

Read the directions in the beginning of the book and this PDF.

Do not wear contact lenses.

Do not practice Natural Eyesight Improvement if the eyes have had cornea eye laser surgery or any eye surgery or cataract surgery with an eyeglass lens prescription implanted in the eyes. Cataract surgery results are best when the eye doctor keeps the original natural lens in the eye and removes only the cataract (if possible) or; if the entire lens must be removed; results are best if the doctor creates the artificial replacement lens exactly as the eyes natural lens, with the exact normal focus, refraction of light rays that the eyes natural lens produces. This natural type lens is set for a normal eye with normal vision and this will prevent more vision impairment and allow for vision to improve, become clear. This way the person is not trapped with a eyeglass prescription inside the eye for a state of unclear vision, abnormal eye.

Same results, effects for Laser and other cornea eye surgery; avoid it! The surgeries result in a permanent eyeglass prescription for an abnormal eye shape, function, state of unclear vision being placed into the cornea. If the eye, vision tries to improve its function or becomes more impaired; the vision will be unclear due to the prescription placed in the cornea being incorrect for the new eye condition. Contact the Author and see the book for more information.

Remember to always check with your Eye Doctor and Medical Doctor for a complete Eye and Health Exam before practicing Natural Eyesight Improvement. Tell them you plan to apply Natural Eyesight Improvement and that it will normalize eye pressure. Glaucoma and other medicines may need to be monitored, lowered... by the doctor as the vision, eyes return to normal health, condition.

Do not apply Physical Therapy and other exercises, anti-gravity... if you have a detached retina, stroke, other eye, medical conditions. Do not practice if you have had cornea or any eye operation. Check with a Eye Doctor first. Bates Method Behavioral Ophthalmologist is best. Read the disclaimer, Directions in the book.

In no way, form is this email, training a substitute for an Eye Doctor, Medical Doctor's advice, direction. This response, e-mail, training is not for diagnosing, treatment, cure, prevention of any eye, medical disease, condition. Always obtain direction from a medical, eye professional for any eye, medical state.

Ophthalmologist William H. Bates & Clark Night's, books assembled by Clark Night, ClearSight Publishing Co. **do not and never will contain any un-natural treatments** such as;

Harmful, dangerous Plus Lens Eyeglass Treatment, Eye Stretching Exercises, Artificial 3-D Fusion Repetitive Eye Exercises (3-Cups...), use of contact lenses, Bifocals, 20/20 and stronger eyeglasses, Laser Eye Surgery, Cataract Lens Surgery containing a eyeglass prescription replacement lens embedded in the eyes and other un-natural methods. These un-natural methods destroy the eyes health and clarity of vision, lead to a variety of eye problems, blindness. They are completely against Dr. Bates teaching. NO eyeglasses is the best, fastest way to perfect eye health and clear vision.

Plus Lens treatment is not Dr. Bates work. It is harmful, completely against, opposite of the true Bates Method discovered and taught by Ophthalmologist William H. Bates.

There are businesses, Authors re-creating Dr. Bates books and adding the harmful treatments listed above in order to sell their programs. Plus lenses may partially reduce myopia but it is dangerous, done by causing a different harmful type of eye muscle tension that causes overall eye muscle tension, dysfunction, abnormal eye shape, unclear close vision, still maintains myopia and produces other eye problems. Read the copyright and disclaimers, directions in our books on Amazon.com, GoogleBooks and the article here for more information on these harmful methods and please avoid them;

Avoid Plus Eyeglass Lens Treatment;

It causes cataract, many eye problems, interferes with natural healing, Natural Eyesight Improvement, the eyes true normal, natural function. It is harmful to the eyes and vision;

Plus lenses are reading glasses, close vision, magnifiers. They cause, increase presbyopia and myopia. I meet many senior citizens, younger people, all ages that have worn these reading glasses for a few years or longer and it often results in cataracts, other eye damage, always quickly increases the blur at the reading, close and eventually far distances. Eye circulation, lens, retina... health and the vision impair fast, immediately once the reading glasses are worn. Stronger and stronger eyeglasses are then prescribed, leading to cataract... (Bifocals increase all these conditions.)

Avoid eye doctors that place a eyeglass lens inside the eye during cataract surgery; most Eye doctors are now placing a eyeglass lens prescription in the cataract replacement lens inside the eyes; the person is then trapped with eyeglasses inside the eye. This maintains, increases the strain, tension, vision impairment, damages the eyes health, prevents natural eyesight improvement.; The implanted eyeglass lens forces the eye, vision to remain impaired and if Natural Eyesight Improvement is practiced or the eye naturally, on its own tries to return to normal function; the eyeglass lens in the eye will not fit, work with the improved eye condition, shape, new improved focus of light rays. Unclear vision will occur. Same effect if the eye, vision becomes more impaired (which the implanted eyeglass lens will cause); the eyeglass lens will have to be removed by another eye operation.

If the eyes lens during cataract surgery is not altered, replaced with a eyeglass lens prescription near-sight, far-sight, astigmatism, bifocal..., then Natural Eyesight Improvement may be effective.

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.

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 reduced 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.

Clear eyesight can be obtained in a safe way without any eyeglasses. It's best to go natural; Read fine print without eyeglasses; it changes the eyes shape, focus to normal for clear close and distant vision in a healthy, safe way. Go out into the sunlight without eyeglasses, sunglasses, use the Bates Method. Take off your glasses and practice 'shifting', natural eye movement. Learn central-fixation, deep and dynamic relaxation, improve the memory, imagination. Eyeglasses impair these natural, normal eye functions.

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, healthy eyes without dangerous side effects. This is the natural, safe alternative to using minus or plus eyeglasses, bifocal, plus lens treatment.

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, reduced 20/40 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 and no need for eyeglasses.

The original true Bates method alone is enough and is safe, natural. Dr Bates books and his 132 Issues of 'Better Eyesight Magazine' containing the cures for myopia, presbyopia, astigmatism... is all a person needs to gain clear eyesight and healthy eyes. They are free on the internet.