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# Vision Therapy: Exercise Your Eyes And Improve Your Eyesight



## Vision Therapy: Exercise Your Eyes and Improve Your Eyesight

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## Synopsis

In 2000 A.D., the author experienced physical eye trauma to one eye resulting in an injury that was compounded by an erroneous medical prescription designed to treat the injury. The combined trauma and damage caused by the prescription drug resulted in severely limited vision in his injured eye. Unable to accept the result of this injury, he embarked on a mission to overcome it. As a result of the damage he sustained, he had the opportunity to interact with accomplished doctors in many prestigious universities and institutions. He participated in events and seminars that only doctors were invited to and engaged in all available rehabilitation. He researched and sought all information, studies, and associated work on vision impairment and restoration that he could get his hands on. One important observation of his journey was the adherence of most of the vision industry to the medical model of healing. This failed model takes a general approach to correcting vision problems by mitigating symptoms without offering any solution to the underlying disorder. One important discovery of this journey was the field of sequencing neurosensory and neuromuscular activities that are individually prescribed to develop, rehabilitate, and enhance visual skills and information processing. This field is also referred to as vision therapy. The author's journey resulted in the restoration of his vision. The restoration of the vision of others that he shared these concepts with motivated him to develop his own "Vision Therapy System" that he now shares with you in this book. About the book *Vision Therapy: Exercise Your Eyes and Improve Your Eyesight* examines vision therapy and the historic application of it to correct vision problems. How eyesight works and the key components of successful vision therapy programs are explained. The reader is taught the impact of additional factors that should be considered and addressed to improve eyesight including; correcting poor visual practices, computer vision syndrome, disease, medication, aging, diet and nutrition, hormonal cycling, physical exercise, and multiple methods of stress relief. The reader will learn how glasses and contacts are practically guaranteed to ruin your vision over time and how they can protect themselves. The book concludes with the author's Vision Therapy System, providing board certified vision therapy at a fraction of the cost. Simple explanations and multitude of treatment plans are contained for you to choose from to create your own personalized vision therapy program designed specifically for your needs. Printable eye charts are included for measuring your vision improvement progress. This book has been sold for over 10 years online and recently converted to kindle. Readers have reported:

- Drastically improved vision as measured by vision testing
- Relief of eye strain and stress headaches caused by reading, computer use, or studying for long time periods of time
- Significant reductions in physical and mental stress
- Discarding eyeglasses and contact lenses
- Increased reading speed, concentration, and

comprehension • Improved cognition and learning capability • Athletes have reported improved ability to track and follow moving objects, visual reaction time, hand eye coordination, peripheral awareness, and eye focus speed • Improved vision caused by strokes, traumatic brain injuries, cerebral palsy, multiple sclerosis, developmental delays and some other neurological ailments • Improving, minimizing and eliminating symptoms of ADD / ADHD and learning disabilities for both children and adults Chapters include: About Vision Therapy About Eyesight About Vision Therapy Programs Vision Therapy System Vision Therapy Eye Exercises Eye Region Massage and Relaxation Exercises Eye Relaxation Exercises Eye Movement Exercises Eye Focusing Exercises Preventing Correcting Computer Vision Syndrome Hand Eye Coordination Exercises

## Book Information

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## Customer Reviews

Very great methods for improving the eyes.

No real exercises to try, just lots of talk about how you can improve your eyesight but nothing to

actually try.

good

I was very interested in diving into this book as I have a child that is visually impaired. I am often frustrated by the eye doctors/specialists that he has visited....since none of them would consider ANY vision therapy, but instead they were very quick to prescribe lenses. I have started him (and the rest of the family) on the recommended exercises. It is actually fun and relaxing! Even though we just started, we have seen improvement already. I recommend everyone checking this book out!! It is well worth it!

I am not one to read a book but was interested enough to read this book because my vision has gotten worse over the years, which I feel has been caused in no small part by staring at my computer 7 days a week. I found the book to be very enjoyable to read and ended up going through it pretty quickly. The chapters on health and nutrition have caused me to rethink my current practices and I as a result, I have some changes that I will be making. Although I remain skeptical of the long term benefits and how much my vision can improve, I have seen improvements already in following the recommended exercises and plan to do them regularly. My eyes actually feel more relaxed after a long day of working on the computer. The vision charts were great for tracking my progress. This is a very good book.

I received a free pre-released copy of the book for review. As an older college student, my eyesight has been affected by the amount of reading and studying required by my set curriculum. I find that my eyesight gets blurry during my long study sessions. Although I really do not have the time to read another book, the required effort I made was worth it. I have been able to greatly minimize my blurry vision by following the recommended steps clearly laid out in the book. If I do the therapy at the recommended time intervals I do not get blurry vision at all. This has increased my reading speed and comprehension and helped me keep from getting stress headaches from reading too long especially when I am not getting enough sleep. There is a lot of really good information in this book and I highly recommend it.

I received a free pre-release copy of the book from the author in order to write my review. At first, the topic didn't really interest me as I had a preconceived notion that it would only be for those

people wearing prescription lenses with really bad eyesight. I only use reading glasses. The more I read, I realized that I am affected by Computer Vision Syndrome (CVS), and I assume so is the majority of the population! I plan on following the 20-20-20 rule starting tomorrow and hope that it will relieve the eye strain I feel throughout the day. I found the book to be an easy read and enjoyed the question-and-answer format. It was easy to follow and the author does not make assumptions about the reader's understanding of the medical terminology used. Everything is explained in simple terminology. I agreed with the statement in Chapter 5 regarding DO YOUR OWN RESEARCH with regards to your medical problems and prescribed medications. To this I say, "Amen!" To the dismay (and often irritation) of my primary care physician and dermatologist, I go to every appointment armed with research materials. I enjoyed the book and the author's holistic approach and am excited to begin the vision therapy exercises.

Lots of good information. Drinking wheatgrass and barleygrass juices provide strong nutrition to support the exercises, and doing eyewashes with grass juice heals the eyes very fast.

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