

A New Way of Seeing



***How To Get Out of Glasses and Begin
Experiencing the True World of
Expansiveness***

**By: Gavin of
NaturalVisionPinholeGlasses.com**

© Copyright 2013 by Gavin of NaturalVisionPinholeGlasses.com. All rights reserved.

<http://www.NaturalVisionPinholeGlasses.com>

Table of Contents

<i>Introduction to Vision Improvement</i>	4
The Century of Glasses.....	4
For Generations We Needed No Vision Improvement	5
How The Eye Works.....	5
<i>A New Way of Seeing</i>	8
<i>The Tools You Need to Improve Your Vision</i>	8
Pinhole Glasses.....	8
Eye Exercises	10
<i>Vision Boosting Tips.....</i>	12
<i>About</i>	15

Introduction to Vision Improvement

Welcome! By downloading this e-book you've taken the first step to not only improving your eyesight, but your life as well.

The benefits of vision improvement go well beyond simply getting rid of glasses (although that is certainly a major benefit). Improving your eyesight means improving your life, and it makes the world around you a richer and more vibrant place.

When you walk outside, you begin seeing things in entirely new ways. The sun is more vibrant, the trees and flowers have richer looking colors, and you begin experiencing a world of expansiveness.

In a few pages I'm going to share with you some eye exercises you can do to begin improving your vision. But before I begin, let me introduce myself...

My name is Gavin, I have spent a number of years studying everything there is to learn about vision improvement.

I got my first pair of glasses at the age of 12, and like most people, thought I was doomed to wear them for the rest of my life.

In my early 20's I discovered a book by an eye doctor named Jacob Liberman. The book was entitled [Take Off Your Glasses and See.](#)

As I'd worn glasses for almost a decade at that point (and hated them) the book title was, shall we say, quite intriguing.

He explained things about the eyes that were completely new to me. I believed (like most people do) that if you have poor vision, it's because of some type of genetic condition that you inherited from your parents.

In fact, it's our lifestyle today of living indoors, and looking at close objects all day (computer, smart phones, books) which is what has lead to the vision loss we experience.

He explained that we're simply straining our eyes, and the solution was to relax and exercise them - just like you would with any other weak muscle in your body.

The Century of Glasses

It's interesting to note, that it's only been in the past 100 years or so that so many people have needed glasses.

In fact, according to a Harvard University study, the percentage of people in the United States that need to wear glasses has been climbing rapidly in the past 30 years.

This fits perfectly with Dr. Liberman's theory that our lifestyle is what's causing the vision loss.

For Generations We Needed No Vision Improvement

It's interesting to me how people take the fact that we need to wear glasses as a given.

Although a fascinating study was done in the 1970's - [in Alaska of all places](#) that proved that vision problems were *not* genetic.

After Alaska became a state, a group of officials from the United States department of education traveled there to see how the new generation of children were adapting to the new, mandated life of school.

Dr. Fances Young led this group. During their time there, they studied a host of things, and made a startling discovering regarding vision.

These schoolchildren were the first in their culture to be educated - and the first to spend most of their days indoors reading, instead of outside hunting and fishing as their ancestors had done.

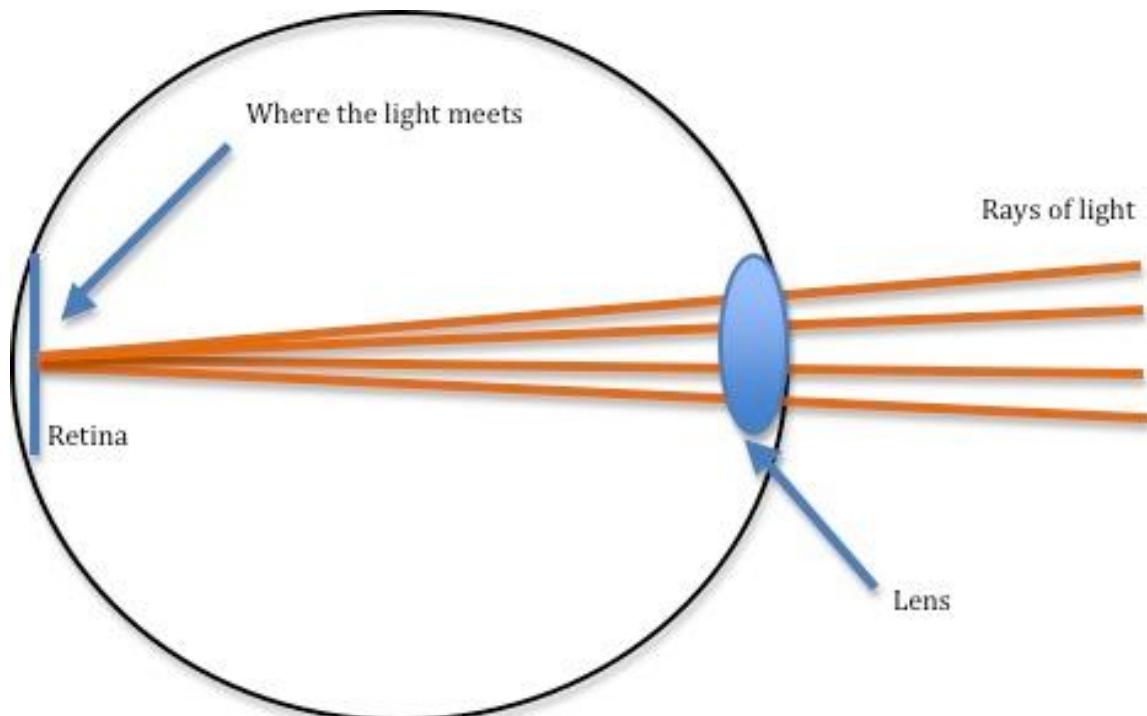
A whooping 60% of the school children had some type of vision condition - mostly nearsightedness - some severe.

They measured the eyesight of the adult Eskimo's and found that only 2 out of 130 had any type of vision impairment - and the conditions of those were very slight.

The results of the study are quite obvious: eye conditions are not the result of genetics, or some force that we can't control. They are a result of our environment and how we see.

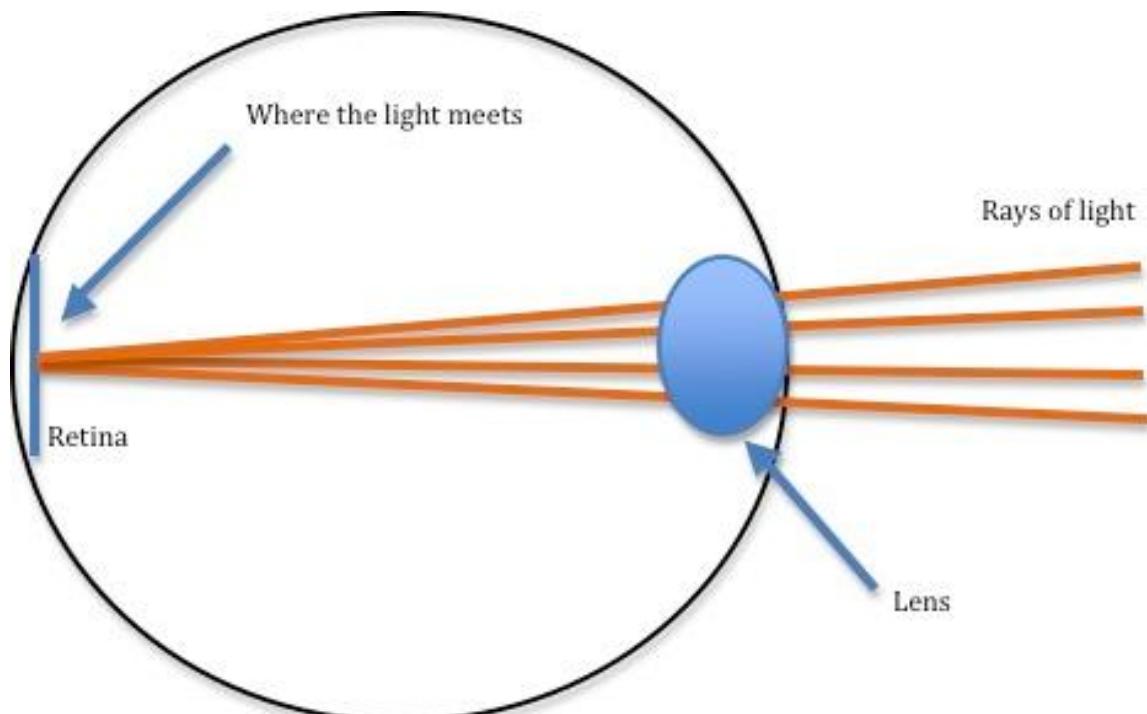
How The Eye Works

To briefly explain how the eye works, take a look at the following diagram:



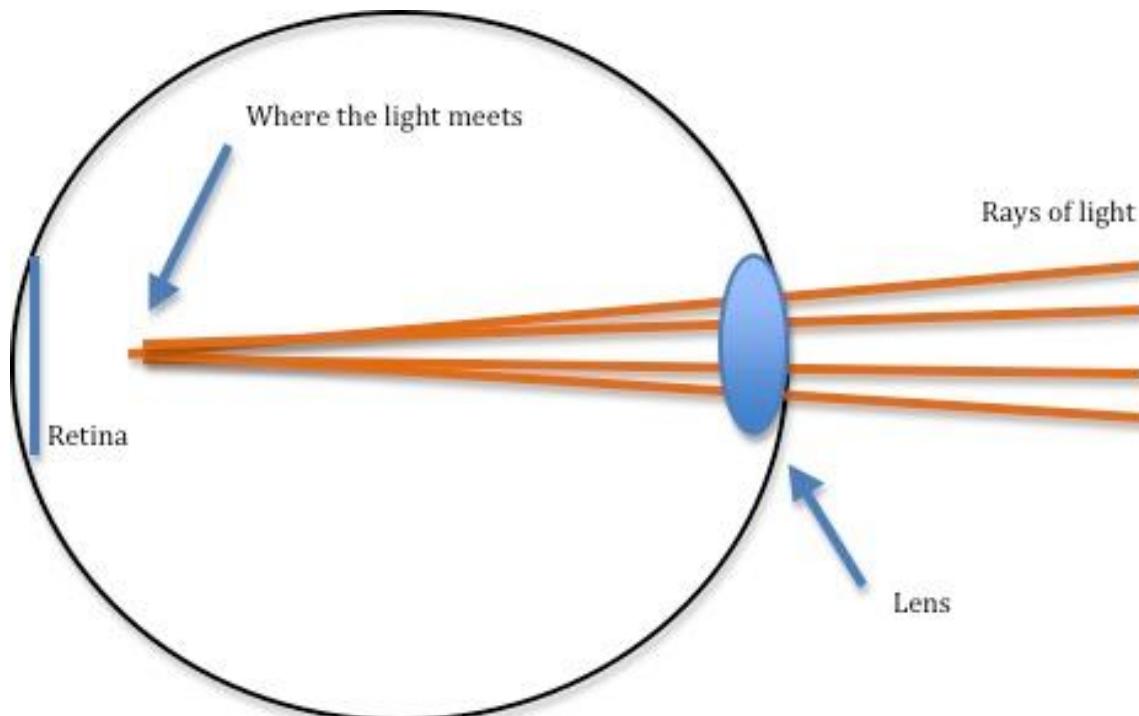
This is what your eye looks like when it's in a relaxed position. Note the lens in the front is relaxed, and the light is hitting the back of your eye directly. The key is for all of the light to meet directly on the retina. This is what gives us a clear image when we see.

Here's what your eye looks like when you're looking at something close up (less than 20 feet):



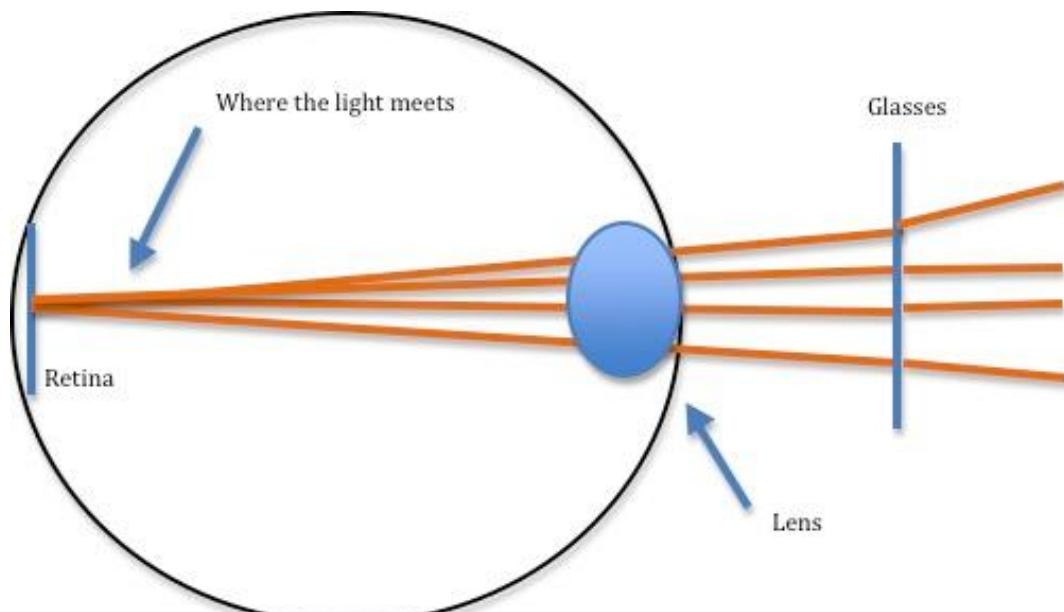
The lens in the front of the eye expands, angling the light entering your eye so that it hits the retina, giving you a clear image.

Now here's what your eyes look like when you need glasses:



The lens in the front of the eye is not able to flex enough for the light to hit the retina, and the result is blurry vision.

When you put on a pair of glasses, it angles the light to match whatever discrepancy your eyes' lens has:



But notice, what the missing link is here. The lens in the front of the eye is positioned as if it were looking at something close up. It never has the chance to relax or flex itself, meaning it's *always in a state of stress*.

Glasses stress and weaken the eye instead of strengthening it. Because they act as a crutch the eye never is able to heal!

Imagine walking into a doctor with a broken leg and he says, "Here's a pair of crutches."

"How long do I have to use them?" you ask.

"For the rest of your life," is his reply. "Oh, and you'll need to get a thicker and thicker cast each year on your leg because it will continue getting weaker."

You'll quickly look for a second opinion!

A New Way of Seeing

The truth is that new times have brought new strains on our bodies.

Our bodies were designed to be outdoors, looking at things that are far away.

This was how we survived for thousands of years. We needed sharp vision and agile bodies to hunt for food.

But to reverse this trend the first step is education.

Just like the answer to being overweight is eating healthy food and exercising, poor vision can be improved simply by giving them the [nutrients they need to properly function](#) and to exercise them so they stay flexible and strong.

The Tools You Need to Improve Your Vision

There are a number of tools and techniques you can use to improve your vision.

They don't require a huge time investment, and are very simple to do. Simply applying these techniques will put you well on your way to reversing the trend of getting stronger and stronger glasses prescription every year, and open your eyes to a new way of seeing you've never before experienced.

Pinhole Glasses

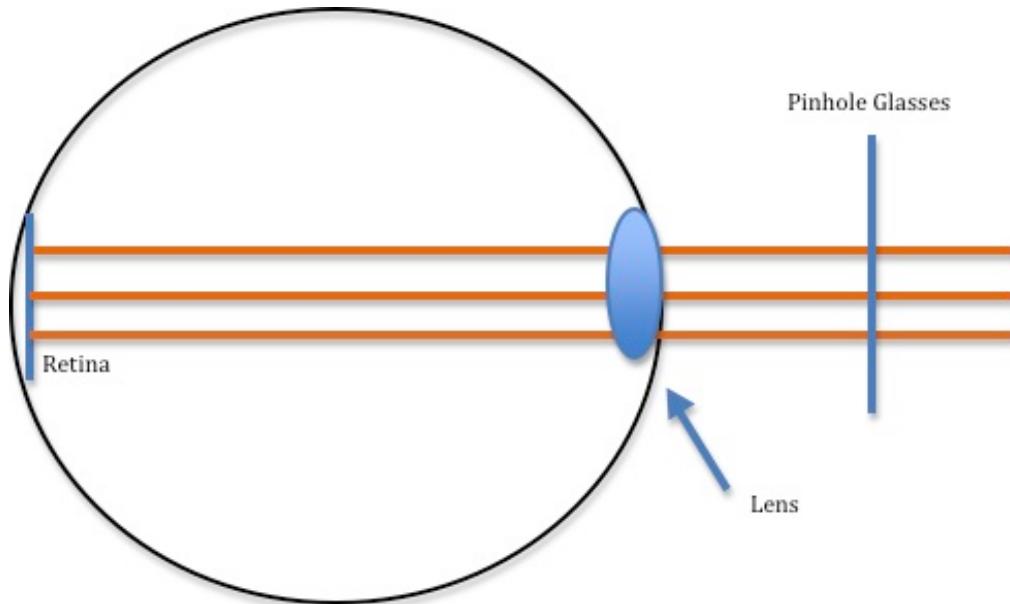


Pinhole glasses are awesome.

They're designed to [look like sunglasses](#), which make them discreet, and they also happen to be an amazing tool for relaxing your eyes.

The holes on the lenses cut out peripheral vision and send light directly to the retina.

Remember our diagram above of how the eye works? Here's how pinhole glasses work:



Then put the lens of your eye into a relaxed state, and at the same time send light directly to your retina, resulting in a clear image!

I've shown these things to people who wear glasses, and they are stunned by the results.

I'll ask them to remove their glasses, look at some text that they can't read without their glasses, and then put on the pinhole glasses and read it again. Every person was shocked to report that the text was clear!

Now because pinhole glasses cut out peripheral vision, you can't wear them while driving or other times you'll need your peripheral vision. And they will draw attention when wearing them indoors.

I usually wear mine when I'm walking around outside like sunglasses, as well as when I'm in my home reading or using the computer.

They're usually pretty cheap and you can even pick them up online at places like [Amazon.com](#).

You can check out the pair I wear [by clicking here](#).

Eye Exercises

Pinhole glasses are a great tool for relaxing your eyes, but to see a marked improvement in your vision, you should start a [training program of eye exercises](#).



The program I recommend is called [Rebuild Your Vision](#). I've tried a few eye exercise programs, and hands down they offer the best program available.

It's not just the eye exercises that they teach you, it's the structured program that's tailored specifically to your eye condition that makes this program so valuable.

While I will teach you a few eye exercises in this e-book, it can't be compared to a structured program that's tailored to you.

And now on to the exercises!

Palming

One of the key things your eyes need is relaxation, and palming is exactly what the doctor ordered.

Palming has been noted for its amazing relaxing effects, and is even used in schools in China.

Every day, Chinese children across their country will spend 5 minutes in this relaxation pose. It has been reported to increase attention levels, reduce stress among the children and increase their academic performance. (Oh, those Chinese!)

You can palm pretty much anywhere, and you can do it for any length of time that's comfortable to you. It's best to shoot for 2-5 minutes, but even holding this for 30 seconds can be beneficial.

To perform the exercise, simply rub your hands together until you've generated some warmth, and then cup your warmed hands over your eyes, cutting out all light.



This exercise will probably be the most comfortable done at a table so you can rest your elbows on it.

Simply hold that pose and breathe deeply. When you come out of it, you'll see an immediate difference in your vision.

Go ahead, try it now. See what a difference that makes

Pinwheel Exercise

The next exercise is the pinwheel exercise. This is also an easy exercise to do anywhere, although it's not very discreet. You may want to go somewhere private to do it.

(Strange tip: All right I'll let the cat out of the bag, I do this when I go to the bathroom.)

To perform this exercise, simply look straight up. Don't move your head, move only your eyes.

Continue looking in that direction for about 10 seconds and then slide your eyes over to the right. Hold them in that position for 10 seconds.

Continue doing this exercise in a downward position, and to the left. When you've completed one round, do the exercise again in reverse.

This is a great exercise for your peripheral vision, and I've found is a great thing to do before and after a long drive.

Tromboning

Tromboning is a great exercise for exercising your near/far focus.

Hold a pencil out at arms length in front of you.

Begin to slowly bring the pencil towards you. See if you can bring it all the way to your nose while keeping it focused.

After you've reached the point where you begin losing focus, begin moving the pencil back out to arm's length. Be sure to track the pencil with your eyes the whole way.

Repeat that for 20 complete cycles.

Eye Flashing

This is another eye relaxation exercise that releases tension you may have in the muscles around your eyes.

Close your eyes and squeeze them shut as hard as you can.

You're then going to have your eyes "burst" open.

Perform this 10-20 times in rapid succession.

Sunning

This next exercise is called sunning. To perform this exercise, you simply go outdoors (or to a window), close your eyes and look at the sun.

Makes sure your eyes are shut. Simply look at the sun with your closed eyes, and feel the warmth on your eyes.

Be sure to keep your eyes closed when doing this exercise. Do NOT look directly at the sun! This is dangerous and could damage your eyes. The goal is simply to feel the sun's warmth through your closed eyelids.

Cover Each Eye

This last exercise helps strengthen each individual eye.

To perform it, all you need to do is cover one eye while reading something and read only with the second eye. Switch back and forth between eyes every minute or so.

This is an extremely easy exercise to do, and the results can be instant. You'll notice a difference as soon as you switch eyes.

Vision Boosting Tips

While doing these exercises will give your vision a tremendous boost, here are a few tips that will give an even bigger boost, not only in your vision, but in your overall health and well-being:

Eat Healthy Food

“Healthy food” is defined as “food that is as close to its natural state as possible.”

In addition to our indoor, sedentary lifestyle, our diets are one of the leading causes of the mass deterioration in health we see in the Western world.

Focusing on eating good food, with an emphasis on raw fruits and vegetables, will kick start your health in amazing ways.

For your eyes, there are specific nutrients that help support vision health.

3 examples include:

Glutathione is a nutrient found in eggs, garlic, asparagus and onions.

Lutein, can be found in tomatoes, eggplant and squash.

Alpha-Lipoic Acid helps fight stress in your eyes (as well as your entire body. It can be found in spinach, peas and broccoli.)

These are only 3 of the 17 essential nutrients you need for healthy eyes. [Click here to see the rest of them](#), as well as an easy way to get them into your body. (And without having to eat raw broccoli.)

You can also check out this [post of mine](#) that goes more into depth on the how to find these nutrients in vegetables, as well as another easy way to get these nutrients into your system.

I’m not telling you what it is. You’ll need to read the post yourself...

Drink water

If you walk away from this e-book with only one thing its *drink more water!*

In today’s world we are constantly dehydrated - so much so that many people misread thirst signs for hunger signs. Instead of drinking water, they’ll start eating!

Considering that our bodies are primarily water, doesn’t it make sense to drink more of it?

- Our eyes are more than 50% water
- The brain is almost 90% water

The question is how much water to drink?

Conventional wisdom says to drink 8 glasses (64 oz.). Unfortunately the flaw with that measurement is that every single person has different body sizes, and therefore should require different amounts of water.

A 120 lb. woman does not need to drink the same amount as a 220 lb man.
Same thing for a 60 lb. child.

The best measurement I've heard is to drink half of your body weight (lbs.) in ounces.

Meaning that if you're a 200 lb. man than you should drink at least 100 ounces of water a day.

A few variables can increase that number (like exercising, living in a hot climate, or drinking soda or coffee - which dehydrate you), and you should make sure to drink even more if needed.

Do eye exercises throughout your day.

The final tip I want to share with you is to continue doing eye exercises throughout your day.

At the beginning it will take some time, but eye exercises are extremely easy to do, and to fit into your day. They only require a few minutes and the benefits can change your life.

I wish you much success on your journey to perfect vision. As they say, “Every journey begins with a single step. “

Take the plunge and start improving your vision and your life today!

About



Gavin is a natural vision expert who runs the website NaturalVisionPinholeGlasses.com. This website is full of useful information that will help anyone improve their vision and free themselves of glasses and contacts.

Gavin recommends the [Rebuild Your Vision](#) program as a way to kickstart anyone vision improvement. In 2012 he did a live case study on his blog of his experience with the program and was able to knock an entire diopter off his glasses prescription in just 5 weeks.

You can view the case study by [clicking here](#).

You can check out the Rebuild You Vision program by [clicking here](#).

You can reach Gavin with any questions at
gavin@naturalvisionpinholeglasses.com.