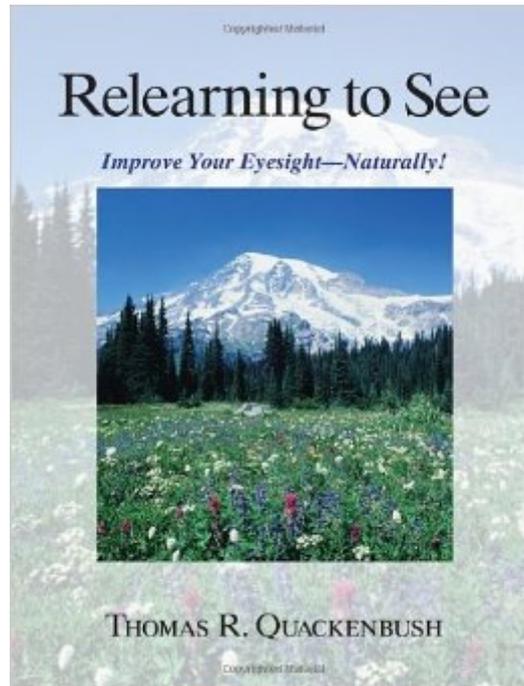


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# Relearning To See: Improve Your Eyesight Naturally!



## Synopsis

In this accessible presentation of the famous Bates method, Thomas R. Quackenbush (who teaches the Bates method in California and Oregon) describes how eyesight can improve naturally, at any age and regardless of heredity. This book is a wonderful tribute to the genius of Dr. Bates, who was a pioneer in discovering how vision becomes blurred and how it restores itself naturally to clarity and acuity. Now 80 years later, his findings and teachings remain light years ahead of our contemporaries. His approach to treating vision problems was truly holistic and the theme throughout this book is very much an extension of that holistic approach. Dr. Quackenbush is to be commended for his dedication in getting the truth out and keeping the torch burning in this "bible" on vision improvement.

## Book Information

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## Customer Reviews

"What is quality?" asks Robert Pirsig in his exceptional novel, *Zen and the Art of Motorcycle Maintenance*. Relearning to See is QUALITY plus! This book is a wonderful tribute to the genius of Dr. Bates, who was a pioneer in discovering how vision becomes blurred and how it restores itself naturally to clarity and acuity. Now 80 years later, his findings and teachings remain light years ahead of our contemporaries. There is at least one current book which gives you the impression that improving your vision naturally is "newly" discovered. Hardly. Tom is to be commended for his dedication in getting the truth out and keeping the torch burning in this "bible" on vision improvement. As an ophthalmologist, Dr. Bates distinguished himself from the pack as a truly critical

thinker. His colleagues were content to ignore or rationalize away the numerous cases of patients whose vision improved yet shouldn't have according to the orthodox theories. Dr. Bates was troubled enough to undertake his own extensive experiments and thorough analysis to debunk the myths. His approach to treating vision problems was truly holistic and the theme throughout this book is very much an extension of that holistic approach. My vision improvement using the Bates method has been nothing short of spectacular. When I began, my near-sightedness was roughly 20/600. Now on a clear and sunny day outside, my vision settles in to about 20/30 on average, with many periods of 20/20. Under indoor artificial light, my vision averages about 20/40, with periods of 20/30. (Why does it vary, you ask? Read this book and you'll understand why eyesight isn't a fixed and rigid condition under all lighting conditions.

This is the best book I've seen on the Bates method of how to improve your vision naturally. It's extremely well researched, thorough, and very readable. At \$25, it's a real bargain, as the quality of the publishing (including many color plates) is much closer to that of a \$60 college textbook. My personal story: I went from -9.5 in each eye to -6.0 (+0.25 astigmatism) in the left and -6.75 in the right in just a week after getting this book and committing the natural vision habits to heart. Factoring in the cost of the book, a new eye exam, and new glasses, that's well under \$400 for a 30% improvement in my natural vision. My girlfriend is also steadily improving her vision and has already moved to her next oldest prescription as a result of this method. Now everyone I've talked to who wears glasses has been extremely interested in this technique, and I recommend this book to them. It's a real shame that the medical establishment is so resistant to promoting these ideas. Maybe it's because not everyone can master them. Like meditation, it's a skill that can't be mastered by struggling and stressing out (especially since, according to Bates, stressing out and squinting to see is what got us myopes in this mess in the first place!). So it's definitely not a sure thing, \*but\* there's certainly no risk to trying it (unlike, say, the inevitable risks of surgery, or even the slight risk of eye damage from contact lenses). If you are thinking about getting laser eye surgery (LASIK), do yourself a favor and buy this book now. Surgery is expensive and even if the risk of side effects seems small, ask yourself, is your vision worth risking? Before reading this book, I was already a bit uncomfortable with the idea of laser surgery.

If you have physically undamaged eyes and are healthy and wear eye-glasses or contact lenses and wish to get rid of glasses or contact lenses this is the book you must read. I started 14 months ago to get rid of my glasses with -4.00 dioptre in both eyes and Astigmatism. With my left eye I was

able to see nearly normally within 3 weeks. I was lucky to find out that my right eye had actually Amblyopia ( if it is not cured early enough, it will lead to unrecoverable blindness ), which no optician checked for before. It did not move only looked in 1 direction and very unsharp. Currently I can get nearly normal vision in parts of my right eye temporarily. After 1/2 year of practice I got a statement from a doctor that I am now able to drive a car without glasses in Australia as my vision had improved to about 1/2 - 1 Diopters. I read the original Bates book (1) and a few of its successors and tried to cure my eyes based on the information in these books. During the practice lots of questions came up of how to do certain exercises which were not answered in the original books ( maybe I did not understand them properly ). The Relearning to See: Improve Your Eyesight - Naturally! is the best book available. It summarizes all the other books, explains how the eye is working according to current beliefs of opticians and ophthalmologists as well as according to Dr. Bates with the evidence why Dr. Bates believes, which are based on facts, are correct. It includes new discoveries and ideas as well. It provides the most understandable types of exercises than any of the other books. It is easy to read and to understand.

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