

VISION THERAPY EYEWEAR

1. Why Prescription Glasses Don't Help

2. Prescription glasses cause a lot of strain & stress to your vision system.

3. Relaxed eyes are normal eyes. When eyes lose their relaxation and become tense, they strain & stare and our vision becomes poor.

4. These glasses are fitted at 6M or 20ft to help you see very far. These glasses become 20 times too strong when worn to read at 1 feet away.

5. The strain caused by these glasses is one of the major contributing factors to progressive myopia, astigmatism and presbyopia. (changing higher-powered lens frequently).

6. Benefits of Vision Therapy Glasses A. Helps you see clearly near and far without strain and stress. B. Eliminates strain and stress caused by prescription glasses C. Prevents progressive myopia, astigmatism, and presbyopia D. Encourages the use of your natural vision ability to see clearly E. Breaks your dependence on prescription glasses F. Can be used as a substitute for prescription glasses (if diopter on glasses is less than 3.0) G. Promotes central vision, a key vision habit to perfect eyesight

7. How to use Vision Therapy Glasses: A. Wear them when you are reading or watching TV. It is not safe to wear them when outdoors or when playing a sport since peripheral vision will be hindered .

8. Outline or draw the objects that you are seeing with your central vision by looking through one hole directly in front of your pupil (need to move your head slightly).
C. Take a vision break for 1-2 mins after every 20 mins of reading, computer work or activities that create a lot of near-point stress.

9. Never use these glasses as sunglasses or look directly into the sun. You should never look directly at the sun in any circumstances. E. Natural Vision Therapy is indemnified from any misuse of vision therapy glasses resulting in physical injuries or accidents.

10. Signup for a Vision Therapy Talk at www.thebatesmethod.com. Or visit The Natural Vision Centre, 1 Coleman Street #02-11 The Adelphi Singapore 179803 Tel: +65-67267261 / +65-68830031. Email: sales@thebatesmethod.com

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12. Let your body which is uniquely and wonderfully designed by God a chance to do its work of self-healing by letting the eye, mind and muscles to recalibrate themselves for perfect vision. Your vision system cannot be permanently damaged, an opinion subscribed by many eye-care professionals.
1 2 3 4 5 6 7 8 9 0 11 12 13 14 15 16 17 18 19 20 20 20 20 20 20 20 20 20 20 20

Natural Vision Therapy is a proven, non-intrusive, and holistic approach to improving short-sightedness (myopia), astigmatism, long-sightedness (presbyopia) without the use of glasses or any medical aids. The Therapy re-educates the eyes and mind about the principles and habits of seeing clearly and naturally.

Its foundation is based on the Bates Method. Dr Bates, an ophthalmologist, stopped prescribing glasses to his clients after noticing that their eye problems got progressively worse after wearing the "eye crutches". He discovered that the glasses, or eye crutches, actually prevents the eyes from healing itself naturally.

The Vision Therapy Eyewear look like a normal pair of spectacles with plastic, opaque lenses, except that they have tiny holes. Here's how they work. Because light travels in straight lines, only limited rays pass through the pinholes and straight into the eye, reportedly forming a clearer image.

The Natural Vision Centre makes the pinhole glasses based on the principles of the Bates Method, developed by ophthalmologist William Bates in the United States in the early 1900s.

Private tutor Shirley Ng, 53, has what she calls a "three-in-one vision". Myopic since childhood, she has been suffering from presbyopia and astigmatism for the past five years.

Ms Ng says her vision has improved. "Three weeks after using it, I could see better without my glasses." Last week, she felt giddy wearing her spectacles and went for an eye examination. Her myopia, which was -2.00 diopter for the left eye and -6.00 for the right, has decreased by 0.25 diopter in both eyes (as compared to 0.25 diopter increase every three months for the past two years).

Ms Vanessa Lim is recommending the Eyewear to her colleagues. "Before I had the eyewear, I couldn't see the steps clearly without my spectacles when I took the stairs. Now, I can see better."

Extracted from The Sunday Times Newspaper, August 14, 2005