

Perfect Sight Without Glasses The Cure Of Imperfe

Dr. Bates assistant, wife records True Stories of their Patients, Natural Eyesight Treatments in their Clinic over 11 years. With Better Eyesight Magazine by Ophthalmologist William H. Bates. Emily C. Lierman, her eyesight cured by Ophthalmologist William H. Bates, worked as a nurse, assistant with Dr. Bates in his Clinic in New York City, U.S.A. for many years. They married in 1928. Her name then changed to Emily A. Bates. Emily Lierman, Bates is known for her kind, gentle, understanding way of treating, teaching adults and children how to obtain clear eyesight, healthy eyes naturally and her devotion to Dr. Bates work. She continued teaching The Bates Method of Natural Eyesight Improvement after Dr. Bates death and preserved his books, Better Eyesight Magazines. This book describes the natural treatments that Dr. Bates and Emily applied without use of eyeglasses, surgery, drugs to cure; Unclear Close & Distant Vision, Astigmatism, Presbyopia, Wandering/Crossed Eyes (Squint), Cataracts, Glaucoma, Cornea Ulcers, Scars, Blindness and other eye problems for a variety of patients in their clinic. Children cured by Dr. Bates, Emily, then cured their friends, school teachers, parents with Natural Eyesight Improvement. Dr. Bates patients became Teachers, taught Natural Eyesight Improvement, cured people of a variety of eye conditions. Emily's 'Stories From The Clinic' were originally published in 'Better Eyesight Magazine' by Ophthalmologist William H. Bates, Central Fixation Publishing Co., New York City, U.S. A. The stories in the book contain a few different, additional sentences, descriptions. Includes 20 E-Books; +Do It Yourself-Natural Eyesight Improvement-Original and Modern Bates Method-100+ Color Pictures. Less reading; Easy to learn steps, quickly learn, apply a treatment, activity for Fast Vision Improvement. + Better Eyesight Magazine by Ophthalmologist William H. Bates - (Unedited, Full Set-132 Magazine Issues - 11 Years-July, 1919 to June, 1930.) Illustrated with 500 Pictures and additional, up to date Modern Natural Eyesight Improvement Training. + Original Better Eyesight Magazine by Ophthalmologist William H. Bates - Photo copy of all his Original Antique Magazine Pages in the 1900's Print. (Unedited, Full Set 132 Magazine Issues - 11 Years-July, 1919 to June, 1930.) Learn Natural Eyesight Improvement directly from the Original Eye Doctor that discovered and practiced this effective, natural method! Magazines & Method Hidden from the public by eye surgeons, Optometrists, optical businesses for over 100 years because this method works and frees the patient from the need to purchase eyeglasses, drugs, unnecessary eye surgery. Yes, it can and has reversed cataracts and other eye conditions! + The Cure of Imperfect Sight by Treatment Without Glasses by Dr. Bates with Pictures. Dr. Bates First, Original Book. 2nd Printing Title: Perfect Sight Without Glasses. + Medical Articles by Dr. Bates - with Pictures. + Stories From The Clinic by Emily C. A. Lierman/Bates. (Dr. Bates Clinic Assistant, Wife.) + Use Your Own Eyes by Dr. William B. MacCracken M.D. (Trained with Dr. Bates.) + Normal Sight Without Glasses by Dr. William B. MacCracken M.D. + Strengthening The Eyes by Bernarr MacFadden & Dr. Bates - with Pictures and Modern Training. (Trained with Dr. Bates. One of the First Physical Fitness Teachers.) + EFT Training Booklet - with Acupressure, Energy balance, strengthening, Positive Emotions. Easy step by step directions with Pictures. + Seeing, Reading Fine Print Clear, Clear Close Vision (Presbyopia Treatments) with Videos. + Eight Correct, Relaxed Vision Habits- (10 Steps For Clear Eyesight) A Quick Course in Natural Eyesight Improvement. + Astigmatism Removal Treatments + Eyecharts - 15 Large, Small and Fine Print C, E Charts for Close and Distant Vision, Astigmatism Test and Removal Charts. Eyechart Videos. + Audio Lessons in Every Chapter + 100 Natural Eyesight Improvement Training Videos

See our YouTube Channel for VIDEOS of the book with color pictures, animations, (video in video) Natural Eyesight Improvement training by Bates Method author-teacher Clark Night; https://www.youtube.com/watch?v=GhEy4Ys_pKU This book is the Google Play text version of Perfect Sight Without Glasses. Contains only Ophthalmologist Bates' book, Better Eyesight Magazine, extra training, pictures to learn the method quickly and eyecharts. Dr. W. H. Bates started his career as an orthodox ophthalmologist following the old, long time rules of the practice; prescribing eyeglasses... During his practice, working with different patients, eye conditions, he realized that unclear close, distant vision, astigmatism and other conditions often cured itself, reversed back to clear vision, especially when his patients stopped wearing their eyeglasses and relaxed. He noticed that wearing glasses 'tensed' the eyes, eye muscles, lowered the vision and resulted in stronger and stronger eyeglass lens prescriptions being needed in order to see clear through the glasses. He began his own studies on the eye and its function. This led him to discover that many of the old ophthalmology, optometry 'supposed facts' about the eye, lens and its function and cause of unclear vision... are incorrect. Dr. Bates began teaching his patients to stop wearing their glasses. He taught them natural methods, including relaxation, correct use of the eyes/vision (shifting...) to produce clear vision. Dr. Bates cured his own eyesight, close vision, presbyopia. Distant vision also clear. He wrote an article in his book, magazine describing how he did it with Memory, Imagination, Relaxation. 'He controlled, changed the focus of light rays in his eyes with his mind.' Dr. Bates performed experiments on the eyes of animals, and observed the function of animal, patient's eyes under different conditions. He used the retinoscope to see the refraction of light rays in the eye under various conditions. He proved that the refraction, clarity of vision changes often. And when the eyes are left alone, eyeglasses avoided; the refraction, clarity returns to normal-clear vision. He proved that the state of the mind, thoughts, emotions, body change the refraction of the eye, clarity of vision. Example: when the mind, body is relaxed, positive, happy thoughts, emotions; the refraction is normal and vision is clear. When the mind, body is under stress, strain; the refraction is abnormal and vision is unclear. Dr. Bates discovered that the main cause of unclear vision and other eye problems is; Wearing Eyeglasses, Mental Strain, Mental, Visual Effort to See, Poor Vision Habits-incorrect use of the eyes/vision; squinting, staring, not shifting-lack of normal, relaxed eye movements, lack of central-fixation, poor memory and imagination... Perfect Sight occurs with Perfect Relaxation (deep or active/dynamic relaxation). Relaxation occurs first, and then the eyesight becomes clear. Practicing normal, relaxed eye/vision function induces relaxation of the mind, eyes and perfect clarity. Dr. Bates' experiments on the outer eye muscles proved that tension in these muscles (mainly caused by eyeglasses, strain in the mind, incorrect vision habits) disrupts their function, the eyes movement, accommodation, convergence, un-accommodation, divergence, causes pressure, tension, pulling on/in the eye, alters the eyes' shape, (and lens, retina...), disrupts refraction, focus of light rays in the eye, on the retina and the clarity of vision. When the mind is strained, tense, the brain and retina do not communicate/function together at optimum level. Function of the retina is lowered. Relaxing the mind, returning normal eye movement relaxes the outer, inner eye muscles, returns the eyes, lens, retina... to normal shape with clear vision. Website; <https://clareyesight-batesmethod.info/> <https://clareyesight-batesmethod.info/naturalvisionimprovementoriginalandmodernbatesmethod/default.htm>

(Black and White) This book is a short condensed version of our large book; 'Do It Yourself-Natural Eyesight Improvement-Original and Modern Bates Method'. Book is written by Clark Night, a Bates Method, Natural Eyesight Improvement teacher. I have kept my eyesight clear since teen years 1974 to present age of 62. The practices in this book produce relaxation, normal, natural, healthy eye function. The large book contains in depth study of Natural Eyesight Improvement and is included with this paperback by internet download as a PDF E-book. Printable. Includes Ophthalmologist William H. Bates 'Better Eyesight Magazine' collection teaching his many different natural treatments for clear eyesight, healthy eyes. Dr. Bates discovered Natural Eyesight Improvement, cured his own eyesight, then other doctors and patients eyesight using natural treatments, without eyeglasses, surgery, drugs. Treatments for; Clear Distant, Close and Reading Eyesight, Astigmatism, Cataract, Glaucoma, Crossed, Wandering Eyes, Conical Cornea and other conditions. Hidden from the public by Opticians, Eye Doctors, Eye Surgeons for over 100 years because it works, is safe and people can do it 'On Their own' with basic training. Many children, cured of defective eyesight by Dr. Bates, then on to cure their friends, parents, teachers eyesight. After a neck injury caused by a chiropractor in 2009; my eyes developed double, triple vision, strabismus, dark and white-out hazy vision, astigmatism and low clarity. Natural Eyesight Improvement, Physical Therapy brought the eyes back to normal function, clear eyesight. Video of internal book pages, free Natural Eyesight Improvement Training, Dr. Bates' life story is on William H. Bates' Author's page; <https://clareyesight-batesmethod.info/> 20 E-Books included; +Do It Yourself-Natural Eyesight Improvement-Original and Modern Bates Method-Book with 100+ Color Pictures. Less reading; Easy to learn steps-Read the short directions on the pictures to quickly learn, apply a treatment, activity for Fast Vision Improvement. + Better Eyesight Magazine by Ophthalmologist William H. Bates-(Unedited, Full Set -132 Magazine Issues-11 Years-July, 1919 to June, 1930.) Illustrated with 500 Pictures and additional Modern Natural Eyesight Improvement Training. + Original Better Eyesight Magazine by Ophthalmologist William H. Bates-Photo copy of all the Antique Magazine Pages in the 1900's Print. (Unedited, Full Set 132 Magazine Issues - 11 Years-July, 1919 to June, 1930.) A History Book. Learn Natural Eyesight Improvement directly from the Original Eye Doctor that discovered and practiced this effective, safe, method! Magazines & Method Hidden from the public by eye surgeons, optometrists, optical business for over 100 years because this method works, frees the patient from the need to purchase eyeglasses, drugs, unnecessary eye surgery. Yes, it can and has reversed cataracts and other eye conditions! + The Cure of Imperfect Sight by Treatment Without Glasses by Dr. Bates with Pictures. Dr. Bates First, Original Book. + Medical Articles by Dr. Bates - with Pictures. + Stories From The Clinic by Emily C. A. Lierman/Bates. (Dr. Bates Clinic Assistant, Wife.) + Use Your Own Eyes by Dr. William B. MacCracken M.D. (Trained with Dr. Bates.) + Normal Sight Without Glasses by Dr. William B. MacCracken M.D. + Strengthening The Eyes by Bernarr MacFadden & Dr. Bates - with Pictures and Modern Training. (Trained with Dr. Bates. One of the First Physical Fitness Teachers.) + EFT Training Booklet - with Acupressure, Energy balance, strengthening, Positive Emotions. + Seeing, Reading Fine Print Clear, Clear Close Vision (Presbyopia Treatments. + Astigmatism Removal Treatments. + Eyecharts - 15 Large, Small and Fine Print Big C, E Charts for Close and Distant Vision, Astigmatism Test & Removal Charts, Eyechart Video Lessons. + Audio Lessons in Every Chapter. + 140 Natural Eyesight Videos.

Black and White version. EFT is an Easy Type of Chinese Acupressure, Puncture without Needles or Hard Pressure. EFT is applied by 'TAPPING', activating energy points, meridians on/in the body with the fingertips. Tapping removes energy blocks, (stuck, stagnant energy), orients, 'polarizes', corrects, balances and strengthens the energy flow in the body, through the Meridians/Energy Pathways, Energy Points, Chakras, Nervous System. (Electric, Chi and other Energies, Physical and Spiritual.) Tai Chi, Qi Gong, Karate Energy Control Methods are related to EFT. EFT removes negative, destructive emotions, thoughts, feelings, stress from the mind/brain, system by correcting energy flow. The body's energies flow correct and strengthen. EFT balances and improves function of the left and right brain hemispheres. This produces good health, clear eyesight. Neck, chest, shoulder, eye muscle tension, stiff, infrequent eye 'shifting' movements, headaches, strain in the mind/brain, negative, unhappy past/present thoughts, emotions, experiences, blocked energy flow, lowered liver/kidney health, staring, squinting cause unclear eyesight. Negative, destructive thoughts, emotions, worry are a common cause of mental strain, back, chest, shoulder, neck, eye muscle tension and unclear eyesight. Lowered eyesight increases worry, mental strain, which then increases the body..., neck, eye muscle tension. Eye function is impaired. Light rays focus incorrect in the eye. Circulation to/in the eye lowers. Vision is more unclear. EFT, Nutrition, Natural Eyesight Improvement corrects these conditions; Blocked energy (experienced during a stressful event) happens first, before the negative emotions occur and locks them into the mind/body. Negative thoughts, emotions maintain blocked energy flow. Removing blocked energy first results in removal of the negative emotions, thoughts, feelings and often brings instant clear eyesight. As EFT Tapping removes energy blocks, corrects the energy flow, resulting in removal of negative emotions, thoughts, feelings; the person can then place positive, constructive thoughts into the mind, system; think, feel in a positive, constructive way about the past or present stressful event. Positive thoughts, emotions help to correct and strengthen the body's energy flow. Correct energy flow is now maintained. Mental and physical health improve, eye function returns to normal, eyesight is 20/20 and clearer at all distances, close and far. Health of body organs, systems improve as energy flows correct throughout the body. EFT improves the function of the brain, visual cortex, left and right brain hemisphere activation, integration. This improves function of the brain with the eyes, retina, eye muscles and body. Eyesight and mental, physical health improve. Memory, imagination, math, science, speech, learning, creativity, art, music..., skills - all functions of the brain, left and right hemispheres even the oldest, deep survival areas of the brain improve. This is a main treatment of Natural Eyesight Improvement. Includes 20 PDF E-Books: Natural Eyesight (Vision) Improvement Training +Do It Yourself-Natural Eyesight Improvement-Original and Modern Bates Method +Better Eyesight Magazine by Ophthalmologist William H. Bates - (Unedited, Full Set - 132 Magazine Issues - 11 Years-July, 1919 to June, 1930.) Illustrated with 500 Pictures and additional, up to date Modern Natural Eyesight Improvement Training. + Original Better Eyesight Magazine by Ophthalmologist William H. Bates - Photo copy of all his Original Antique Magazine Pages in the 1900's Print. All of William H. Bates, Clark Night Books included in the PDF. Video and Audio lessons. Read this Book on Kindle. See the 'William H. Bates, Author's Page', for Video of internal book pages, full description of the Paperback, Kindle and 20 free E-books.

The Cure of Imperfect Sight by Treatment Without Glasses - Dr. Bates Original, First Book- Natural Vision Improvement (Color Edition)

Perfect Sight Without Glasses - The Cure Of Imperfect Sight By Treatment Without Glasses

BETTER EYESIGHT WITHOUT GLASSES.

Clear Close Vision

A MONTHLY MAGAZINE DEVOTED TO THE PREVENTION AND CURE OF IMPERFECT SIGHT WITHOUT GLASSES - July, 1919 - June, 1930 - 132 Original Antique Magazine Issues

With 20 E-books, Better Eyesight Magazine (Black & White Edition)

William Horatio Bates provides an alternative look at the study of the eye. He does not deny that there are certain visual defects people experience; however, he does deny that glasses are the one and only solution. Instead, Bates' studies have led him to believe that simple muscle relaxation could relieve the strain that is the cause of most eye problems. This idea is now referred to as the Bates Method. This book is still consulted today by people seeking alternative solutions to their vision issues.

11 years, 132 Issues of Ophthalmologist William H. Bates' Better Eyesight Magazine. A variety of Natural Vision Improvement cures for different eye, vision conditions. Applied-taught by Dr. Bates and his wife, assistant Emily C. Lierman (Emily A. Bates) in his Offices, Clinic in New York City in the 1900's. True life stories of the patients, doctors, school teachers and others. The origin of Natural Vision Improvement by the same author of Perfect Sight Without Glasses - 1920-1940. Public Domain. Is also preserved at the USA Library of Congress Public Domain section. Dr. Bates Original Antique Magazine Pages from the 1900's. The origin, true source of Natural Eyesight Improvement. Learn directly from the eye doctor that discovered this safe, effective method. Dr. Bates discovered the true principles of the eyes function and applied relaxation, natural methods, practice of normal eye function to return the eyes (visual system) to normal function with clear vision, healthy eyes. 'The Bates Method of Natural Eyesight Improvement'. Natural Treatments by Dr. Bates correct, prevent many different eye conditions without use of eyeglasses, surgery, drugs. Treatments for; unclear close and distant vision, astigmatism, cataracts, glaucoma, conical cornea, cornea scars, wandering/crossed eyes and other conditions. Dr. Bates recorded 11 years of work in his Clinic, his patients eye conditions and the natural treatments he applied to correct their eyesight in his Better Eyesight Magazine. Hundreds of different Natural Treatments are listed. The magazines contain 'True Life Stories' of the Doctors, Assistants, Patients. Entertaining. A History book, life in the early 1900's. The Bates Method was hidden from the public by Eye Surgeons, Optometrists, Optical Businesses for over 100 years because this method works, is easy, anyone can learn, teach it, including children. When Dr. Bates cured the eyes, eyesight of many patients and other eye doctors in the hospital where he worked with natural treatment and proved his method is fact, that some of the old theories of eye function are incorrect, only theories; the eye doctors that preferred to sell eyeglasses, surgery, drugs became angry and expelled him. (See: 'Reason and Authority' & 'Dr. Bates Lecture' in Better Eyesight Magazine; November, 1919, April, 1923.) Dr. Bates then opened his own office, a Clinic New York City. He treated thousands of people by natural methods. He kept his price for medical treatment low and also provided no charge office visits 'Free Clinic Days' for people that could not afford to pay for a visit to an Ophthalmologist. His treatments were successful. He cured a variety of eye conditions in the young and old, people of all ages, nationalities. The Bates Method is so simple and effective that many of his cured patients, 'often children' went on to cure their friends, family, teachers and other children of defective vision including blindness, crossed, wandering eyes. Read the 'True Story of The two Little Girls that Restored a Blind Mans Eyesight' in the Oct., 1925 Magazine Issue.

An updated and revised edition detailing the 'Bates method', a technique which claims to the retrain the eye so contact lenses and glasses are no longer needed. 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.

Dr. Bates 1st, Original book in the Antique 1920 Print. (Color Edition - Sold in USA, UK on Amazon only. This provides the customer a lower price. Occasionally the price is different when set to enable purchase in bulk by bookstores, libraries.) Includes the 1st Edition 'The Cure Of Imperfect Sight By Treatment Without Glasses'. 9 editions combined. All of W. H. Bates treatments and Dr. Bates Better Eyesight Magazine 'Page Two' of 132 Issues of his best Natural Eyesight Practices for every eye, vision condition; Myopia, Presbyopia, Astigmatism... Fundamental Treatments, Steps by Dr. Bates & Emily C. A. Lierman, Bates (Dr. Bates assistant, wife). Natural Methods by Bernarr MacFadden. Eyecharts. Ophthalmologist William H. Bates discovered Natural Eyesight Improvement, 'The Bates Method'. He discovered the true function of the eyes (visual system) and applied natural methods, relaxation to return the eyes, eye muscles to normal function for healthy eyes, clear vision. He cured; unclear close and distant vision, astigmatism, crossed/wandering eyes, cataracts, glaucoma & other eye conditions. Natural Eyesight Improvement was practiced years before Dr. Bates discovered it. It is the normal, natural function of the eyes. Dr. Bates book, magazines, method has been hidden from the public by eye doctors, opticians for over 100 years because this method works, is easy, anyone can learn and teach it, including children. It produces healthy eyes, clear vision and frees the patient from the need to purchase eyeglasses, drugs, unnecessary eye surgery. It can reverse, prevent cataracts and other eye conditions! Includes 20 Printable, Color PDF E-Books download; All of Ophthalmologist Bates, Clark Night's Paperback & Kindle books, All books listed on Dr. Bates Amazon Author's page. See entire list of free books here; https://www.amazon.com/William-H.-Bates/e/B004H9DOBc/ref=dp_byline_cont_book_1 See Clark Night/William H. Bates Author's Page for Pictures, Videos, full description of the Paperbacks, 20 E-books; [amazon.com/Clark-Night/e/B004HU1MNS/ref=dp_byline_cont_pop_book_1](https://www.amazon.com/Clark-Night/e/B004HU1MNS/ref=dp_byline_cont_pop_book_1) Notice; Sometimes the 'Look Inside' book

tool on Amazon is unclear and the color is dull. This can happen temporarily as they update settings for new browsers... To see a better view of the clarity and color of the 4 paperback editions; view the large TextBook edition of the Kindle. The paperbacks are also the TextBook Teacher/Student edition shown in the Kindle.

Sight Without Glasses

Perfect Sight Without Glasses

Reading, Seeing Fine Print Clear: Natural Presbyopia Treatment (Black & White Edition)

Dr. Bates, Original, First Book

The Cure of Imperfect Sight by Treatment Without Glasses – Dr. Bates Original, First Book– Natural Vision Improvement (Color – USA Print Edition)

Perfect Sight Without Glasses – the Cure of Imperfect Sight by Treatment Without Glasses – Dr. Bates Original, First Book

All parts of the body need exercise for optimal health, and the eyes are no different. Vision for Life presents an approach to eye health for people with 20/20 vision who wish to maintain their perfect vision as well as people who see poorly and would like to improve their eyesight. Clients of the Meir Schneider Self-Healing Method experience their own capacity to bring about recovery, reversing the progress of a wide range of degenerative conditions including eye disease. Based in part on the established Bates Method of eyesight improvement and in part on his own professional and personal discoveries, Meir Schneider's pioneering approach has helped thousands of people successfully treat a host of eye problems, including near- and farsightedness, astigmatism, lazy eye, double vision, glaucoma, cataracts, macular degeneration, retinal detachment, retinitis pigmentosa, and nystagmus. This revised edition includes a new chapter on children's eye health and new research and exercises for specific conditions, i.e., glaucoma and nystagmus, near- and farsightedness. Born blind to deaf parents, Schneider underwent a series of painful operations as a young child and was left with 99 percent scar tissue on the lenses of his eyes, resulting in his being declared incurably blind. At the age of seventeen, he discovered how to improve his vision from less than 1 percent to 55 percent of normal vision with the eye exercises presented in this book. Today Schneider drives a car, reads, and enjoys the benefits of full natural vision. He and his clients prove time and time again how much vision can improve with exercise. His contributions to the field of self-healing are recognized by alternative health practitioners and medical doctors alike. In Vision for Life, Schneider shares forty years of discoveries made on his personal and professional journey. The book details simple but effective techniques to gain great vision such as sunning and palming. Such exercises are not only strengthening but also restorative and deeply relaxing. The reader learns how to reverse developing issues before they cause damage or to remedy existing problems, including pathologies such as glaucoma, cataracts, macular degeneration, retinal detachment, and optic nerve neuropathy. From the Trade Paperback edition.

This is the text version of Perfect Sight Without Glasses. A smaller book to provide a lower price in color, black and white. It contains only Dr. Bates' book, Better Eyesight Magazine and extra eyecharts. Black and White Edition. A 480 page version of this book in scans of the original antique pages, with additional training, magazines, many pictures by a Bates Method teacher is available in color, black and white paperback. Dr. Bates' Amazon page; <https://www.amazon.com/William-H.-Bates/e/B004H9DOBC> Dr. W. H. Bates started his career as an orthodox ophthalmologist following the old, long time rules of the practice; prescribing eyeglasses... During his practice, working with different patients, eye conditions, he realized that unclear close, distant vision, astigmatism and other conditions often cured itself, reversed back to clear vision, especially when his patients stopped wearing their eyeglasses and relaxed. He noticed that wearing glasses 'tensed' the eyes, eye muscles, lowered the vision and resulted in stronger and stronger eyeglass lens prescriptions being needed in order to see clear through the glasses. He began his own studies on the eye and its function. This led him to discover that many of the old ophthalmology, optometry 'supposed facts' about the eye, lens and its function and cause of unclear vision... are incorrect. Dr. Bates began teaching his patients to stop wearing their glasses. He taught them natural methods, including relaxation, correct use of the eyes/vision (shifting...) to produce clear vision. Dr. Bates cured his own eyesight, close vision, presbyopia. Distant vision also clear. He wrote an article in his book, magazine describing how he did it with Memory, Imagination, Relaxation. 'He controlled, changed the focus of light rays in his eyes with his mind.' Dr. Bates performed experiments on the eyes of animals, and observed the function of animal, patient's eyes under different conditions. He used the retinoscope to see the refraction of light rays in the eye under various conditions. He proved that the refraction, clarity of vision changes often. And when the eyes are left alone, eyeglasses avoided; the refraction, clarity returns to normal-clear vision. He proved that the state of the mind, thoughts, emotions, body change the refraction of the eye, clarity of vision. Example: when the mind, body is relaxed, positive, happy thoughts, emotions; the refraction is normal and vision is clear. When the mind, body is under stress, strain; the refraction is abnormal and vision is unclear.Dr. Bates discovered that the main cause of unclear vision and other eye problems is; Wearing Eyeglasses, Mental Strain, Mental, Visual Effort to See, Poor Vision Habits-incorrect use of the eyes/vision; squinting, staring, not shifting-lack of normal, relaxed eye movements, lack of central-fixation, poor memory and imagination...Perfect Sight occurs with Perfect Relaxation (deep or active/dynamic relaxation). Relaxation occurs first, and then the eyesight becomes clear. Practicing normal, relaxed eye/vision function induces relaxation of the mind, eyes and perfect clarity. Dr. Bates' experiments on the outer eye muscles proved that tension in these muscles (mainly caused by eyeglasses, strain in the mind, incorrect vision habits) disrupts their function, the eyes movement, accommodation, convergence, un-accommodation, divergence, causes pressure, tension, pulling on/in the eye, alters the eyes' shape, (and lens, retina...), disrupts refraction, focus of light rays in the eye, on the retina and the clarity of vision. Blood, oxygen, fluid, tear circulation, production, nerve function in the eyes is impaired. When the mind is strained, tense, the brain and retina do not communicate/function together at optimum level. Function of the retina is lowered. Relaxing the mind, returning normal eye movement relaxes the outer, inner eye muscles, returns the eyes, lens, retina... to normal shape with clear vision.

Natural Treatment for obtaining Clear Close, Reading, Distant & Night Vision. Black and White available for a lower price. Also in Color.) Discontinue need for eyeglasses, reading glasses. Treatments for Presbyopia-'Middle Age Vision'. Natural Cataract prevention, reversal. Bates Method by Ophthalmologist William H. Bates. William H. Bates M.D. The author of Better Eyesight Magazine, Medical Articles, The Cure Of Imperfect Sight By Treatment Without Glasses, Perfect Sight Without Glasses. (Also see; William H. Bates M.D. and Clark Night's Author's Pages for more videos of internal book pages; <https://clareeyesight-batesmethod.info/> Eyecharts and 1st 6 Issues of Better Eyesight Magazine included in the Paperback book. 20 Free Natural Eyesight Improvement PDF E-Books, Printable, in color with any Kindle or Paperback book purchase. See William H. Bates Authors Page for Bio., videos of internal book pages, full description of all Paperback and 20 free E-books. Videos contain free Natural Eyesight Improvement Training. This book includes 20 Free PDF E-Books; Natural Eyesight (Vision) Improvement Training; +Do It Yourself-Natural Eyesight Improvement-Original and Modern Bates Method-Book with 100+ Color Pictures. Less reading; Easy to learn steps-Read the short directions on the pictures to quickly learn, apply a treatment, activity for Fast Vision Improvement. (Many of Dr. Bates, Clark Night's Kindle, PDF & Paperback books are in this E-Book.) + Better Eyesight Magazine by Ophthalmologist William H. Bates - (Unedited, Full Set-132 Magazine Issues - 11 Years-July, 1919 to June, 1930.) Illustrated with 500 Pictures and additional, up to date Modern Natural Eyesight Improvement Training. + Original Better Eyesight Magazine by Ophthalmologist William H. Bates - Photo copy of all his Original Antique Magazine Pages in the 1900's Print. (Unedited, Full Set 132 Magazine Issues - 11 Years-July, 1919 to June, 1930.) A History Book. Learn Natural Eyesight Improvement Treatments directly from the Original Eye Doctor that discovered and practiced this effective, safe, natural method! Magazines & Method Hidden from the public by eye surgeons, Optometrists, optical businesses for over 100 years because this method works and frees the patient from the need to purchase eyeglasses, drugs, unnecessary eye surgery. Yes, it can and has reversed cataracts and other eye conditions! + The Cure of Imperfect Sight by Treatment Without Glasses by Dr. Bates (Photo Copy of the Original Antique Book Pages) with Pictures. Dr. Bates First, Original Book. (Text version with Modern Treatments included.) 2nd Printing Title: Perfect Sight Without Glasses. + Medical Articles by Dr. Bates - with Pictures. + Stories From The Clinic by Emily C. A. Lierman/Bates. (Dr. Bates Clinic Assistant, Wife.) + Use Your Own Eyes by Dr. William B. MacCracken M.D. (Trained with Dr. Bates.) + Normal Sight Without Glasses by Dr. William B. MacCracken M.D. + Strengthening The Eyes by Bernarr MacFadden & Dr. Bates - with Pictures and Modern Training. (Trained with Dr. Bates. One of the First Physical Fitness Teachers.) + EFT Training Booklet - with Acupressure, Energy balance, strengthening, Positive Emotions. Easy step by step directions with Pictures. + Seeing, Reading Fine Print Clear, Clear Close Vision (Presbyopia Treatments) with Videos. + Eight Correct, Relaxed Vision Habits- A Quick Course in Natural Eyesight Improvement. + Astigmatism Removal Treatments + Eyecharts - 15 Large, Small and Fine Print Big C, E Charts for Close and Distant Vision, White and Black Letter Charts, Tumbling E Chart, Astigmatism Test and Removal Charts, Behavioral Optometry Charts. Eyechart Video Lessons. + Audio, Video Lessons in Every Chapter. Learn a Treatment, Activity Quick and Easy.

The Bates Method - Perfect Sight Without Glasses - Natural Vision Improvement Taught by Ophthalmologist William Horatio Bates - See Clear Naturally Without Eyeglasses, Contact Lenses, Eye Surgery! Includes 132 Treatments From Dr. Bates' Better Eyesight Magazine. This is the text version of Perfect Sight Without Glasses. A smaller book to provide a lower price in color, and black and white. It contains only Dr. Bates' book, Better Eyesight Magazine and extra eyecharts. Color Edition. A 480 page version of this book in scans of the original antique pages, with additional training, magazines, many pictures by a Bates Method teacher is available in color, and black and white paperback. Dr. W. H. Bates started his career as an orthodox ophthalmologist following the old, long time rules of the practice; prescribing eyeglasses... During his practice, working with different patients, eye conditions, he realized that unclear close, distant vision, astigmatism and other conditions often cured itself, reversed back to clear vision, especially when his patients stopped wearing their eyeglasses and relaxed. He noticed that wearing glasses 'tensed' the eyes, eye muscles, lowered the vision and resulted in stronger and stronger eyeglass lens prescriptions being needed in order to see clear through the glasses. He began his own studies on the eye and its function. This led him to discover that many of the old ophthalmology, optometry 'supposed facts' about the eye, lens and its function and cause of unclear vision... are incorrect. Dr. Bates began teaching his patients to stop wearing their glasses. He taught them natural methods, including relaxation, correct use of the eyes/vision (shifting...) to produce clear vision.

A Natural Vision Improvement Magazine

See Clear Naturally Without Eyeglasses, Contact Lenses, Eye Surgery!

The Bates Method - Perfect Sight Without Glasses - Natural Vision Improvement

Optimal Eyesight

Natural Vision Improvement

The Bates Method for Better Eyesight Without Glasses

By working on the Bates method exercises illustrated in this book at home for half an hour a day and applying some simple techniques in everyday life, most people have at least a 75 percent chance of achieving partial or complete success in restoring their vision. The Bates method of eyesight improvement is nonsurgical, completely safe, and quite effective. This simple and practical guide to using the Bates method addresses all the common faults of vision--nearsightedness, farsightedness, astigmatism, and "old age" sight.

Better Eyesight Without Glasses is not only the definitive source for the classic Bates Method, it is in itself a remarkable phenomenon. Dr. William H. Bates's revolutionary and entirely commonsensical theory of self-taught improved eyesight has helped hundreds of thousands of people to triumph over normal defects of vision without the mechanical aid of eyeglasses. If you think that your eyesight could be made better by natural methods, you are right. After years of experimentation, Dr. Bates came to the conclusion that many people who wore glasses did not need them. He gradually and carefully developed a simple group of exercises for improving the ability of the eyes themselves to see, eliminating the tension caused by poor visual habits that are the major cause of bad eyesight. These exercises are based on the firm belief that it is the natural function of the eyes to see clearly and that anyone, child or adult, can learn to see better without glasses.

This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1918 Excerpt: ... the eye was not so general as now, this mistake was sometimes made by physicians, and such patients were sent hundreds of miles to have the cataract removed." It is hardly necessary to point out that, though "delicacy of constitution" might predispose certain persons to this disease, the actual causes are an overloaded circulation, poor digestion, poor light, excessive use of tobacco and alcohol, etc. This being the case, the treatment for all forms of these diseased conditions is obvious. A rigid diet, preceded, if possible, by a few days' fasting; plenty of water-drinking; eye baths; fresh air; exercises which tend to build up and strengthen the general bodily tone, etc., are all essential. Plenty of good light and sunshine are imperative at all times. Iritis, or inflammation of the iris, often destroys the sight by closing the pupil and shutting off the light from the interior of the eye. It may be accompanied by inflammation of the conjunctiva, and hence be overlooked until well developed. It should always be suspected when, in an acute affection of the eye, the sight is decidedly diminished and there is some pain in the ball, and particularly in the brow, the latter being always more severe at night. The cause is usually syphilis or rheumatism, and one of the chief after effects to be feared is the permanent contraction of the pupil. Local treatment is of little avail, but the application of hot and cold cloths alternately to the eye will usually assuage the pain. The patient should be careful not to use the eyes more than is absolutely necessary. Cataract is a disease of the crystalline lens, in which this body gradually loses its transparency. The pupil may lose its natural blackness, the whitish surface of the opaque lens being seen ...

Many of the earliest books, particularly those dating back to the 1900s and before, are now extremely scarce and increasingly expensive. We are republishing many of these classic works in affordable, high quality, modern editions, using the original text and artwork.

BETTER EYESIGHT

See Clear Naturally Without Eyeglasses, Contact Lenses, Eye Surgery! Includes 132 Treatments from Dr. Bates' Better Eyesight Magazine. (Black and White Edition)

The Art of Seeing

Better Eyesight

The Cure of Imperfect Sight by Treatment Without Glasses - Dr. Bates Original, First Book- Natural Vision Improvement (Black and White Edition)

The Complete Magazines of William H. Bates

Dr. Bates 1st, Original book in Antique 1920 Print. (Black & White Edition) Includes 1st Edition 'The Cure Of Imperfect Sight By Treatment Without Glasses'. Five editions combined. All of W. H. Bates treatments and Dr. Bates Better Eyesight Magazine 'Page Two' of 132 Issues of his best Natural Eyesight Practices for every eye, vision condition; Myopia, Presbyopia, Astigmatism... Fundamental Treatments, Steps by Dr. Bates & Emily C. A. Lierman, Bates (Dr. Bates assistant, wife). Natural Methods by Bernarr MacFadden. Eyecharts. Ophthalmologist William H. Bates discovered Natural Eyesight Improvement, 'The Bates Method'. He discovered the true function of the eyes (visual system) and applied natural methods, relaxation to return the eyes, eye muscles to normal function for healthy eyes, clear vision. He cured; unclear close and distant vision, astigmatism, crossed/wandering eyes, cataracts, glaucoma & other eye conditions. Natural Eyesight Improvement was practiced years before Dr. Bates discovered it. It is the normal, natural function of the eyes. Dr. Bates book, magazines, method has been hidden from the public by eye doctors, opticians for over 100 years because this method works, is easy, anyone can learn and teach it, including children. It produces healthy eyes, clear vision and frees the patient from the need to purchase eyeglasses, drugs, unnecessary eye surgery. It can reverse, prevent cataracts and other eye conditions! Includes 17 Printable, Color PDF E-Books - All of Ophthalmologist Bates, Clark Night's Paperback & Kindle books, All books listed on Dr. Bates Amazon Author's page listed below: + Perfect Sight Without Glasses, 'The Cure of Imperfect Sight by Treatment Without Glasses' by Dr. Bates. Photo Copy of the Original Antique Book Pages with Pictures. (Text version with additional Modern Treatments included.) + Original Antique Better Eyesight Magazine by Ophthalmologist William H. Bates - Photo copy of all his Original Magazine Pages in the 1900's Print. (Unedited, Full Set, 132 Magazine Issues-11 Years-July, 1919 to June, 1930.) Learn a variety of Natural Eyesight Improvement Treatments directly from the Original Eye Doctor that discovered and practiced this effective, safe, natural method! + Better Eyesight Magazine by Ophthalmologist William H. Bates - (Unedited, Full Set -132 Magazine Issues - 11 Years-July, 1919 to June, 1930.) Illustrated with 500 Pictures and additional, up to date Modern Natural Eyesight Improvement Training. + Medical Articles by Dr. Bates - with Pictures. + Stories From The Clinic by Emily C. A. Lierman/Bates. (Dr. Bates Clinic Assistant, Wife.) + Use Your Own Eyes & Normal Sight Without Glasses by Dr. William B. MacCracken, M.D. (Trained with Dr. Bates.) + Strengthening The Eyes by Bernarr MacFadden, Dr. Bates - with Pictures & Modern Training. (Trained with Dr. Bates. One of the 1st Physical Fitness Teachers.) + EFT Training Booklet - with Acupressure, Energy balance-strengthening, Positive Emotions, Pictures. +Do It Yourself-Natural Eyesight Improvement-Original and Modern Bates Method. 100+ Color Pictures. Less reading; Easy to learn steps-read the short directions on the pictures to quickly learn, apply a treatment, activity for Fast Vision Improvement. + Clear Close Vision, Reading Fine Print Clear. + Ten Steps For Clear Eyesight +The Basics of Natural Eyesight Improvement. + Astigmatism Removal and other books. + Eyecharts Book with Training-15 Large, Small and Fine Print. Big C, E Charts for Close and Distant Vision, White and Black Letter Charts, Tumbling E Chart, Astigmatism Test and Removal Charts, Eyechart Video Lessons. Pass the driver's license eye exam. + Audio, Videos in Every Chapter - Learn a Treatment, Activity Quick and Easy. 78 Natural Eyesight Improvement Training Videos. See 'William H. Bates Author's Page' for Pictures, Videos, full description of the Paperback and 17 E-books; [amazon.com/William-H.-Bates/e/B004H9DOBC/ref=ntt_atrh_dp_pel_pop_1](https://www.amazon.com/William-H.-Bates/e/B004H9DOBC/ref=ntt_atrh_dp_pel_pop_1)

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.

This is the text version of Perfect Sight Without Glasses. (Standard Color Edition.) Also sold in Premium Color and Black and White. It contains only Dr. Bates' book, Better Eyesight Magazine and extra eyecharts. A 480 page version of this book in scans of the original antique pages, with additional training, magazines, many pictures by a Bates Method teacher is available in color, black and white paperback. Dr. Bates' Amazon page; <https://www.amazon.com/William-H.-Bates/e/B004H9DOBC> Dr. W. H. Bates started his career as an orthodox ophthalmologist following the old, long time rules of the practice; prescribing eyeglasses... During his practice, working with different patients, eye conditions, he realized that unclear close, distant vision, astigmatism and other conditions often cured itself, reversed back to clear vision, especially when his patients stopped wearing their eyeglasses and relaxed. He noticed that wearing glasses 'tensed' the eyes, eye muscles, lowered the vision and resulted in stronger and stronger eyeglass lens prescriptions being needed in order to see clear through the glasses. He began his own studies on the eye and its function. This led him to discover that many of the old ophthalmology, optometry 'supposed facts' about the eye, lens and its function and cause of unclear vision... are incorrect. Dr. Bates began teaching his patients to stop wearing their glasses. He taught them natural methods, including relaxation, correct use of the eyes/vision (shifting...) to produce clear vision. Dr. Bates cured his own eyesight, close vision, presbyopia. Distant vision also clear. He wrote an article in his book, magazine describing how he did it with Memory, Imagination, Relaxation. 'He controlled, changed the focus of light rays in his eyes with his mind.' Dr. Bates performed experiments on the eyes of animals, and observed the function of animal, patient's eyes under different conditions. He used the retinoscope to see the refraction of light rays in the eye under various conditions. He proved that the refraction, clarity of vision changes often. And when the eyes are left alone, eyeglasses avoided; the refraction, clarity returns to normal-clear vision. He proved that the state of the mind, thoughts, emotions, body change the refraction of the eye, clarity of vision. Example: when the mind, body is relaxed, positive, happy thoughts, emotions; the refraction is normal and vision is clear. When the mind, body is under stress, strain; the refraction is abnormal and vision is unclear.Dr. Bates discovered that the main cause of unclear vision and other eye problems is; Wearing Eyeglasses, Mental Strain, Mental, Visual Effort to See, Poor Vision Habits-incorrect use of the eyes/vision; squinting, staring, not shifting-lack of normal, relaxed eye movements, lack of central-fixation, poor memory and imagination...Perfect Sight occurs with Perfect Relaxation (deep or active/dynamic relaxation). Relaxation occurs first, and then the eyesight becomes clear. Practicing normal, relaxed eye/vision function induces relaxation of the mind, eyes and perfect clarity. Dr. Bates' experiments on the outer eye muscles proved that tension in these muscles (mainly caused by eyeglasses, strain in the mind, incorrect vision habits) disrupts their function, the eyes movement, accommodation, divergence, causes pressure, tension, pulling on/in the eye, alters the eyes' shape, (and lens, retina...), disrupts refraction, focus of light rays in the eye, on the retina and the clarity of vision. Blood, oxygen, fluid, tear circulation, production, nerve function in the eyes is impaired. When the mind is strained, tense, the brain and retina do not communicate/function together at optimum level. Function of the retina is lowered. Relaxing the mind, returning normal eye movement relaxes the outer, inner eye muscles, returns the eyes, lens, retina... to normal shape with clear vision.

True Story of Ophthalmologist William H. Bates 'Battle with the Optical industry, Eye Surgeons, Doctors to Teach and Preserve Natural Eyesight Improvement.' Bates Method History. (Black & White Version.) Includes natural treatments for clear vision without use of eyeglasses, surgery, drugs and 54 Monthly Issues, 4½ years of Dr. Bates Better Eyesight Magazine Illustrated with 500 pictures, a variety of treatments for every eye condition & 14 Free E-Books consisting of an entire Natural Eyesight Improvement Training Course, download from Internet. E-books include the book 'Do It Yourself - Natural Eyesight Improvement-Original and Modern Bates Method & the entire 132 Issues, 11 years of Ophthalmologist Bates Better Eyesight Magazines in Original Antique Print & a modern text version with 500 pictures, The Cure of Imperfect Sight by Treatment Without Glasses..., all the authors Paperback & Kindle books. Eyecharts, Audio & Video lessons in the book chapters. William H. Bates discovered Natural Eyesight Improvement, 'The Bates Method'. He discovered the natural principles, normal function of the eyes (visual system) and applied natural methods, relaxation to return the eyes, eye muscles, nerves, mind/brain, body (entire visual system) to normal function with healthy eyes and clear vision. He cured; unclear close and distant vision, astigmatism, crossed, wandering eyes, cataracts, glaucoma, and other conditions. Natural Eyesight Improvement was practiced years before Dr. Bates discovered it. It is the normal, natural function of the eyes. Hidden from the public by eye surgeons, Optometrists, Optical businesses for over 100 years because this method works, is easy, anyone can learn, teach it, including children. It produces healthy eyes, clear vision and frees the patient from the need to purchase eyeglasses, drugs, unnecessary eye surgery. Yes, it can and has reversed cataracts! Dr. Bates worked his entire life treating people successfully with Natural Eyesight Improvement. When he cured the eyes, vision of many patients, medical students and other doctors in the hospital where he worked with natural treatments, without use of eyeglasses, surgery, drugs and proved his method is fact, that some of the old theories of eye function are incorrect; the eye surgeons that preferred to sell eyeglasses, surgery, drugs became angry and expelled him. (See: 'Reason and Authority' & 'Dr. Bates Lecture' in Better Eyesight Magazine: November, 1919, April, 1923 & Articles in his book.) Dr. Bates then opened his own office, a Clinic in Harlem, New York City. He treated thousands of people by natural methods, including many of the poor people that had little money. He kept his price for medical treatment low and also provided no charge office visits 'Free Clinic Days' for people that could not afford to pay for a visit to an Ophthalmologist. His treatments were successful. He cured the young and old, people of all ages, nationalities, cured a variety of eye conditions. The Bates Method is so simple and effective that many of his cured patients, 'often children' then went on to cure their friends, family, parents, teachers and other children of defective vision including crossed, wandering eyes. Read the 'true story of the two little girls that restored a blind mans eyesight' in the Oct. 1925 Magazine Issue. Dr. Bates recorded 11 years of work in his clinic, his patients and their varied treatments in his Better Eyesight Magazines, Books and Medical Articles. Dr. Bates Better Eyesight Magazines contain many Natural Treatments, a variety of Activities, Directions, Articles describing how Dr. Bates, Emily Lierman Bates, (his Clinic assistant, wife) and other eye Doctors, School Teachers, Bates Method Students, Bates Teachers, Children and Parents used Natural Treatments to remove, correct, prevent many different eye problems. Dr. Bates Amazon.com Authors page; http://www.amazon.com/William-H.-Bates/e/B004H9DOBC/ref=ntt_atrh_dp_pel_pop_1

A Guide to the Bates Method for Better Eyesight Without Glasses

discovered the natural principles, true, normal function of the eyes (visual system) and applied natural methods, relaxation to return the eyes, eye muscles to normal function with healthy eyes, clear vision. He cured; unclear close and distant vision, astigmatism, crossed, wandering eyes, cataracts, glaucoma & other eye conditions. Natural Eyesight (Vision) Improvement was practiced years before Dr. Bates discovered it. It is the normal, natural function of the eyes. Hidden from the public by eye surgeons, Optometrists, optical businesses for over 100 years because this method works, is easy, anyone can learn, teach it, including children. It produces healthy eyes, clear vision and frees the patient from the need to purchase eyeglasses, drugs, unnecessary eye surgery. This book includes 12 Free PDF E-Books; Natural Eyesight Improvement Training; Do It Yourself-Natural Eyesight Improvement-Original and Modern Bates Method. 100+ Color Pictures. Less reading; Easy to learn steps-Read the short directions on the pictures to quickly learn, apply a treatment, activity for Fast Vision Improvement. (All of Dr. Bates, Clark Night's Kindle, Paperback books are in this E-Book.)+ Better Eyesight Magazine by Ophthalmologist William H. Bates - (Unedited, Full Set -132 Magazine Issues - 11 Years-July, 1919 to June, 1930.) Illustrated with 500 Pictures and additional, up to date Modern Natural Eyesight Improvement Training.+ Original Better Eyesight Magazine by Ophthalmologist William H. Bates - Photo copy of all his Original Antique Magazine Pages in the 1900's Print. (Unedited, Full Set 132 Magazine Issues-11 Years-July, 1919 to June, 1930.) A History Book. Learn Natural Eyesight Improvement Treatments directly from the Original Eye Doctor that discovered and practiced this effective, safe, natural method! Magazines &Method Hidden from the public by eye surgeons, Optometrists, optical businesses for over 100 years because this method works and frees the patient from the need to purchase eyeglasses, drugs, unnecessary eye surgery. Yes, it can and has reversed cataracts and other eye conditions!+ The Cure of Imperfect Sight by Treatment Without Glasses by Dr. Bates (Photo Copy of the Original Antique Book Pages) with Pictures. Dr. Bates First, Original Book. (Text version with Modern Treatments included.) 2nd Printing Title: Perfect Sight Without Glasses.+ Medical Articles by Dr. Bates - with Pictures.+ Stories From The Clinic by Emily C. A. Lierman/Bates. (Dr. Bates Clinic Assistant, Wife.)+ Use Your Own Eyes by Dr. William B. MacCracken M.D. (Trained with Dr. Bates.)+ Normal Sight Without Glasses by Dr. William B. MacCracken M.D.+ Strengthening The Eyes by Bernarr MacFadden & Dr. Bates - with Pictures and Modern Training. (Trained with Dr. Bates. One of the First Physical Fitness Teachers.)+ EFT Training Booklet - with Acupressure, Energy balance, strengthening, Positive Emotions.Easy step by step directions with Pictures.+ Seeing, Reading Fine Print Clear, Clear Close Vision (Presbyopia Treatments) with Videos.+ Eight Correct, Relaxed Vision Habits- A Quick Course in Natural Eyesight Improvement.+ Astigmatism Removal Treatments+ Eyecharts - 15 Large, Small and Fine Print Big C, E Charts for Close and Distant Vision, White and Black Letter Charts, Tumbling E Chart, Astigmatism Test and Removal Charts, Behavioral Optometry Charts. Eyechart Video Lessons.+ Audio & Video Lessons in Every Chapter - Learn a Treatment, Activity Quick and Easy.+ Videos Page; Links to 35+ Natural Eyesight Improvement Training Videos.See 'William H. Bates, Author's Page', for Video of internal book pages, full description of the Paperback & 12 free E-books.

Ten Steps to Natural Eyesight Improvement

Dr. Bates' Original, First Book- Natural Vision Improvement (Black & White 8x10 Edition)

Improve Your Eyesight Naturally!

Vision Without Glasses

A Quick Course (Black & White Edition)

A System of Scientific Eye Training