



*30 Days to Better Vision Naturally - Without Glasses, Contacts, or Surgery*

**RISK FREE TRIAL**

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Thanks for requesting my free report ...

## **"7 Common Things That Rapidly Deteriorate Your Vision"**

I hope you enjoy this free report and it proves to be as valuable to you as it has to thousands of others...

As another free gift to you, I've included one of the "7 Essential Vision Improvement Techniques" that is taught in the Vision for Life program. These 7 techniques are simple yet incredibly powerful ways that you can help save your eyesight from further deterioration!

So, let's get started, shall we?

### **#1: Wearing Glasses and/or Contacts**

Some highly respected doctors have stated the following about the continued use of glasses and contacts:

"Minus lenses are the most common approach, yet the least likely to prevent further myopic (nearsighted) progression. Unfortunately, they increase the near-point stress that is associated with progression." B. May, OEP Publications

"The emphasis on compensatory lenses has posed a problem for many years in our examinations. These lenses do not correct anything and may not serve the patient in his best interests over a period of time." CJ. Forkiortis, OEP Curriculum

"Single-vision minus lenses for full-time use produce accommodative insufficiency associated with additional symptoms until

the patient gets used to the lens. This is usually accompanied by a further increase in myopia and the cycle begins anew." M.H. Birnbaum, Review of Optometry.

Now, glasses are a great fix for many people, but the fact is they are a crutch. Glasses do not repair your vision. They simply put a band-aid over the condition.

Have you ever gone in for an eye-exam and had the doctor say: "great news, your vision improved another 2 diopters. Looks like you need a lower prescription."

I didn't think so!

Glasses are a "prescription," and like any prescription drug, they can be abused. You must [learn how](#) to use your glasses as a tool to help rehabilitate your eyesight, rather than continue to contribute to its deterioration.

## **#2: Reading**

Yes, reading a book, newspaper, or anything up close can make your vision permanently worse!

"Myopia" or nearsightedness (the inability to see distant objects clearly) now affects more than 30% of the U.S. population.

The leading cause of its progression? "Near-Point Stress," a condition that is highly preventable.

Although most of the time you don't feel the damage being done, I'm sure you've felt near point stress. It's the pain and discomfort in your eyes after hours of reading, studying, or any prolonged close vision activity.

The American Optometric Association defines the cause of nearsightedness as follows:

"There is also growing evidence that nearsightedness may be caused by the stress of too much close vision work. It normally first occurs in school age children. Since the eye continues to grow during childhood, nearsightedness generally develops before age 20..."

Here it is - plain as vanilla - the American Optometric Association telling you that too much close vision work causes over 30% of the U.S. population to wear glasses.

Think about everyone you know that wears glasses or contacts (for distance vision). These people very likely:

- Are educated (lots of studying = near point stress).
- Have a job that requires a lot of time on the computer (another near point stress).
- Or, may simply be intently focused individuals who engage themselves in a project, book, or video game for hours upon hours without ever looking up. (Any prolonged near point activity will cause near point stress).

Close vision work is now a part of our daily lives. We cannot change that. But...

You don't need to eliminate close vision work to eliminate near point stress and its associated effects! You simply need to [learn how](#) to do close vision work properly - something most people will never bother to do.

### **#3: Aging**

This is as inevitable as the sun rising in the morning. You can't stop aging, but you can prevent the negative (and sometimes downright cruel!) effects that it causes.

When you age, the internal components of your eye become stiff and rigid, losing their flexibility. These components are responsible for focusing the images that enter your eye.

Because they become stiff and rigid, they cannot fully focus as they did when you were younger. Suddenly everything within an arm's length becomes blurry and you're rewarded with your first pair of reading glasses.

The bad news is it only gets worse with time!

The good news is you can do something to prevent it and improve upon it.

What would you do if the muscles in your legs became so stiff that you couldn't walk or run?

You would stretch them of course!

The same principle applies to the components inside your eye. All they need is to regain the flexibility they once had.

This is easily achieved through specially designed optical exercises that are actually pretty fun and very easy to do!

#### **#4: Using the Computer**

Like 60 million other Americans, you are likely experiencing one or more of the following symptoms right now:

- 1) Eye Strain
- 2) Eye Fatigue
- 3) Eye Irritation
- 4) Headaches
- 5) Light Sensitivity
- 6) Dry or Irritated Eyes
- 7) Double vision.

The treatment of these symptoms represents more than 2 billion dollars to the optical industry every year.

And, prolonged computer use without incorporating some simple viewing habits into your life can cause permanent damage to your distant vision.

Every hour you spend on the computer can contribute to vision loss. Computer use causes "near point stress," and the permanent effects of it, not to mention many other things such as decreased blink rates and insufficient tear flow which leads to dry, burning eyes.

**ESSENTIAL VISION TIP #1 of  
7 "The 10-10-10 Rule"**

Here we reveal to you one example of a simple way you can eliminate near point stress associated with reading, watching television, and computer use. This rule could save your eyesight from ever deteriorating again!

Every time you are performing close vision work

for over 10 consecutive minutes, look up and focus on anything that is at least 10 feet away, for at least 10 seconds. 10-10-10...

Incorporate this technique into everything you do up close. This will allow your internal "ciliary muscle" to expand for a few seconds and relieve the near-point stress. This technique, along with a few more simple ones just like it will help to save your vision for years to come!

## **#5: Lack of Proper Nutrients**

Proper nutrients are essential to a healthy, long life. Just the same, your eyes require certain nutrients to maintain clear eyesight and proper operation.

There are also specific nutrients your eyes need, such as Lutein and Vitamin A, which can help to prevent potentially blinding conditions such as macular degeneration, cataracts, and glaucoma. They can even help to improve your everyday visual acuity.

## **#6: Squinting or Straining to See**

Internal muscular stresses put upon your visual system are a major cause of vision problems. Have you ever tried to read in dim light or tried to see something very small by squinting your eyes? These simple viewing habits create a stress upon your eyes that can make your eyesight worse.

Just a few specially designed optical exercises and relaxation techniques can relieve visual stress, relax the internal components of your eye, and strengthen the muscles responsible for focusing.

## **#7: Not Exercising Your Eyes**

Just like your body, your eyes can be strengthened. Specially designed optical exercises can reverse the cycle of deterioration your eyes experience everyday, and dramatically improve the clarity of your vision.

Here's how they work:

- Your eyes focusing abilities are controlled by a series of internal muscles.

- If your eyes are not properly maintained, they can breakdown just like the other muscles that help your body function.
- Due to many stresses put upon the visual system, the use of glasses and contacts, close vision work, and the natural aging process the eye muscles become weak, rigid, and distorted, causing blurred vision.
- Special optical exercises are designed to strengthen and train these muscles just as you would any other weak muscle in your body and redirect your point of focus, helping you to see clearly without corrective lenses.

These optical exercises stimulate the integral muscles of the eye in a manner that would never be achieved through normal daily use. They are proven to dramatically help correct conditions such as:

- 1) Aging Vision
- 2) Nearsightedness
- 3) Astigmatism
- 4) Farsightedness

## **More ...**

While the 10/10/10 rule and the information contained in this report are a good start to helping you take care of your eyesight, it will not reverse the cycle of deterioration your eyesight is now experiencing. If you don't take action to improve your eyesight - it's only going to get worse.

You can stop the cycle of eyesight deterioration without glasses, surgery, or contacts by using special eye exercises and eyesight building techniques that work. You can learn all of these eye exercises and eyesight building techniques through our [Vision for Life](#) program.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease