



THE NATURAL WAY TO BETTER EYESIGHT

by J. I. RODALE

The Natural Way To Better Eyesight

William John Locke



The Natural Way To Better Eyesight:

The Natural Way to Better Eyesight Jerome Irving Rodale,1971 **Better Eyesight** William H. Bates,2000-12-14 Artists teachers army officers housewives elderly people parents and children with vision problems write about their experiences with the Bates Method and giving up their glasses in *Better Eyesight* Major eye conditions myopia astigmatism farsightedness presbyopia amblyopia strabismus cataract glaucoma blindness are discussed by Bates other ophthalmologists the medical community and readers The significance of this literature is both historical and immediate For the first time the connection between eyestrain to shoulder and neck pain headaches and other muscular tension is discussed **The Secret of Perfect Vision** David De Angelis,2011-10-25 A revolutionary guide to treating nearsightedness and achieving optimal vision health through exercises that strengthen the eye muscles Author David De Angelis s search for a cure for nearsightedness was both professional and personal since he suffered from the disease himself An expert in muscular work dynamics he discovered through extensive testing and an immersion in decades of scientific studies that working the extrinsic ocular muscles could preserve sight and re educate the eyes toward better vision He came to understand the importance of retinal defocus for transforming ocular refractive status In this book the author shares both the science and the secret of how he was able to reverse his own myopia progressive retinal defocus technique The system s efficacy he says comes from the fact that it directly intervenes with the causes that generate myopia onset and development overaccommodative near point stress When adequately stimulated by the simple exercises presented in the book ocular refractive capability leads to gradual strengthening of focusing capability and gradual decreasing of refractive error Written in straightforward language and featuring an extensive section on the scientific research in this field *The Secret of Perfect Vision* offers a proven program of healing to the millions of people afflicted with this condition **BETTER EYESIGHT** Ophthalmologist William H. Bates,Emily C. Lierman,2015-01-29 **BETTER EYESIGHT A MONTHLY MAGAZINE DEVOTED TO THE PREVENTION AND CURE OF IMPERFECT SIGHT WITHOUT GLASSES** July 1919 June 1930 132 Issues 2400 Pages Central Fixation Publishing Co New York N Y USA *Natural Vision Improvement* By Ophthalmologist William Horatio Bates and Emily C Lierman A Bates and other doctors teachers *Natural Eyesight improvement* Ophthalmologist William Horatio Bates discovered *Natural Eyesight Improvement The Bates Method* He discovered the true function of the eyes visual system and applied natural methods relaxation to return the eyes eye muscles to normal function healthy eyes clear vision He cured unclear close and distant vision astigmatism crossed wandering eyes cataracts glaucoma *The Cure of Imperfect Sight by Treatment Without Glasses Perfect Sight Without Glasses and Better Eyesight Magazine* 132 Monthly Issues from his Clinic in New York City The eye doctor that discovered *Natural Eyesight Improvement The Bates Method* He corrected the eyesight of hundreds of thousands of patients without use of eyeglasses surgery drugs during his life and after through his books magazines Review EVELYN CUSHING CAMPBELL *Better Eyesight Magazine* I have acquired perfect vision without glasses

and a relaxed state of once over strained nerves A visit to Dr Bates wrought this seeming miracle VICTORIA COOLIDGE
Better Eyesight HOW I HELPED OTHERS When I had become able to read without glasses and my headaches had become
less and less frequent and less severe each time I was so enthusiastic over my experience that I was anxious to help others
My brother was my first patient He has now done without glasses for about a year and has made remarkable progress in that
time CHARLOTTE ROBERTSON Better Eyesight How My Eyestrain was Relieved I Have had such wonderful relief by
following Dr Bates method of treating imperfect sight and eye strain I have practiced reading pages from Dr Bates book
which I have always found encouraging W Wallace Fritz M D Journal of the Allied Medical Associations The removal of strain
causes a return to normal vision Marshall Olive Has nature played trick on us Syracuse Herald Spectacles may be banished
by the revolutionary discovery of Dr Bates He claims that all errors of refraction nearsight farsight astigmatism and even old
age sight are due to a mental strain resulting in imperfect functioning of the muscles on the outside of the eyeball The cure
for all these conditions Dr Bates finds in relaxation **Better Eyesight Magazine - July, 1919 to June, 1930 -132**
Monthly Issues by Ophthalmologist William Horatio Bates M.D. Ophthalmologist William Horatio Bates, M.D., Emily C.
Lierman, 2011-06-15 Better Eyesight Magazine by William H Bates M D Ophthalmologist Central Fixation Publishing Co New
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the eyes eye muscles nerves mind brain thought patterns body entire visual system to normal function with healthy eyes and
clear vision The Bates Method of Natural Eyesight Improvement Dr Bates Better Eyesight Magazine stories articles describe
how Dr Bates Emily Lierman Bates other Doctors School Teachers Bates Method Students Teachers Children and Parents
used Natural Treatments to remove correct prevent many different eye problems without use of eyeglasses surgery drugs
The natural treatments they applied removed prevented unclear close and distant vision astigmatism cataracts glaucoma
conical cornea cornea scars wandering crossed eyes strabismus and other conditions Hundreds of Natural Treatments are
listed The magazines contain True Life Stories of the doctors assistants patients treatments Interesting entertaining fun to
read A History book life in the early 1900 s Vision improvement based Fairy Stories and other articles for children are
included The stories produce a positive relaxed state of mind This state improves the eyesight Dr Bates worked his entire life
treating people successfully with Natural Eyesight Improvement When he cured the eyes vision of many patients and other
doctors in the hospital where he worked with natural treatments without use of eyeglasses surgery drugs and proved his
method is fact and that some of the old theories of eye function are incorrect only theories the doctors surgeons that
preferred to sell eyeglasses surgery drugs expelled him Dr Bates then opened his own office a Clinic in Harlem New York

City He treated thousands of people by natural methods including many of the poor people that had little money He kept his price for medical treatment low and also provided free assistance to people that could not afford to pay for a visit to an Ophthalmologist His treatments were successful He cured the young and old people of all ages nationalities The Bates Method is so simple and effective that many of his cured patients often children then went on to cure their parents teachers and other children of defective vision including crossed wandering eyes Read the true story of the two little girls that restored a blind mans eyesight in the Oct 1925 Magazine Issue Read Dr Bates full story in Better Eyesight Magazine Dr Bates recorded 11 years of work in his clinic his patients and their varied treatments in his Better Eyesight Magazines Books and Medical Articles Dr Bates discovered Natural Eyesight Improvement The Bates Method He discovered the natural normal function of the eyes and applied natural methods to return the eyes eye muscles brain visual system to natural normal function relaxation with clear vision healthy eyes This black and white version is identical in pages content to the color paperback book version Created for a low price printing cost Eyecharts included See William H Bates Author s Page for Video of internal book pages full description of the Paperback 20 E books <https://cleareyesight.com/batesmethod/info> **The Bates Method - Perfect Sight Without Glasses** William H. Bates, Emily A. Bates, 2017-06-29 See our YouTube Channel for VIDEOS of the book with color pictures animations video in video Natural Eyesight Improvement training by Bates Method author teacher Clark Night https://www.youtube.com/watch?v=GhEy4Ys_pKU This book is the Google Play text version of Perfect Sight Without Glasses Contains only Ophthalmologist Bates book Better Eyesight Magazine extra training pictures to learn the method quickly and eyecharts Dr W H Bates started his career as an orthodox ophthalmologist following the old long time rules of the practice prescribing eyeglasses During his practice working with different patients eye conditions he realized that unclear close distant vision astigmatism and other conditions often cured itself reversed back to clear vision especially when his patients stopped wearing their eyeglasses and relaxed He noticed that wearing glasses tensed the eyes eye muscles lowered the vision and resulted in stronger and stronger eyeglass lens prescriptions being needed in order to see clear through the glasses He began his own studies on the eye and its function This led him to discover that many of the old ophthalmology optometry supposed facts about the eye lens and its function and cause of unclear vision are incorrect Dr Bates began teaching his patients to stop wearing their glasses He taught them natural methods including relaxation correct use of the eyes vision shifting to produce clear vision Dr Bates cured his own eyesight close vision presbyopia Distant vision also clear He wrote an article in his book magazine describing how he did it with Memory Imagination Relaxation He controlled changed the focus of light rays in his eyes with his mind Dr Bates performed experiments on the eyes of animals and observed the function of animal patient s eyes under different conditions He used the retinoscope to see the refraction of light rays in the eye under various conditions He proved that the refraction clarity of vision changes often And when the eyes are left alone eyeglasses avoided the refraction clarity returns to normal clear vision He proved that the state of the mind

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

Vitamin and Mineral Deficiencies Robert E. Cornish, 1943 1943 Many do not know that most diseases are caused by poor eating habits Nutrition is not taught in the schools the only information is spoon fed by manufacturers of de vitaminized products for a huge profit Alfred W McCann said in the science of **The Publishers' Trade List Annual** R. R. Bowker LLC, 1972 **Hidden Secrets for Better Vision** Leslie H. Salov, William L. Fischer, 1995 **Indian Books**, 1974 **Indian Books in Print**, 1982 [Business, the Magazine for Office, Store and Factory](#), 1908 **Visual Fitness** David L. Cook, 2004 Outlines an effective seven minute a day program designed to improve poor eyesight and enhance the brain to eye connection explaining how to eliminate blurred vision double vision mental fatigue physical exhaustion and headaches by enhancing peripheral and night vision dexterity endurance c **Hearst's International**, 1923 *The Evangelical Repository*, 1885 *The Proceedings of the Optical Convention*, 1912, 1912 **Joshua's Vision** William John Locke, 1928 **Vision**, 1915 *English Mechanic and Mirror of Science*, 1880 *Outing; Sport, Adventure, Travel, Fiction*, 1921

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Table of Contents The Natural Way To Better Eyesight

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

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

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