

How to Improve Your Eyesight Naturally

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**[www.How-To-Improve-Your-
Eyesight.Com](http://www.How-To-Improve-Your-Eyesight.Com)**

Introduction

If you are one of the millions of people that suffer from poor eyesight, this report is for you. Lets get started

The most common of complaints of eye defect tend to be myopia (nearsightedness), hypermetropia (farsightedness or hyperopia) and presbyopia (old age sight).

If you visit your Ophthalmologist with one of these complaints, you are likely to be prescribed one of the following conventional treatments: Glasses, contact lenses or corrective surgery.

However there is an alternative way to improve eyesight naturally, although the world of medicine has turned its back on it.

This method includes simple exercises that are to be carried out daily, which eventually correct vision problems like the ones mentioned above. In this report we will be discussing how to improve eyesight naturally using this little known method.

Before we look at how you can improve your eyesight naturally, let's just review some of the conventional treatments and how effective they are at improving eyesight. We'll start with glasses.

Prescription Glasses temporarily correct vision by helping the eye focus light rays correctly. They do this by focusing the light rays on the retina (the area at the back of the eyeball), this ensures a clear image is formed, if light rays do not focus on the retina the result is a blurred image. The type of glasses you will be prescribed depends on your eye problem.

Glasses are very effective at treating the symptoms of eye problems (i.e. blurred vision), however they do not treat the cause, and as a result your vision will not improve, and you'll need to buy stronger glasses every couple of years.

Not everyone likes to wear glasses; some prefer to wear contact lenses which bring us to another popular method for poor vision treatment.

Contact lenses - Contact lenses are thin see-through discs that sit on the cornea. They work in the same way glasses do, but they have the advantage of being so small that they fit on the cornea.

There is a special type of contact lens called a Corneal Reshaping Lens, it is special because rather than just dealing with the symptoms of poor vision like glasses and other contact lenses, it actually works on the cause.

Corneal Reshaping lenses as the name suggests actually reshape the cornea, so you can see properly without contact lenses, however this is only temporary.

Corrective surgery - Corrective surgery depending on the type, involves the use of lasers, laser energy or radio waves to reshape the eye, it also involves the insertion of permanent lenses into the eye and actual cutting of the eye.

Some patients have managed to gain 20/20 vision shortly after the procedure! However corrective eye surgery uses new technology and it is very expensive for the average person.

There are also some risks, some people end up with scarred eye tissue which decreases vision, and some people end up with over corrected vision, which again distorts vision.

The Bates Method

The Bates Method - Dr William Bates (1860-1931), was a practitioner of eyesight improvement. He was a graduate of Cornell University and of the College of Physicians and Surgeons in New York.

Through constant experimentation on his patients, he developed the Bates method which addresses the cause of bad eyesight and how to overcome it naturally without glasses.

He developed some simple exercises and principles in the 1920's. Although his methods were largely ignored by the world of medicine the Bates method is still practiced to this day throughout the world. We'll be looking at a simple exercise based on the Bates method that you can use to stop your eyesight from deteriorating.

The Cause of Weak Eyes

Previously I mentioned that the most common eye disorders tend to be myopia (nearsightedness), hypermetropia (farsightedness), and presbyopia (old age sight). Now we are going to look at the cause of these eye defects.

It is generally believed that most of these eye disorders are caused by strain on the eye muscles.

Eyestrain causes the eye muscles (which are connected to the eyeball) to tense up. The tension on the eye muscles eventually distorts the shape of the eye causing weakened vision, or one of the disorders mentioned above.

There are many causes of Eyestrain; some of them are close work (i.e. staring at a computer for too long), excessive eye straining, poor eye habits, and poor nutrition amongst other things.

Foods Supplements and Vitamins to Improve Eyesight

To ensure your eyesight is in optimum condition you need to consume these foods and vitamins:

Vitamin A - Vitamin A also known as retinol occurs naturally in animals. This Vitamin keeps the skin healthy and helps produce mucous secretions to build resistance to infection.

If you don't consume enough vitamin A you can end up with a condition known as Nyctalopia (Night Blindness). Night blindness is the inability to of the eye to adapt to dim light, sufferers can see in the day, but have trouble seeing in the dark or faint light.

People who don't consume enough Vitamin A may also go on to develop a condition called Xerophthalmia (Greek for dry eyes). This condition makes the surface of the eye become dry and likely to develop infection.

Vitamin A - Vitamin A can be found in plants with carotenes, the body converts these into Vitamin A. Carotenes can be found in carrots, cabbage and lettuce. Vitamin A can also be found in green and yellow vegetables', butter, eggs, fish liver oils, liver, milk and sweet potatoes.

Another good Vitamin to improve eyesight is a Vitamin called Vitamin B2
Vitamin B2 is also known as Riboflavin.

It is needed for growth and for healthy skin and eyes. Vitamin B2 can be found in the following foods, green vegetables', poultry, fish, liver, cheese and milk.

The last Vitamin to improve eyesight will be looking is called Niacin
Niacin is also known as nicotinic acid. This Vitamin is essential for growth and for healthy tissues.

Without Niacin, Riboflavin cannot function properly so in that respect it is quite essential. Niacin can be found in liver, yeast, lean meat, whole-grain and enriched breads and cereals.

As you can see, consuming foods and vitamins to improve your eyesight is not difficult. The vitamins are found in common foods and sometimes you can get all of these vitamins from one single food i.e. liver appears in all the lists for the 3 different vitamins.

However we all have busy lives and we don't always find the time to eat properly which could lead to vitamin deficiency. Simply taking a supplement can give your eyes the vitamins they need to stay healthy. [Click here](#) for a recommended supplement you can use to help improve your vision. It's one of the best on the market for improving eyesight.

A Simple Exercise You Can Do To Protect Your Eyesight from Further Damage

One of the causes of Myopia is due to near point stress which is caused by looking at objects that are close for long periods of time, i.e. looking at the computer. After years of near point stress your cornea becomes "frozen" in an elongated position which makes it hard to see objects in the distance.

This simple exercise will stop near point stress from deteriorating your vision.

Next time you perform close vision work for more than ten minutes, look up and focus on anything 10 feet away for at least ten seconds. This will relax the eye muscles and stop them changing the shape of your cornea even more in the distant future.

This is just one of the techniques you can use to protect and improve your eyesight, you can learn more in the ["rebuild your vision"](#) program. They have many testimonials from people who have used it to improve their vision naturally. I recommend you check it out by [clicking here](#).

Get Your Vision Defense Software Here

The guys at the "rebuild your vision" program have come up with an excellent piece of software which will help you improve your vision naturally. This software is a must if you want to improve your vision. The best thing about this software is that it is FREE. [Click here for your free vision defense software](#).

Your Free Eye Chart

Thanks for downloading the report. You can get your free eye chart by [clicking here](#). All you need to do is print it.

How to use your Eye chart

The chart is usually read while standing at a distance of 20 feet. Acuity is represented as a fraction, with the distance at which you are standing being the numerator (top part of fraction), and the normal maximum legible viewing distance ("Distance" on the chart above) as the denominator (bottom of fraction). So if, at 20 feet, you can read the letters on the row marked "40", this means you have visual acuity of 20/40 or better: 1/2 normal. From 10 feet, if the smallest letters you could read were on the "40" line, this would give you acuity of 10/40: 1/4 normal. If you are nearsighted, your vision will become more normal the closer you stand to the chart.

Thank you for taking the time to read this report.

Samuel Davies