried in vain not to wear them, but I had to. Finally I got poorer memory and became sick. I told my father the glasses made me sick. The very minute my father broke them. My teacher taught me how to palm and swing. Soon my memory got to be good. I could see as good as any child in the room. This proves palming and swinging is good for memory and imagination.

Edward Yonan.

exactly as she was told, she promised to do her part. When I tested her sight with the test card, she read 10/70 with both eyes together. Her vision with the right eye was 10/70, but she could not see the card at all with the left eye at ten feet.

She was instructed to palm and to think of something pleasant, something easy to remember. I left her by herself for about ten minutes, and when I returned she had not stirred, and her eyes were still covered with the palms of her hands. I told her to keep her right eye covered, but to open her left eye and tell me what she could see. I held the test card five inches from her left eye, and at that distance she saw the 200 line letter C. She sighed with relief when she discovered that her left eye was not really blind, but was made so by strain and tension. In this short time the benefit she received from palming proved to her that her cataract was caused by strain.

I placed her in the sun, and while her eyes were closed, I used the sun-glass on her eyelids. I could see her relax, and she smiled as she felt the warmth of the sun's rays. I led her back to her chair and told her to open her eyes and read the test card. Her vision had improved to 10/30, reading with both eyes. She was instructed to practice ten minutes many times every day, alternately palming, blinking, and flashing letters on the test card.

Mother Jones came once a week without missing a treatment, and each time her vision improved with but two exceptions, when it remained the same as on the previous visit. On her second visit she read 10/30 after palming, and the third treatment 10/20.

This dear mother appreciated the sunshine more than any cataract case I ever had. Once when she failed to appear for treatment, I feared she was ill, and I worried about her. I had noticed that her clothes were none too warm during the cold days, and thought perhaps that was the reason for her absence.

While I was thinking about my bank account, a letter came from a private patient who is also one of my

Palming

[Miss Elisabeth Hansen of Chicago, a teacher in the sixth grade, has done wonderful things for her pupils. She has taught them palming, which has relieved their nervousness, improved their memory and imagination, and their sight. The testimony of these children is so interesting, that we feel some of it should be published. The children not only benefited themselves, but they also benefited other children, their parents and their friends. —W. H. B.]

PALMING is the greatest discovery I have read about. It has made me so happy. At first I could not see a thing. I spent money trying to cure my eyes, but nothing could help me. I heard of a great doctor teaching imagination and memory. So I wished for that doctor to teach me how it was to be done. My teacher knew of him and inside of a month palming four times a day, my imagination was getting better and my memory brought back the day when I was younger and I remembered the time I played with my eyes. But when I am old enough I shall travel to all parts of the world to show people how to use and take care of their eyes.

Joseph De Fiore.

I think palming is the best thing in the world, because it makes your eyesight good. I'm sure that if I keep palming all the time my brains and nerve will get better. The first time I never liked to do it but then I got used to it and now I do it every day and every second I get.

One day while I was going home I met my girl friend. We were talking about our eyesight and I told her that my teacher teaches all the room every day. I told her that I would teach her how to do it, if she wanted to. So she took my offer and she said to me "come on Margaret, let's go to my house, I went and she said "Teach me how." I taught her how to swing and palm. Her name was Marie. She thanked me very much. The next day she brought other girls I knew and I taught them the same thing.

Margaret Micalett.

The Dream King

By GEORGE M. GUILD

GEORGIE was eight years old. He had never seen the Dream King. His mother had promised to tell him all he wanted to know if for one day he did not lose his temper or cry when told to wear his large, heavy spectacles that hurt his nose and made his eyes pain.

One day he succeeded. While his mother sat in her rocking-chair she had a hard time to keep awake. Georgie spoke to her several times, but she did not hear him. While he sat there fretting, he was surprised to see a nice young man, about his own height, walk into the room, take him by the hand, and lead him away. He told him that he was taking him to see the Dream King.

Georgie jumped up and down with pleasure and laughed all the way. Pretty soon they came to Shadowland, where everything was more or less in the shadow, because the only light that Georgie could see was the light of the moon. Every once in a while the person who was conducting him would disappear and some one else would take his place. Sometimes it was a woman, and finally it was a little, old man. He told Georgie that he was the sand-man, who went around throwing sand into little boys' eyes to make them go to sleep. But he did not throw sand into Georgie's eyes. Instead, he kept him awake telling him such queer things that Georgie quite enjoyed his companionship.

Georgie was sorry to see him go when a blue fairy took his place. She led him to a large open space in a forest, where the grass was cut thin, and on which hundreds and thousands of fairies were having a good time. They were playing a very curious game. They had placed an elderly man on a throne and they crowned him with flowers. He held in his hand a short stick which they told Georgie was the wand of the Dream King. When he waved the wand, touched you, and you wished for something, your wish was granted, first in a

dream and then later in reality. Immediately Georgie wished that his eyes would not hurt him any more, and that he could see perfectly without glasses.

The Dream King touched him with his wand and at once Georgie began to sway his body from side to side. His glasses fell from his face, and he found that he could see better without them than he had ever seen with them. It seemed to him as though everything were moving in the opposite direction. The trees, the fairies, and even the Dream King, were all moving in time with his movement. He remembered the faces of the boys that he had played with; he remembered his mother's face—his mother's face which was so tender, kind, and loving.

He became very much interested in what the Dream King was doing. People from various places were bringing all sorts of queer creatures to the Dream King. One fairy brought him a little duck, a few days old, which was about the ugliest duck that Georgie had ever seen. The Dream King touched it with his wand, and at once it became a beautiful swan. He saw caterpillars, ugly, sticky things. The Dream King touched them in turn with his wand, and they became beautiful moths or butterflies which flew away to where flowers were blooming. He saw children who were cripples, and were unable to walk without crutches, but after the Dream King touched them with his wand, they threw away their crutches and left his presence laughing, singing, and dancing. It was astonishing to see all the animals, people and bugs who were relieved of all kinds of imperfections and obtain perfect health.

There was a beautiful fairy standing near Georgie. He spoke to her and asked her why she looked so sad. She told him that she had no soul and could never obtain one unless some mortal fell in love with her. Right away Georgie fell in love with her because she was so beautiful and nice. She threw her arms around his neck and kissed him, and thanked him for what he had done because now she had a soul and could be like real people.

Georgie was so pleased that he quickly took her to his

Suggestions to Patients

By EMILY C. LIERMAN

THE USE OF THE SNELLEN TEST CARD

- (1) Every home should have a test card.
- (2) It is best to place the card permanently on the wall in a good light.
- (3) Each member of the family or household should read the card every day.
- (4) It takes only a minute to test the sight with the card. If you spend five minutes in the morning practicing with the card, it will be a great help during the day.
- (5) Place yourself ten feet from the card and read as far as you can without effort or strain. Over each line of letters are small figures indicating the distance. Over the big C at the top is the figure 200. The big C, therefore, should be read at a distance of 200 feet.
- (6) If you can only see to the fifth line, notice that the last letter on that line is an R. Now close your eyes, cover them with the palms of the hands and remember the R. If you will remember that the left side is straight, the right side partly curved and the bottom open, you will get a good mental picture of the R with your eyes closed. This mental picture will help you to see the letter directly underneath the R, which is a T.
- (7) Shifting is good to stop the stare. If you stare at the letter T, you will notice that all the letters on that line begin to blur. It is beneficial to close your eyes quickly after you see the T, open them, and shift to the first figure on that line, which is a 3. Then close your eyes and remember the 3. You will become able to read all the letters on that line by closing your eyes for each letter.
- (8) Keep a record of each test in order to note your progress from day to day.

Questions and Answers

QUESTION—I have understood that if glasses are not worn, the sight becomes worse.

ANSWER—After wearing glasses and then removing them, the vision is always worse than if they had never been worn.

QUESTION—When people remove their glasses, I notice their eyes look dull and expressionless.

ANSWER—It is due to the fact that wearing glasses has increased the stare.

QUESTION—It is said that defective vision is due to a change in the shape of the eyeball. Does a cure by the Bates Method affect the shape of the eyeball?

ANSWER—When a person is cured by the Bates Method the eyes become normal and the expression is one of relaxation or rest without any strain. When the eyes are cured, the eyeball becomes normal in shape and is neither too long nor too short.

QUESTION—Is it better for a myopic person to suffer inconvenience by not seeing at a distance without glasses, than to have them for special occasions?

ANSWER—When a myopic person desires to be cured without glasses, it is absolutely necessary to discard glasses permanently, and never to wear them even for emergencies.

mother. When he entered the room where he had left her, he found her still sleeping. He climbed up into her lap, threw his arms around her neck and kissed her. She woke and said: "Oh, Georgie, I had such a curious dream. For a long time I have been worried about you, because you had to wear glasses, but in my dream I imagined that the Dream King had cured you. Now that I am awake, I feel that your eyes are troubling you and that you will still have to wear awful glasses."

Georgie laughed and said: "Oh, no. I never will have to wear my glasses again, because the Dream King has cured me. Although it was only a dream, I believe it will come true when you have the fairies to help you."

His mother said to him: "But you have no fairy to help you."

"Oh, yes I have," he answered, and introduced his fairy to her.

The mother looked so bewildered that he was quite sure she did not see the fairy. "Never mind, mother, I know that you do not see my fairy. I dreamed that I found her, and she is so sweet and lovable that I shall always dream, imagine, or believe that I have her. She has promised to help me keep up the swing, and to remember or imagine perfect sight all the time. I love her very much, I will always love her, and I know that I will never strain, stare, or hurt my eyes again."

Announcements

CORRECTION

Dr. J. L. MacKinnon, a student of Dr. Bates, is using his method successfully in Kingston, New York. The June issue of "Better Eyesight" removed him to Kingston, New Jersey, in error.

Dark Glasses

MANY people when they go from a dark room out into the bright sunlight are dazzled, and feel uncomfortable. If they put on dark glasses for a time, the eyes are more comfortable, and they are tempted to wear such glasses most of the time.

It is a common practice that when a patient goes to an eye doctor, and complains of the discomfort of the strong light of the sun, the doctor will recommend dark glasses, which are usually comfortable in the beginning. Later on, however, the eyes become accustomed to wearing dark glasses, and will feel uncomfortable when the light is good. They are practically in the same condition as they were when they first put them on.

Miners, who work underground who seldom see the daylight at all, always have diseased eyes. There are some diseases which cannot be cured without exposing the eyes to the light of the sun. No matter how strong it may be, while it may prove temporarily uncomfortable, the sun has never produced a permanent injury.

Many people purchase dark glasses along with their other vacation necessities, because they are afraid that the reflection of the sun on the water will harm their eyes. Others have found that by becoming accustomed to the strong light of the sun, their vision was materially improved, but by wearing glasses to protect their eyes, their vision always failed. The proper thing to do is to become used to the sun at all times and in all places. The eyes need sunlight. If they do not get it they become weak.

One of the best treatments is to focus the strong light of the sun on the white part of the eye with the aid of a burning glass, which is kept moving from side to side to prevent the discomfort of the heat, while the patient is looking far down. In many cases treatment has accomplished in a few minutes a complete cure of sensitiveness to light.

Catalogue of Other Publications

BETTER EYESIGHT MAGAZINE

Back numbers may be obtained here which contain articles on the cause and cure of the following defects: Myopia, Squint, Glaucoma, Cataract, Pain, Blindness, Presbyopia and Retinitis Pigmentosa. These articles include instructions for treatment.

Bound Volumes

Each volume contains one year's issue of twelve magazines.

Price, \$3.50.

Burning Glass

If you notice a strain on your eyes, after emerging from a building into the sunlight, you need the Burning Glass. If the light feels uncomfortable, or if you cannot look up at the sun, the burning glass will help you. Instructions are issued on request.

If you need it, send for it today. Price \$5.00.

Fine Print for Relaxation

The Bible has been reduced from \$4.00 to \$2.50. Read what Dr. Bates says about fine and microscopic type, then get a Bible. This unique book measures only one by one and a half inches, and contains the Old and New Testament.

The Booklet

of fine print contains three chapters from the small Bible, together with "The Seven Truths of Normal Sight" as discovered by Dr. Bates. Instructions are also printed in the front of the book. Price 25c.

Test Cards

These prove invaluable in practicing Dr. Bates' method. Instructions issued. Can be used to test the eyes, follow progress, and improve sight.

50c.—75c.

Search Engine Tags;
Correct all these conditions naturally. Natural alternatives to cornea lasik... surgery, eyeglasses, contact lenses, eye muscle surgery...

how to improve eyes vision
eye improvement
how to improve eye power
how to improve eyesight
eye vision improvement
natural eye improvement
how to improve eyes
improve eye
how to increase eyesight
how to increase eyesight naturally
how to increase vision naturally
how to increase your eyesight
natural eyesight improvement
natural vision improvement
Bates method
increase eyesight without glasses
how to increase the eyesight
how to increase my eyesight
to increase eyesight naturally
food, nutrients for increasing eyesight
exercises to improve eyesight
eyesight exercises
eye exercises to improve vision
vision improvement exercises
eye exercises to improve eyesight
eye exercises
exercise to improve eyesight
improve eyesight exercises
natural vision improvement exercises
eye exercise
eyesight improvement exercises
exercises to improve vision
eye exercises for myopia
eye exercise to improve vision
exercise for eyes
eye exercises improve vision
lazy eye exercises
eye exercise to improve eyesight
eye exercises for lazy eye
bates eye exercises
Natural alternatives to all these exercises
eye surgery
laser eye treatment
laser eye surgery
lasik eye surgery
eye laser surgery
eye laser treatment
laser surgery for eyes
laser eyes ;
natural alternatives to correct all these eye conditions without surgery, glasses
Myopia
Near-Sighted
Amblyopia
Lazy Eye Cross-Eye
Wandering eye
Strabismus
Eyestrain
Dyslexia
Astigmatism
Hyperopia
Far-Sightedness
Presbyopia
Old-Age Sight
Cataract
Macular Degeneration
Glaucoma
Tension Headache
Light Sensitivity
Poor, Low Night Vision
Reading vision, fine print
Eyesight without glasses
improve eyesight without glasses
how to improve eyesight without glasses
see without glasses
perfect vision without glasses
better vision without glasses
improve vision naturally
20 20 and clearer vision without glasses
perfect sight without glasses
improving vision without glasses
how to improve my eyesight
naturally improve eyesight
the bates method
glasses
how to improve eyesight
eye exercises
how to improve your eyesight without glasses
natural eyesight improvement
improve your vision without glasses, contact lenses
improve eyesight
prescription glasses
bates method
improve eyesight naturally
how to naturally improve your eyesight
eyeglasses
how to improve eyesight naturally
how to improve eye sight
improving eyesight
eyeglasses online
can you improve your eyesight
glasses online, low cost
vision glasses
computer glasses alternative
buy glasses online
improve vision
how can you improve your eyesight
vision without glasses
improve eyesight naturally
glasses frames
how to improve vision
free glasses
cheap glasses
prescription eyeglasses
pinhole glasses
online glasses
better eyesight without glasses
perfect sight without glasses e-book
The cure of imperfect sight books
how to improve your eye sight
how to improve your eyesight
improve your eyesight
prescription glasses online
eyeglass
is it possible to improve your eyesight
how to improve sight
new glasses
prism glasses alternative
better eyesight without glasses bates
eyeglass frames
do I need glasses
cheap eyeglasses
better eyesight without glasses by Ophthalmologist William Horatio Bates
better eyesight