

VISION
WITHOUT
GLASSES

VISION
WITHOUT
GLASSES

VISION
WITHOUT
GLASSES

FOR
IRRED
RECTED
EYES

VISION
WITHOUT
GLASSES

Vision Without Glasses

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Vision Without Glasses

Chapter 1

Vision Without Glasses

Today many of us wear glasses and contact lenses. These devices have been developed to help us see. Yet the fact remains that while you may feel as if your vision has improved with these aids, they actually keep you from improving your natural vision. Most people think that once your eyesight goes there is nothing that you can do to reverse the loss except correct it by wearing glasses, getting contact lenses or undergoing corrective vision surgery.

Yet there is hope for people who want to improve their vision. There is no age limit to improving your natural eye sight. There are many routes that a person can take to help them improve their vision. Within this book you will see some of the avenues you can take to improve your natural eye sight.

The journey that you are taking will show you how aspects of your overall health affect your vision. You will see how the ordinary medicines you take without thought can affect your vision, often in a negative way. You will discover the benefit there is in drinking fresh fruit and vegetable juices. You will also discover various eye

aliments and the natural remedies that you can use to protect your eyesight.

There will be lots of the interesting facts to discover as you read through this book, and won't be able to remember them all. Just know that you can always refer back to it as you pursue better natural vision.

By reading this book you will recognize that your dependence on glasses and contact lenses is unnecessary. If you follow the tips and techniques revealed here your eyes will begin improving, allowing you to see the world around you with greater unaided clarity.

Introduction

Your eyes are one of the most important organs in your body. Your eyes will change and grow as you age, and there will come a time when images or words in books are not as clear and sharp as they used to be. You don't pay attention to the subtle changes in your eyes usually. After it steadily declines you finally make an appointment to see the eye doctor.

Once there and after numerous tests, you might be told that you need to get glasses or contact lenses. This is the time to think about what you want to do with your vision. While getting glasses or contact lenses can be of help to you – wearing these devices may not help in correct or improving your natural vision. On the contrary you will find that as time passes your eyesight may become much worse from after wearing these vision aids.

There is one major point that you will need to keep in mind when you are reading this book. The information that is given here is not intended to replace medical help. If you have any eye problems it is best to consult with your eye physician's first before attempting to treat yourself.

However, after you have done so, you may discover that you can benefit by reading about and trying some of the exercises which are given here. So without any further ado let's see how you can improve your natural eyesight condition.

Top Causes of Eyestrain

Chapter 2

Top Causes of Eyestrain

Poor health is a main contributor to your eyes suffering from bad vision. Ill health can cause your vision to become somewhat blurred or less clear than usual. Of course there are other contributors to poor vision. These are generally external and are some of the main reasons why your eyesight may become worse over a period of time.

To identify these causes you need to think about your lifestyle. You will find that the life you lead, with its hectic pace, pressure to succeed, and daily stresses, are in fact part of the cause of your eyes losing their strength. These however are just a small part of why you may not see as clearly as you once did.

To understand these causes more clearly we need to go back to your life as a child. This is when the beginnings of your poor eyesight habits most likely developed. There is plenty of scientific evidence that states that during your infancy and toddler years you had excellent eyesight. This state changed once you started school. Boredom, frustration and the lack of interest in learning could be a contributing factor to poor eye sight.

You are probably wondering at this point how your education relates to your eyesight. Well let's put things into perspective, shall we? When you were a child, before you attended school, you had the opportunity to learn a variety of subjects without any restrictions or pressures.

Since you had free reign to learn your mind was constantly stimulated. You were more than eager to learn. When you went to school this entire way you learned changed. You now had to learn a number of different subjects, memorize them and do well in all areas of your work. You also learned that if you did not complete your work in the allotted time you may face punishment.

Most children, when faced with punishment, work hard to avoid punishment even if they do not like what they are learning. Usually dislike of a subject means that you need to work harder to understand what you are reading and trying to assimilate. This in turn causes you to strain mentally and forces your eyes to read until you have finished, often long after they are tired or hurting.

This is where your body and eyes learn bad habits which ultimately lead to poor vision. To help you see some of the contributors to poor vision here is a list of just a few:

- Reading when you are tired
- Bad posture
- Stress / Tiredness
- Misuse of alcohol
- Fluorescent lighting
- Eye strain
- Prolonged computer or TV usage
- Working in a stuffy work space.
- Bad diet

As you can see there isn't a single contributor to having poor eyesight. The items listed above are ones we live with because of the work that we need to do or the bad habits that we have forced our bodies to follow. You can however change these habits and reverse the processes which lead to poor vision. The first step is

acknowledging that you will need to follow through with better habits over a period of time.

As you read this book, take time to remember that just as Rome was not built in a day, it will take some time to reverse the habits which have caused your poor eye sight. But after you have read the book you will have the ability to continually improve your vision each day. And since you are initiating this self improvement process there is no pressure to work at a pace you do not feel comfortable with. Take each step toward improved natural eye sight at you own speed.

The Benefits of Relaxing

Your Eyes

Chapter 3

The Benefits Of Relaxing Your Eyes

Your eyes are precious. You will find that taking care of your eyes is beneficial to your overall health, emotional well being and mental state. To help you eyes learn how to relax you will need to look at the different techniques available that accomplish this. You will find that relaxing your eyes and body is one of most important things that you can do for yourself.

In order to begin relaxing your eyes you will need to find time and a place where you can have peace and quiet. Once you have found the time and the place, sit down and take some deep breaths to calm yourself. After you are calm, close your eyes and try to think of a soothing scene. Being in an open clearing where the wind is your only companion is an option. Allow your mind to envision the light wind blowing around you.

Next you need to allow the vision behind your eyelids to become darker. The darker this vision becomes the more relaxed you are. As you see only darkness, allow your mind to see and feel only a soothing wind blowing around you. Stay in this position for a while until you feel completely relaxed. At this point open your eyes.

You will notice that during the time you were relaxed, your vision may have improved due to there not being any distractions, any external pressure or strains placed upon your eyes.

By allowing your eyes and body some uninterrupted time to relax you will begin to see the benefits in relaxation for your eye sight. This helps your body throw off the stresses and strains of the day which can make you feel lethargic and unable to cope. Many companies are becoming more aware of this fact and are providing time-off for their employees to relax and rejuvenate before going to work for another stretch.

While taking a long time off to relax is ideal, there will be times when you will be unable to accomplish this due to work constraints. To compensate for this you can try a few simple exercises to refresh your eyes and mind.

The first one has you looking away from your current work and blinking a few times. The blinking will lubricate your eyes and help you to see better.

The next exercise has you looking completely away from your work at hand. Allow your eyes to focus on objects at varying distances. This exercise helps you to regain your concentration and helps you focus your eyes. There will be more exercises and herbal remedies listed in this book to help you with improving the quality of your eyes as you read further.

***Poor Eyesight –
The Facts & The Fiction***

Chapter 4

Poor Eyesight – the facts and the fiction

While our eyes may deteriorate over time from the stresses, strains and general wear and tear of life, there are many other reasons why your eyesight may not be as sharp as it once was. To help you understand what is going on with your eyesight it is best if you have a clearer picture of the role your eyes play. Then you can explore the different ways that you can help improve your vision.

The first item you will need to consider is the lifestyle you are living. How does it affect your eyesight and what needs to be done to improve it? The next item you will need to think about is your health and that of your eyes. What medications are you taking that can cause damage to your vision and to a degree your overall health? In addition, you will need to consider the foods that you eat and how they can help to improve your vision and your health or cause your vision and health to decline.

These are some factors you will need to weigh when you are thinking about correcting your vision problems. But first let's clear up a few items. These are the myths we hear regarding how your eyesight declines. These myths are often just scapegoats.

Once you have looked at the various myths, you may want to know some facts which will actually help you improve your eyes. These are ones you should think about. As you read through this section try to understand the various ways that you can use these facts to help you to improve your vision in a natural way.

The first section we will look at is myths which have built up around poor vision.

Here are some of the myths we have heard:

- Eating lots of carrots will improve your vision.
- If you wear contact lens they will make your nearsightedness better.
- A night light is bad for toddlers because it will cause them to have poor vision.
- If you use over the counter reading glasses they can hurt your eyes.

These are some of the myths which have come about regarding the different ways that people can make their eyesight bad. While some of these myths have small grains of truth to them, these

“reasons” will not cause your eyesight to worsen nor will some of them miraculously cure your vision. This means that even if you eat lots of carrots you will not be able to see better.

This example is just one way that shows you how some of these myths have become distorted. The main point to remember when you are looking at some of the vision myths is that most of these may have arisen from superstition or old wives’ tales.

You will also need to understand that sometimes medical facts have become distorted with the passage of time or have been disproven.

The truth is that while carrots are good for you, they can improve your general health by providing your body with needed vitamins and minerals. You should consider eating this vegetable alongside other foods as part of a balanced diet for better overall health.

While reading in the dark can bring strain to your eyes, you may not necessary make your vision bad in this manner. The fact is that by straining your eyes you can give yourself a headache and eye strain that hurts over time. You can correct this situation by

putting a bright light on or staying in a place where there is a good lighting while reading. Next sit so that your reading material allows the light to fall on the page so that you can see the words.

Here are some true facts regarding over the counter reading glasses. These glasses have been designed with a select group of people in mind. They have also been designed for a specific purpose. When you look at the various over the counter reading glasses you will discover various colors, shapes and sizes. In addition to these fashion trends each pair of glasses will have a specific vision number assigned to them. This number will allow you to choose the reading glasses that are made for your vision.

You will find that these glasses are perfect for the times when you need to read books, newspapers, documents and even signs. Trying to do other activities with these glasses will cause you to strain your eyes. This is why there is a myth that these over the counter glasses are bad for you.

The other myth you may have heard is that watching too much television can be bad for your eyes. In this myth it is suggested that the various colors emanating from your TV are bad for your

eye sight if you sit too near it. While some of the colors can be jarring up close, they may not necessary harm your eyes. You might get a headache trying to figure out what the images are, but beyond this there is nothing supporting that TV watching will damage or worsen your vision.

The final myth to look at is how contact lens will improve your near sightedness. With this myth you need to consider a few facts. The first fact you need to understand is that contact lenses have been designed to help correct vision problems while you are *wearing* them. Once you remove the lenses, these corrective aids will no longer be in effect.

By using contact lens and glasses you are causing your eyes to be dependent on these devices. Your eyes are not given a chance to adjust to the changes in the environment since you see everything magnified via the use of these lenses. In order to correct this problem you may consider removing your contacts or glasses and letting your eyes adjust to sight without them. While at first you will see blurred images, your vision will soon become accustomed to seeing without them.

To better improve your vision you will need to close your eyes and completely relax. This relaxation technique is one where you can relax your eye muscles and let the blood flow to your eyes without any straining. With your eyes closed you will let them see only a wall of black in front of them. After this wall has fully encompassed your line of sight you can open your eyes.

You will see some difference in the amount of objects you can see as well as notice the amount of visual blurring which is part of poor vision. During this period of time you should try to note how long it takes for your vision to return to “normal”. As you try some eye exercises – which can be found in later sections of this book – you will find that the period of time where your eyes can clearly focus on objects is becoming longer and you are able to see at various distances much better than before.

As you can see, there are many myths about improving your sight. Some of these myths are based on facts and will work for you depending on the state of your vision. Others will not pertain to your vision or your health. By reviewing each myth, you will find be able to sort through the ones that come closest to you.

Remember that when these myths developed people attributed poor vision to the many factors that they knew at the time. To make sure that you do not allow these myths to cloud your viewpoint about poor vision and its cures, you should look at your particular vision problem and find facts pertaining to it. The final thing to remember when looking to cure your vision naturally is that time And determination are the only things that can make a difference to your sight.

Is Wearing Glasses

Good for You?

Chapter 5

Is wearing glasses good for you?

While glasses do have the ability to help you to see, there are times when you will find that your eyesight may be better without glasses. So the real question you need to ask is will you see better if you are wearing glasses or not? And if you do not want to wear glasses or contacts, what can you do to help your eyesight improve without further damaging it?

The first thing to understand is that even though glasses and contact lenses help with correcting your vision, they only address part of the problem. Glasses are not made with the intention of curing your vision. If this was the case, then after a short period of time your eyesight would be better and you would no longer need to wear glasses or contact lenses.

If you currently wear glasses or contact lenses you will have to see just how bad your vision really is without them for a couple of hours. For this experiment you will need to pick a day when you are not going to be leaving the house or doing anything which requires concentration, sharp objects, or machinery operation. You should also make sure that you are relaxed. Being relaxed is

very important in this step because when you are tense your eye muscles become tense which hinders the experiment.

First choose something like a book or a poster which has images or words of differing sizes. Look at the picture and try to read the various words. Go from the large ones to the smaller ones. Once you have read all of these words take off your glasses and try to read the words again. Continue until the words become blurry. This blurriness is a marker that you can use to tell just what your state of sight is without your glasses.

The next part of the experiment entails sitting down near a table. Close your eyes and gently lay your palms over your eyes. Make sure that you do not press the palms too tightly against your eyes. Keep your eyes closed until your inner vision – these are the images you will see against your eye lids – starts becoming darker. The darker the vision is the more relaxed you have become. Once the inner vision is totally black, remove your palms from your eyes.

Wait a few moments and then open your eyes. Try to read the same words again to see how far you can get before the words become unreadable. You should be able to compare how good or

bad your vision has become in those few moments of reading without your glasses. During the second reading, if your eyesight has sufficiently improved, then you know that you may be able, with some time and effort, to improve your eyesight.

The main fact to keep in mind during this experiment is that you have a limited vision when you start your vision improvement experiment. As time passes, however, you may notice that, not only is your vision improving, but that you may need to wear your glasses or contact lenses less often than before the vision improvement exercises.

With these facts in mind you should not throw away your glasses because you will still need them while you are in the process of improving your vision. In order to improve the problems you have it will take some time and effort on your part. It may, however, be achieved by anyone at any age. At the end of this journey you may see just how much better you can see and how the overall quality of your life has improved.

To achieve all of these things, you will need to begin the journey shown in this book. Read each page and let your vision escape of the prison built by your glasses and contact lenses.

Vision Exercises
To Improve Your Eyesight

Chapter 6

Vision exercises to improve your eyesight

We all know that our eyes are one of the most valuable assets that we have. Keeping your eyes in top condition therefore is the most important step that you can perform. Unfortunately, for many of us this is a feat which is somewhat hard to achieve. As a result, as time goes by your vision may deteriorate and you can not see without the aid of glasses or contact lenses. Many people will tell you once your eyesight has become bad that there is nothing you can do to improve it, but this book will show you otherwise.

This section of the book has a number of exercises, tips and ideas that you may wish to try to help improve your vision. The main point you will need to keep in mind when you are doing any of the exercises listed here is that it will take some time and a lot of determination on your part to see the benefits. To help you find success in this section you should try each of the exercises one at a time.

This will help you master the exercises without rushing and you will have an opportunity to see the progress of your vision improvement. There is one final item to state before getting

started. During the time period you are performing the eye exercises do not become discouraged if your vision has not improved within a few days. These are long term exercises which you can use to help your vision improve throughout your life.

Remember that the information in this book is not intended to replace any medical advice. So always consult your eye physician before trying any exercise.

Exercise 1: Focusing

Use this exercise to improve your focusing ability.

In this exercise you will be exercising your eyes' ability to focus on objects placed at varying distances. For this exercise go outdoors and pick an area which has an unobstructed view for about a mile or two.

Step 1: Choose an object within 3 feet of you. Look closely at this object (don't go up close to it) until you are able to identify it well. Once you have achieved this task go to step 2.

Step 2: Look for an object placed about 30 feet away. From where you are, examine this object as clearly as possible. Once you have noted all features and aspects of the object you are ready for step 3.

Step 3: In this step choose an object placed at 500 feet away. From where you are, examine this object as clearly as possible. After you have examined the object clearly you are ready for step 4.

Step 4: Choose an object which is placed at an extremely far distance. Examine this object as clearly as possible from your present location (don't go close to the object). Once you have noted down all of its features and aspects return your vision to the nearest object (step 1).

This eye exercise should be practiced at least ten times a day, twice a day. You will improve your ability to focus if you practice this exercise thoroughly and properly.

Exercise 2 – Alternate version of exercise 1

For those of you with some imagination and determination, the above exercises can be done in another way. For this exercise you will need to visualize an object such as a cube, a triangle or a beach ball clearly in your mind. Once you have this image, place the image at a 3 feet distance in front of you. Look closely at this image and focus on its details.

Next imagine visually following the image as it moves to a distance of 30 feet away. While you are still examining the image's details and noting how they look, picture the image moving further away from you. After you have sent the image to a distance of 30 feet you will need to move it again so that it is 500 feet away.

Once it has been placed 500 feet away from you, notice how the image looks. Try to see if its various features are still clear to your sight or blurred. Remember that while you are looking at an imaginary object you need to allow your eyes to see the object as if it was real. After you have kept the object at 500 feet for a while move the object to about a mile away.

At this point try to see how the object looks. Note how your vision's focus is and what features can be seen clearly and what features can't be seen at all. Once you have accomplished this, allow the image to return back to its original position 3 feet in front of you. As the image comes back it will return to its original size as well. During this return process; focus on how the image looks as it travels back. You will need to do this eye exercise ten times a day, twice a day.

Exercise 3: Distance viewing

In this exercise you will practice improving your distance viewing capabilities. For this exercise you can use your finger or a pencil to help you.

Step 1: Hold one finger or a pencil up in front of your face at a hands distance away. Close one eye and focus only on the finger/pencil for a few minutes.

Step 2: Now with your open eye look as far into the distance as possible.

Step 3: Bring your vision back to the finger in front of your face.
Do steps 1 to 3 about 20 to 30 times for each eye.

This exercise encourages your eyes to get used to seeing at varying distances. By varying the distances you look at with your finger, you are allowing your eyes to adjust from near to far without any problems of sight adjustment occurring.

Exercise 4: Improve blood circulation to eyes and head.

For this exercise you will need to move your head up and down. By doing this exercise you will strengthen the muscles in your neck and help to increase the flow of blood to the neck and the head. As this exercise entails moving your head and neck muscles you will need to take this exercise slowly.

Step 1: Stand in a relaxed position with your head held straight in front of you.

Step 2: Slowly tilt your head upwards as if you were looking at the ceiling or sky above. Hold this position for a few minutes.

Step 3: Now slowly move your entire head downwards to look at the ground. Hold this position for a few minutes.

Step 4: Return your head back to the position in step 1. Repeat this exercise about 10 times a day, twice a day.

Exercise 5: Figure of Eight

This simple exercise will help to develop the muscles in your eyes. It will also aid in improving the flexibility of your eyes as well. To do this exercise, find a quiet spot where you can relax and calmly concentrate on the exercise given below.

Step 1: Imagine that about 10 feet away from you there is a giant figure 8.

Step 2: Turn this figure 8 on to its side still facing you.

Step 3: Using only your eyes, trace the outline of the figure 8 going slowly in one direction. Continue tracing the figure 8 in this direction for a few minutes.

Step 4: Stop and trace with your eyes the figure 8 going in the opposite direction. Do this for a few minutes as well. After a few minutes stop and allow your eyes to relax. You should try this exercise about four times twice a day.

Exercise 6: Palming

When you are doing this eye exercise you will notice that it's perfect for relieving you of the stress that you are feeling around them. As you relax you will notice that your ability to do this exercise also improves.

Note: For users of computers this is an excellent eye exercise to do in order to give your eyes a rest from the glare of the computer and allow your eyes time to refresh.

Step 1: Make sure that you are seated at a comfortable table with a chair. Take off your glasses.

Step 2: Take a few deep calming breaths before you start.

Step 3: Lean forward on the table or place your elbows comfortably on your knees in front of you.

Step 4: Rub your hands together until you can feel some warmth being generated. Close both of your eyes fully.

Step 5: Carefully, without putting any weight or pressure on your eyes, place your two hands over your eyes. You should be able to blink freely and without feeling as if there is a weight against your eyes. The palms should form a cup that covers the eyes. Your fingers will lie on your forehead and the heel of your hand will rest on your cheekbones.

Step 6: Tense the muscles in your entire body. Slowly relax these muscles and feel yourself relaxing all over. As you relax you should see a wall of black or darkness against the lids of your eyes. The darker the wall the better, this means that the amount of darkness you see is an indication of your state of relaxation. Palm your eyes for about 15 minutes.

Step 7: At this point open your eyes. Take note of how your environment looks. Are the colors you see brighter? Do the objects around you stand out more? Can you see better without your glasses now? See how long it takes for your eyes to adjust from this state back to the previous state.

To get the full benefit of this exercise you will need to do the palming exercise as often as you can. You should also consider relaxing and not putting pressure or strain on your eyes as this will cause your eyes to feel more tense and tired. This exercise is one that you can do anywhere and anytime to relax your eyes and give them time to refresh and feel less stressed.



Palming

Exercise 7: The Charts

The charts were an idea conceived of by Dr. Bates in order to help people with their vision. In the charts you will see a number of different letters, numbers and some shapes. These objects will be colored simply in black to help you see without any distractions. In order to do this exercise you will need to follow these simple steps. Use this chart to help enhance your focusing abilities which will allow you to see the various details on each of the charts.

Note: *There are 5 different charts found at the end of this exercise. You will find it useful to print and use them at your leisure. And remember, when you are using these charts do not wear your glasses or contact lenses.*

Step 1: Find a permanent home for the charts. This should be somewhere where you will be able to see the charts without any problems right throughout the day. Make sure the location is well lit.

Step 2: When you are ready to use the chart, stand or sit several feet away from the card.

Step 3: Read each letter and look at each shape on each of the lines of the charts. Start reading from the top line down to the bottom most one that you can.

Step 4: Cover one eye with your hand and read the chart again line by line. Read until the letters or shapes become blurry. At this point stop and see where your sight has gone bad. Make a note of this point.

Step 5: Cover the other eye and repeat the exercise. At the end of the exercise open both eyes and go up to the charts. On the charts you will see indicators of what is considered as farsightedness and shortsightedness. Try to see exactly where your vision lies.

Don't worry if at first your vision is not that good. You are reading this book in an effort to improve your vision. Therefore, you will need to keep a record of your eyesight while you are using the charts. As time passes you will notice that your eye sight improves and you will be able to read further and distinguish the different letters and shapes from your prior tries.

These eye exercises can not only improve your vision but they can help you learn to relax and let go of stress, exercise body muscles, and focus on objects which are placed at various distances. As you follow each of these exercises, you will see that your vision is improving simply because you are exercising your eyes and eye muscles. Just as exercise is essential for a healthy body it is also essential for your vision as well.

These eye exercises can be done by anyone of any age. You will find that merely doing even one of these exercises can have a marked performance on your vision. Therefore take your time and learn these exercises. You will not regret the time you have spent on them.

⌘ Chart 1 ⌘

CHART

K ☺ ♥ F

Your far vision

is good if you →

can read this

line from 6m

E Z ✨ HJ ↑ OU

K U * R A ☺ E ▲ M P X

B D F ♪ J L N ✨ R T V A

Y U F R ♥ O N G D ! S M B ☺ A C

T F S ↑ D T S ♪ Y R E ✨ F S B T

Your near vision

is good if you

can read this

line from 35cm

LR ♥ I G B C * S A ☺ E S V ✨ U H

H A T R ▲ S T U T V S ! N ? Q O M S

→ R G A Q B N E Z ↑ B M ▲ L A U W ♥ J I N E S U ✨ D I Y O S F S M * C N G R A

C B Y O M P W ♥ L R Z A T X ▲ Q S U G F B V K Y ♥ X H Q C N H L P V

B K Q U W P ♥ J M E X V Z B N U Y ▲ L P I Y K N A D S • W Z X - YOU ARE DOING GREAT! ENJOY IMPROVING YOUR EYESIGHT!

⌘ Chart 2 ⌘

H E L L O

L  → R

Your far vision

is good if you

→ F H ☆ D G ⇕ H K

can read this

line from 6m

W B ■ N S ● K ③ G M X

Y V ♠ T A ⑤ R F Z J

Y U F R ♥ O N G D ! S M B ❖ A C

A D J → G B L ↑ C H I P ▲ A R E T

Your near vision

is good if you

can read this

line from 35cm

I O ● P W C O * F I ☺ U D N I ☺ G Q

O P A C † E G T I Y N ! W ? R O T S

→ RTCSAYEI ← VA ↑ WGTE ♥ ARETICO † TRWCGYOX → VSIA

⌘ RTA ⌘ YUGHIA ⌘ WGTNGUD ⌘ DBUIWALP

RGIT ⌘ TREPUCAJM ▲ LOSPARTUKE ⌘ ETC-YOU ARE DOING GREAT! ENJOY IMPROVING YOUR EYESIGHT!

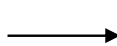
⌘ Chart 3 ⌘

H O P E

H + N ◆

Your far vision

is good if you



A G ☰ O V W ⇌ P

can read this

line from 6m

F N ■ K L M ↙ C ◆ L O L

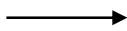
V I S T A ■ F O K L

K O L Q ! D U G K O P A ❖ D F

P A T ✓ K O P h W E I R □ D A P W

Your near vision

is good if you



A M ☺ Q U E P ☳ B A ☉ T R E M E × K E

can read this

R E M C ☉ S A I T P E ! K ? K A P T

C U ≙ G T R A P ♥ D I F A R T h J E R U D E I M ✓ K I R B E

C B Y O M P W ◆ L R Z A T K X ▲ Q S U G F B V K Y ✕ X H Q C N H L P V

line from 35cm

B K Q U W P ◆ J M E X V Z B N U Y ◁ L P I Y K N A D S ◆ W X X . Y O U A R E D O I N G G R E A T ! E N J O Y I M P R O V I N G Y O U R E Y E S I G H T !

⌘ Chart 4 ⌘

KINDNESS

D ← ↘ N

Your far vision

is good if you →

R A x N T ❄ X C

can read this

line from 6m

S C ↻ A B ⇨ T ▲ T N Q

P A ⇄ C O ■ A W O P

D R E A ♦ E R T O ! G I R ♠ P W

H O P ⌘ W Q H Ⓢ P C A J ❖ F E W X

Your near vision

is good if you →

V R ☺ F U A Z S N ☺ U D I A M ☉ P E

can read this

D I E W P T C K O ! L P A S ☉ P A

line from 35cm

G T W B I A T P ↻ E G ☉ W O X P ♠ P E A N T O ♠ N A O D I C Q N † X I O L

F R H I W = F H I W V L A ▲ F B I A R T E I A ♠ P V D T A L E

R G C A P ♠ G C U A M P I Z ≈ F U E N T O P F N ♠ I M A! YOU ARE DOING GREAT! ENJOY IMPROVING YOUR EYESIGHT!

⌘ Chart 5 ⌘

P L U R A L

G 📱 Z Ⓟ

Your far vision

is good if you



P X ♥ V Y Q 🏠 L

can read this

line from 6m

K A Q M A ✨ V 🏏 K E R

B R Q P A ● L C T E

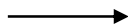
V I ! J W U E V T 🚗 T U

C E R T U D E R 🚗 C A M P ▶ K W U R

F U E T I A N ♥ S I K D R I T A P Ñ Y Q

Your near vision

is good if you



can read this

line from 35cm

J 🚗 C A I T E F P V O I X ? L O P T

W E 🚗 P R E T I ♥ F S I E T O ● G R V U T Q V L P A

R I T W K P T B C ♥ G R X I T B L G Q H F R I T E B A P ● W V P T Z A G

G R I W O L G R G T W C U H I M O P ▲ T V W E R F I T → F R T - Y O U A R E

D O I N G G R E A T ! E N J O Y I M P R O V I N G Y O U R E Y E S I G H T !

Pinhole Glasses

When we look at various objects, the light that comes to our eyes enters from all possible angles. While this allows us a greater amount of color and range of viewing, there are problems which can arise. The simplest problem is that of blurred vision due to excess lighting. To correct this problem you will find many different recommendations. Of these one of the best is that of pinhole spectacles. These spectacles are different from prescription and over the counter reading glasses because you do not have normal viewing lenses in the frames.

In general, when you look at objects you use the full range of your vision to see objects in a variety of angles. The light which can be seen reflecting off these objects will allow you to see many of these objects without trouble. However, you may have noticed that if there is too much light your vision becomes blurry and your pupil seems to contract until there is only a small amount of light seen. This is your eyes natural way of protecting your sight. Here with the small amount of light and viewing space your vision is focused in a small area. You will see the object placed in this path clearer and sharper than before.

It is this effect that you are aiming for with pinhole spectacles. With these glasses, the lenses are darkened like sunglasses. Unlike sunglasses which are completely dark, the pinhole spectacles have numerous pinholes placed on the lenses. These glasses can be worn by anyone. They restrict the amount of light coming to the eye. Instead of seeing a lot of light, you will see only a fraction of light which reaches your eye via the pinholes. As a result, your pupils will constrict themselves in order to see through the holes. This reduced viewing area forces the eyes into focusing only on what can be seen in front of you.

The result is sharper vision and improved vision. When you wear these glasses for the first time it will take some time getting used to them as you see light entering only through the pinholes on the lenses. The effect these holes have on the eye is simple and yet they can dramatically improve your vision and exercise your eye muscles.

However, you do need to be aware that you cannot use these glasses when you are driving since your field of vision will be greatly reduced. For this reason you should use these glasses when you are at home or in the office where you will not need 360

degree field of vision. This type of spectacles, are also perfect for the times when you want to practice sharpening your focusing abilities and doing other eye exercises.

The best facts you about these pinhole spectacles is there is no prescription required to wear them. You have the option of ordering them online or even making a pair yourself. If you want to make a pair of pinhole spectacles please follow the directions given below.

To make a pair of pinhole glasses:

You will need:

- A pair of old glasses
- Cardstock paper
- A small screwdriver
- A pin or needle
- Tape

Method:

1. Find or buy a cheap pair of sunglasses.
2. using a screwdriver remove the lenses (both lenses) from the sunglasses.

3. Trace the shape of the lenses on the cardstock paper. These will become the new lenses.

4. Carefully cut out the cardstock lenses making sure they can fit along the edges of the frame.

5. Once the lenses have been cut out check the fit and adjust as required.

6. With the sharp pin or needle poke about 70 holes into the cardstock. Try to space the holes evenly.

7. Once you have finished making the holes, place the cardstock lenses on the frames. Carefully tape the lenses to the frames. Make sure that you do not cover any of the holes.

Your new pinhole glasses are ready for you to try wearing. Remember that it will take your eyes some time to adjust to the limited amount of light and vision area. Therefore, don't force your eyes into doing too much the first time you wear these glasses.



Pinhole Glasses

Improve Your Vision

With Food

Chapter 7

Improve your vision with food

So now that you know how your eyesight affects both your state of mind and your health, you can consider the different ways to improve your vision. As you consider these methods you need to understand that these are not quick fix methods nor are they methods which will help or cure your eye sight overnight.

Because it took some time and outside influences to cause your vision to become bad, it will take some time and conscious effort on your part to correct the issues affecting your sight. You must understand that part of improving your vision lies in changing certain ingrained habits you have developed over the years. You will need to start with some of the exercises given in this book in order to reverse some of the damage already done.

You will also need to continually practice the exercises detailed here so that, not only are you doing them, but you are learning how you should treat your eyes better. Doing the exercises which are given here is just the beginning of improving your vision.

You will also need to see about changing your eating and dietary habits. This is simply because there are some foods which will deprive your body of the needed vitamins and minerals which can help you with better vision and overall good health.

Foods which can help you to improve your eyesight:

There are numerous foods that you can eat. Some of these will help you to live a healthier life. Others will have benefits which can provide you with a safe and natural way to improve your eyesight. As you look in the supermarket for these foods, try to remember that you will need to change or add different varieties of these foods to your daily diet. Eating only one type of food will deprive your body of the minerals, vitamins and other nutrients which are vital to help your body, your immune system and your eyes remain healthy.

Of these various helpful foods you will find that eating omega rich fish is a good choice. Likewise, fruits and fresh vegetables are necessary for your daily diet. Instead of heaping your foods with massive amounts of salt you can use herbs and spices to add

some flavor to your meals. The foods listed below should be of some benefit to you. However, when you are preparing these foods as part of your meal, try *not* to use a lot of oils, unless you are planning on using Olive oil. You should avoid frying any of these foods as well. So here is a list of food that can benefit your eye sight.

Fruits which are good for your eyes

- Dried Apricots
- Cantaloupe
- Persimmons
- Acerolas
- Guavas
- Blueberries
- Lemons
- Bilberries
- Kiwi fruit

Vegetables you should eat

- Broccoli
- Celery
- Green beans
- Peas
- Brussels sprouts
- Corn
- Tomatoes
- Carrots
- Sweet peppers
- Chili peppers
- Collards
- Leaf lettuce
- Dandelion leaves
- Spinach
- Leeks
- Mustard greens
- Squash
- Kale
- Sweet potatoes
- Yams

Fish varieties you will find of help

- Sardines
- Salmon
- Mackerel
- Albacore Tuna

Herbs and Spices which are good for you

- Turmeric
- Oregano
- Dill
- Parsley

While these foods are good for you, there are certain foods which you should avoid both from a health and from eye improvement point of view. The first foods you should avoid eating are red meats as these are full of fats which are not healthy for you. You will also need to stop eating junk foods of all types. This is because of the various chemicals which are used in the production of these foods, not to mention the heavy usage of sugars and oils.

Even though these are foods which can make your taste buds tingle, they are not full of the essential food items we need. You should also make sure that you do not drink alcoholic beverages as these can hurt your eyes by forcing them to focus on various objects because of alcoholic chemicals that slow your brain functions down.

Foods which will help to worsen your vision

Just as you will find foods which can help improve the quality of your life, there are foods which will deteriorate your health. Some of these will have definite repercussions towards your eyesight. You will need to understand that, while you may love eating these foods, eating a lot of them in large quantities each day or every week will not help you improve your vision.

Some of these foods are fried foods, nicotine products, fat filled red meats, alcoholic beverages, sugar filled foods, heavy oils, bakery products and other artery clogging foods. By taking the time to identify these “bad” foods in your diet you will see how you can substitute healthy foods in their place or choose to make these “junk foods” a special treat to be eaten once a month.

By reducing these foods, you can be assured that you are helping your body and your eyes to recover from the effects these foods can cause you over time. To see what some of these foods are, here is a list:

- Fried Foods – Fries, takeaway foods, fried chicken and food cooked in grease,
- Alcoholic beverages
- Nicotine products – cigarettes, cigars, tobacco and chewing tobacco
- Red Meats – Prime cuts of beef, pork, and lamb
- Processed meats – bacon, sausages, luncheon meat, pepperoni and other such meats.
- Bakery Products – cream filled cakes and pastries, cookies, doughnuts, and sugar covered buns
- Oils – excess usage of oils can harm your eyesight

Having looked at both of these foods – the good and the bad – you will be in a position to see how changing your diet has positive results, not only for your overall health, but also for your eyesight. It is a good idea to see how these different foods can be used or taken in small doses to provide you with a diet that is varied and filled with the nutrients you need. Just remember that you should not fry or overload your meals with salt.

Having looked at the different foods that you can eat, the next item to look at is exercise which will be a benefit to your eyes and overall health. The addition of exercise will help to improve the flow of blood to your body and help prevent your arteries from becoming hardened due to the food you eat being stored in your body as excess fat.

These are just a few of the natural lifestyle methods you can follow if you are looking to improve your vision. By trying these ideas out you will be providing your body with a better way of healing from the damage caused by a poor lifestyle.

***Natural Herbs to Improve
Your Vision***

Chapter 8

Natural Herbs to improve your vision

We all know how important our eyes are. If you don't care for your eyes properly they will become strained or damaged. However, most of us are unaware of the different ways to take care of our eyes. As a result, you will find that wearing glasses and contact lenses is the norm. To counter this trend, you will find this book to be of great help. Among the various tips and techniques that you can try there are some herbal remedies which you should look at.

Each of these remedies has properties which are helpful for improving your eyesight. ***However, as with all herbal remedies, you will need to get some advice from a trained herbal practitioner as to the safety of taking these herbal remedies.***

You should not have much difficulty in finding these herbs.

Aspalathus

It is a powerful herb which is native to South Africa. Many people will recognize this herb by the name Rooibos. The antioxidants found within this herb have properties which are similar to Bilberry. These antioxidants have the ability of boosting the overall health of

your eyes. Additionally, they can help with improving your body's immune system.

Bilberry

This herb is classified as a therapeutic herb. Found within the herb are bioflavonoids called anthocyanosides. These bioflavonoids have the ability to reduce the rate of macular degeneration. They can also prevent other retinal conditions from occurring. The antioxidants from Bilberry also have the property of protecting the veins and arteries in the eyes.

With the use of this herb you will find that your vision clarity and distance seeing ability have become improved. Another benefit to the use of this herb is an improvement in your night vision from the effects of the anthocyanosides bioflavonoids.

A note of caution: this herb will not be of help in short-sightedness, far-sightedness or cataracts.

Passionflower

Taking this herb will help to relax the blood vessels in your eyes. It will help to alleviate eye strain which has been caused by viewing objects at a close distance or reading in dim lighting.

Ginkgo Biloba

The use of this herb will increase the flow of blood to your eyes. It is especially useful for sufferers of macular degeneration as it has the ability to improve retinal deterioration.

Bilwa

You will find that using this herb is helpful if you are suffering from conjunctivitis and sties.

Mahonia Grape Extracts

This herbal extract helps to protect the eyes from harmful UV rays and damage which can be caused by the sun. You will also find that using this herb is an excellent remedy for strengthening the capillaries in the retina. Mahonia Grape Extract is known to help in maintaining the overall eye health and slowing down the process of eye aging.

Golden Seal

For the times when you feel that your eyes are irritated or inflamed, using this herb will help to soothe your eyes. The pain reducing properties found within this herb make it an excellent choice if you are looking to get some safe relief for your eyes.

With the help of herbs listed above you can reduce eye pains, irritations and other eye issues. By using these herbs and others which can help you with your overall health, you will find a natural alternative to improving your vision. As you look at these herbs you should remember that they will constitute only a fraction of the help your body will need to improve your vision.

Combining these herbs with a healthy diet, good eye exercises and exercise for your body, you will not only benefit your eyes, but you will improve your overall health as well. You might also want to consider the different herbs for natural remedies that you can incorporate into your changing lifestyle. Some of these, like Ayurvedic treatments, have been around for a long time. You may find some interesting home treatments which can help you improve your vision for the better.

Juicing Your Vision

Back In Line

Chapter 9

Juicing your vision back in line

Many of us will drink fruit juice or a vegetable juice because,

1. It is good for us.
2. It tastes delicious
3. It is the easiest way for you to get the vitamins that you need all in one glass.

While these facts are true there are more benefits to be found from drinking fresh juice. As you look at the different combinations fruits and vegetables can be mixed into, you will also find that these have health benefits for your body and most importantly for your eyes.

Since there are various types of juices that you can make, it is best to you know the reason why – besides the facts that it is good for you and it tastes great – you are going make one of these fresh juice mixes. Before this exploration, there are some points you should understand with regard to these various juices. These points are:

- By drinking fruits and vegetables in a juice form, the enzymes found within these foods can be digested quicker and more efficiently by your body.
- By removing the fibers found in these foods, your body can absorb the essential nutrients of these foods without needing to wait until the body has cleansed out the digestive tract in order to absorb the juice into our system.
- When you add some brewer's yeast, wheat germ, or whole grains to your fresh juice, you will receive the protein your body requires without the need for eating meats. Plus you will be able to have this protein flowing through your system faster than just eating it.
- The best way to get the most nutrients out of juice is to make and drink only the amounts that you can drink in one sitting. By storing more juice than is required, certain enzymes and vitamins found within the juice will breakdown when exposed to sunlight.

- When you are making one of these juices, make sure that you use only fresh, organic fruits and vegetables because using the other variety will expose you to pesticides and chemicals which are not safe for consumption.

- To avoid this problem, if you can't buy organic produce, filter out the fiber – where the pesticides will find root – from your freshly prepared juice.

- In order to reap the most health benefits from the juice, you should make sure that at least 50 to 75% of the juice contains at least a number of greens. The greens that you should use are:
 - Broccoli
 - Chard
 - Dandelion
 - Kale
 - Parsley
 - Spinach
 - Watercress

The final point that you will need to consider is the type of juicer you will use in the preparation of these juice recipes – which will be listed below – as you will need to prepare the juices without the generating heat destroying some of the essential nutrients which are found within these juice ingredients. The best type of juicer you can use should work at 80 RPM instead of at 3600 RPM or higher.

At this speed the juicer will crush the fruits and the vegetables you have chosen slowly. This slow crushing procedure will preserve the maximum amount of nutrients as possible. Even though the juice will take a little longer to prepare and cleaning a bit more time you will have a juice which is high in the nutrients and vitamins that your body requires for a healthy life.

Listed below are some of the juice recipe ingredients that are good for different eye conditions. In each of recipes you will need to blend the ingredients until they are well crushed.

Best's Disease

Do not use too much of fruits in this recipe – as you can see, there are mainly vegetables listed here.

- apples
- grapes
- raspberries
- beets
- cabbage
- carrots
- celery
- leeks
- spinach
- ginger
- garlic
- parsley
- lemon
- chlorophyll
- wheat grasses

Cataracts and Conjunctivitis

- apple
- blueberry
- carrot
- celery
- endive
- spinach
- parsley

Macular Degeneration

- broccoli
- green bell pepper
- greens
- red bell pepper
- apples
- raspberries

Floaters

This recipe too does not rely so much on fruits as it does on vegetables.

- apple
- raspberries
- beets
- carrots
- celery
- parsnip
- garlic
- parsley

Optic Neuritis & Optic Nerve Atrophy (also called Lebers)

- chlorophyll
- wheat grasses
- berries
- beets
- cabbage
- carrots

- endive
- ginger
- parsley

Diabetic Retinopathy

Fruits? What are those? You need more vegetables!

- raspberries
- ginger
- garlic
- parsley
- chlorophyll
- Jerusalem artichokes
- asparagus
- beets
- cabbage
- carrots
- celery
- leeks
- pumpkin
- spinach

Glaucoma

Bring on the vegetables! (Now you know why your mother always told you to eat all your vegetables!)

- raspberries
- plums
- apple
- turnip
- radish
- parsley
- cucumber
- celery
- carrots
- cabbage
- beets

Retinitis Pigmentosis

Do not use too many fruits in this recipe either.

- grapes
- raspberries
- lemon
- chlorophyll

- wheat grasses
- ginger
- garlic
- beets
- cabbage
- carrots
- celery
- leeks
- parsley
- spinach

By looking at these various fresh juices, you will gain an idea of the best way to incorporate these juices into your daily diet. Drinking these juices along with a balanced meal ensures that you are providing your body with all of the nutrients, vitamins and minerals it requires to carry out the task of giving you a healthy body and an improved vision.

Drugs which can hurt

Your Eyes

Chapter 10

Drugs which can hurt your eyes

Many of us use various medications to help us recover from illness or physical ailment. While these medications can help us with the recovery process there are some medications which can have an adverse effect on your eyes. Since most of us and the doctors who prescribe these drugs don't think about the greater effects the use of these medications will have on our body, we will seldom ask if the drugs we take will cause some form of damage to our eyes.

In order to avoid damaging your eyes, you might want to have some foreknowledge. The following list will provide you with some guidelines that may help you know what damage the given medications can cause to your eyes.

Steroid use: If you must take any of these medications, be sure to supplement your diet with anti-oxidants like vitamins E and C, and beta-carotene. Ask your doctor if you can replace the prescribed steroid treatment with natural cortisone such as hydrocortisone.

Drugs which can cause eye hemorrhage:

- Venlafaxine – an antidepressant
- Pentoxifylline – used for blood clotting
- NSAIDS (Non-Steroidal Anti-Inflammatory Drugs) and other over the counter pain relievers
- Amphotericin B – an antibiotic
- Heparin, Anisidione, Coumadin and other oral anti-coagulants
- Cholesterase inhibitors – often used in the treatment for Alzheimer's

Drugs which can cause changes to the cornea:

Anti-malarial drugs,

- Quinacrine
- Hydroxychloroquine
- Chloroquine

Using these drugs will cause you to see halos around lights. There may be a possibility of light and glare sensitivity. There will cause issues with a person's visual clarity. After the drug use has

stopped, these symptoms and the objective corneal signs will disappear.

Drugs which can lead to cataracts and macular degeneration:

- Birth control pills
- Sulfa drugs
- Antihistamines
- Tranquilizers
- Antidepressants
- Steroids
- Oral anti-diabetic drugs
- Antibiotics like – Fluroquinone, Mefloquine, and Terbinafine
- Glucocorticoids (Prednisone)
- NSAIDS – Ibuprofen, Advil, Aspirin, Meclofen and others.
- Isoretinoin and Eretinate

Drugs which can damage the retina:

- Clonidine (see under brand name – Catapres) – used to lower blood pressure

- Plaquenil (Hydroxchloriquine sulfate) – a routinely prescribed drug for rheumatoid arthritis. This drug can cause irreversible retinal damage.
- Thioridazine – used to fight infections but has the ability to cause pigmentary retinopathy.
- All drugs found within the NSAIDS family – these will include Tylenol (acetaminophen) which can be harmful to your health; Ketoprofen, flurbiprofen, aspirin, naproxen sodium and ibuprofen (Aleve, Advil, Bayer and Motrin). While these drugs do have the ability to provide relief from various ailments, they have side effects which can be quite harmful to your health. These side effects can range from retinal hemorrhage, dry eyes, and cataracts. These visual problems will arise from the long-term use of these drugs.

Drugs which can lead to blood clotting and disrupt the flow of blood to the eyes:

- Estrogen
- Androgen replacements which have synthetic hormones

Drugs which can cause Glaucoma and/or damage the optic nerves:

- Venlafaxine
- Fenfluramine
- Antidepressants
- Mirtazapine
- Simvastatin
- Gastric antispasmodics
- NSAID
- Steroids – any cortisone prescriptions like one for Prednisone are extremely damaging to the eyes.

These drugs are ones that we see in the pharmacies and drug stores any time we go. They are ones we use without even thinking further about the damage we are inflicting on our bodies.

While these drugs can help with curing or restoring your body from an illness or a medical problem, the side effects need also be considered.

These side effects are your body's way of telling you that the drug you are taking may be dangerous for you. For this reason before you take any type of medication, you might want to read the provided documentation. This documentation will allow you to see the various ingredients which are used in the making of these drugs, any possible side effects you may experience and if there are any known danger indicators which have been found by medical watchdog groups.

By using this information you can ensure that any drug you do take will not cause harm to your health or your eyes. Even though there may be times when you will need to take some form of medication, if you know that the prescribed drugs may be harmful to your health and vision, you can ask if there are any alternative medications that you can take in their place. After all knowing is half of the battle.

Eye Conditions

Chapter 11

Eye conditions

There are numerous eye ailments which can affect even the healthiest of persons. As you look at these various conditions, you will notice that each one is broken down into sections which will provide you with information about the condition, the cause which may lead to your becoming afflicted by this ailment and some tips or treatments that you can use during your lifetime.

Remember that the information given in this book is not a substitute for medical advice. Consult with your eye physician prior to trying out any methods or procedures.

You should also keep in mind that these eye conditions listed here are by no means the only ones that you may encounter. With these listed ailments and all others the first thing you will need to do is correctly identify your ailment and then see what can be done to prevent and/or improve your condition.

Remember that only an eye physician can correctly identify your ailment or eye condition. So always consult with your eye physician.

Therefore, to help you in this endeavor you will find the following eye conditions listed below. These ailments are:

- Myopia
- Presbyopia
- Glaucoma
- Macular Degeneration
- Floating specks
- Dyslexia

Myopia

For many people, their vision is poor when they are looking at objects located at far distances. These far away objects will appear to be fuzzy and blurred to the eyes. These people can see only objects and people who are in the near distance. This condition is called myopia. There are 3 types of myopia that a person can become afflicted by. These types are –

Acquired Myopia

With this form of myopia, a child will develop the condition only after infancy. For this form, uncontrolled diabetes and certain

types of cataracts will be seen as part of the developmental causes. Other possible reasons for a person developing acquired myopia are the use of antihypertensive drugs and other medications. These medications can affect the refractive power of a persons eye lenses.

Physiologic

In these three forms of myopia you will find that the physiologic myopia is the most common. It develops generally in children between the ages of 5 to 10 years. From this time period the condition will progress until the eye is at a fully develop adult stage. There are two sub-types you should be aware of as well. These are the refractive and axial myopia. In the refractive myopia form, the cornea and lens-bending properties of the eye are too strong. In the axial form, you will find that the eyeball has become too long.

Pathologic

This form of Myopia is a less common abnormality. Here the ailment begins as physiologic myopia. However, unlike the physiologic condition where the ailment stops once adulthood has been reached, in this form the eye continues to become enlarged.

As with the physiologic form of Myopia, you will find there are two sub-categories to look at. These are **progressive myopia**; which is the advanced form of myopia where the eye continues to become larger at an abnormal rate; and **degenerative myopia** which can arise from the progressive form and from there the vision deteriorates.

What is it

Myopia is also known as short-sightedness. It occurs when the eyeballs become elongated. The reason why this condition may occur is due to your vision being kept only to short distances. The habit of looking only at close ranging objects is another cause for myopia developing. Myopia is not inherited. A possible reason why school children may become afflicted with short-sightedness is the way they study in a classroom.

The Causes

The causes for myopia may involve pressure, frustration and anxiety. The constant need to study various materials and

information up close can often lead to strained eyes. The longer you keep at this form of information gathering, the more strain is applied to your eyes. Besides these strains there are health related issues which can help to worsen the Myopia condition.

Having bad posture, neck or back tension will also increase your chances of getting myopia. These health-related conditions will arise if you feel a lot of mental strain in the form of anxiety and nervousness.

The treatment

In order to gain the best possible treatment from Myopia you will need to think about changing your lifestyle. Instead of working or looking at objects which are placed near you, start to exercise your eyes to see at varying distances. You can take part in some outdoor activities like playing Frisbee, running or even swimming.

The more distance activities you do, the more your eyes will become adjusted to seeing at varying distances. You should also look for ways you can reduce or relieve some of the pressures that

you feel. By reducing these pressures you are allowing your eyes and body time to relax.

Presbyopia

As we grow older our eyes age along with us. In a number of people the aging of the eyes leads to a condition known as Presbyopia. You will find that in general this condition arises in people who are over the age of 40. These people will find that they have trouble working or seeing objects close at hand. Trying to read books, menus, magazines or other such documents means holding these items at an arms length as your eyes try to focus on the letters. People who usually do close work like sewing or handicrafts may experience fatigue, develop headaches, or even feel eye strains.

What is it?

Presbyopia is the aging of the lenses in the eyes as well as the muscles which control the shape of the lenses. With this ailment the lenses of the eyes become rigid and lose their flexibility. This rigidness and loss of flexibility are the causes for people not being able to read or do close work. There are times when you will find Presbyopia combined with Hyperopia (far sightedness), Myopia or Astigmatism.

When a person develops this eye ailment they may have difficulty seeing various objects up close. Other objects which are near will appear distorted or blurred. Having one of these symptoms does not mean that you have Presbyopia. However, if you are experiencing both of these symptoms you should have your doctor check your vision to see if you do have this eye ailment.

The Causes

Presbyopia is considered a refractive error. The term refractive error means the shape of your eye does not bend light correctly. This results in seeing a blurred image. This problem is the result of a disorder and not a disease. It is believed that Presbyopia stems from a loss of flexibility of the natural lenses in your eye and a gradual thickening of the muscles around the eyes.

These conditions result in your eyes having less elasticity to them. The loss of this elasticity means that the eye has a harder time trying to focus on objects which are close.

The Treatment

Since Presbyopia is considered an age related eye ailment, many doctors will inform you that there is no treatment to correct this problem. They will recommend that you wear glasses which can help with the various problems that occur with the onset of Presbyopia. There are two types of glasses you are recommended to wear. These are bifocal lenses and progressive addition lenses. Sometimes you can wear contact lenses as well. There are some people who have experienced side effects like headaches from wearing these types of lenses.

While conventional medications will tell you that there is no treatment available for Presbyopia sufferers, in this book you will find some helpful suggestions. The various detailed eye exercises can help you provide your eyes with flexibility, focusing and strengthening. Since your eyes have lost their flexibility, doing the exercises help you.

Glaucoma

There are a number of people in the world who suffer from Glaucoma. The problem with this eye ailment is that it is

undetectable unless you take an eye test where you will be tested for it. In this ailment there will be pressure placed on the eyeball, however, this pressure is not painful nor is its presence noticeable. It is for this reason that many people will not even realize that they have Glaucoma.

While many people do know about Glaucoma, there are very few who are aware that there are multiple forms of glaucoma. These forms are:

- Chronic Glaucoma (also called primary open-angle glaucoma) – this form of glaucoma is the most common form of the ailment.
- Congenital Glaucoma is a rare form of this ailment. It is caused by an abnormal drainage system in the eye. This form will usually surface at birth or shortly thereafter. In general, surgery is the recommended form of treatment. In this form the patient is sensitive to light. They will have enlarged and cloudy eyes which will water excessively.

- Low-tension or normal tension Glaucoma occurs when the optic nerve is damaged even when the pressure in the eye is normal.
- Acute Glaucoma (also called angle-closure glaucoma) occurs when the pressure inside of the eye rapidly increases due to the iris blocking the drainage of the aqueous fluid. This results in an attack of Acute Glaucoma. The resulting attack in general is often quite severe. Patients will often suffer pain, redness of the eye, blurred vision and nausea.

Immediate medical help should be sought. If the patient does not receive treatment in time there can be a permanent visual damage in a very short period of time. In general, laser surgery, which is performed promptly during treatment, can clear this blockage and protect against any future visual injuries.

- Secondary Glaucomas can develop as a result of other disorders of the eye. These disorders will include various injuries to the eyes, cataracts, eye inflammation to name a few. Another factor in this form of Glaucoma is the use of

cortisone steroids. Using these steroids will cause the eye pressure to become raised. With this pressure increase you will need to keep an eye on the amount of increased pressure to the eye during the period of time when you are using steroids.

What is it?

Glaucoma is a name for an ailment where the optic nerve at the back of the eye over a period of time becomes slowly destroyed. This destruction results when the aqueous – which is a clear fluid that is pumped into the eye and which carries sugars, oxygen and other essential nutrients – becomes blocked or the drainage of this clear fluid is not occurring.

The causes

This ailment can be caused by a variety of reasons. These will range from inadequate drainage to the eyes, a poor blood supply to the optic nerve fibers in the eye and outflow channels which have become blocked. Other times Glaucoma will arise when there is a build up of toxins in the body. Other causes of

Glaucoma are problems in the health condition of the nerve fibers or a weakness in the structure of the nerves. There are some doctors who will state that the best way to correct this situation is to either puncture the eyeball or the take medication.

In the eyeball puncture method, the eyeball is punctured at a point which will enable the quick draining of excess fluid that is causing some of the pressure to the eye. Medication is also considered as a quick fix route that can be taken to relieve the eye of glaucoma causing pressure. These treatments, however, may not correct the problem as they are only temporary measures. Once the effects of these “curative” measures have finished, you will find that the glaucoma pressure may return and you will still have the same problem to deal with.

The Treatment

At present there is no know cure for Glaucoma. As time passes many people who suffer from this eye disease may eventually go blind. There are some treatments which you can follow which should help with controlling this condition or even slowing down the onset of Glaucoma. In this section you will see the medically

accepted practices first and then a few alternative treatments that you can try.

The medical treatments:

Eye drops – In general this form of medication is the most commonly used form of treatment for Glaucoma. The drops can be dosed to suit each person who. Sometimes patients will be prescribed pills instead of eye drops. These pills will provide you with the same relief and health benefits found with the drops.

Laser Trabeculoplasty – As your vision continues to fail, this form of surgery will be recommended by your doctor. This is after the recommended eye drops fail to stop the eye from deteriorating any further. Once you have had this surgery you will still need to take the eye drops. There is no stay required in the hospital after this surgery has taken place.

Trabeculectomy Surgery – this surgery usually takes place only after the treatments of both the eye drops and the laser surgery have failed. In this surgery a new channel for the aqueous fluid to drain from the eye is created. With this new channel the clear fluid

should have a clear drainage path and the build up on the eye should decrease.

Alternative treatments:

- Here you will need to stop drinking caffeine rich coffees, teas and other such stimulants.
- Try to relax and calm down. This will allow the flow of blood to the eye to continue without any constrictions or hindrances.
- Use the eye exercises listed in this book to provide your eyes with some flexibility and movement. You can even use the charts given in this book as well.
- Keeping your eyes closed; turn your face upwards so that the sun shines on your face. Allow the heat from the sun to become absorbed by your eyes. This heat exposure will open the blocked fluid channels in the eye.
- The palming exercise is another great eye exercise you can do as it relaxes your eyes and allows you to relax overall.

You may wish to try some of the natural methods as well as the medical methods. You may find that you are preserving your sight in the long run by using both as needed instead of just the one form of treatment.

Always consult an eye specialist before trying any method or procedure in order to determine if they are good for your eye sight and health.

Macular Degeneration

There are many people who will tell you that their eyesight has become much worse than they expected it to during their senior years. The reason for this happening is due to the arteries and veins in the body and the eyes become hardened. As the veins and arteries harden the area where the blood can travel becomes narrower and narrower. This narrow passage is not enough for the blood to travel to areas it is needed in the quantities the body requires.

As a result those areas become starved for needed nutrients usually brought in the traveling bloodstream and lack of oxygen then plays havoc with your system. These two items which are denied the body will lead to the condition known as macular degeneration. While seniors are the ones most at risk for this condition, you need to realize that the problem starts when you are younger.

Therefore, you will need to realize the probable risks and find some way to alleviate this potential danger or see how you can change your lifestyle to prevent macular degeneration from

occurring in the first place. After all, prevention is better than a cure.

What is it?

First of all what is macular degeneration? Macular Degeneration is where the retina of the eye begins to deteriorate. This ailment occurs when the arteries in the body start to harden. This hardening blocks off blood and oxygen to the blood vessels in the eyes. This loss of needed oxygen and blood leads to a build up of toxins in the body. The build up of toxins causes some of the important cells in the eye to die.

As the eye cells are killed off you will begin to develop the first symptoms or signs of impending Macular Degeneration. In the first sign you will begin to see blurry vision in the center of sight. Another symptom of this condition occurs when you see straight lines curving. Unfortunately there is no known cure for this ailment. It is also considered to be one of the leading causes of blindness. Present studies have shown that Macular Degeneration tends to affect older people. Even though there is no cure or

treatment to reverse this ailment there are steps you can take to prevent the onset of this condition.

The Causes

The first fact you need to understand is that macular degeneration is caused by a hardening of the arteries. The second fact you should know is that your attitude can also contribute towards worsening of this condition. In the causes for this hardening of the arteries, dietary intake and lifestyle are the culprits. This means you are eating foods which are full of oils, fats and dairy products. You are living a sedentary lifestyle as well.

And finally, you have allowed emotional issues to take over your life. This coupled with a lack of outside or mental stimulus has caused your mind to atrophy and you do not seek a change your lifestyle or habits. So the first steps to take to prevent Macular Degeneration are to change your lifestyle and be more active and healthy.

The treatment

Avoid these items:

- Do not drink caffeine based beverages or take nicotine substances as they can constrict the blood vessels and they are toxic to your body.

- Avoid these artery clogging foods –
 - Fried foods
 - Dairy products – whole milk, hard cheese, butter, ice cream
 - Animal fats
 - Fat based foods – bakery products like doughnuts, cookies and cakes, frozen desserts, pot pies, butter and margarines, and take away foods etc.
 - Fatty meats – like bacon, sausages, processed meats, and meat cuts which are labeled as Prime cuts. In particular beef, lamb and pork

Take these items

- Fish –

- Salmon, Sardines and Tuna are the best varieties. You can eat them fresh, tinned or frozen.
- Vegetables
- Fresh fruits like blueberries.
- Vitamin supplements like C and E which contain antioxidants

Try to follow the following ideas –

- Practice the eye exercises and various techniques which have been detailed in this book.
- Try to improve your outlook on life and work at creating a positive (happy) and energetic attitude.
- Exercise regularly. Try to do some cardio exercises at least several times a week.
- Take the time to relax your eyes and mind. During these times don't let yourself become worried or stressed.
- In these relaxing sessions you should try to envision in your mind scenes which are full of movement, sharp details, and color. Make sure that this scene is filled with cheerful thoughts, feelings and ideas.
- Read the charts as often as possible. Try to picture the letters while your eyes are closed.

These various eye exercises coupled with a healthy diet may help you prevent macular degeneration from affecting your eyes. You can also try drinking the fresh juice recipe listed in the book to provide you with some needed vitamins and minerals to complete your dietary nutrients. By thinking about these different foods and ways of improving your lifestyle you are helping your body cope with the effects of macular degeneration.

Always consult an eye physician before trying any method or procedure in order to determine if they are good and adequate for your eye sight and health.

Floating Specks

We have all at one time or another seen various strands of something floating across our line of vision. Since these strands seem to appear and disappear mysteriously most people do not give them a second thought. To others they may seem alarming, but there is no need to panic as these strands are known as floating specks.

Since there may not be any actual harm occurring to your eyes, you probably just ignore these specks and how they have come to reside in your eyes. You can, however, learn more about them and learn to rid yourself of them. ***Above all you should consult an eye physician in order to correctly diagnose your condition and to receive any form of treatment.***

What is it?

First you will need to know that these floating specks may be part of our body's process of rejuvenation. These specks are cells in the eyes which have, over a period of time, become dead cells. In general they float on the surface of the retina before they are

filtered out of the eye. You need not be afraid of these floating specks as they may be quite harmless.

The Causes

Even though these dead cells are part of the body's biological makeup they will sometimes be present longer than you would like. The reason for this can be traced to your being extremely tired, stressed, nervous, or fatigued. In addition to these causes you will find that sometimes eating lots of unhealthy foods, drinking too much alcoholic beverages, or just being in a strange and unfamiliar place will cause these cells to be seen floating.

The treatment

The treatment for floating specks is quite simple and does not take a long time. For this treatment the main point you will need to remember is that you need to relax. When you start to relax the dead cells will be washed away by your eyes natural drainage system.

Besides relaxing, you will find that eye exercises like palming, edging or focus exercises can help to relax you. These exercises will also help to lubricate your eyes and exercise the muscles in your eyes and the surrounding nerves. As you practice these exercises you may notice that the floating specks in your eyes have disappeared.

It is advised to consult your eye physician before trying any method or procedure. Furthermore if the strands don't go away or they seem to multiply you should see your eye physician as soon as possible.

Dyslexia

You may have experienced times when letters or numbers seem to become mixed up. This happens when you read a 24 as 42 or see the word candy as being something like acynd and wonder what on earth happened. This tiny lapse occurs when you transpose letters or numbers without realizing it. There are some people, however, who suffer from a more continuous strain of transposed letters and numbers. For these people the condition they are suffering from is called dyslexia.

Dyslexia has no age group limitation when it will not strike. You can find this ailment occurring in adults as well as children. Sometimes you will find that our lifestyles are the cause for this eye condition to arise. Regardless of how it occurs in your life, you will need to know a bit more about it and what can be done to help you or others you know who suffer from this ailment.

What is it?

This is a condition where a person has trouble with numbers and letters. For these people the numbers or letters can become

transposed. This in turn causes them to feel a great amount of eye strain and mental strain as they try to read or solve problems which we may find quite easy. Some people who have this condition have found that the pressure of having to read and write material has worsened this condition. Others will have been born with this condition and as a result they have more problems trying to read or do math.

The causes

The causes of dyslexia can be brought about from pressure and strain or they can be brought about during pregnancy. During pregnancy you will find that people who have experienced some form of brain damage may develop dyslexia. Other people who have suffered mental retardation will find difficulty with letters and numbers.

The last category of people who suffer from dyslexia are the ones who have been forced during their childhood to read and write material which they did not understand. They were frustrated with not being able to understand the jumble of letters or numbers and the fact that they were treated as being unintelligent or lazy upsets

them. The pressure and the strain they were under caused them to see the letters and numbers out of sync with everything else that could be found in a book.

This in turn causes the mind to magnify the problems they face each time. At this point the brain and the eyes fail to communicate properly. This in turn causes the letters or numbers to be seen in a jumble.

The treatment

In the improvement of Dyslexia the main point to remember is that rushing to read or trying to read items which are of no interest will prove frustrating for sufferers of this problem. For this reason the first thing to do is to find a quiet place to sit down and relax. Once you are relaxed take a few deep breaths.

Use a book or the charts to help you identify the different letters, words and shapes which appear on these items. Take your time to figure out what each one is. Don't get discouraged if you can't make any sense of the words. Allow your brain the time it needs to

figure out what it is seeing. If you start to feel frustrated set the reading matter aside. Take a calming walk or do something else.

As you are the only is attempting to read there is no rush and no need to put undue pressure on yourself. To help you with wanting to read, choose reading matter which is interesting and allow yourself some time to look through the books, magazines or newspapers before you start.

Besides taking your time to read and not feeling any pressure, you should think about using some of the exercises and the charts to help your eyes get used to focusing on different objects and shapes. As time passes, you will find that reading becomes more enjoyable as there is no pressure on you nor are you constrained in the choice of reading matter.

And remember always consult a qualified eye physician before trying any methods or procedure.

In Conclusion

Chapter 12

Some tips to think about

While many of us are used to seeing things with strained eyes or eyes covered by contacts or glasses, there are some natural methods that you can try to improve your vision naturally. These will include sensible measures like wearing sunglasses, eating foods which boost your eyes health and not having the air conditioner pointed near your face. As you try each of these things you will notice that the quality of your vision is becoming better. So let's see how each of these tips and habits can help you.

- **Air conditioner use** – When the air conditioner is turned on it should not be facing your face or eyes as the dry air from this device will suck the moisture from your eyes. The loss of moisture, besides being uncomfortable, can also lead to corneal abrasions. Left untreated these abrasions will lead to blindness.
- **Salt** – While eating salt is good for your diet, too much salt is not good. Instead of adding salt to your foods you might want to add another type of spice. The flavors you will get from these spices will make up for the need you felt

additional salt. Another form of salt that you can use is Lite Salt. The taste of this salt is almost comparable to that of regular salt.

- **Sunglasses-** Most people wear sunglasses as a fashion statement, but they can be valuable to the protection of your eyes as well. The well made sunglasses have protective coating over their lenses. This coating helps to protect the eyes against the harmful rays from the sun. These are ultraviolet rays as well as the white hot glare from reflected light. Using sunglasses can be a great help even if you don't have any vision problems because you are protecting your eyes from future vision problems.
- **Exercise** – We all know that exercise is good for your body. Just as you need to exercise your body, you will also need to provide your eyes with vision exercises. These exercises will make sure that your entire eye and the muscles in your head are given greater flexibility. Exercise will also ensure that the flow of blood to this area is unimpeded by any constricted blood vessels.

- **Healthy diet** – There is a saying that you are what you eat. In short this means that if you are eating junk foods, heavily fried foods and foods which are devoid of any nutrients, then your body will suffer from the lack of these needed nutrients. For this reason you should think about eating a balanced diet which is composed of a variety of fresh fruits, greens, vegetables, whole grains and other foods full of the essential vitamins and minerals your body requires.
- **Quit Smoking** – There are many people who love to smoke as part of their lifestyle. While you may feel as if you are providing your body with some enjoyment, you are in fact killing parts of your body as you flood the vital organs with toxic substances. These toxins will not only ruin your lungs but they can also lead to conditions like macular degeneration, optic nerve damage and even cataracts.
- **Take eye breaks** – Currently our lifestyles require that we work hard and concentrate on work throughout the day without taking any breaks. This does not allow our eyes time to relax and refocus without any stresses or strains. By taking time out from work and looking at other objects or

closing your eyes for a few minutes, you are allowing your eyes the time they need to recover from the various stresses you have been putting them through.

- By taking each of these tips to heart you can see the different ways that you can help improve your vision. While each of these tips may be ones that you have heard prior to this, you may not have considered how they can affect your vision either by improving or deteriorating it. For this reason, as you read through this book, try to see how you can add or use these various tips in a manner which will yield you the greatest benefits.
- By using these tips and your commonsense, you will help to prevent your vision from becoming so bad that there is nothing that can be done to correct it. As you use these tips you will find that, not only is your vision improving, but also the overall quality of your life is improved as well.

Conclusion

Having read through the book you now have some information at your disposal which can help you. With this information you have discovered the natural methods which can be employed to help you improve your eyesight. You will have found many useful eye exercises, food related advice, healthy juices to drink and various tips which can help you keep your eyesight in top condition and help you have a better life.

By reading this book you will be in a position to decide if you would like to improve your eyesight. And you will feel your self-confidence in your looks, health, and abilities grow as you see things around you clearly.

While there are numerous self help books on the market, having a book which shows you the different ways that you can improve your entire life while you are improving your vision is rare. In order to maximize these helpful tips and exercises you might want to re-read each section one at a time and see how you can incorporate the ideas and tips given there into your life.

One of the main things you will need to remember when you are practicing some of the exercises found within this book is that you will need to do them everyday. You will also need to understand that it will take some time for your eyesight to improve.

Furthermore, remember that the information contained in this book is no substitute for medical advice. It is always recommended to consult an eye physician before trying any method or procedure.

By understanding these facts you will find that using this book will help you to make your life somewhat easier. The best thing you will discover with this book is that you have it in your power to improve your vision naturally. There is no gender bar, no age limit or length of time you have been wearing or not wearing glasses or contact lenses to hinder you. The facts found within this book are meant for everyone to try if they so desire.

Use this Vision Without Glasses book to help you improve the quality of your life. You will see just how much better your life has become without the need for glasses or contact lenses. This book may eliminate the need to hunt for your lost or misplaced glasses,

or cut out the time needed to clean your contact lenses. Best of all you will get a sense of satisfaction in having improved both your eye vision and your life in general.