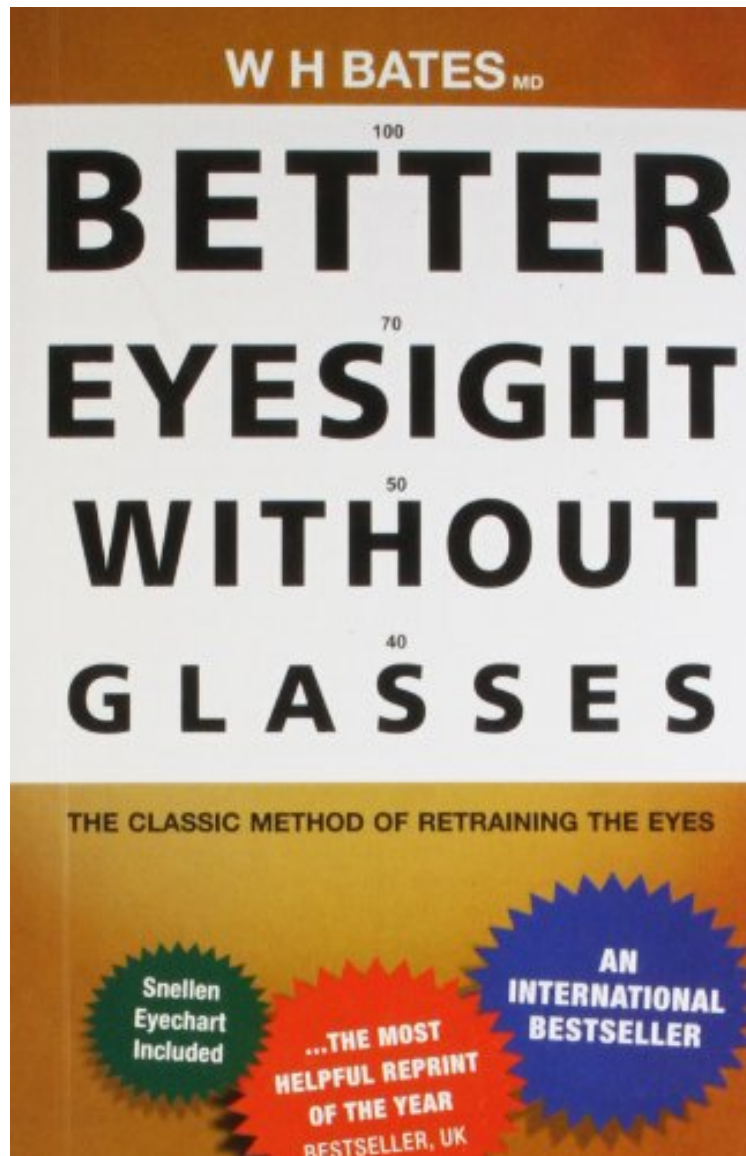


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## Better Eyesight without Glasses

*W.H. Dr. Bates*

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**W.H. Dr. Bates : Better Eyesight without Glasses** before purchasing it in order to gage whether or not it would be worth my time, and all praised Better Eyesight without Glasses:

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Hull Practice what is in this book. I got to travel a couple of hours by car (I was driving) and for the first time in 15 or 20 years I could read the signs with perfect clarity after practicing what is taught in this book, without my glasses. The eyeglass industry would disappear out of sight and lose money if people got busy and followed what is taught in this book and others written since then although they are based on this method. Even the blind from birth have received sight sufficient to get them through life by seeing. It does take a lot of practice and time to do these exercises, and a lot of people just don't want to spend their time and take a quick crutch - glasses!!!

The method aims to restore sight by using exercises to relax the eye muscles before retraining the eyes to focus effectively. Prescription glasses act as a prop for the muscles in your eyes and so, over time, the muscles actually get weaker. In fact, in the long term, glasses can only ever weaken your eyes. But, with the Bates Method you can retrain the eye muscles to work again, and perhaps even learn to do without glasses altogether. The Bates Method works two-folds, firstly with a series of exercises that relax and soothe the eye muscles, and secondly, retrains the relaxed eyes to focus effectively. The exercises are simple and easy to follow, and millions around the world have improved their vision using them. The book has influenced whole generations of people who believe that wearing glasses is the best way to improve your eyesight.