

Vision Improvement Exercises

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Vision Improvement techniques have been around for many years, first pioneered by Dr WH Bates in the 1800's. William Bates, born in 1860, obtained his medical degree in 1885 and then went on to private practice and in hospitals in New York City.

Dr Bates became dissatisfied with traditional ophthalmological methods which lead him to do his own research and development into eye disorders. His methods became known as 'The Bates Method'.

Since the 1890's he helped people improve their vision using natural techniques, thus eliminating the need for glasses in many cases.

The Bates Method has continued to be a leading example of natural vision improvement techniques that is still taught to this day.

The key to better vision is relaxation. When we are tense, our eye muscles are tense too. Learning to recognise when you need to stop and relax rather than continue to do whatever activity you are doing, can help your vision.

The following exercises are the basis of good visual habits. They are applicable to everyone, children and adults alike. Eye-strain can cause headaches, dry-eyes and lead to vision problems.

Teaching vision relaxation techniques in schools is something that could easily be implemented and may well improve the overall visual health of students.

- Breathe and relax. Do not strain your eyes.
- If you perform close up work, particularly using computer screens, take a regular break and look out a window of to a distant object. *Breathe, relax...*



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Basic Vision Relaxation & Improvement Exercises

1. Palming

Palming is one of the very basic relaxation techniques you can perform.

- Rub your hands together to create friction and warmth.
- Sitting in a comfortable position, rest your elbows on a desk or table, with pillows underneath for comfort.
- Bring your hands to your eyes, cupping them gently over your eyes to reduce as much light entering as possible. Close your eyes.
- Do not use pressure, be gentle and do not have your eyes touching your palms. Remember to relax.
- **How long should you palm for?** This depends on you. Palm for as long as you feel comfortable, start with a few minutes.
- **How often?** Daily palming is a good habit to get into. Certainly do it whenever you feel tense and need to relax.
- **Who should do palming?** Palming can be done by anyone who is able to understand the instructions.



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2. Warm Face Cloth

This is one of the most pleasant eye-relaxation techniques possible. A nightly ritual before bed is an excellent tonic for tired eyes.

- Use a face-cloth or small towel, soaked in hot water (not too hot, just so it is pleasant to hold).
- Fold over the cloth to make it the size of a sleep mask to cover both your eyes.
- Lay down somewhere comfortable and warm, place the towel over your closed eyes and relax.
- Repeat when it has cooled down if you wish.



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3. 3D Magic-Eye Image

Viewing 'Magic Eye' 3 D images can be relaxing and addictive! There are two ways of viewing the 3D images - Converging your eyes (focussing before the image / crossing your eyes) and Diverging your eyes (focussing beyond the image).

How to converge your eyes

Print out the images below or use on your computer screen if it is large enough.

- Hold the first 3d image below (with 2 squares at the top) approximately 12" from your face.
- Cross your eyes slightly until you see 3 squares. Relax, breathe.
- If you have trouble crossing your eyes to see 3 squares, hold a pencil about half way between you and the image, look at the pencil whilst still having a view on the image behind. It does take practice.
- Once you have the 3 squares in your vision, the image will slowly appear. Breathe, relax! The image will become clearer and you should be able to look around the image and into the centre.
- The image in the centre of the sample is a heart shape. Go to our website to find 3d Magic Eye books for sale if you would like to do more...

How to diverge your eyes

This is generally harder to do, but is achievable for most people!

- Hold the second 3d image below (with 2 squares at the top) approximately 12" from your face.
- Focus as though you are looking beyond the image, either a short distance away or a bit further.
- As you look beyond the image, be aware of the image itself and have it in your peripheral view. You should become aware of the heart shape in the centre almost 'lifting' off the page.
- Slowly move your gaze to the image, trying to keep your focus the same. Persistence is the key.

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3D image with heart shape in the centre. It is best to print these images off in colour to view them. Laminating the images will keep them in good viewing condition. You could also save the images to use as screen savers.

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Vision relaxation techniques have been around for many years, often they are rebuked as being ineffective, but you can decide for your self. Personally, doing these basic exercises as well as using the chart in the 'Read Without Glasses' programme is enough to keep my vision good enough to avoid glasses.

My first encounter with natural vision improvement techniques was when I was travelling and happened to find a book by Aldous Huxley called the 'Art of Seeing'. It detailed his struggles with vision and subsequent improvements using the Bates Method.

At the time my vision was perfect, the information was stored away for future use. The time came!

After some searching through different programmes, many way over priced and full of information that many people would not want, the Cambridge Institute of Better Vision appeared on my computer screen! Finally, a simple, effective programme that was not over priced either.

This has allowed me to remain free of glasses into my second half of the century and will, I hope, keep it that way! No losing glasses or going through the insane expense of buying them.

Everyone is different, and I hope this little e-book will prove valuable to you.

Please do send it on to friends and have it reach people far and wide!

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Cambridge Institute of Better Vision

Hours of my own research, seeking an effective natural eyesight improvement program that specifically helped with Middle Age Vision Problems, led me to Martin Sussman's '[Read Without Glasses Method](#)'.

Founded in 1976, [The Cambridge Institute for Better Vision](#) have been helping people improve their vision, naturally, for over 30 years.



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A well thought out and meticulously researched program, '**The Read Without Glasses**' is surprisingly simple and does not take a lot of time to achieve daily. The program is sold as a hard copy. It contains 2 eye charts (main full-size chart and a small chart to carry with you) and an instructional DVD that clearly explains the method.

- Easy to implement into your daily life.
- As little as six minutes daily practice.
- Clear, concise, instructions.
- 100% money back guarantee.
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- Some people are not able to see the 3D images (stereopsis), due to visual conditions such as strabismus or astigmatism.
- Disclaimer: Affiliate Links to the Cambridge Institute of Better Vision within this free e-book may bring in some commission if used, it costs the purchaser nothing extra.
- The exercises detailed within this book are for general use and up to the person using them to do so at their own risk. We cannot be held responsible for problems encountered in any way, though have aimed to create a simple outline of vision relaxation techniques.