

## **A book review by Clark Night on Amazon.com about a book that advises the use of Harmful Plus Lens Eyeglass lenses.**

Too many people have used this Plus Lens Treatment, then experienced vision problems, impaired eye health, vision damage. They must know the truth about this harmful practice.

I find this book interesting, the way it explains how the Minus Eyeglass Lens, which is usually used for unclear distant vision causes and increases vision and eye health impairment.

I disagree on the books main treatment; Plus Lenses;  
Replacing the minus lens with another type of harmful eyeglass lens (Plus Lens) is just as harmful. Close vision eyeglass lenses, 'Plus Lens' is a main cause of cataract and other eye problems. Senior citizens and even young people that start wearing close vision eyeglasses develop fast, increased vision impairment, often cataract or retina health impairment. I know a few people that have developed cataract and other eye, eye muscle impairment, strain, extreme tension in the visual system from using 'Plus Lens Therapy'.

The True Bates Method of Natural Eyesight Improvement brings clear vision and healthy eyes without use of eyeglasses. Bates Method students can use a series of weaker and weaker eyeglass lenses, only if needed for driving, safety at work... until the vision reaches a safe level of clarity to permanently stop use of eyeglasses. Example; a person with unclear distant vision wearing a strong minus lens can wear weaker and weaker 20/40 clarity minus eyeglass lenses as they practice Natural Eyesight Improvement and the vision improves, reverses back to clear through levels of clarity; this allows the eye muscles, visual system some relaxation and ability to reverse back to perfect clarity, complete relaxation.

Dr. Bates says NO GLASSES is the best, the healthiest way to go. When a person contacts me with advanced eye problems; extreme blur, retina condition, cataract, glaucoma, astigmatism... ; I tell them they must "Immediately Stop Use of Eyeglasses!" Continuing the eyeglasses, even using weaker lenses can advance the eye problem, prevent a cure" Within 1-2 months after stopping eyeglasses they report improvement, even for some people that don't use Natural Eyesight Improvement, just discontinuing eyeglasses allows the eyes to function natural, correct 'on their own' and return to good health. Cataracts, Astigmatism, Blindness, Retina holes... have been reversed and cured.

Reading Fine Print, the way Ophthalmologist Bates describes and using the eyes relaxed, correct (shifting, central-fixation) when looking at close and far objects, getting sunlight, good nutrition will relax and return all the eye muscles; outer and inner; oblique, recti, ciliary, iris, tear gland... to normal function with clear vision at all distances and healthy eyes without dangerous side effects. This is the natural, safe alternative to using eyeglasses, plus lens treatment.

All eyeglasses; Plus Lens, Minus Lens, Astigmatism lens, Bifocals, Sunglasses, Contacts, ALL cause and progressively increase tension, imbalance, dysfunction in the outer and inner eye muscles. Different types of eyeglass lenses; Minus, Plus, Astigmatism, Bifocal... cause more impairment, tension in specific eye muscles but always in all the eye muscles. The eye muscle tension places pressure, tension, stretching, pulling on/in the eye, retina, lens, cornea, capillaries, fluid, tear vessels, channels, nerves..., causes abnormal eye pressure impairing health of the eyes, clarity of vision. Detached retina and vitreous, glaucoma, cataract, astigmatism, myopia, far-sight, presbyopia and many other eye problems develop.

I have found some things in this book very enlightening. They tell the truth about the harm that eyeglasses cause, how it happens, how eye doctors lie to us, the book provides some very interesting training on eye functions. Other things in the book have improved my understanding of optics, the eyes.

The author should also tell the truth about Plus Lenses. If it was a quick, short treatment with no dangers, I would recommend it as a stepping stone to get out of extremely strong distant minus

lenses but I have found through research from the present time to back in the early 1900's that people end up using the Plus Lens Treatment for years and are still wearing eyeglasses. Its a deceptive crutch that gives a false sense of security, safety. A couple people that advise Plus lens treatment on the Internet, in books, articles developed cataracts, had eye surgery after using the method for years. They still wear glasses.

Many of the book's exercises... I find harmful, a cause of tension, strain. They are the opposite of 'natural relaxation, eye shifting movement and central-fixation'; three main natural eye functions Ophthalmologist Bates teaches that are necessary for clear eyesight, healthy eyes.

Let the eyes go natural, complete relaxation and see better than 20/20 with the true The Bates Method of Natural Eyesight Improvement.