

You Don't Need Your Glasses or Contacts

Natural Methods to Improve Your Vision Without
Using Drugs or Glasses

By Dr John DeWitt

Corrective lenses are a crutch that we don't have to depend on. These easy exercises can help you see better. They might even reduce your need for glasses or contacts. I have witnessed the benefits firsthand and encourage my patients to use them.

Disclaimer

I'm not certified as a Bates practitioner, nor am I a Medical Doctor or Optometrist. There are natural ways to heal the body by working with the body's ability to heal itself. I am a Chiropractor. I've seen how well these exercises work. I want to share this information so others can benefit too.

Contents

IMPROVE YOUR EYESIGHT NATURALLY 7

Glasses Since 8th Grade 13

Who is this book for? 15

How to Begin..... 16

How long does it take before one can throw away their glasses? .. 20

What Bates Methods will I learn? 21

Eye Anatomy 23

How Vision Works 24

BATES EXERCISES 27

Nutrition..... 116

20 Surprising Foods to Promote Eye Health..... 118

Chiropractic Care and Your Vision – 129

SUMMING UP..... 133

Bates Exercises...Overview..... 134

Conclusion 143

DAILY PRACTICE..... 144

Habits..... 145

Resources 153

IMPROVE YOUR EYESIGHT NATURALLY

WITH THE BATES METHOD

The Bates Method can help your vision improve without glasses. It focuses on relaxation and eye exercises. Here's how it works:

- **Relax Your Eyes:** Stress can affect your eyesight. Take breaks and close your eyes for a few moments. This helps relax your eye muscles.
- **Palming:** Rub your hands together to warm them. Then, place them gently over your closed eyes. This soothes your eyes and promotes relaxation.
- **Eye Exercises:** Try simple exercises like focusing on near and far objects. Move your eyes in different directions. These can strengthen your eye muscles.
- **Natural Light:** Spend time outside in natural light. It's good for your eyes and can enhance your vision.
- **Healthy Habits:** Eat a balanced diet rich in vitamins A, C, and E. This supports eye health.

Use these steps to naturally improve your eyesight.

Wouldn't it be great to have clear vision without glasses or contacts? The good news is that almost everyone can do it, even if you wear strong corrective lenses. The secret lies in a method developed in the 19th century.

Over 100 years ago, Dr. William H Bates began investigating the causes of poor sight. He came up with a new method to improve vision. It works for short sight, long sight, astigmatism, 'old-age sight', squint, 'lazy' eye, and even structural diseases like macular degeneration. What was the essence of his work? Learning to use the eyes normally and, more importantly, achieving relaxation in them. It was as simple as that. He created various exercises. These exercises helped his patients with vision problems, so they no longer needed glasses.

In the late 1800s, he was a fully trained ophthalmologist. He ran his practice in a traditional way. He put people in glasses and told them nothing different could be done. Then, he abruptly changed his opinion to the opposite side for reasons we don't know.

His radical new view was not accepted. It was not that he didn't have good credentials and an audience. He discovered the effects of adrenalin. As a surgeon, he led the way in a new ear operation for deafness that is still used today. His colleagues saw him as a brilliant man. They thought he was a revolutionary, pushing the limits of knowledge. His views on vision correction went beyond common beliefs. Many tried to discredit him. He stayed resolute until his death in 1931. Today, the people who benefit from Bates' work are mostly educators, not those in medicine.

After Bates' death, several court cases started to dispute his Method. A notable case was with Margaret Corbett, one of his students. In the 1940s, she was charged twice for practicing medicine without a license. One charge against her said she backed a practice that could lead to retinal burns. Three hundred witnesses stood up for her, with a few being Hollywood stars. All were tested and found to have healthy retinas. She proved she was educating people about their eyes. So, she was acquitted both times.

Even so, such opposition by the powers that be took its toll. Bates practitioners were advised not to advertise. Even today, they practice with caution. Many people share how this method can boost vision. It may even remove the need for glasses. I have my own experience with it (I'll share that soon). There hasn't been much research on the Bates Method, so it's mostly been ignored.

In 1978, M.H. McClay, a PhD student, did a two-year study at the Vision Training Institute for his dissertation. He noticed that all subjects, whether nearsighted or farsighted, improved a lot in their visual acuity (sharpness of vision). In the study, three people aged 51, 57, and 66 achieved normal vision. This result surprised many since it was believed that aging eyes would lose near vision, known as presbyopia. Bates wouldn't have been surprised. He said presbyopia is caused by tension, not old age.

Since then, more studies have been done, but none have proven improved eyesight. In 1983, a study on myopic children in India used Bates' methods like "sunning," "swinging," and "palming." They also added changes to diet and exercise. After 6 months, the experimental groups had no significant differences in refractive status. The children in the treatment group noted that their eye strain and other symptoms eased.

In 2004, the American Academy of Ophthalmology (AAO) published a review about visual training. It looked at methods like eye exercises, muscle relaxation, biofeedback, eye patches, and eye massages, used alone or together." The studies did not show any proof that these techniques could help eyesight. Some noticed changes, both good and bad, in how nearsighted subjects see. In some cases, improvements continued to show up at later follow-ups.

These results weren't viewed as true reversals of nearsightedness. Instead, they involved:

- Better interpretation of blurred images
- Shifts in mood or motivation
- Tear film changes that mimic an artificial lens
- A pinhole effect from the miosis of the pupil.

In 2005 the Ophthalmology Department of New Zealand's Christchurch Hospital published a review of forty-three studies on the use of eye exercises. They found no clear scientific evidence supporting the use of eye exercises to improve visual acuity, and concluded that "their use therefore remains controversial."

These results overlook the many testimonials praising the Bates Method. A key example is Aldous Huxley, the British writer of *Brave New World*. When Huxley was sixteen, he got keratitis. This led to 18 months of near blindness. One eye could only see light, and the other had poor vision from hyperopia and astigmatism. To read, he had to wear thick glasses and use atropine to dilate his better pupil. At age 45, Margaret Corbett gave him regular lessons in the Bates Method. It was so successful that later he wrote *The Art of Seeing*. In this book, he relates his experiences: "Within a couple of months I was reading without spectacles and, what was better still, **without strain and fatigue....** Right now, my vision isn't normal, but it's about twice as good as when I wore glasses." He concluded, "Vision isn't achieved by trying hard. It comes to those who learn to be alert and relaxed."

Glasses Since 8th Grade

I always thought the kids that wore glasses looked smart. I remember sitting in the cafeteria in the first grade and wishing I wore glasses. I used to think braces were a good idea too, but my parents saw it differently! I didn't actually "need" glasses until I was in the 8th grade. The frames I picked are comical as I look back today.

I was okay with the glasses until I had trouble seeing when I played football. I played for Vanderbilt University. Then, I spent 13 years in professional football. I needed every advantage out on the field so I wore contact lenses. This was a huge annoyance, as I found myself getting poked in the eye repeatedly. If only I had known then what I know now!

I discovered the Bates Method about fifteen years ago. I decided to give it a try right away. I may be different, but after doing some exercises in this book one time, I could see clearly without glasses for two years!

As time passed, the effects wore off. I had to go back to the exercises to fix my vision. I wrote this book because I've seen the great results for myself. I want to help those of you who deal with glasses and contacts every day, just as I did.

I want to emphasize that I believe in natural healing. The body has a great ability to heal itself. I'm a Chiropractor, and I've seen the benefits of these exercises. I want to share this information so others can benefit too.

The Crux of Bates teachings

- Weak muscles are not the cause of poor vision. **Tense eyes are the cause**, so you have to relax your eyes. The Bates Method shows you how to relax the muscles around your eyes. This helps your eyes move and work their best.
- Stress tightens the muscles near your eyes and bends them. This strain weakens your vision by changing where your sight falls on the retina.
- The Bates Method can help with a range of eye problems, like:
 - Far-sightedness
 - Near-sightedness
 - Astigmatism
 - Cross-eye
 - Glaucoma
 - Cataracts

and more...

Who is this book for?

- Anyone from 5 to 100 who wishes to make their vision better as it's never too late to do so.
- Anyone who has vision problems and wants to improve their sight.
- Anyone who has weak, moderate, or strong reading glasses, or uses bifocals or trifocals.
- Anyone who has eye strain, feels tired, or gets headaches when reading or using a computer.
- Anyone with good near-point vision who wants to keep it and not wear glasses.

What benefits can you gain from the exercises?

- Freedom from reading glasses.
- A less strong prescription gives you more freedom from reading aids.
- An improvement in any other visual condition.
- Clearer night vision.
- Less stress and more relaxation.

How to Begin

- Read this book first.
- Find out from your doctor what your special vision problem is if you have one.
- Relax before doing the eye exercises.
- Do not wear your glasses during the exercises unless your doctor advises you to do so. If so, find out which are the appropriate eyeglasses to wear.
- Ensure you have good lighting when you stop wearing glasses, especially for reading.

HELPFUL HINT:

Take regular vision breaks during the day. This is important when working on a computer or if you feel any eyestrain.

Here's what to do:

- Take off your glasses.
- Yawn three times or more (more on this later)
- Stretch your body up.
- Move your eyes up, down, left, right, and in circles. Stretch those eye muscles!
- Look at nearby objects, then at distant ones. Perform this 5 times (this is called shifting).
- Blink for 15 seconds or longer (tears create a natural contact lens)
- Palm for 5 deep breaths (details to come)

At first, it will be an effort to do the exercises without your glasses. After about a week, your eyes will feel refreshed. You'll see things that were once blurry or hidden.

How long is a daily practice?

That's up to you. Practice for at least five minutes each day. Try to reach 15 minutes or more. The more effort you give to the exercises, the sooner you'll see results.

That said, you should begin with short durations and gradually increase to longer times. The number one rule is to **relax**, do not strain your eyes! Understanding this, and doing it, is your key to success.

What if my eyes feel fatigued?

If you feel fatigued from the exercises, stop them for a week or so and start again. If your eyes still feel fatigued, stop them for a few weeks and begin again.

How long before I see improved vision?

In general, after around two weeks or so, you should begin to see signs of improved vision. I was lucky enough to see great results after only one session!

Do I stop wearing my glasses?

If you have a mild prescription, start to wear your glasses less. As your vision gets better, you can try going without them more often. Always, of course, wear glasses for driving if you need them to pass your driver's test.

How long does it take before one can throw away their glasses?

The Bates Method may take some time and you will need patience. The duration varies significantly among individuals. I may have been a special case. In extreme conditions, you will often need to continue the program for weeks or months, or even for a longer duration.

What kinds of eye problems can the Bates Method correct?

The Bates Method works well for two common vision problems that need glasses:

- Myopia, or near-sightedness, usually shows up in kids or teens.
- Presbyopia, or farsightedness, often leads to needing reading glasses around middle age.

Is recovery of good vision possible?

Bates thought that, like a broken bone, the eyes could get better with exercise. He felt that wearing glasses was the same thing as using a crutch for a broken leg.

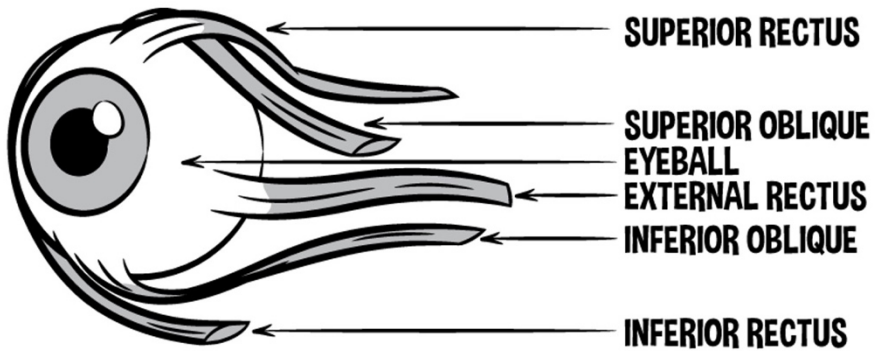
Does my vision remain constant?

How well you see depends on your physical and emotional state. Vision is always changing.

What Bates Methods will I learn?

- Relaxation of body and eyes
 - Breathing
 - Exercise One: Deep Breathing
 - Exercise Two: Lens Flexor
 - Stretching
 - Body Movement
 - Exercise One: Sway
 - Exercise Two: Long Swing
 - Exercise Three: Cross-Crawl
 - Energetic Yawning
 - Blinking
 - Palming
 - Sunning (my favorite!)
 - Pinhole glasses
 - Alternate Eye Movements
- Lazy Eights
- Central fixation
 - Exercise 1: Tibetan Wheel

- Exercise 2: Snellen Chart
 - Exercise 3: Domino Chart
 - Exercise 4: Edging
 - Exercise 5: Mandala
- Eye Oblique Stretch
- Near & Far
- Visualization
- Analytic seeing



Eye Anatomy

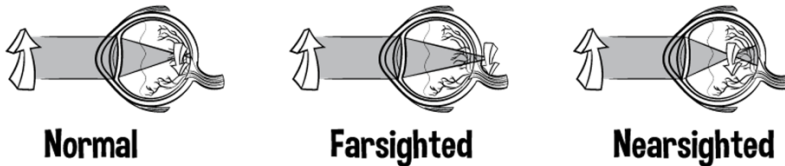
There are six muscles outside the eye that manage its movement. The Bates Method works on these muscles to relax you and boost your vision. The image above does not show the internal (medial) rectus muscle, which pulls the eye toward the nose.

How Vision Works

The two most common vision problems are:

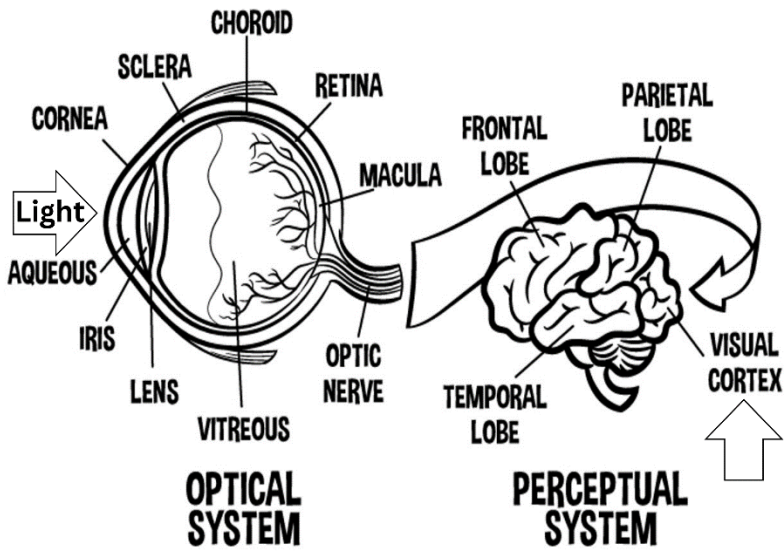
- Nearsightedness, where you can only see things up close.
- Farsightedness, where you can only see things that are far away.

A shift in the focal point inside the eye itself causes these. These conditions are all based by a “short” or “long” eyeball due to muscle imbalances.



Notice how, in normal vision, the eye focuses the image on the retina as it should be. In people who are farsighted, the image focuses behind the retina. In those who are nearsighted, it focuses in front of the retina.

The brain processes images in the Visual Center. Some chiropractic techniques can boost circulation in that area. This helps improve its function. See the illustration below.



VISUAL SYSTEM

Notes

BATES EXERCISES

Relaxation

The Bates Method focuses on relaxing the eyes. This is key for better vision. Relaxed eyes are normal eyes. Visions should feel effortless. Strain can be physical, mental, emotional, or spiritual. Any of these can hurt your vision.

Signs that you are straining your eyes.

- Squinting eyes
- Ruffled brow (causes wrinkles too!)
- Tense facial muscles
- Clenched jaw
- Mental stress

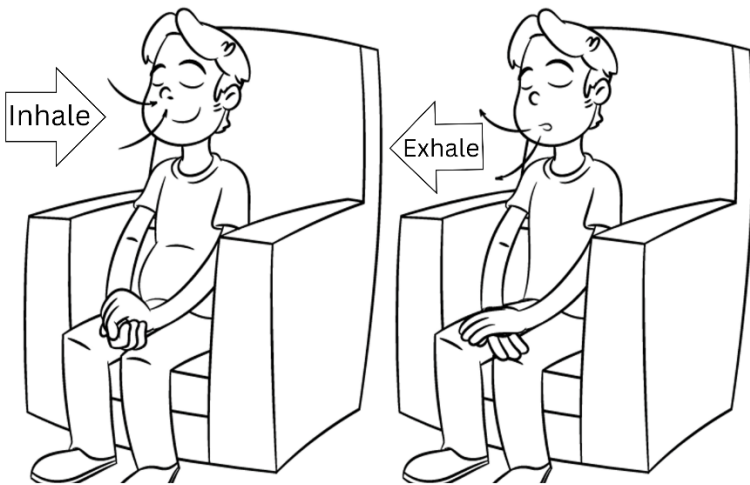
WATCH OUT:

When people struggle to see, they often squint. This can make vision worse. Squinting is one of the worst things you can do for your vision as it stresses your muscles.

If you're typical of stressed-out folks today, you likely notice signs of eye strain. You don't have to. In this guide, you will learn how to use the Bates Method to relax your eyes. Doing this helps your mind and body relax. When you relax, your muscles let go of tension, your breath slows and deepens, your heart rate lowers, and your vision sharpens.

Breathing

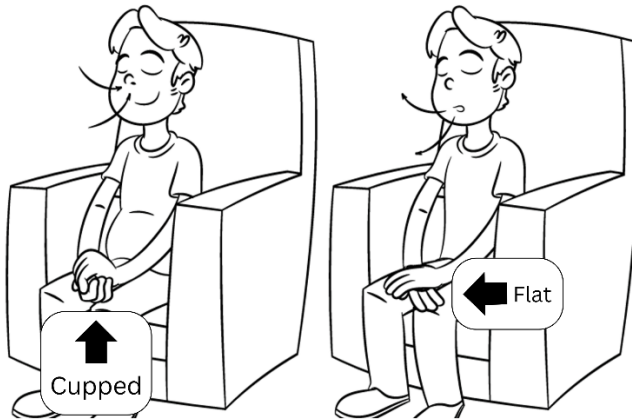
For the eyes to function normally, they need enough oxygen. Deep breathing is key. Our eyes have tiny capillaries and sit above the heart. Deep breathing improves flow of oxygen to the brain, which the eyes are a part of.



Exercise One: Deep Breathing

Here's a simple breathing exercise to help you fully expand your lungs.

- Breathe in through your nose. Breathe out through the mouth. Place the hands on your belly. As you breathe in, notice your belly rise. As you breathe out, notice your belly flatten.
- Breathe in deeply for a count of three. Hold your breath for a count of four. Breathe out for a count of three.
- As you take deeper breaths, you can count higher for your inhale, hold, and exhale. Do this breathing exercise whenever your eyes or body feel tense.



Exercise Two: Lens Flexor

This exercise is from Lisette Scholl's book, *28 Days to Reading without Glasses*. It will clear your breathing, get your blood flowing, and work out your eyes.

Here's how to do the Lens Flexor.

(see image on previous page)

1. With eyes shut, sit comfortably with both feet flat on the floor.
2. Hold your hands cupped in your lap, one resting on top of the other.
3. Breathe in deeply through your nose. Keep your hands cupped. Stomach should round out.
4. Exhale and flatten out your hands so your palms become parallel to each other. Stomach should contract as you exhale.

Can you feel how the movement goes with a flexing feeling in your eyes as your hands open and close?

Stretching

To rest the eyes, you must relax the muscles of the body. Mental strain, anxiety, and stress make our muscles tense. This includes the eye muscles that help us see clearly. Before you dive into vision practice, spend two minutes warming up. This helps to relax your arms, neck, and upper body.

Here's how.

- Inhale deeply and stretch up from fingers to toes.

- Yawn. Why yawn? Yawning floods the eyes with oxygen rich blood.
- Move your arms in a circle. Start by going one way, then switch to the other direction.
- Yawn.
- Lean to one side and then the other. Reach with the arm opposite to where you lean.
- Yawn.

Movement

“The world moves. Let it move. All objects move if you let them. Do not interfere with this movement, or try to stop it. This cannot be done without an effort which impairs the efficiency of the eye and mind.”

Wm H. Bates: *Better Eyesight Magazines*, July 1920

The natural impulse of the eyes is movement. Even when asleep, the eyes are moving during the REM cycles. Lack of motion of the eyes results in staring. Try it. When you stop moving your eyes to stare, your visual field starts to close in, and your vision weakens. The less your eyes move, the fewer details they scan and record from your surroundings.

Here are some ways to move your body and, as a result your eyes.

Exercise One: Sway

The sway is a great exercise. It helps you see the trick of opposing movement. The experience is like when you are stationary in a car and another car pulls out. It seems as if the car you are in has started to move. Swaying has value. It helps the body, mind, and eyes relax. When we sway, our eyes look instead of seeing.

Here's how to do it.

1. Stand with legs hip width apart in front of a window.
2. Lower your arms and shoulders and relax the neck
3. Swing your body back and forth between your legs in a rhythmic motion. Keep your head still. Feel like a pendulum, swaying back and forth.

4. Look straight ahead but don't try to focus on anything.
5. When you lean to the right, things close by move left next to faraway objects, like a car or a tree. Leaning to the left has the opposite effect.
6. Do this 10 times and close your eyes. Imagine the seeming motion of objects and continue to swing the body.
7. Open your eyes and look at how the objects in your field of vision move.

Exercise Two: Long Swing

Do you remember how you loved swinging on a swing as a child and twirling around? As an adult, you might like to relax in a hammock or rock back and forth in a chair. These activities are fun and also good for your eyes.

You don't need a hammock or swing to move your body to and fro. You can encourage movement through the *Long Swing*.

Benefits of the long swing.

- Increases circulation.
- It frees up the spine, which helps the body move better. This, in turn, makes the mind more flexible.
- Brings back the natural vibratory movement of the eyes.
- Helps to achieve eye and mind coordination.
- Increases shifting.
- Switches on your vision and increases clarity as you swing.
- Activates your central vision.
- Encourages lymph flow.

INTERESTING INFO:

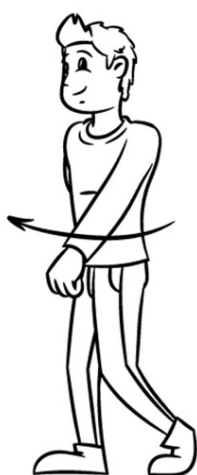
The lymphatic system is like the body's clean-up crew. It helps get rid of toxins and other waste we don't need. The human body has lymphatic fluid that is twice the amount of blood. To help it circulate, we need to move since it doesn't stay in organs. When your body and eyes stay still, the lymphatic fluid doesn't flow well. It stays in the body and eyes, slowing down how we see. The long swing stirs your sense of motion. It helps move fluid in your body and eyes. You can also do this by using a rebounder, which is a small trampoline. Bouncing gently helps the lymph move better in the body.

Here are guidelines for doing the long swing.

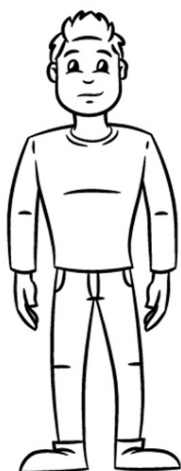
- Remove your glasses and stand up straight.
- Put on music with a beat that encourages rhythmic movement of your body.
- Release to the rhythm and focus on the feeling and movement.
- Keep your eyes soft.
- Notice how the world moves by you, rather than how you move through the world.
- Practice long swings for 15 to 20 minutes at a time and as many times during the day as you can.

HELPFUL HINTS:

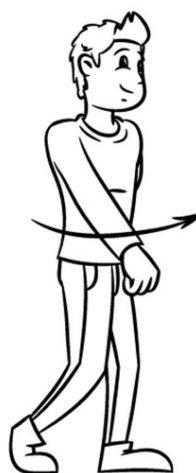
Let your body release to the rhythm while keeping your spine straight. This will spark the sympathetic nerves and make your eyes shift.



**TURN AND
SWING RIGHT**



CENTER



**TURN AND
SWING LEFT**

The Long Swing

1. Stand comfortably with your feet about a hips width apart.
2. Twist your body 90 degrees to the left and lift your right heel.
3. Twist your body to the right side and lift your left heel.
4. Let your arms fall loosely to your sides and follow your body as it twists.
5. Perform semi-turns with the upper body to the left and right for 10 full rotations.
6. Be aware of how things in the room seem to drift the other way as you move. This creates the feeling of moving against them. Any time

you are moving in any direction, you can observe it. As you walk forward, it feels like the ground is sliding back. If you're nearsighted and see a blur, picture everything in sharp focus. Such imaging with your eyes closed will help you see more clearly with your eyes open.

7. Close your eyes. Start to slow down. Make your swings shorter and shorter. Soon, you'll find a still place where you can feel grounded.

HELPFUL TIP:

Make sure you do not:

- *Twist your torso.*
- *Separate your head from your torso.*
- *Lead from your shoulders.*
- *Try to break out of the swing.*
- *Hold back with the back leg.*

Exercise Two

1. Do semi-turns while keeping your right arm out and thumb up. Focus on your thumb.
2. Repeat with the left arm out, thumb up.
3. Move your body side to side in a smooth motion. Alternate by stretching out each arm with your thumb up. Keep your eyes on your thumb.

HELPFUL TIP:

If your shoulders are tight and your arms feel stiff, here's a suggestion. Hold your hands behind your back. Then, switch between letting your arms fall to your sides and keeping them behind you.

Exercise Three

Try the long swing with eyes closed and especially if you feel any eye discomfort. This is helpful because seeing is far more mental than physical. If you close your eyes, you can improve your memory, imagination, visualization, and balance.

To avoid dizziness, try to remember what you saw with your eyes open while swinging. If you feel dizzy, open your eyes. Stop moving and focus on one spot until the dizziness goes away.

HELPFUL TIP:

If you can't swing your arms, just move your head side to side like you're saying "no." Any swinging motion can help stop staring. It also relaxes the six muscles around each eye, easing both your eyes and mind.

How long to swing for?

Do the long swing for 5 to 6 minutes. After 6 minutes, blood moves through the body several times. As a result, all muscles and the eyes begin to relax. The autonomic nervous system relaxes by changing from the sympathetic to the parasympathetic system. The sympathetic system triggers fight or flight. On the other hand, the parasympathetic system helps the body rest and relax.

If possible, get into the habit of doing the long swing for 5 to 6 minutes 2 to 3 times a day. Rocking in a chair or swinging in a hammock for 10 to 15 minutes feels similar.

Exercise Four

Stimulating both sides of the brain is key. The left side helps with clear, close vision and energy. The right side supports clear far vision and relaxation. The Cross-Crawl Exercise helps stimulate both sides of the body. It can speed up healing for poor vision.

THE CROSS CRAWL



**RIGHT HAND
LEFT KNEE**



**LEFT HAND
RIGHT KNEE**

How to do it:

Keep your shoulders about the width of your shoulders. Reach down and across your body with your right hand as you raise your left knee and touch it. Repeat on the opposite side. Focus on what's in front of you and stay relaxed during this exercise.

Count 1, 2, 1, 2 in your mind while doing this exercise. You can also try the lazy eights (explained later) to boost brain activity even more.



Scan the QR code above to join our Relax to Clarity community to get in-depth information and a Q&A with me live. See you there!



Energetic Yawning

Yawning is one of the best natural things you can do for your eyes. Yawn and stretch your jaw muscles (TMJ) slowly. They are the strongest in your body. Yawning moistens the eyes. It relaxes facial and mouth muscles. It also boosts nerve flow to and from the eyes. Try it now. You might notice your vision a bit clearer?

Blinking

Healthy eyes blink every 2-3 seconds. Do yours? Observe yourself to find out. You may not blink your eyes more than every 20 to 30 seconds while using a screen. Yet, if you deliberately tried *not* to blink for that long it would be hard.

For better vision, try to blink often and without effort. Here's why.

1. Large amounts of dust in the air fall on the surface of eyes.
2. The mind strains when the eyes remain open.
3. Blinking often cleans and moistens the eyes.
4. Blinking helps you stop staring or straining. It clears your view of the “computer screen” and brings in something new.
5. Blinking relaxes the eyes all day.

HELPFUL HINTS:

*If you have dry eyes, try light butterfly blinks.
Do this several times a day for one minute each time.
It should feel wonderfully invigorating.*

Here's how to blink.

- Blink with one eye. Close your eyes for a moment and blink the other eye. In time, switch blinking from one eye to the other without closing the eyes.
- Start the morning with 3 – 5 minutes of blinking to get into the habit. When you notice yourself staring, blink for a minute or two to break up the stare.
- Don't forget to blink often when you're at the computer.

Palming

Palming is the Bates trademark relaxation tool and is easy to do. It triggers the optic nerve and eases the muscles around your eyes. The warmth and darkness of your palms let your eyes rest. Together, this brings you deep relaxation. To relax the eyes, you should make it an automatic habit throughout the day.

But don't the eyes rest when we're asleep, you might wonder? Actually no. A good chunk of our sleep is REM or dreaming sleep. During this time, the eyes accommodate to the objects we are "looking at" in our dreams.

When you palm, you will discover something you may not have ever known. When the eyes are relaxed, you see a darkness similar to that of night with your eyes closed. This is the mind's feedback that you are truly relaxed. At first, you may see only gray, grainy, cloudy, wavy or glimpse of color. The more you palm your eyes, the more relaxed they will feel. This helps you enter a natural state of blackness faster.

Palming helps you relax. You can keep this restful state by blinking during the day. Don't forget these two magic words: Palming and Blinking.



How to Palm

- Find a comfy spot to palm. You might choose your couch or a cozy armchair.
- Remove your glasses.
- Lean forward from your hips. Rest your elbows on a desk or a soft pillow. Find a position that supports your elbows. This way, your arms won't tire, and your shoulders and neck will stay relaxed. Head and neck should be upright as much as possible.

Ways to support the elbows:

- Pillows propped under upper arms
- Blankets

- Table top leaning against a stack of books
- Knees
- Back of chair
- Shake your hands to warm them up and then rub them together to raise temperature.
- Cup your hands gently. Rest the edges of your palms on the bony area around your eyes. This helps block out light. Don't press on the eyes or put any pressure on them. Simply block out all light.
- Close your eyes and relax your face, especially your jaw. Let your shoulders drop and feel heavy.
- Let your legs relax, with feet flat on the floor when in a chair. Don't cross legs or ankles but keep legs parallel. If need be, lean back in the chair.
- Relax the body completely.

IMPORTANT TIP:

Avoid eye masks. You'll miss the energy and warmth that only hands can give.

- Breathe deeply and slowly from your abdomen. Use your palms to help you relax.
- Imagine the color black and see the world get darker and darker as your eyes relax more and more. Imagining uses the mind and helps you relax more. Look at the black night sky. Or think of anything that is black. This could be black paint, black hair, a black piano, or shiny black shoes. The larger the blackness in your field of vision, the more relaxed is your sight.

HELPFUL TIP:

For a restful state while palming, stay alert instead of zoning out. To be more present, listen to relaxing music or work through a problem.

When to Palm

- When eyes feel tired, strained, dry, when your vision gets blurry, or you have a headache.
- As a regular routine, perhaps to start or end your day.
- After any other vision exercise to rest your eyes and release tension.

IMPORTANT INFO:

With practice, you can palm for a long time and stay calm when you're not palming. The more relaxed your vision is and the less you strain, the fewer times you'll need to palm.

How long to Palm

That answer will vary according to your situation. The worse your vision, the more you'll need to palm. This helps relax your eyes and improve your sight. Experiment and see how long it takes to get the results you want. If you have visual processing issues or an eye disease, you should palm your eyes longer to give them a break.

In general, try palming twice a day for **15-30 minutes**. Try different time lengths and see how you felt after each one. This will help to guide you on how long it takes for you to relax your eyes. Palm as needed throughout the day.

HELPFUL TIP:

The visual field looks darker during palming if you've moved.

What to do if you can't relax

If your thoughts race while you palm, these techniques can help you relax and focus.

1. Feel your eyes get heavy and sleepy, resting in their sockets. Picture them tilting slightly downward.
2. Think of a serene setting, like enjoying a sunset or sitting in a cozy chair by the sea. Remember how peaceful you felt.
3. Observe your breath, breathing in, out, in, out getting longer and longer.
4. Listen to music that relaxes you.
5. Repeat a mantra in your mind.
6. Write a love letter to your eyes

Dear Eyes,

You are truly beautiful. Your brightness shines like stars. I admire how alert you are, always ready to notice everything around me. You see the world so clearly, capturing every detail.

Thank you for helping me appreciate life. Your beauty and clarity bring joy to my days.

With love,

Me

7. Imagining things in your mind can make them 70% more likely to happen. Picture your eyes with perfect vision. This can help you reach that goal!

Sunning

Do you grab for your sunglasses if the slightest ray of sunshine hits your eyes? Are the bright lights in supermarkets and other public places too much for you? If so, you are likely light sensitive.

Light sensitivity is often seen in these conditions:

- Macular degeneration
- Second occurrence of cataracts
- Uveitis
- Conjunctivitis
- Corneal abrasion (e.g. through Lasik)
- Viral infection
- Migraine
- Taking certain medications
- Most visual disorders, especially myopia and astigmatism
- Visual processing problems.

Of course, your first tendency is to grab for those sunglasses. But is this the best idea? Not necessarily. In the eye, ciliary muscles are involuntary. They help open and close the iris to let the right amount of light in. Wearing sunglasses too often can harm your iris. This can make it less able to adjust to light and more sensitive. This is likely to happen more if you wear tinted glasses. These glasses get darker in bright light. They worsen sensitivity to light and can also boost refractive errors. The amount of light affects clarity when vision isn't 20/20. In the long run, you will likely need stronger glasses.

A better idea to decrease light sensitivity is to do sunning. Sunning is an important part of the Bates Method. It helps your eyes adapt to light and relaxes the muscles around them. This happens when light hits the fovea in the retina. The light makes the eye's nerve cells restore a pigment known as visual purple.

INTERESTING INFO:

Sunglasses began as tools for fighter pilots. They flew high in the sky and needed to manage the sun's bright glare. These glasses helped them see better. After World War II, tinted goggles became popular worldwide. Now, most people in industrialized societies wear sunglasses when they are in the sun.

IMPORTANT INFO:

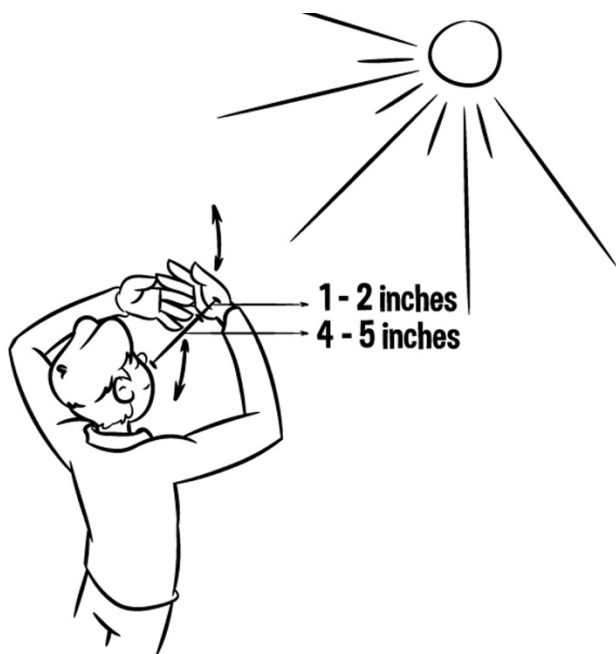
You must first reverse light sensitivity. Then, you can improve your myopia or astigmatism.

Sunning benefits:

- Reduces light sensitivity.
- Boosts the pupillary reflex when shifting from shadow to light while turning your head. The pupils then open and close a bit.
- Massages the lens capsule using the pupillary reaction. This stimulates the photoreceptor cells in the retina, so there's no need for sharp focus.
- The warmth of sunlight eases tension in the neck and shoulders. It improves blood flow, too. Moving your head helps relax the facial muscles.
- Gets you the vitamin D3 you need from sun exposure. This helps your body take in calcium for strong bones. It also boosts your immune system.

NOTICE:

If you're dealing with macular degeneration or secondary cataracts, **do not sunning**.



How to do basic sunning

1. Go outside and face the sun. You can sit or stand depending on your circumstances at the time.
2. Close your eyes. Feel the warmth of the bright sun on your eyelids. Calm your mind with happy thoughts or just let it be empty.
3. Inhale slowly and deeply and very slowly turn your head to the left side.
4. Breathe out and gently turn your head to the right. Feel how your right eye is now in the shade. At the same time, your left eye gets more light and warmth. Notice the vibrant light in the center when both eyes get an equal

amount of light. You might notice sunspots that look rosy or purple. This is more likely if your eyes aren't used to light. Visual purple fades in bright light but builds up again in the dark, like when you cover your eyes.

5. Let the breath start the turns of the head.
6. Keep moving your head side to side like you're saying "no." Go as far as your neck lets you.

HELPFUL HINT:

If your chin doesn't go all the way to the shoulder for a 180° head turn, do not force it. Daily sunning helps relax tight neck and shoulder muscles. This release of tension boosts blood flow to the brain. As a result, it can improve your vision. When neck and shoulder muscles are tight, it can lead to eye strain and vision problems. To ease neck tension, do some "yes" movements. Tilt your head back slightly as you breathe in. Then, move your chin toward your chest as you breathe out.

Advanced sunning techniques

Once your eyes adjust to sunning, you can enhance the experience by trying these:

- When head is turned to the sides, open your eyes and blink rapidly.
- Hold your hands in front of your eyes. Spread your fingers wide. Now, move your hands up and down quickly while keeping your eyes open. Blink fast, too. Fingers filter the sun, letting in a bit of light without it being too harsh. This is the technique I utilized to correct my own vision.

Warning:

UV light from the sun can lead to cataracts and macular degeneration. If you have an eye issue that needs sunglasses to keep out UV light, go for the lightest tint you can find.

How long to sun for

Sun for five to ten minutes or however long
you can.

IMPORTANT INFO:

Sunning gets your eyes used to light. Palming gets them ready for dark. After sunning, make sure to do palming. It boosts your eyes' ability to replenish visual purple. You can palm anytime, but don't sun without palming.

When to sun

Wear sunglasses when the sun is low, like in the early morning or late afternoon. Otherwise any time of day is fine. You can sun anywhere, and anytime when you are out in the sun.

If facing the sun with closed eyes feels too intense, try it on an overcast day. You can also stand with your back to the sun until you feel ready to face it.

Your eyes act as light receptors. They are built to react to light. Good vision is the ability to see light well. People and animals that live in bright light usually have the best eyesight.

What to do after sunning

Blink:

Follow sunning with 5 minutes of blinking into the light. The light relaxes your eyes and mind, and the heat soothes tight muscles.

Palm:

After you blink, keep your palm in place for twice as long as you spent in the sun. If you're short on time, sun until the images or colors fade. Then, with your eyes closed, your visual field should be dark again.

Palming and sunning help your eyes stay young and flexible. They also let you soak up natural, full-spectrum sunlight with ease. These are the top actions to take for less light sensitivity and better vision.

HELPFUL HINT:

If your eyes get watery, itchy, or start to twitch, it's often a sign of eye strain. Continue to do the sunning in a relaxed way, and it will slowly melt that tension away. Try using it for shorter bursts or just in the morning or evening sun until the strain eases. I did the sunning for about 20 seconds to start and had great results.

HELPFUL TIP:

If the sun isn't shining or you have little sunlight, especially in winter, you can “sun” indoors. Use a high-wattage white infrared lamp, like the OTT lamp.

Notes

Pinhole Glasses

Try this. Remove your glasses. Then, bend your finger to make a small pinhole between the skin folds of your hand. See how much clearer your vision is without corrective lenses. Hold the pinhole up to your eye. Notice how much clearer everything looks.

Pinhole glasses are glasses with many small holes in the lenses.

These glasses are a low-cost choice for some users. They are made with lightweight, perforated plastic lenses set in typical metal or plastic frames.

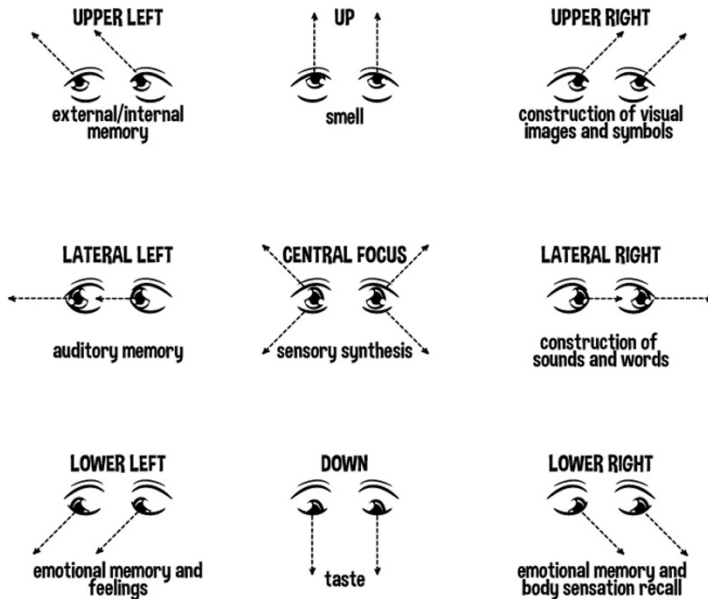
They work by reducing the amount of light entering the eye allowing your eyes to relax. In a healthy eye, light rays focus on one point on the retina. The retina is light-sensitive and sits at the back of the eyeball. Unhealthy eyes focus light rays in front of or behind the retina. This creates a blurred circle on the retina. Tiny pinholes on the plastic lenses let a narrower beam of light reach the eye lens. This results in a greater depth of field. The narrow beam forms a smaller blur on the retina, enhancing vision. Pinholes let only direct and clear light rays pass into the eye. They are helpful for those with eye issues, seniors, and computer users.

Pinhole glasses can help you see better and read with less blur, but only when you wear them.

Here are the many benefits of pinhole glasses.

- Improved visual clarity and resolution.
- Brighter objects are easier to see. This is especially helpful for people who have trouble seeing in the dark.
- See clearly at all distances.
- Less stressful on the eyes.
- One pair assists in seeing near and far.
- Lightweight and durable.
- Affordable (they typically run around \$15 to \$20).

Alternate Eye Movements

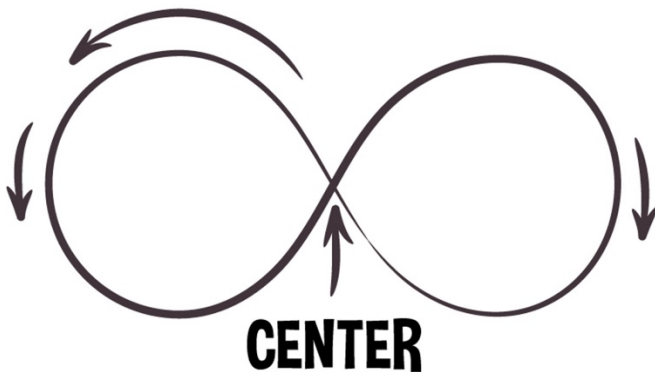


This exercise is a great way to stretch your eye muscles. It warms them up before you do more practice. You can do this exercise anytime, and in any place.

- With eyes open, move your eyes up to down while keeping your head still.
- Move your eyes left to right and vice versa, keeping your head still.
- Repeat whole procedure several times.
- Move your eyes diagonally from bottom-left to top right and vice versa.

- Move your eyes in a circle. First, go clockwise, then counter-clockwise. Repeat this a few times.
- Repeat whole sequence with eyes shut.

As you can see from the illustration, the eye movements accord with sensory synesthesia. This is how law enforcement can determine if a person is lying or being truthful. Up and to the left is recalling a memory, up and to the right, as you observe them, shows they are making the story up.



Lazy Eights

This simple exercise packs a punch.

- It integrates both hemispheres of the brain.
- Relaxes the muscles of the hand and arm.
- Supports eye movement.
- Encourages eye-hand coordination.

Here's how to do it.

Draw the infinity sign or figure eight using your dominant hand. Keep your eyes on it as you move. Start by moving your eyes from center to the left and top. Do the same exercise by making a lazy eight with your thumb. Follow it with your eyes.

Notes

Central Fixation

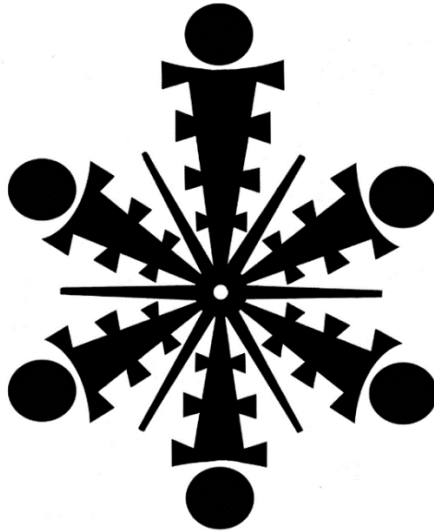
The clearest point of our field of vision should be the one point we are looking at. This is *central fixation*. Anything in the periphery will not be as clear. Trying to focus on everything you see can cause strain and lower your vision.

These central fixation exercises will revive the fovea centralis. They will return the eye to its normal speed of 60 to 70 vibrations per second. The fovea centralis, or central pit, is at the back of the retina. It is your center of sight. This small area helps you see fine details and colors clearly. It is full of cones that react and activate with movement. When you stare, your center of sight does not get stimulated. As a result, you may experience more blur. Cones detect color, while rods sense black and white. Rods work best in low light.

HELPFUL HINT:

A great way to stop staring and move your eyes is to take deep, rhythmic breaths. Light blinking can also help.

Here are some ways to practice central fixation.



Exercise One: Tibetan Wheel

Gaze at the diagram of the Tibetan Wheel.

Information from the following website: <http://integraleyesight.com/batesmethod/centralization/Fusion>

1. Start at the top circle. Note how much clearer, blacker and more distinct it is than the other circles. Work your way around, maintaining focus on the point you are looking at.
2. Once you scan the outside, move toward the center. Keep going until you reach the tiny black dot at the center. Close your eyes and imagine this tiny black dot.

3. As you go through your day and your eyes focus in on something, imagine this tiny black dot. This will help you stop seeing everything all at once. Instead, you'll look at smaller parts that form a clear whole.

PLACE CHART 10 FEET AWAY

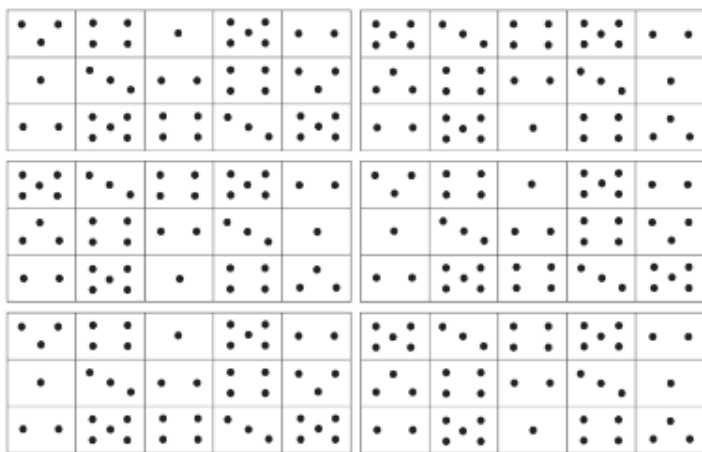
20/200	E	1
20/100	F P	2
20/80	T O Z	3
20/63	L P E D	4
20/50	P E C F D	5
20/40	E D F C Z P	6
20/32	F E L O P Z D	7
20/25	D E F P O T E C	8
20/20	L E F O D P C T	9

VISION SOURCE
SIGNATURE EYE CARE

TO FIND AN EYE DOCTOR NEAR YOU VISIT [VISIONSOURCE.COM/FIND](https://www.visionsource.com/find)

Exercise 2: Snellen Chart

1. Look at the top end of the largest letter on the chart. You should notice that the bottom part looks worse than the top. The top has the best visual clarity.
2. Find the point of greatest acuity. Then, move your gaze smoothly downwards and across the sharpest letters you see.
3. Repeat six times.



Exercise Three: Domino Chart

This exercise is for moving the eyes in all sorts of directions.

From www.printableboardgames.net

1. Place the chart in front of you so you don't have to strain to see the dominoes.
2. Move your eyes across the rows of cubes. Start from the left, then go right. After that, move to the row below and go left again. Continue until you reach the bottom row. Focus not on the dominoes but on smooth eye movement.
3. Now do the same but move through the vertical columns until you reach the last one.
4. Next, look up at an angle. Then, move a cube down through the dominoes.

Exercise Four: Edging

Edging is a technique of motion and central fixation. You brush around the shapes with your nose. Your eyes follow the "brush" as if you had a paintbrush on the tip of your nose. The key is to stay relaxed as ideas flow into your mind. Let your focus move around the outline and notice the details. For close vision, close your eyes and use your finger to draw on a point between the eyes. The mind follows the movement of the fingers.

Here's how to do it.

1. Remove your glasses and relax.
2. Find a line in your environment at a comfortable distance so you do not strain to see it. It can be the spot where a wall meets the ceiling or floor. It can also be the edge of a table, door, or any piece of furniture in the room.
3. Feel your feet on the floor, close your eyes, and relax.
4. Open your eyes. Move your head and follow your nose along the line. Notice each point as you go. The point you're on is the one you see best.
5. When you get good at this, add motion.

HELPFUL TIP:

Don't jump over points in a line but try to maintain a smooth motion with your eyes and head.

HELPFUL TIP:

If you wear or have worn glasses, you may unknowingly strain. This habit can show up when you're edging. If so, practice for short periods. Place your palm before and after edging. Stay aware of your movements, and focus on one part while you practice.



Exercise Five: Mandala

Follow a mandala with your nose.



Scan the QR code above to join our Relax to Clarity community to get in-depth information and a Q&A with me live. See you there!

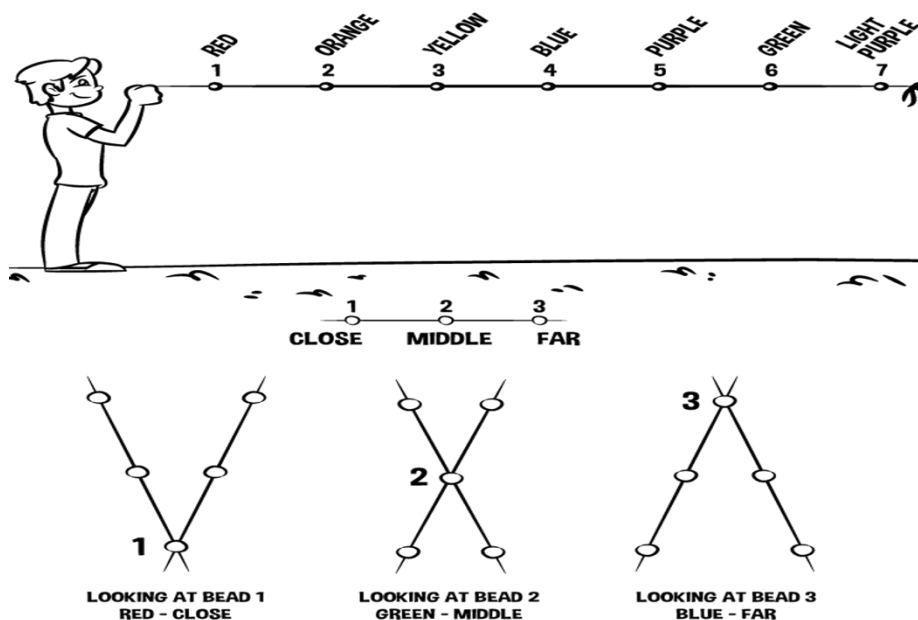
Fusion

To see clearly, both eyes must fix or converge on the same object at the same time. This requires the eyes to work together as a team. Up close, the eyes must converge by turning inward. At a distance, the eyes must diverge, or turn back out. Strain in the eye muscles can stop the eyes from working together. This makes it hard for them to focus on the same point.

A great exercise to practice fusion or conversion is by using a rope or a string.

Here's how:

- Thread 15 colorful beads onto a 10-foot string. Space them out every six inches.
- Tie the end of the string to a doorknob or distant object.
- Sit comfortably in a chair, or stand far enough so that you can pull the string taught. Hold it near the tip of the nose so that the eyes gaze across its length.



Exercise 1

Fusion String

1. Hold the loose end to the tip of your nose and pull the string tight.
2. Take a deep breath. Look at the first bead near your nose with both eyes. Focus on it for a few seconds. With normal vision, you see two lines that form a V as they go into the hole. Your brain combines the images from your two eyes at the bead hole.

HELPFUL TIPS:

If you have constant or short-distance exotropia, you'll see a single line. If this happens, blink slowly a few times to relax your gaze. Then, focus on looking at the bead with both eyes. If this doesn't work, try covering one eye, then the other. This will let you know which eye needs training to see both lines.

1. Once the two eyes converge, hold your vision for 10 seconds.
2. Repeat while focusing on the second and then the third beads and down the line. When you focus in the middle, the rope forms an X shape. If you focus on the doorknob, it takes the shape of an A, or an upside-down V.
3. Repeat the series five times, if you can.

Exercise 2:

1. Track the eyes up and down the rope from nose to doorknob. If you struggle, cover one eye.
2. Reverse and move back toward the face until you have focused on all the beads.

Exercise 3

1. Look at the closest bead and then the farthest bead, attempting to focus.
2. Focus on the second bead first. Then, look at the farthest one. Next, check the third bead. Continue this way, moving up and down the string. Pause at each bead to try to focus.

Notes

Eye Oblique Muscle Stretch

This exercise will relax the oblique muscles in your eyes. They help adjust the eye's optical length. Do this exercise! The eye oblique muscles help you see clearly and sharply.

Here's how to do it.

1. Using a pencil or your thumb move it slowly from down, near the body and move it towards the tip of the nose.
2. Focus on the tip of your finger as it moves towards your nose. Your eyes should follow it. Near your nose, you might see two thumbs.
3. Move horizontally to the right still looking at the finger as it is moving. Stop briefly and move back toward the nose.
4. Repeat moving horizontally to the left.
5. Breathe in as you move in a direction. Pause for 1-2 seconds. Then, exhale while moving toward your nose to relax your muscles.

Near / Far Exercise

This exercise will teach you to fully contract and relax the eyes. This will train the muscles to become stronger and more efficient at their job.

Here's how to do it.

1. Remove your glasses.
2. Look at an object in the distance, like a tree with a soft gaze, without any strain.
3. Look at an object between you and the furthest object, for instance the car in front of you.
4. Hold up your finger as close to your nose as possible without strain and look at it.
5. Shift your focus from far to middle to near continuously, i.e. tree, car, finger.
6. Do ten times.

Eye-Mind Connection

Vision is 90% mental and 10% physical. The eyes take in light. Then, the mind interprets electrical signals. These signals travel from the retina, through the optic nerve, to the visual cortex at the back of the brain. The Bates Method aims to help us regain the mind-body connection we all used to have.

How do you create an eye-mind coordination? You need to focus the eyes, your attention and the mind all on the same thing at the same time. In other words, you need to be present. If you check emails while palming, you lose focus. Your mind runs the show, making it tough to relax your eyes and see the darkness. Next, let's do some exercises to build the eye-mind connection.

Visualization

When we visualize, our eyes adjust to what our mind wants to see. As time goes on, visualization will help us ease eye strain. It can also enhance the strength and clarity of our vision.

To get the best results, do these exercises while palming.

Exercise 1: Ship sailing out

1. Sit in a comfortable chair. Relax and close your eyes.
2. Imagine standing on the pier in front of a large passenger ship.
3. You see men and women of all ages talking. Children run back and forth. Uniformed people carry trays. Some stand and gaze at the ocean or land. Others walk along the decks.
4. Slowly, the large ship sets sail and you are seeing less and less details on the decks. The windows and people seem to shrink more and

more. The sea surrounds the ship more and more. The sun is shining. The ship is getting smaller and smaller and you can't make out any passengers. Finally, the ship is just a dot on the horizon.

Now do this exercise.

1. Imagine the ship as a tiny dot. It sails to shore and grows clearer with each passing moment. Slowly, you begin to see people on the decks, tables and portholes. Continue this imaginary scene until the ship reaches the port and you are standing next to it.
2. Repeat the moving away and coming of the ship in your mind several times. Slowly, speed up this process.

As you picture the ship moving away and then closer again, your eyes shift in and out. This action helps your eye muscles and how your eyes focus light. Also notice how the exercise has helped you relax.

Exercise 2: Runners on the track

1. Sit in a comfortable chair. Relax and close your eyes.
2. Imagine that you are standing at the start line of the race on a large track.

3. You see several athletes hunched down at the start line. Look at them closely and notice the details in their outfit, body, or behavior.
4. Picture the race starting. You watch as the runners move away from you, circling the track. As the runners move away, you can see less and less details. Finally, they become small dots in the farthest location from you.
5. Now see the athletes running on the track coming near to the finish line and you. You observe more about the runners. You notice their outfits, the looks on their faces, and their body shapes. Finally, they reach the finish line where you are standing.
6. Visualize them moving closer and further away in your mind a few times. Slowly speed it up.

With eyes closed, this exercise has a great benefit for the eye muscles and refraction of the eyeball.

Notes

Analytic Vision

Bates often reminded us that when an eyeball is stuck, vision suffers. It results in watery, unclear sight and makes it tough to see normally. Good vision means little to no eye movement. You can notice this in people who see normally. They shift their eyes from one spot on an object to another easily and without trying.

This analytic vision exercise is meant to help you reduce eye movement and keep it steady. At first, you will do these actions on purpose. But over time, they will happen automatically. Soon, you will look freely and effortlessly.

Here's what to do.

1. When you look at a building, try to trace its shape with your eyes. Follow the lines from the gutter to the roof and down to the ground.
2. Observe the windows, door, banister, and roof. Try to trace their outer edges with your eyes.
3. Move your eyes quickly from one part to another. Try different movements and directions, even if you don't clearly see the building details.
4. Blink freely to ensure that your eyes are moistened and rested.

5. Now look at the building as a whole. Does it seem clearer to you?

Notes

Nutrition

Optimal vision is not only determined by the extraocular muscles of the eye. These exercises and stretches have been helpful. Now, we need to shift our focus to the whole body. The foods we eat are another piece of this puzzle and play a large role in healing as well.

Vitamin A

For us to see, the rods and cones in our retina must function properly. Light hits these receptors and bleaches them. The visual pigments must regenerate to keep doing their job. Vitamin A helps that regeneration process.

Vitamin C

Vitamin C boosts the immune system. This helps the body fight off germs. It has the same effect on the eyes. Vitamin C acts as an antioxidant. It helps protect eye cells from damage by harmful allergens in the environment. It also helps with healing, which keeps the cornea healthy and the eyes feeling good.

Vitamin E:

Vitamin E is also important for better vision. It helps in the synthesis of red blood cells which is critical for eye health. Vitamin E is beneficial for our eyes. It protects them from free radicals that are common in the environment.

Antioxidants:

Natural antioxidants beta-carotene, zeaxanthin and lutein can also help your vision. Antioxidants may seem unusual to some, but they are now common. You can spot them in various health products, from bath soaps to nutritional supplements. In the eyes, they protect the macula, which is located in the middle of the eye ball, from sun damage. Taking antioxidants can help slow down age-related macular degeneration.

DHA, Omega-3s:

DHA from fish oils can strengthen cell membranes. It supports your eyes and boosts overall eye health. Omega 3s act as a natural anti-inflammatory. They help rebuild cartilage in the joints, too. They are a nutrient that helps stop macular degeneration.

Zinc:

Zinc is a mineral needed for cell division. This process is important for healing and growth. This helps the “repigmentation” of the rods and cones in the retina of the eyes.

20 Surprising Foods to Promote Eye Health

When you were a kid, you likely heard many times that orange foods, like carrots, are good for your eyes. You might believe your parents just wanted you to eat your veggies. But they actually had a point about protecting your vision. These orange foods have more to offer. They are full of Beta-carotene, a type of vitamin A. This is what gives them their bright color. Beta-carotene is good for your retina. A healthy retina is important for your eyes to work well.

Carrots are often seen as the go-to food for good eyesight. Our parents have always known this. Still, eye health comes from more than just eating beta-carotene. There are a number of other beneficial vitamins and minerals that are just as important for healthy eyes.

At the end of the day, the saying "You are what you eat" holds some truth. Eating healthy every day is key for your overall health, especially for your eyes. These are some of the best foods to eat for strong eyes and good vision.

Leafy Greens

Leafy greens were likely one of the food groups your parents urged you to eat more. They were right, but maybe not for the reasons you think. Kale, spinach, collard, lettuce, broccoli, and cabbage are leafy greens rich in zeaxanthin and lutein. These antioxidants help lower the risk of eye degeneration and cataracts later in life.

Eggs

Eggs are an excellent source of eye nutrition. You can enjoy them boiled, scrambled, fried, or in an omelet. The egg yolk is powerful. It has a good amount of lutein, zeaxanthin, and zinc. Egg yolks, like leafy greens, support eye health as you age. They can even help fight cataracts.

Egg yolks are a good source of natural vitamin D. This vitamin can help lower the risk of ARMD, which stands for age-related macular degeneration. ARMD may lead to vision loss later in life.

Citrus fruits

Oranges, lemons, limes, and grapefruit are rich in vitamin C. This vitamin stands out among others and is a top antioxidant. Vitamin C helps form and maintain your body's connective tissues. This includes the collagen in your eye's cornea. Eating more citrus fruits can keep your eyes safe from harm and damage.

Seeds and nuts

Seeds and nuts are tasty snacks. They also pack a punch of benefits. They are great sources of vitamins C and E. Together, these vitamins keep your body's tissues strong and healthy. This is crucial for your eyes, as the eye's outer layer is made of these tissues. Eat more sunflower seeds, chia seeds, flaxseeds, almonds, peanuts, and pecans.

Wild Blueberries

If there were a super fruit, it would surely be the blueberry. It is unbelievable how one little fruit can contain so much goodness. This humble berry is in fact one of the foods with the highest amounts of antioxidants. The blueberry is helpful in many ways. It addresses several health issues. However, it's especially good for keeping your eyes healthy.

Blueberries are rich in vitamin C. This vitamin helps fight free radicals that can damage your eyes and lead to eye disease. Eating more vitamin C can lower eye pressure. This means you may be less likely to get glaucoma as you age. Glaucoma is the second leading cause of blindness in adults in the US. Why wild, organic blueberries? They are found to have more of these life-saving nutrients.

Sweet Potatoes

If you don't use sweet potatoes instead of regular ones, you might want to reconsider. Sweet potatoes are not just a Thanksgiving dish. This yummy veggie is full of vitamin A, a powerful antioxidant. Vitamin A guards your eyes against harmful free radicals. Vitamin A is useful for easing eye inflammation and dry eyes. If these conditions are ignored, they might lead to serious eye issues later on.

Fatty Fish

If you don't eat much fish, you might want to reconsider your diet. Fatty fish in particular is rich in DHA, a special fatty acid that's also found in your eye's retina. Research shows that low levels of DHA in the eye can lead to dry eyes and dry eye syndrome. If you want to skip refractive surgery later, eat more wild salmon, mackerel, tuna, trout, and anchovies. If you dislike fish, it's important to take omega-3 capsules. This helps prevent dry eyes.

Whole Grains

Whole grains get a lot of praise as ‘healthy’ foods, but we often don’t learn why. A diet with a low glycemic index (GI) can help reduce your risk of eye conditions that come with age, such as macular degeneration. Whole grains are rich in vitamin E, niacin, and zinc. These nutrients support your overall eye health. Stop eating refined carbs like white bread and pasta. Instead, pick brown rice, oats, whole-wheat bread, or quinoa.

Legumes

Legumes are great for your health. They give your body zinc and bioflavonoids. These nutrients help protect the retina of your eyes. It also cuts the risk of future eye issues related to age, such as macular degeneration and cataracts. Countries in the Middle East and the Mediterranean eat a lot of lentils, haricot beans, kidney beans, and black-eyed peas. This diet seems to lead to lower cataract rates. In contrast, countries that don't eat as many legumes often have higher cataract rates.

Grass Fed Beef

Ignore any claims that say beef is bad for your health. Eating beef in moderation can greatly improve your health, especially your eye health. Always opt for the leaner, grass fed versions, but beef in general has high amounts of zinc. Zinc works together with vitamin A, a vitamin essential for eye health. Zinc helps the body absorb vitamin A. Without zinc, vitamin A is not effective. Taking vitamin A with zinc can lower the risk of eye issues that come with age, like macular degeneration.

Coconut Milk

Coconut milk is rich in medium chain triglycerides. These fats offer many health benefits, such as:

1. Another source of energy for brain function is the visual center.
2. Antimicrobial effects fighting of these viruses:
 - HIV
 - measles
 - herpes simplex (HSV-1)
 - vesicular stomatitis virus
 - visna virus
 - cytomegalovirus (CMV)

1. All-natural SunScreen

Here are a few great features of coconut, coconut oil, and coconut milk.

Tomatoes

Tomatoes are often seen as just a red fruit in salads. But they are rich in carotenoids, which give them their vibrant red color. Lycopene is a vital carotenoid in tomatoes. It aids the eye's tissues and helps prevent light damage to the retina.

Olive Oil

Olive oil isn't just for salads or healthy frying. It also helps protect your eye health. If you stick to a diet with low trans and saturated fats, you'll lower your risk of retina diseases. Research also shows it helps reduce the risk of ARMD by a whopping 48%. When you buy olive oil, pick extra virgin. It has more antioxidants.

Non-GMO Corn

If you're a corn lover, you're in luck. Corn is rich in lutein and zeaxanthin. Just ½ a cup of boiled corn has 1.8g of these healthy pigments. The pigments in corn are also found in the eye. When ARMD develops, these pigments are lost. When you eat more foods rich in pigments, you cut down the risk of losing the natural pigments in your eyes.

Pistachios

Pistachios are classified as nuts, but they stand out. They're rich in zeaxanthin and lutein. These nutrients help restore the retina and fight ARMD. Pistachios are full of antioxidants and vitamin E. They may help lower the risk of cataracts and other eye diseases as we age. Pistachios are great for your eyes! They have mono and polyunsaturated fats that help absorb carotenoids. So, they're one of the healthiest snacks you can choose.

Strawberries

Who doesn't love this tasty summer fruit? Strawberries go well with cream and ice cream. They also offer nutrients that can boost your eye health and improve your vision. Strawberries are full of vitamin C. It helps reduce inflammation and is good for your eyes. It doesn't matter if inflammation is caused by nature or from wearing makeup or contacts too long. Strawberries help reduce it either way. These red berries are full of antioxidants. They help protect your eyes from infections, dryness, and macular degeneration. All it takes is a cup of strawberries a day to help eliminate or prevent eye problems.

Avocado

Add it to a salad, spread it on toast, or enjoy it whole. When raw, avocado gives you vitamins B6, C, and E. These vitamins are key for good eyesight. Avocado helps cut down stress. While it doesn't directly affect your eyesight, stress is known to lead to vision loss.

Peppers

No matter what form or color your peppers come in, they're all beneficial to your eyes. Make it a habit to eat peppers in all colors. They are great sources of vitamins A and C. Peppers, whether cooked or raw, also have beta-carotene, vitamin B6, lutein, lycopene, and zeaxanthin. These nutrients promote better eyesight.

Dark Chocolate

Dark chocolate is full of antioxidants. It does great things for your eyes. It has powerful antioxidants, including flavanols. These boost blood flow to the retina. As a result, your eyes can see more clearly in low light.

Tea and Coffee

Tea and coffee might not seem like eye health boosters, but they are. Research shows they can help prevent macular degeneration, cataracts, and dry eyes. Coffee and tea can prevent new blood vessels from growing at the back of the eyes. If these vessels build up over time, they may lead to vision loss.

Your eyes are a gift, but more often than not we take them and our sight for granted. Our eyes work hard all day. Think about what they face each day. TV, cell phones, computers, newspapers, books, and signs to name but a few are some of things we expose our eyes to. We don't always notice how much we use our eyes. This can make us more at risk for problems like distorted vision, poor eyesight, and cataracts. When you have eye problems, your life can change depending on how bad the issue is. With the right diet and some care, you can help protect your eyes and vision for years.

Notes

Chiropractic Care and Your Vision

What's the Link?

Your eyes and vision are important. They're so important that we often greatly underestimate what they can do.

It's interesting how different body parts are linked. If one area doesn't work well, it can affect others too. It's notable how chiropractic care can impact your vision. This is expected since your nervous system oversees every function in your body, including sight.

Your optic nerve is part of your nervous system. It sends a lot of information to your brain. If your nerve communication is disrupted in any way, your body's input and function will be off.

Everything in your body is linked. A common issue, like a spinal misalignment or subluxation, can lead to serious problems for your central nervous system. This is where your chiropractor comes in. They find and address problems before they worsen. This is why your chiropractor may identify the cause of some vision issues better than your ophthalmologist.

People don't usually see chiropractic care as a fix for blindness or vision impairments. If you ask your chiropractor, they might share stories. Many of their patients have seen improvements in vision after chiropractic adjustments.

Studies suggest chiropractic care may help improve eyesight. There are various cases that support this finding. A young girl had trouble seeing due to narrow visual fields in both eyes. This condition was thought to be permanent. Then, after a single spinal adjustment from her chiropractor, her vision went back to normal.

The young girl had no vision issues for a whole year after her spinal adjustment. Then, out of nowhere, a flying ball hit her on the head. Being hit in the head caused her vision problems to return once more. After her spinal adjustment, her sight came back once more.

This case shows a clear link between chiropractic care and vision. A hit or even a slight knock to the head can cause neck and spine issues. In some cases, it might change the spine's curvature. When the cervical spine is hurt, it can cause several nervous system issues. One common problem is with vision.

Another case in point is a 62-year-old male. He faced issues with his vision in one eye, along with headaches and neck strain. At first, it was thought he had vision problems due to aging. Then, after a fundoscopic exam, doctors found his optic nerve and retina to be normal. After visiting a chiropractor for a week, his headaches, neck strain, and vision problems went away.

Chiropractic care can also help with other vision issues. It may improve oculomotor function, visual acuity, pupillary size, and intraocular pressure.

So, how does chiropractic care help?

The spine and the blood supply to the optic nerve connect directly. This is due to how close the vertebral artery is to the cervical spine. The eye's blood flow is related to the health and position of your cervical spine.

Chiropractic care isn't a direct fix for vision issues. Still, when some patients have their spines aligned correctly, they report better vision. Today, some chiropractors focus only on spine health. However, many are now linking spine alignment to overall health.

Notes

SUMMING UP

The Bates Method helps improve vision for:

- short sight
- long sight
- astigmatism
- aging eyes
- squints
- lazy eye
- structural problems like macular degeneration.

The secret is to use the eyes normally and, more importantly, to relax them.

It's as simple as that.

Bates Exercises...Overview

Relaxation

Deep breathing helps get more oxygen to the brain, including the eyes. Three exercises to help you to learn to breathe more deeply are: Deep Breathing and Lens Flexor.

Stretching:

To rest the eyes, you must relax the muscles of the body. Mental strain, anxiety, and stress can make muscles tense up. This includes the muscles in the eyes that help us see clearly. Before you begin vision practice, spend two minutes warming up. This will help relax your arms, neck, and upper body muscles.

Movement:

The natural impulse of the eyes is movement. Even when asleep, the eyes are moving during the REM cycles. Lack of motion of the eyes results in staring. Try these exercises to help your body and eyes: the sway and the long swing.

Energetic Yawning:

Yawning is one of the best natural things you can do for your eyes. It lubricates the eyes. It relaxes the face and mouth muscles. Also, it enhances the nervous system connections to and from the eyes.

Blinking:

Healthy eyes blink every 2-3 seconds. It's important to get into the habit of blinking.

Palming:

Palming is the Bates trademark relaxation tool and is easy to do. It stimulates the optic nerve and relaxes the eye muscles. The warmth and darkness from your palms help your eyes rest. This all leads to deep relaxation. The more you palm, the more your eyes will relax. This helps you quickly reach a natural state of blackness. So, palming should be a habit you do automatically every day.

Sunning:

Sunning is a fun way to ease light sensitivity. It trains the eyes to manage light while also soothing the muscles around them.

Pinhole Glasses:

Pinhole glasses have lots of tiny holes in the lenses. They work by reducing the amount of light entering the eye allowing your eyes to relax. Pinhole glasses can help you see better and reduce blur when you wear them.

Alternate Eye Movements:

This quick exercise stretches your eye muscles. It's a great way to warm them up before you practice more. You can do this exercise anytime, and in any place.

Lazy Eights

Move your dominant hand in a figure eight or infinity sign, and let your eyes follow along. Start by moving your eyes from center to the left and top. Trace a lazy eight with your thumb while your eyes follow it.

Central Fixation

The clearest point of our field of vision should be the one point we are looking at. This is central fixation. Trying to focus on everything at once can cause strain and blurry vision. Central fixation exercises help stimulate the fovea centralis, which is our center pit. They can bring the eye back to its normal speed, around 60 to 70 vibrations per second.

Here are some exercises to practice central fixation:

- Tibetan Wheel
- Snellen Chart
- Domino Chart
- Edging
- Using your nose to follow a Mandala.

Fusion

To see clearly, both eyes must fix or converge on the same object at the same time. This requires the eyes to work together as a team. Up close, the eyes must converge by turning inward. At a distance, the eyes must diverge, or turn back out. Tension in one or more eye muscles can stop the eyes from working together. This makes it hard for them to focus on the same point. A great exercise to practice fusion or conversion is by using a rope or a string.

Eye Oblique Muscle Stretch

This exercise will help relax the oblique muscles in your eyes. They work to change the eye's optical length.

Near / Far

This exercise will teach you to fully contract and relaxing the eyes. This will train the muscles to become stronger and more efficient at its job.

Eye-Mind Connection

Vision is 90% mental and 10% physical. The eyes take in light. Then, the mind interprets the electrical signals. These signals travel from the retina, through the optic nerve, to the visual cortex at the back of the brain. The Bates Method is designed to help us reconnect our mind and body, just like we used to.

Visualization exercises to help you see clearer include:

- A ship sailing out
- Runners on the track

Analytic Vision

Bates emphasized that an eye that can't move is not good for seeing. It results in watery, unclear vision and makes it hard to see normally. Good vision means little and steady eye movement. This exercise helps you reduce eye movement and keep it steady.

Nutrition

Antioxidants and vitamins play a key role in staying healthy. You can achieve a great vision by including these steps:

- Vitamin A
- Vitamin E
- Vitamin C
- Antioxidants
- Omega 3 fatty acids
- Zinc
- Zeaxanthin

Foods for Better Vision

- Leafy Greens
- Eggs
- Citrus Fruits
- Seeds and Nuts
- Wild Blueberries
- Sweet Potatoes
- Fatty fish
- Non-GMO Whole Grains
- Legumes
- Grass fed Beef
- Coconut Milk
- Tomatoes
- Olive Oil
- Non-GMO Corn
- Pistachios
- Strawberries
- Avocados
- Peppers

- Dark Chocolate
- Coffee and Tea

Chiropractic

A life without subluxation helps your body work better, including your vision. Without a good connection to the nervous system, the body can't work at optimal levels. See a corrective chiropractor in your area to check your nervous system soon.

Conclusion

I hope you found this journey about natural vision correction solutions useful. Diet changes, sunning, and palming were the keys to my quick vision improvement. I stopped doing the exercises when my vision got better. This meant I had to repeat the exercises two and a half years later. Isn't it nice to know you can improve your vision with these techniques?

If you like to explore topics more deeply, take a look at the books, articles, and websites in the resources section.

Here's to better, clearer vision naturally!

DAILY PRACTICE

- Set reminders to blink, soak up the sun, stretch your palms, swing, and do your vision exercises.
- Each week, choose one technique to practice daily. Keep at it until it feels natural. Begin with motion. It's key to enhancing your vision.
- Focus on the computer or TV screen, or on your work at your desk.
- Develop the habit of practicing everyday and committing to having clear vision for the rest of your life!

Habits

Start Small

Description:

Big goals can be intimidating. Starting small helps you build momentum and makes it easier to begin.

Action Steps:

- Break your habit into the smallest possible action (e.g., instead of “30 minutes daily,” start with “deep breathing for 2 minutes”).
- Focus on consistency over intensity—better to do 1 push-up daily than none at all.
- Increase the difficulty gradually as the habit sticks.

Be Specific

Description:

Vague intentions lead to vague results. Clarity helps you follow through.

Action Steps:

- Use the formula: “I will [behavior] at [time] in [location].”

Example: “I will do shifting” 10 minutes at 4 p.m. in my bedroom.”

- Write it down or say it out loud each day to reinforce your plan.
-

Stack Habits

Description:

Pair a new habit with one you already do automatically—this creates a reliable trigger.

Action Steps:

- Identify a daily habit (e.g., brushing your teeth, making coffee).
 - Attach your new habit to it using the formula:
“After I [existing habit], I will [new habit].”
 - Repeat daily until the connection feels automatic.
-

Track Progress

Description:

Seeing your streak or progress gives a sense of accomplishment and keeps you motivated.

Action Steps:

- Use a physical calendar, app (like Habitica or Streaks), or journal to check off each day you complete the habit.

- Review your progress with “self tests with the eye chart” weekly to see patterns and boost confidence.
 - Reward yourself after milestones (e.g., 7 days in a row = treat yourself).
-

Set Reminders

Description:

It’s easy to forget new habits. Reminders act as a gentle nudge to follow through.

Action Steps:

- Set alarms or calendar events on your phone.
 - Leave visual cues (e.g., a sticky note on the mirror, water bottle on your desk).
 - Use smart tech like Alexa or Google Home to prompt you at specific times.
-

Reward Yourself

Description:

Positive reinforcement makes habits more enjoyable and strengthens repetition.

Action Steps:

- Pair your habit with a small reward (e.g., listen to a favorite podcast only during workouts).
 - Celebrate mini-milestones: 3 days, 1 week, 1 month.
 - Use non-food rewards like extra leisure time, a fun activity, or a small purchase.
-

Remove Friction

Description:

The easier a habit is to start, the more likely you are to follow through.

Action Steps:

- Prepare in advance (e.g., set out eye chart the night before).
 - Eliminate distractions (e.g., silence phone notifications during focused time).
 - Use tools or shortcuts (e.g., meal prep to eat healthy, automation for recurring tasks).
-

Plan for Obstacles

Description:

Life happens. A plan for tough days keeps you from falling off track completely.

Action Steps:

- Identify common barriers (e.g., tiredness, time constraints).
 - Create a “Plan B” (e.g., “If I can’t do 15 minutes, I’ll do 2 minutes of eye exercises”).
 - Have a mindset of flexibility, not failure—missing one day isn’t the end.
-

Visualize Success

Description:

Seeing yourself succeed boosts motivation and creates a mental blueprint for action.

Action Steps:

- Spend 1–2 minutes daily imagining yourself doing the habit with ease and enjoying the benefits.
- Keep a vision board or written list of “why” this habit matters to you.
- Focus on identity: “I’m the kind of person who [e.g., sees without glasses].”

Be Consistent, Not Perfect

Description:

It's better to be consistently good than occasionally perfect. Habits are built by repetition.

Action Steps:

- Set a minimum version of your habit (e.g., 1-minute meditation on busy days).
- Don't let one missed day become two—get back on track quickly.
- Track your streak, but also your bounce-back rate.

These steps will get you back to seeing how you want to see! Develop the habit of practicing these exercises every day. Consistency is crucial!

If you found this information helpful, it would be much appreciated if you referred your friends and left a review on Amazon.

Here's to better vision!

Dr. John DeWalt



Scan the QR code above to join our Relax to Clarity community to get in-depth information and a Q&A with me live. See you there!

Resources

1. Lisette Scholl (2000). *28 Days to Reading without Glasses*, Citadel.
2. www.bateseyeeercises.com
3. <http://integraleyesight.com/batesmethod/centralization/Fusion>
4. Beilstein, Thomas J (2014-11-26). *Eyesight: How to Naturally Improve Vision - Proven Quick Tips to Improve Eyesight Vision in 30 Days or Less*.
5. [http://www.chiro.org/research/ABSTRACTS/Vision Cervical Spine and Chiropractic.shtml](http://www.chiro.org/research/ABSTRACTS/Vision_Cervical_Spine_and_Chiropractic.shtml)
6. <http://articles.mercola.com/sites/articles/archive/2001/07/28/coconut-health.aspx>

Notes

Notes

Notes

Notes

Notes

Notes

Notes

Notes