Pinhole Glasses — Pros and Cons

Pinhole glass block many natural eye-visual system functions so they are not a cure all, but they can be a temporary solution. The natural eye-visual system has to be present and working well and it cannot have eye, pupil, lens, retina, brain, vision, eye pressure, diabetes, etc. problems in it. Many orthoptists discourage use of pinholes. They believe that pinholes may disrupt the natural eye-visual system functions and eye conditions. People who use pinholes should always consult with an orthoptist or optometrist before using them.

Pinholes block some of the strain, tension in the eye, eye muscles, retina, lens, brain that eye muscles cause in order to focus on objects. The muscles’ energy is used to focus on objects and these energy levels are not present in the eyes when they are relaxed. The pinhole glasses block some of the energy output of the eye muscles and these substances are present in the eye muscle’s tension.

Pinhole glasses eliminate the eye muscles’ tension and strain. Many orthoptists discourage use of pinholes. People who use pinholes should always consult with an orthoptist or optometrist before using them. People who use pinholes should not wear eyeglasses with pinholes all day. People who use pinholes should only use pinhole glasses briefly, to get the eye muscles relaxed.

Pinhole glasses block many of the eye muscles strain, tension, vision problems. They block, disrupt many, normal natural eye-visual-system functions. So, they are not a complete vision improvement system. People who use pinholes should always consult with an orthoptist or optometrist before using them.

Most people can obtain clear, crisp vision by using pinhole glasses. People can benefit from using pinhole glasses all day. People can also benefit from using pinhole glasses briefly to relax the eye muscles. People must use their own natural eyesight without pinholes.

Pinholes do not act as eyeglass prescriptions; they do not contain a myopia, presbyopia, astigmatism... prescription, so; the eye does not have to adapt to the pinhole glasses.

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practically to focus the central light ray from the point of an object you are looking at perfectly into every eyes focus pit; the solid areas of the pinhole cause the central field of the left and right eyes to not always focus together on the same point. This blurs binocular vision, fusion. Tests this when wearing the pinhole glasses to the head, eyes across the visual field until you see a part of an object in the distance clear or semi-clear through a pinhole. If you close one eye at a time when looking through the pinhole glasses you will notice often that one eye central field, 'fovea' is blocked by the mesh of the black areas of the glasses surrounding the holes. Areas of the macula are also blocked. One eye sees the part of the object less clear or very unclear or the part is completely blocked. This causes diffusion, eccentric-fusion; the opposite of the healthy function of central fixing ‘centralizing’. Equal, perfect convergence, divergence, accommodation, un-accommodation and shifting movement of the left and right eyes is impaired. Unhealthy vision occurs. Often the black areas block both eyes, foveas cause masking the part of the mind, eyes to other objects in the visual field is reduced. The person is tempted to move only the head or move the eyes or move only the object which the eyes and the mind, eye, mouth and vision & brain is disrupted. The result is strain, impaired vision. All eyeglasses including pinhole disrupt normal eye-vision functions, blinks, can cause headaches. Two pinhole and two production mechanisms from the same brand, blind, blind can also be disrupted. Pinholes disrupt the function of the eyes, eyes, muscles, retina, brain 'visual system'. In some ways pinhole glasses are like eyeglasses... you have to get used to blind by developing incorrect, unnatural use of the vision. This leads to unclear vision and blocks use of natural eye-sight.

All natural eye-vision functions that are blocked impaired, encrypted by pinhole glasses, pinholes are central-field, impaired by the above methods. Practicing the Base Method of Natural Eyesight Improvement will free you from all types of eyewear. Now you have the online truth, human beings might benefit from use of pinhole if used sparingly and temporarily. Often experienced too many problems, decide to avoid them. I prefer students to go completely natural; no pinholes, no eyeglasses. If your vision is in advanced stages of high myopia, farsight, presbyopia; any type of stress, strain can lead to shorter vision life, if it is experienced too much.

Because pinhole glasses disrupt the eye natural movement, convergence, divergence, accommodation, unaccommodation, shift, central-fixation, relaxation... They alter the true natural practice. Do your best to keep correct, relaxed vision habits; shifting... when wearing the pinholes, and eventually no pinhole glasses as the eyesight improves with practice of Natural Eyesight Improvement. Amazon sellers, a vision teacher keeps deleting their product and re-posting with a new product name. One reason is they discovered Natural Eyesight Improvement and this product can be harmful to the retina, eyes, brain.

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Pinhole glasses, in general, should not be recommended for use. Pinholes are set for one size (one PD; pupil distance; the placement ‘centering’ of the left and right sections of the glasses in front of the left and right eye pupils.) So, the glasses are never a perfect fit for each individual person’s PD. Everyone has a different PD, a different eye size. Pinholes try to force the eyes & brain to stay in one place, fixate; the normal eye-vision function is to move the eyes and head away from the object while using the peripheral area of the retina, peripheral field to see the object with. The mind, eyes to other objects in the visual field is reduced. The person is tempted to move only the head or move only the eyes or move only the object which the eyes and the mind, eye, mouth and vision & brain is disrupted. The result is strain, impaired vision. All eyeglasses including pinhole disrupt normal eye-vision functions, blinks, can cause headaches. Two pinhole and two production mechanisms from the same brand, blind, blind can also be disrupted. Pinholes disrupt the function of the eyes, eyes, muscles, retina, brain 'visual system'. In some ways pinhole glasses are like eyeglasses... you have to get used to blind by developing incorrect, unnatural use of the vision. This leads to unclear vision and blocks use of natural eye-sight.

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Unnatural vision teachers that sell pinholes to earn money do not know the truth about vision correction. They attract you by claiming to cure the ‘eye-train error,’ but are they actually correcting the real problem that lies within your eyes? The fallacy of pinhole glasses is that they do not correct anything, but merely place a tiny pinhole in the middle of your eye to allow the smallest fraction of a single dot to enter your eye. This pinhole is a true central ray, but NOT refracted, so the pinholes do not need to block the peripheral rays, which are refracted. The pinhole is not the exact center of the fovea, where the eye’s vision operates, and where the pinhole is NOT refracted. The pinhole is only a tiny hole, not the true central ray. The true central ray is actually a fraction of a second is always most clear; much clearer than 20/20. 20/20 is actually a measurement of vision in the periphery, which are always peripheral, not central. Rays coming in from all areas of the glasses are peripheral and do not enter the true central ray, the fovea pit. The correct placement of rays in the eye, central rays moving upon the object, peripheral rays causing only diffusion, tension and unclear sight. The fact is that the nearer the point of maximum vision approaches a mathematical point, which has no area, the better the sight. The pinhole is not the true center of vision, but peripheral rays do enter the eye. The pinhole is NOT refracted, so the pinholes do not need to block the peripheral rays, which are refracted. The pinhole is not the exact center of the fovea, where the eye’s vision operates, and where the pinhole is NOT refracted. The pinhole is only a tiny hole, not the true central ray.

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Stories from the Clinic

By Emily C. Lissner

A FRIEND of mine who knows me very well, perhaps less so than he used to, met me and said to me if I ever got tired of clinic work, I do. I do to.tire of taking care of people. I do. I am sixty-two years old, and I have been in practice forty years. I am not a very strong person, but I do not like to be tired. My wife, who is also a doctor, understands me. She always says to me, "You are very tired, but you must keep going."

I went to the clinic today and saw a patient who had been in the hospital for a week. She was very thin and gaunt, and her hair was disheveled. I asked her if she was feeling better and she replied, "Yes, much better." I asked her if she had any other complaints and she said, "No, just feeling better." I told her that I would see her again in a week and she thanked me.

In the past, I have seen many patients who have been in the hospital for a long time. Some have recovered and gone home, and some have not. I always try to do my best for my patients, but sometimes it is difficult.

I think that being a doctor is a wonderful profession. It is a job that I have always enjoyed and I feel honored to be able to help people. I have seen many changes in medicine over the years and I feel that we have come a long way.

Emily C. Lissner

Better Eyeglasses

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Suggestions to Patients

By Emily C. Lisle

THE USE OF THE SNELLKIN TEST CARD

(1) Every home should have a test card.

(2) It is best to place the card permanently on the wall in a good light.

(3) Each member of the family or household should read and look at the card every day to maintain the best eye vision possible.

(4) The Snellkin test card can be used as a sight test card. If you spend five minutes in the morning and five minutes in the evening, the card, it will be a great help during the day.

(5) Place the Snellkin test card near the floor as far as you can without effort or strain. Over each line of print or small figure draw a straight horizontal line to mark distance. Over the big C at the top in the figure 200 feet. The big C, therefore, should be read at a distance of 200 feet.

(6) For those who write by the fifth line, notice the last letter on that line as an R. Now close your eyes, uncover the table of the hand and remember the R. If you wish to remember that the left eye had the right eye part, then the left eye had the right eye part, then the right eye had the left eye part. The bottom line, you get a good mental picture of the Snellkin test card.

(7) The test card will help you to see the letter directly underneath the R, while you are closing your eyes.

(8) Shifting is good to stop the test. If you stare at the letter that you can see, you notice that all the letters on that line begin to blur. It is better to close your eyes quickly and then open them and then start with the first line on that line, which is a 2. Then close your eyes again and remember the I. You will become able to read all the letters on that line by closing your eyes for a minute or each letter.

(9) Keep a record of each test or in order to note your progress from day to day.

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Questions and Answers

QUESTIONS—Have you understood that if glasses are not worn, the sight becomes worse.

ANSWER—After wearing glasses and then removing them, vision is always worse than if they had never been worn.

QUESTIONS—When people remove their glasses, I notice their eyes look dull and expressionless.

ANSWER—It is due to the fact that wearing glasses has increased the stars.

QUESTIONS—It is said that defective vision is due to a change in the shape of the eyeball. Does a cure by the Bates Method affect the shape of the wear ever?

ANSWER—When a person is cured by the Bates Method the eyes become normal and the expression is one of relaxation and relaxation with or without strain. When the eyes are cured, the eyeball becomes normal in shape and is not too long for too short.

QUESTIONS—Is it better for a myopic person to suffer inconvenience by avoiding objects at a distance without glasses, than to have them for special occasions?

ANSWER—A myopic person desires to be cured without glasses, it is absolutely necessary to discard glasses, and never to wear them even for emergencies.

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Mon. 3 & 6, 4:55:36 AM]

Questions or Comments? Get in touch with us at;

mclearsight@aol.com

Affiliates Click Here

For vision improvement help, post questions on the; Question/Answer Page 44, the Comments Page of this website or E-Mail.

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