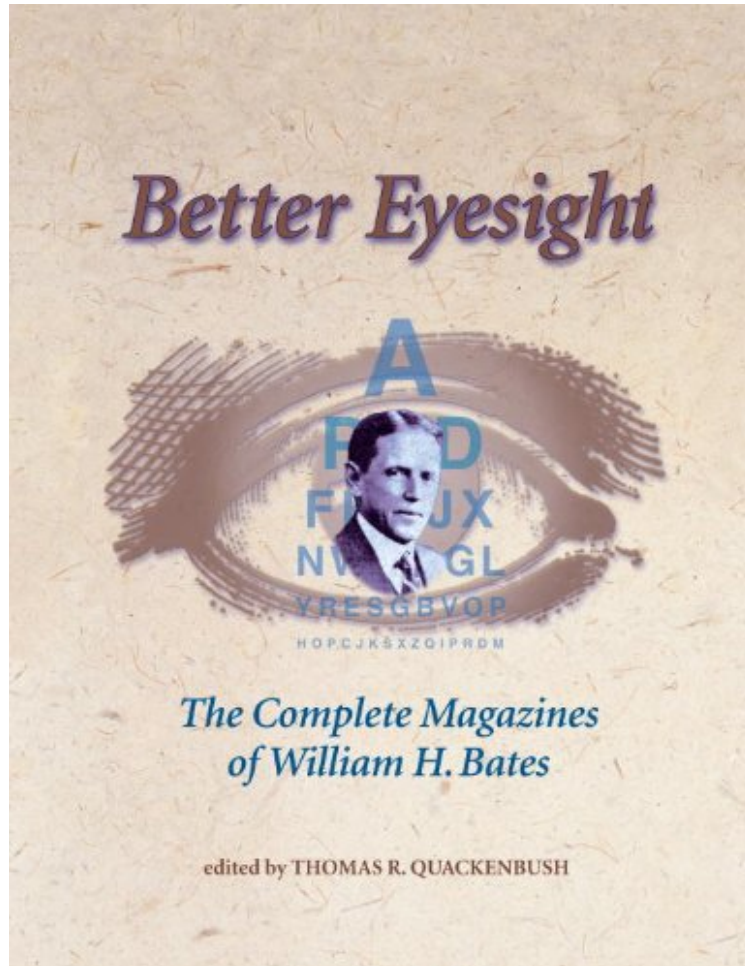


[Free read ebook] Better Eyesight: The Complete Magazines of William H. Bates

Better Eyesight: The Complete Magazines of William H. Bates

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From North Atlantic Books : Better Eyesight: The Complete Magazines of William H. Bates before purchasing it in order to gage whether or not it would be worth my time, and all praised Better Eyesight: The Complete Magazines of William H. Bates:

2 of 2 people found the following review helpful. The best book for eyesight cureBy CustomerThe best book for eyesight cure. Dr. Bates is actually a specialist for strain and stress - which are the causes for most of eyes diseases. Dr. bates is walking in the field of facts about vision. Very useful for people who suffer from mild disorders to blindness. One should listen attentively to follow his recommendations in order to cure their vision.2 of 2 people found the following review helpful. however it is always nice to have a hardcopyBy CustomerI have a digital copy of the magazines, however it is always nice to have a hardcopy. Especially, one as nicely put together as this one. Thanks Tom Q.6 of 8 people found the following review helpful. Great! Author Preserves Ophthalmologist's Precious Work, Original Natural Eyesight ImprovementBy Mary I. Oliver[[VIDEOID:mo2BYV0HYPIY6OB]]Natural Vision

Improvement Teacher preserves Ophthalmologist Bates Better Eyesight Magazines. 132 monthly Issues from 1919 to 1930. Records Dr. Bates treatments, practices for every eye, vision condition; nearsight, farsight, astigmatism, cataract, glaucoma, cornea conditions, strabismus (crossed, wandering eyes), retinitis pigmentosa, sensitivity to sunlight, some types of blindness...I love this book. I did not know of Ophthalmologist Bates Magazines until reading parts of the articles in Mr. Quackenbush's first book; 'Relearning to See-Improve Your Eyesight Naturally' in 1997. He later published this book containing the entire 132 issues of Dr. Bates monthly magazine. It's a treasure, not just for clear eyesight, it's also a true history book, real life stories of Dr. Bates work, patients from the early 1900's, 1919 to 1930. Practices, method taught by Dr. Bates in his Clinic and other offices in New York City, USA and other locations. Many different natural treatments for every eye, vision condition. The lifestyle, personalities, experiences... of the patients, doctors, teachers, parents, children are included. Interesting, easy, fun to read. The stories improve my memory, imagination as I read and imagine the people, their actions, thoughts, emotions, environment in motion, color... Like a live movie in my mind. Dr. Bates teaches us how to see clear and help others as we read his directions, applications for each case. Relaxation, easy correct use of the vision to obtain freedom from eyeglasses. There should be a movie of Dr. Bates life, his struggle to preserve Natural Eyesight Improvement and all the people he helped. Read how Dr. Bates was expelled from a place of work by the head eye surgeon because Dr. Bates was correcting eye problems naturally without eyeglasses, surgery, drugs. The other doctors were losing money because their patients no longer needed to buy eyeglasses, surgery... Emily Lierman (Dr. Bates assistant, later wife) made a movie in California. Her articles are included in this book, contains many natural treatments for children's vision. Dr. Bates corrected her vision.)Mr. Quackenbush has preserved this vital information in the magazines. After Dr. Bates death (July, 1931) people that preferred to sell eyeglasses, eye surgery and drugs destroyed Dr. Bates magazines. Some of Dr. Bates' students, trained teachers, honest eye doctors preserved the magazines by hiding them so they would not be destroyed. The magazines were difficult to find. There were and to this date are people (teachers, authors) that charge hundreds of dollars for the magazines, stating "people are not entitled to read the magazines, obtain clear eyesight unless they prove their are worthy by paying a high price". Other teacher's hide the magazines from their students, take sole credit for Dr. Bates Method and charge hundreds to one thousand+ dollars for training. Tom brought Dr. Bates magazines back to the public at a honest price so all people, wealthy and poor have access to this natural, healthy effective method. His students have access to the original method, complete Natural Eyesight (Vision) Improvement information. A historical treasure! A must have for every Natural Vision Improvement Student, Teacher, Eye Professional; Behavioral Optometrist, Ophthalmologist, Optician and to preserve for future generations! In modern times many eye doctors are teaching this true Bates Method. They work with Natural Vision Teachers and Students. Teachers can confidently refer their students to these eye doctors for eye exams, weaker (legal, safe for driving, work...) eyeglass lense strengths as their vision improves back to perfect clarity and no glasses are needed. I attended Thomas Quackenbush's Natural Vision Improvement class in 1999 and read his book 'Relearning To See-Improve Your Eyesight Naturally' and his later book 'Better Eyesight-The Complete Magazines of William H. Bates' (Ophthalmologist). I read his first book in 1997. Relearning To See also has many of Dr. Bates Magazine articles, treatments along with Tom's directions. This is how I initially became aware of Dr. Bates Magazines. The magazines contain hundreds of effective natural treatments for a variety of eye conditions. The book and class resulted in my eyesight improving to 20/10 (better than 20/20) and sometimes clearer (40/10) for distant vision. I can read very small fine print clear from 2-3 feet away and farther (depending on the print size) and fine and microscopic print up to 3, 2, 1 inches from the eyes. Mr. Quackenbush, this method cured my Presbyopia, reading vision. Age 56, year 2013 and it still works, keeps my vision clear! Just reading fine print and looking at small stones, flowers a certain 'correct, relaxed' way removes presbyopia - Holy Moly! The Bates Method also corrected a wandering eye, double vision, blur and astigmatism condition I experienced in 2009-2010 due to a neck and back injury caused by a dishonest chiropractor throwing my neck, hip, spine vertebrae, bones out of alignment, then trying to sell me 240 treatments to start and stating I will never be cured. Eventually I found a honest doctor, physical therapist and healing is now 95% although the injury in the neck may always be there so I have to be careful lifting, over straining the neck typing... Vision is 100% healed, back to clear! The 'healing crisis', 'reversal process to perfect health' listed in Tom's 1st book helped me realize how my body was healing, up and down, then up more and more, the stages of improvement and this kept me free of fear during the process of spinal, neck healing. I am grateful for the Natural Vision Improvement knowledge Mr. Quackenbush has taught me. It keeps the eyesight clear for life even under very adverse conditions! Body movement, posture... enlightened me to many things that can be done to improve health, the vision. Tom's first book; 'Relearning to See - Improve Your Eyesight Naturally!' is the perfect companion to Better Eyesight. The two Books contain an entire Natural Vision Improvement course; the original and the modern practices from 1919 to present date. See my 5 star video review for the Author's 1st book. Read about students experiences in his Natural Vision Improvement school in the Netherlands!; Relearning to See: Improve Your Eyesight Naturally! This is first time working with T-bear (puppets) so I need a bit more practice making these type videos. Must get the puppet to move correct in the video while working with the reversed effect of the camera and speaking. When I get used to this feature, will make new video with more information.

Artists, teachers, army officers, housewives, elderly people, parents, and children with vision problems write about their experiences with the Bates Method and giving up their glasses in *Better Eyesight*. Major eye conditions (myopia, astigmatism, farsightedness, presbyopia, amblyopia, strabismus, cataract, glaucoma, blindness) are discussed by Bates, other ophthalmologists, the medical community, and readers. The significance of this literature is both historical and immediate. For the first time, the connection between eyestrain to shoulder and neck pain, headaches, and other muscular tension is discussed.

About the Author Thomas R. Quackenbush is a West Coast vision educator who, in *Relearning to See*, gave readers the most thorough and technical description of the Bates Method of natural vision improvement currently in existence. He showed how relearning correct vision habits and skills ("sketch, breathe, and blink") could loosen the rigidity of head, eye, and neck muscles that results in blur.