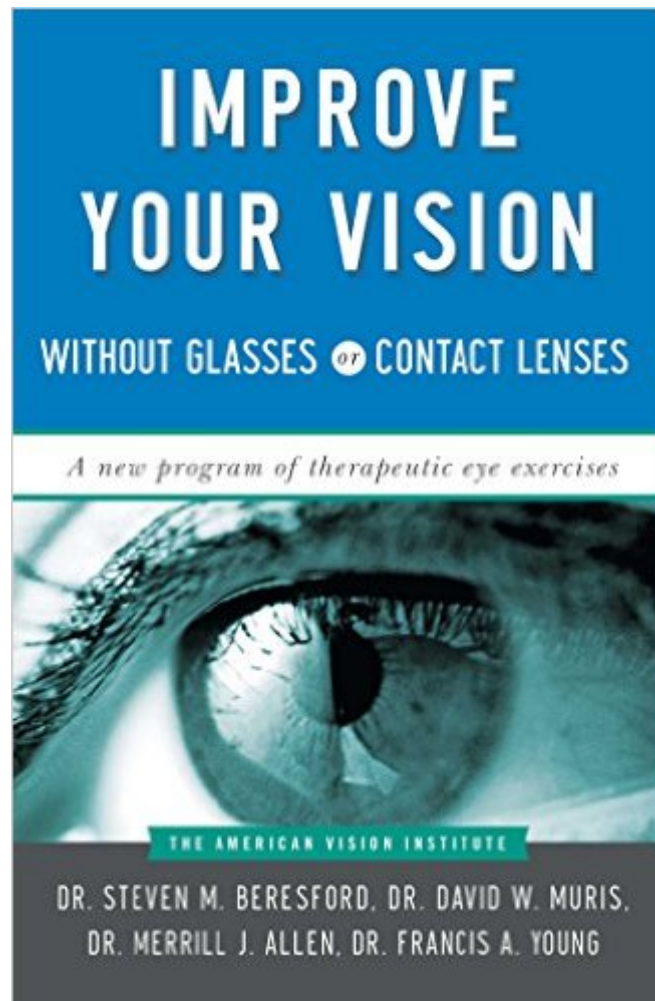


The book was found

# Improve Your Vision Without Glasses Or Contact Lenses



## Synopsis

For the millions of Americans who suffer some type of vision problem, this complete course in vision therapy helps increase focusing power, decrease eyestrain, and prevent further deterioration of vision.

## Book Information

Paperback: 128 pages

Publisher: Touchstone; Original ed. edition (November 7, 1996)

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ISBN-10: 0684814382

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Product Dimensions: 5.5 x 0.4 x 8.4 inches

Shipping Weight: 4.2 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (135 customer reviews)

Best Sellers Rank: #16,479 in Books (See Top 100 in Books) #2 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Eye Problems](#) #1267 in [Books > Medical Books](#)

## Customer Reviews

... Actually, there are two catches:1) You need the discipline to do the vision therapy (VT) exercises religiously every day, or at least a few times a week.2) You need an optometrist who will agree to support you and give you progressively undercorrected lenses. (This, of course, takes some \$, although optometrists who believe in this technique will probably work with you and offer discounts).I bought this book from an alternative health expo in my city last summer and played around with some of the exercises, but I knew that, although my myopia might stabilize, I wouldn't see any improvement unless I found an optometrist willing to give me undercorrected lenses. I finally found one (to my knowledge he's the only behavioral optometrist in my area), using the following site: [...]I went to my first appointment with him five weeks ago, and he said that my eyes had not changed from my lenses at the time of -5.75 and -5.50 (I believe the exercises up to that point helped to stabilize me). He agreed to undercorrect me to -5.25 in both eyes, if anything to relieve nearpoint stress even if I didn't do VT, and I committed to doing the VT exercises out of this book on my own. I did the exercises for 15 to 30 minutes every evening, and noticed a dramatic improvement in the first two weeks, after which I stabilized. I know this because the book instructs you to measure your "blur zone," the point for myopes at which things become blurry, from the bridge of your nose every week to see your progress. I started out at 5-1/2 inches. After two weeks,

I was at 6-3/4 inches - an improvement of 1-1/4 inches!

This book is very outspoken about the inadequate practices that's going on in the optometry industry. Eye doctors do not want people to know what you will learn in this book, for they fear that they will go out of business. Shortsighted thinking. I've already recommended this book to over 20 people among families and friends. One friend, after only 2 weeks of doing the exercises, noticed that he was able to read the fine print on the shampoo bottle while showering. Excited, he went to his eye doctor for a re-examination. The doctor said that there was a dramatic reduction of the myopic state of his eye. His new prescription was reduced by .75 in both eyes. The left was reduced from -3.00 to -2.25 and the right eye was reduced from -2.50 to -1.75. In my case, after 3 months of exercises, my objective myopic measurement reduced from -2.25 in the left eye to -1, and -2.00 in the right eye to -1. When I discovered vision therapy I was outraged, because I particularly asked my eye doctor on several occasions if there's anything that he can recommend that will prevent my eyes from getting worse, and he said "No". That is the same doctor I went back to for a re-examination because I wanted to confront him with the issue. He attempted to give me a referral to a behavioral optometrist, but I told him that I wanted him to examine my eyes to see the improvement I got by using the AVI Method, the Bates Method, and the Janet Goodrich Methods. While examining my eyes, he admitted that my vision had improved significantly to 20/70. It was about 20/400 progressing to 20/800. You'll never regret reading this book. If you use glasses or know ANYONE who uses glasses, please tell about this book.

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