



20/20 **Vision Without Glasses**

Dr. Mercola

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INTRODUCTION

Say Goodbye to Eyeglasses and Contacts – Here’s a Natural Way to Improve Your Vision

It’s said that your eyes are the “windows to your soul,” as they can give other people clues to what you’re thinking or feeling. They’re also your “windows to the world” – allowing you to experience life and beauty around you. Over three out of four people consider their eyesight to be the most important sense they have. This is most likely because 80 percent of what we perceive through our senses comes in through our sight.



Sadly, many people today take their eye health for granted, causing their eyesight to fail. They think that failing eyesight is a common sign of aging.

But failing vision is NOT an inevitable part of aging – rather, it’s a common "side effect" of our modern lifestyles.

For instance, obesity and [diabetes](#), which are both at epidemic proportions right now, can actually have an immense impact on your eyesight. So does smoking and watching too much TV or spending hours in front of the computer.

Since good eyesight plays a crucial role not only in your mobility, but also your enjoyment of life, it only makes sense to optimize your eyesight. Today, conventional remedies like using eyeglasses, wearing contacts, or eye surgery promise to help restore your vision.

But these are NOT as effective as they seem... and may even do severe damage to your eyes.

I believe that the best way to optimize your eyesight is by doing it naturally – without the use of artificial and unnatural aids that will only worsen your vision with continued use.

And here’s the good news: I’m going to share this impressive technique with you.

In this eBook, you will discover:

- Why eyeglasses and contact lenses are ruining your eyesight, and how you can eliminate them for good
- Lifestyle habits that have a large impact on your eye health
- Why children should NOT use eyeglasses at all

Plus, you'll discover a *100-year-old technique* that has helped tens of thousands of people recover their vision naturally. This program has worked for me, and I believe it can have a phenomenal impact on you, too.

Are you ready to embark on a journey to better eyesight, and shed your own glasses or contacts for good?

THE PROBLEM WITH EYEGLASSES: WHY THEY DO MORE DAMAGE TO YOUR VISION

If you or your children are experiencing some sort of vision impairment, most eye doctors would probably prescribe a pair of correction glasses, as it is often perceived as the solution. But while it is true that eyeglasses provide some improvement and relief in some people, they simply cannot bring back your normal vision and may even pose some risks.



Before anything else, let me explain how your vision works...

Visual Impairments Are Not Set in Stone

In a study involving 20,000 school children, researchers found that more than half had normal eyesight, with perfect vision at certain times of the day. However, not one of them had perfect sight in each eye at all times of the day. Their vision might be good in the morning and imperfect during the afternoon, or the other way around.

Additionally, some children could read one Snellen test card with perfect sight, but are unable to see a different card perfectly. Many were able to read some letters of the alphabet correctly, while unable to distinguish other letters of the same size under similar conditions.

These findings also apply to adults. The degree of imperfect vision and its duration varied depending on certain limits. Under certain conditions, poor sight may continue for only a few minutes or less, while in others, vision may be temporarily impaired for days, weeks, or longer.

The bottom line: visual impairment isn't necessarily unchanging, as it changes widely throughout the day due to a variety of conditions.

Why Wearing Glasses May Even Worsen Your Poor Vision

Since your eyesight is *constantly* changing, eyeglasses have one foundational flaw: they provide an unchanging, consistent correction.

For most people who start wearing glasses, the correction has to be steadily increased in order to maintain the degree of visual acuity secured by the aid of the first pair. If you wear glasses, your vision progressively decreases with time.

For instance, a person with a myopia (commonly known as nearsightedness) of 20/70 who begins to wear glasses that provide him with 20/20 vision may experience that, in a week's time, his unaided vision has declined to 20/200. When people go without their glasses for a week or two, a common effect is improvement in their vision. The truth is, discarding your glasses can help correct vision to a greater or lesser degree. However, not many pay attention or appreciate this change.

Having correction glasses can also be an inconvenience for some, because:

- Glasses can easily break or be misplaced.
- It can be difficult to keep glasses clear under certain weather conditions. On damp and rainy days, the atmosphere can cloud them. On hot days, your perspiration induces the same effect. On cold days, they are often clouded by the moisture of your breath.
- They are subject to contamination by dust and moisture. Fingermarks caused by unavoidable handling may also obstruct your view.
- Glasses and eye doctor appointments are almost always accompanied by ongoing expenses.
- Wearing them is unnatural and is a non-holistic remedy for vision impairment. They can also send the wrong message to your mind and body.
- They can be socially embarrassing and may be associated with aging.
- They may cause an eye injury. One university study concluded that an estimated 27,000 people ended up in the emergency room for injuries related to wearing correction glasses.

WARNING: Sunglasses May Damage Your Eyes, Too

Most people believe that wearing [sunglasses](#) will help protect your eyes from the sun. Unfortunately, they do not understand that there are over 1,500 wavelengths of light that can help nourish your eyes. Depriving your eyes of these wavelengths can cause them to become progressively malnourished and even cause visual impairment.

In other words, ditching your sunglasses is actually a powerful but inexpensive strategy to promoting eye health. You should only limit the use of sunglasses to extreme and short-term circumstances, such as skiing down a mountain or boating on a bright sunny

day. In both situations, the snow or water greatly magnifies the sunlight, which can harm your eyes.

Otherwise, simply wearing a cap will provide adequate protection for your eyes and at the same time, will allow sunshine to nourish them.

Should You Correct Your Kids' Poor Eyesight with Glasses?

The issues associated to glasses I mentioned above also apply to your children, so I strongly encourage exercising extreme caution before you impose eyeglasses on them. According to a study conducted by Anglia Polytechnic University in Cambridge, England, the very best intentions by optometrists to correct short-sightedness in a group of 94 kids actually made their vision worse.



Visual issues in children can be corrected without glasses. They best respond to natural eye improvement strategies, including dietary changes.

In a study of 229 hunter gatherer communities, published in *Acta Ophthalmologica Scandinavica* in March 2002, less than 2 percent of children required glasses, unlike those from European or Asian populations that have up to 50 percent of children prescribed with them.

Moreover, researchers found that these societies followed a traditional lifestyle in which refined cereals and sugars were rarely consumed. But after being introduced to the Western world, these foods rapidly became dietary staples and the deterioration of children's vision followed after that.

In other words, a number of kids end up needing glasses for vision correction due to increases in free insulin-like growth factor (IGF). Fortunately, one way to counter this is with a diet low in sugar and without an excess of grains and sugars.

If you suspect that your child is having eyesight problems, you should take note of their age. If they are under 12 to 16 years of age and have never worn glasses, their poor vision may improve in a few days, weeks, months, and nearly always within a year by simply reading a Snellen test card every day.

The Importance of Choosing the Right Eye Specialist

When you decide on seeking the opinion of a specialist, I suggest you find the appropriate professional to examine your child – in this case, a pediatric ophthalmologist.

Researchers from the Vanderbilt University School Medicine agree. In study published in the *Journal of the American Association of Pediatric Ophthalmology and Strabismus*, they reported the following for children under the care of an eye professional:

- Optometrists prescribed glasses 35 percent of the time
- General ophthalmologists prescribed glasses 12 percent of the time
- **Pediatric ophthalmologists prescribed glasses only 2 percent of the time**

The study also concluded that optometrists and ophthalmologists who treat adults may not have as much expertise with children. This valuable information shows just how important it is to choose the right professional eye doctor to check your kid's eyesight.

Remember, if you start your kids out on glasses, you could be leading them to slow vision deterioration at a very early age. I'm certain that no parent would want this for their children.

CONTACTS AND LASIK SURGERY: EXPENSIVE, IMPRACTICAL... AND DANGEROUS

Contact lenses may appear to be a convenient, harmless, and cosmetically favorable way to improve your vision, but they're certainly NOT the best way to go. First of all, you were never designed to wear contact lenses in nature.

Why Wearing Contact Lenses Is a Bad Idea

After years of researching for the answer to my own vision problems, I've tried everything – and I mean everything. And I found that contact lenses are absolutely much worse than glasses. Why? Here are some issues I've encountered personally with contact lenses and why I don't recommend wearing them:



- They can be uncomfortable to wear, especially if it's a poor fit
- They are costly – imagine regular lens replacements, solutions, and checkups
- They cause dry eyes and blurry vision due to lack of oxygen in the cornea
- They put your cornea at risk to irritation and abrasion
- They cause eyelid infections
- They make you more vulnerable to dust, pollutants, and allergens
- They affect your normal blinking and tearing
- They distort the shape of your cornea and impact your vision negatively

But a more serious problem to be concerned about are the [lens solutions](#) and cleansers needed to maintain your contacts. These liquid eye solutions are culprits to fungal infections in the eyes, which may eventually lead to permanent vision damage or even blindness.

As a matter of fact, even well-established eyecare providers such as Bausch & Lomb and Advanced Medical Optics came under fire and were forced to issue a recall on their lens solutions after they received numerous customer complaints.

The Dangers of LASIK

LASIK stands for laser-assisted in situ keratomileusis. Essentially, it's a type of surgical eye procedure that uses laser technology to reshape your cornea and correct refractive errors. For more about the procedure, check out [this article](#).

For people who have been wearing glasses all their life, the notion of getting a 20/20 vision in an instant can be very tempting. However, before you even think of getting a LASIK surgery, let me stop you as early as now.

According to studies, the safety and results of LASIK surgery is not 100 percent guaranteed. Oftentimes, patients do not get the perfect eyesight they were promised even after they've fully recovered. On the other hand, patients who said they did achieve a 20/20 eyesight right after the surgery noticed a gradual decline in the quality of their vision and found themselves eventually still needing glasses when driving or reading.

Aside from its questionable efficacy, LASIK surgery also comes with a bunch of *painful* consequences. Below is a list of well-documented side effects and complications of LASIK from the US Food and Drug Administration (FDA), a known advocate of LASIK, and [All About Vision](#):

- Occasional bouts of astigmatism
- Epithelial ingrowth
- Diffuse lamellar keratitis (DLK)
- Keratectasia or keratoconus
- Dryness of the eyes
- Eye infections
- Oversized pupils
- Glare, halos, and/or double vision, which inhibits nighttime vision
- Troubles with the flap put in front of your cornea after the procedure
- Vision problems that cannot be corrected with glasses, contact lenses, or surgery as a result of treatment

For more about the dangers of LASIK, read my article "[Thousands Have Been Harmed by Lasik Eye Surgery.](#)"

Mind you, LASIK is not an affordable process; in fact, it comes with a hefty price tag and most health insurance providers refuse to cover it. To give you an idea, LASIK usually costs somewhere around \$1,600 to \$2,500, depending on the type of procedure or laser technology that's going to be used.

After reading about its impending adverse effects, are you still willing to undergo this pricey procedure? I'm not.

EYE MUSCLE EXERCISES: CAN THEY HELP YOU RECLAIM YOUR VISION?

Several programs claim that they can restore your vision by doing eye exercises regularly. While this approach is without a doubt natural, I'm afraid strengthening, toning, and conditioning all your six eye muscles will simply not do the job.

It's important to understand that you're suffering from less-than-optimal eyesight because of the excessive strain, tightness, and contraction you put your eye muscles through every day. Exercising your eyes will only put more strain on your muscles, doing you more harm than good.

So instead of stressing yourself about finding ways to regain a healthy eyesight, I recommend you to *do the exact opposite*.

Yes, you read it right. What your eyes really need is to re-learn how to let go, to relax, and to somehow naturally reclaim the perfect unstrained vision that you used to enjoy when you were a child.

Since your mind is the source of all the stress that burdens and affects your eyes, addressing your personal stressors immediately is imperative. Practicing the Emotional Freedom Technique (EFT) is a good place to start. EFT is a psychological acupuncture technique I routinely use in my practice and most highly recommend to anyone who wishes to optimize his/her emotional health. You can read all about this incredible and easy-to-do stress-buster [here](#).

THE BATES METHOD: A 100-YEAR-OLD APPROACH THAT CAN RESTORE YOUR VISION NATURALLY

Despite my strict dedication to a healthy diet and [regular sunlight exposure](#), I still needed to use eyeglasses to read small prints on menus, books, and other written documents. It was very frustrating when I accidentally broke my reading glasses back in 2005, during a Caribbean cruise.

It was then that I came across Dr. Larry Clapp. Meeting him became a major turning point in my long search for vision improvement, as he introduced me to the Bates Method, created by Dr. William Bates.

Who Is Dr. William Bates?

Dr. Bates is, in many ways, a renegade just like me. He received traditional training in ophthalmology at Cornell University. He practiced for over 30 years and his experience with tens of thousands of patients revealed to him that there were serious flaws in the conventional views of eye science at the turn of the 20th century.

He was also a radical pioneer far ahead of his time, even in today's medical views. He was a maverick physician who dedicated his life to learning why people develop problems with their eyesight, such as nearsightedness, farsightedness, presbyopia, and astigmatism.

Dr. Bates did not rely on the conventional but cumbersome and relatively inaccurate Snellen eye charts, which are still used by eye doctors today. He used a far more accurate retinoscope to examine and assess his patient's visual acuity. This instrument measured the refraction of the eye by throwing a beam of light into the pupil by reflection from a mirror, the light being either outside the instrument – above and behind the subject – or arranged within it by means of an electric battery.

For 30 years, Dr. Bates used this eye instrument to examine, under a wide range of clinical settings, the eyes of thousands of school children, infants, and even animals, including cats, dogs, rabbits, horses, cows, birds, turtles, reptiles, and fish. His hard work and persistence enabled him to uncover some basic strategies that helped people recover from poor vision without the use of glasses or surgery.

He eventually came up with the **Bates Method**, a 100-year old approach that has helped thousands of people recover from their vision naturally... including me.

Why You Probably Haven't Heard of the Bates Method

In the early 1900s, Dr. Bates shared the observations he gained from over 30 years to the entire eye community. He told them that what they had been teaching for the last century was flawed and were causing patients more harm than good.

Since his alternative approach proved to be so effective, leading eye specialists felt threatened. They took matters into their own hands and manipulated New York politicians into making the Bates Method illegal. They simply could not tolerate the competition from Bates' new approach. According to Dr. Clapp, even today, the Bates Method remains illegal in the state of New York.

Twenty years after his discovery of this novel vision correction technique, Dr. Clapp's vision still remained perfectly clear – as were others he'd shared the Bates Method with. Sadly, Dr. Clapp passed away a few years ago, but until his death, he still didn't need glasses – a proof that you can live a full natural life without ever requiring the use of reading glasses.

The Palming Technique: Relax Your Eyes and Improve Your Vision

Palming is one of the techniques used in the Bates Method that allow you to sharpen your vision. It turns out that palming is one of the most relaxing things you can do for your eyes. As mentioned before, relaxation is a cornerstone of improving your vision naturally.



Here's a simplified version of palming:

1. Rest your elbows comfortably on a table or desk, as shown in the image.
2. Cover your eyes with your cupped palms. Add a pillow under your elbows if more height is needed to keep your back relaxed and straight.
3. Breathe deeply while you palm for a few minutes.

The purpose of palming is to rest the eyes from all light stimulation – an integral part of Dr. Bates' approach.

From his research, Dr. Bates concluded that tight muscles actually contort the eyes and restrict circulation, and palming could help those muscles relax and let go.

This technique can be done in the morning, at night, or while at work. Many people report clearer vision and a reduction of symptoms, such as headaches and dry eyes with regular palming.

Another technique is called the **Bates Long Swing**. Start by simply swaying your body back and forth. This simple way of languidly moving your body, even just a little bit, helps soothe your brain and thought patterns, and may help you feel more relaxed during stressful situations. Doing the Long Swing also lets your eyes respond – instead of being locked in a stare, like a deer in headlights, they will relax and move naturally again.

For more in-depth information about the Bates Method, I recommend you to read my article [“How the Bates Method Can Help You Retrain Your Eyes to See More Clearly Again.”](#)

How I Discovered the Techniques of the Bates Method

In order to learn more about the techniques and methods that helped me restore my own vision, I flew out to California to train with a leading instructor in this unique method. Doing so cost me thousands of dollars (and as you will soon see, something you won't have to worry about).

Remarkably, it flat-out worked! I virtually never use my reading glasses. About the only time I require them are under very low light settings, or to read very tiny print (3-point font) in poor light. However, given enough light, I simply do not need to use glasses anymore. It was more than worth the investment of my time and money to regain my vision without glasses or contacts.

My own results impressed me so much that my team and I did in-depth research on the history and success of the Bates Method. From there, I decided to simplify this powerful natural vision improvement to provide others a way to recover their eyesight without needing to spend thousands of dollars.

THE RECLAIM YOUR EYESIGHT NATURALLY PROGRAM



I first sought out Dr. Greg Marsh many years ago at the suggestion of Dr. Clapp. Dr. Marsh is a certified natural vision coach who believes that clear vision is achievable by virtually everyone, even those who are already wearing strong corrective lenses.

Dr. Marsh didn't have good eyesight in his early years. In fact, he got his first pair of glasses in third grade, and at every vision check, he was told by his eye doctor that he needed stronger and thicker lenses.

"I was the person who's like, 'Wow, you're really blind.' I couldn't wait to get contact lenses and sort of hide that," he says.

However, everything changed in his late 20s, when he came across a used book in a bookstore. Greg recounts:

"On the back of it, which was showing up in the bin, it said, 'Do you really need eyeglasses?' By this time, I'm an engineer— a chemical engineer, in fact. I know everything. But I've never heard of this. I think, 'This is crazy. This can't possibly be true.'

"I bought the book. It was beautifully written, not by Dr. Bates but by a Bates teacher. It just melted my heart, the stories about people improving their eyesight and getting their lives back."

This was how Dr. Marsh created the *Reclaim Your Eyesight Naturally* program, a holistic technique that offers a safe and proven approach to help you eliminate your eyesight problem and restore your vision.

Reclaim Your Eyesight Naturally: What Will It Do for You?

While I had no regrets investing thousands of dollars to learn the Bates technique, it was obvious that not many people would be inclined to do this, and may to resort to cheaper alternatives, like using eyeglasses or contact lenses.

This is why I highly recommend the Reclaim Your Eyesight Naturally program – it's an inexpensive but equally effective alternative to common vision aids that aims to teach you how to retrain your eyes to relax, so you can see more clearly.

Created by Dr. Marsh, Reclaim Your Eyesight Naturally uses a combination of mental and visual tools that will take you right into the subtle details of improving your eyesight. It lets you actively participate in exploring and discovering:

- Why your eyes need to move in order to see better
- How to identify your eye strain, what it feels like, and how to let it go
- The three principles of natural vision: movement, centralization, and relaxation, and how they work in unison
- Why you need to let go of tight muscles for total body-mind health
- The role that your emotions and personality play in your eye health
- How to work with your eye doctor to achieve your goals
- Why willpower and effort don't work when it comes to your vision improvement
- How to protect your eyesight even while working with a computer and doing close-up work

Dr. Marsh will stay with you in every step of the way, mixing basic, easy-to-understand theory with examples, activities, and real-life case studies. He will also assist you in doing 15 guided hands-on visualization activities that will continue improving your vision.

What's Included in Dr. Marsh's Vision Improvement Program

Greg Marsh's program consists of six CDs with 64 tracks (over seven hours total). They present the lessons and teachings in a relaxing and compelling way, allowing your body to absorb the essence of the Bates Method to restore clarity and ease to your eyes. The CDs included in this program include:

1. **See with Ease:** Learn how to identify strain you've never noticed in your eyes before, so you can easily let it go, allowing your eyes to relax and see more clearly.
2. **Relax and Move:** This module allows you to see more and more clear "flashes" as you remember to keep your vision alive and moving. Remember, your eyes thrive on natural movement.

3. **Reawaken Clarity:** You'll learn more techniques and nuances that will help deepen your understanding of the Bates Method.
4. **Mind and Body:** Find out how visual strain affects your entire body, and how by addressing it, your headaches, tight shoulders, and back pain will slowly disappear.
5. **Seeing It Through:** This is a helpful guide for some of the challenges you may face as you improve your vision, such as doubtful eye doctors, skeptical friends, and working at your computer. It gives you powerful tools and visualizations.
6. **Daily Vision Activators:** This is composed of 20 short follow-along activities that will help you make a mind-body shift each day to help your eyesight improve.

The Reclaim Your Eyesight Naturally also has a 62-page guidebook that compiles the techniques in the program, along with photos and guidelines for how and when to do them. It also features a summary on how and why the Bates Method works.

One of the advantage of the Reclaim Your Eyesight Naturally program is that you can tailor it to your schedule. You can listen to a few tracks a day or complete the program in one sitting.

Will You Benefit from the Reclaim Your Eyesight Naturally Program?

According to Dr. Bates' teachings, common vision problems are not necessarily the result of genetics, and they can be reversible. For example, he believed that blurred vision is functional rather than structural, and actually results from chronic tension in some or all of your six extrinsic eye muscles. This is one area where Dr. Marsh's program can help, as it focuses on retraining the external muscles of your eyes. It can also be helpful if:

- You're nearsighted or farsighted, and are tired of using eyeglasses and contact lenses to "correct" your vision
- You have presbyopia or "aging eyesight"
- You've been diagnosed with astigmatism
- Your eye problems are just starting to manifest – your vision isn't as clear as before and you feel that it may be worsening
- You suffer from eye strain, muscle tension headaches, or tight muscles in the neck and upper back – problems caused by reading, watching TV, or using your computer

I also advise those who are considering LASIK eye surgery but are afraid of the risks, to try this program first. Those who've already had LASIK but feel as if their vision is starting to worsen again can also benefit from this program.

Generally, people who have never worn glasses before experience improvement more easily with this training program compared to those who have been dependent on eyeglasses for a long time. Keep in mind that glasses should also be discarded at the beginning of the treatment. If you truly cannot eliminate your glasses as it causes discomfort and hinders your everyday tasks, use of glasses can be permitted for a time, but take note that this can delay your improvement.

Warning: This Vision Enhancement Program Is NOT a Magic Pill

Keep in mind that the Reclaim Your Eyesight Naturally program – and the Bates Method in general – is not a quick fix. It is a treatment that will require time, effort, and commitment from your part.

It takes time before permanent improvement can be felt when using this technique, and the duration varies from person to person. In some rare cases, just five, 10, or 15 minutes is sufficient to illicit improvement. Nevertheless, it is still necessary to continue the program for weeks or months, or longer for extreme conditions.

It is important that you train daily in order to prevent visual lapses to which every eye is prone, no matter how good your sight may be. When you've experienced improvement, it is always permanent – however, *complete improvement*, which does not mean the attainment of what is ordinarily called normal sight, but rather a measure of near and far vision, occurs very rarely.

Even so, you can continue the treatment to reap benefits, for it's impossible to place limits to the visual powers of man. And remember, no matter how good your sight, it is always possible to improve it.

OTHER LIFESTYLE HABITS TO IMPROVE YOUR VISION

Fact: your lifestyle choices can also have an immense impact on your sense of sight. For instance, being obese or diabetic can impact your eyesight. The same goes for spending too much time in front of the television or computer and smoking. If you address and get rid of these unhealthy lifestyle habits, then you may experience healthy eyesight even as you age.



To start, I recommend eating a healthy, well-balanced diet – a boon not only to your eyesight, but to your overall health.

The Role of High-Quality Nutrition in Your Eye Health

For your eyes and central nervous system to maintain proper function, it is important that you nourish them with healthy foods – preferably wholesome organic fares in their raw, natural state. Ideally, you should consume foods that are rich in antioxidant compounds, which help neutralize free radicals in your body, including your eyes.

The antioxidants lutein and zeaxanthin, in particular, are said to help significantly reduce your risk of age-related macular degeneration, which is a leading cause of blindness. The best dietary sources of these [antioxidants](#) are free-range organic eggs, spinach, and other leafy vegetables, so make sure to include these foods, in their raw, undamaged form, in your diet.

[Astaxanthin](#) is another rising superstar in eye health, as it's said to be the ultimate carotenoid for protecting your vision and preventing blindness. Research found that it can easily cross into the tissues of the eye and safely exert its benefits without adverse reactions.

Astaxanthin also supports your eyes' energy levels and visual acuity, and helps maintain appropriate eye pressure levels already within the normal range. It's said to be more powerful than lutein and zeaxanthin, and can protect against:

- Age-related macular degeneration (ARMD)
- Cataracts
- Cystoid macular edema
- Inflammatory eye diseases (such as retinitis, iritis, keratitis, and scleritis)
- Retinal arterial occlusion
- Venous occlusion
- Diabetic retinopathy
- Glaucoma

I also advise you to follow these nutritional strategies for better eye health:

- **Eat plenty of fresh dark green leafy vegetables.** Studies have shown that a diet rich in dark leafy greens helps support eye health. Aside from kale and spinach, consume zucchini, broccoli, and peas as well.
- **Get plenty of healthy animal-based [omega-3 fats](#).** A 2001 study published in the *Archives of Ophthalmology* found that consuming omega-3 fatty acids can protect your healthy vision. Docosahexaenoic acid (DHA), a type of omega-3 fatty acid, may also help protect and promote healthy retinal function and prevent macular degeneration, the leading cause of blindness. My favorite source of omega-3 fats is a high-quality krill oil supplement.
- **Consume dark-colored berries.** Bilberry, also known as the European blueberry, may help prevent and even reverse macular degeneration. [Blueberries](#), cranberries, and other dark-colored berries also contain bioflavonoids that strengthen the capillaries that carry nutrients to eye muscles and nerves, making them beneficial for your eye health. However, since berries may contain fructose that may be damaging in excessive amounts, consume them in moderation.
- **Avoid trans fats from processed foods.** Trans fats interfere with the omega-3 fats in your body, which can contribute to macular degeneration. Avoid processed foods like baked goods (cookies, pastries, and crackers), margarine, shortening, and fried foods.
- **Avoid [aspartame](#).** Visual problems are among the most acute side effects of aspartame poisoning.

Other Lifestyle Habits for Healthy Eyes

Following a stress-free lifestyle is also essential to maintaining your eye health. In fact, it involves many of the same commonsense strategies that will help you prevent chronic disease of all kinds, such as:

- **Normalizing your blood sugar levels** – Too much sugar in your blood can pull fluid from the lens of your eye, which can affect your ability to focus. Excessive sugar can also damage the blood vessels in your retina and obstruct blood flow.

To keep your blood sugar in a healthy range, I advise follow my comprehensive nutrition guidelines, exercising, and avoiding excess sugar, especially fructose.

- **Care for your cardiovascular system by maintaining optimal blood pressure levels.** High blood pressure can harm the miniscule blood vessels on your retina, obstructing free blood flow.
- **Stop smoking.** It increases free radical production throughout your body, putting you at risk for decreased vision and other chronic diseases, such as cancer. To help you put a stop to this habit, read my article "[6 Things to Do Instead of Smoking.](#)"

FINAL NOTES

Stop Straining... Start Relaxing! It's the Key to Optimal Vision Health

Wouldn't it be wonderful to be able to see clearly without needing to wear glasses or contacts? To appreciate and enjoy the view at all times, without the need for conventional intervention?



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I sincerely hope that this eBook has provided you with useful nuggets of wisdom that can help you hone and train your eyes to see clearly once again. The Bates Method – and Greg Marsh's Reclaim Your Eyesight Naturally – is really a quite simple approach, but I urge you to do it with patient and some finesse. Remember, the goal is not to “train” or exercise your eyes to make them stronger; what you want to do is *relax them*. I believe Greg's program will ultimately help you to achieve this, as long as you set aside enough time for it.

I would also like to remind you that *your mindset* is very, very important to the success of this program. Have faith in yourself and your body's self-regenerative ability. For many people, the toughest hurdle is learning to *relax*, so your eyes can function in accord with their natural design – make sure you eliminate all potential stressors that can impede you from achieving optimal vision health.

Please note that the Bates Method is NOT a medical approach – it's a mental approach, like yoga or meditation, helping you engage your mind and imagination, to relax your eyes, and bring about as much natural healing as possible. You still need to go to your eye doctor for checkups, or seek a licensed practitioner for any diagnosis, prescription, or treatment.

Finally, make sure to follow the healthy lifestyle tips I've mentioned – it will go a long way toward protecting not only your eyesight, but your overall health.