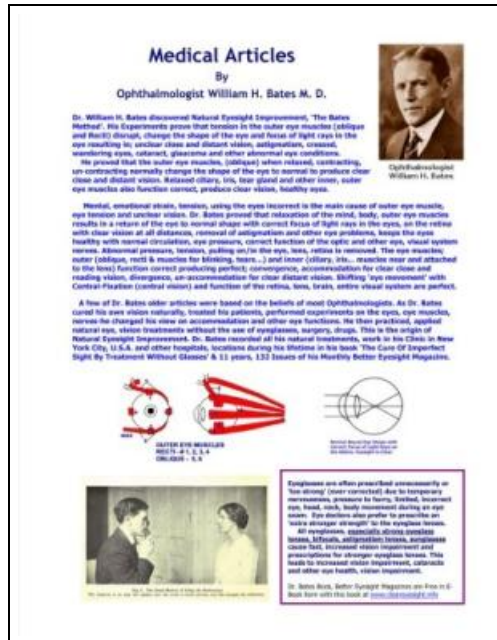


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Createspace Independent Publishing Platform, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Dr. William H. Bates discovered Natural Eyesight Improvement, The Bates Method . His Experiments prove that tension in the outer eye muscles (oblique and Recti) disrupt, change the shape of the eye and focus of light rays in the eye resulting in; unclear close and distant vision, astigmatism, crossed, wandering eyes, cataract, glaucoma and other abnormal eye conditions. He proved that the outer eye muscles, (oblique) when relaxed, contracting, un-contracting normally change the shape of the eye to normal to produce clear close and distant vision. Relaxed ciliary, iris, tear gland and other inner, outer eye muscles also function correct, produce clear vision, healthy eyes. Mental, emotional strain, tension, using the eyes incorrect is the main cause of outer eye muscle, eye tension and unclear vision. Dr. Bates proved that relaxation of the mind, body, outer eye muscles results in a return of the eye to normal shape with correct focus of light rays in the eyes, on the retina with clear vision at all distances, removal of astigmatism and other eye problems, keeps the eyes healthy with normal circulation, eye pressure, correct function of the optic and other eye, visual system nerves. Abnormal pressure, tension, pulling on/in the eye, lens, retina is removed. The eye muscles; outer (oblique, recti muscles for blinking, tears.) and inner (ciliary, iris. muscles near and attached to the lens) function correct producing perfect; convergence, accommodation for clear close and reading vision, divergence, un-accommodation for clear distant vision. Shifting eye movement with Central-Fixation (central vision) and function of the retina, lens, brain, entire visual system are perfect. A few of Dr. Bates older articles were based on the beliefs of most Ophthalmologists. As Dr. Bates...

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