

7 Eye Exercises Guaranteed to Improve Your Vision

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Welcome to my special report, "7 Eye Exercises Guaranteed to Improve Your Vision."

My name's Tyler Sorensen. I'm the President & CEO of Rebuild Your Vision. By using the eye exercises in this report, my brother improved his vision from 20/85 to 20/20 and passed the visual acuity test given to United States Navy fighter pilots after wearing glasses for a good portion of his life. He was a commercial airline pilot at the time and the FAA had always required him to wear his glasses while he was flying. But his vision improved so much that the FAA medical examiner actually removed the restriction that was required for him to wear his glasses while he was flying!

As you can imagine, it literally changed his life, and everyone wanted to know how he did it. Men's Health magazine even featured his story of vision improvement, calling it "One of the Greatest Comebacks of All Time!"

That was the moment we knew we had to get this information into the hands of the millions of people who suffer from poor and deteriorating eyesight. And that's how Rebuild Your Vision came to be. Our company is entirely dedicated to helping people improve and preserve their vision safely and naturally.

The eye exercises contained in this special report work to improve your vision by helping you regain lost flexibility, strength, and coordination in the muscles of your eyes. Through repetition, these exercises and techniques stimulate and relax your eyes in ways that normal, daily activities do not, helping to improve your vision naturally.

Sounds pretty exciting, doesn't it? Well before we get started, a little history...

Natural vision improvement and vision training are not new concepts. They were pioneered by Dr. William H. Bates in 1919, a highly respected doctor within the field of ophthalmology who wrote *The Bates Method for Better Eyesight without Glasses*.

Dr. Bates examined thousands of patients and observed that many cases of refractive errors changed their form or suddenly improved. This led him to believe that these conditions were not permanent and that there could be a cure or prevention for them. Dr. Bates stated, "Every ophthalmologist of any experience knows that the theory of incurability of errors of refraction does not fit the observed facts. Not infrequently such cases recover spontaneously, or change from one form to another."

Doctors that teach and offer services in vision training are referred to as “behavioral optometrists.” There are a few associations and groups devoted to this practice, although the numbers are quite small in relation to the number of total practicing doctors in the eye care field.

Like most people, eye exercises were never presented to my brother by his eye doctors. It was the same thing every year – eye exam, stronger glasses, and more money, a story you are probably familiar with.

This special report outlines seven eye exercises and vision improvement techniques that can help you to safely and naturally improve your vision. Try to spend a few minutes a day on each of them. Make an effort to do the exercises without your glasses if possible, but always be conscious of safety. Do not attempt to do these exercises or anything else without your glasses if it would be unsafe to yourself or others.

Within a few weeks, or possibly even days, you should begin to notice your eyes feeling stronger and your vision becoming crisper and sharper than you ever thought possible!

Exercise #1: Distant Night

The first eye exercise is called “Distant Night.” It is actually more of a relaxation technique that you can use anytime your eyes feel tired or strained during your training sessions or your daily activities. Prolonged eye stress is one of the most common causes of vision deterioration. **Whenever your eyes feel fatigued, perform the Distant Night technique as described here for at least 30 seconds up to a few minutes.**

Warm up your hands by rubbing them together or sitting on them. Sit down in a chair and place your elbows on your knees or a table. Face your palms toward your face and slightly cup the lower portion of your hands while keeping your fingers straight. Place your eyes in the cups of your hands, which should gently rest above and below the bone surrounding your eye and cheek. No portion of your hand should touch your eyeball, but it is alright if your eyelashes brush against your palm. The fingers of both hands should slightly overlap, resting near the center top of your forehead.

With your eyes open, be sure there is no light entering into your eyes. While maintaining this position, relax and close your eyes while you imagine you’re looking into the distant night. Your eyes are relaxed as they look out at a distance – the purpose of this technique. You might see flashes or floating colors, but the goal is to relax enough that you see nothing but black.

Exercise #2: In & Out

An excellent drill for improving your distance vision is called "In & Out." This also works great to improve upon "aging vision" (vision loss at a near point) and prevent the further onset of it. Internally, this drill stimulates and strengthens your ciliary muscle, which is the muscle responsible for expanding and contracting the lens to focus on an object.

You will need something small, such as a pencil tip or newspaper article, that you can focus on from a couple inches away, as well as something you can focus on from at least 10-20 feet away without your glasses on (a picture, a magazine headline, etc...).

Hold the pencil or article a couple inches from your face at eye level and focus on the pencil tip or a letter. Quickly and smoothly adjust your focus to the distant object that you have picked. Once you have obtained the best clarity possible, quickly switch your focus back to the close object. The goal is to quickly and accurately adjust your focus between the two objects very repetitively, over and over.

Performing this drill with each eye independently increases effectiveness. Do this by using an eye patch or your hand to cover one eye while performing the drill with the uncovered eye. You can also spend additional time with an eye that is weaker or has worse vision than the other. Work on this drill for approximately 5 to 10 minutes per day.

You will find that over time you will be able to quickly adjust your rate of focus and both objects will become clearer. At this point you can move further from the distant object and find an article with smaller text.

Exercise #3: 3 Cups – Level 1

The following exercise is excellent for focus and coordination. It switches back and forth to stimulate the muscles used for both near and distant vision.

1. This is one of the more challenging exercises to learn. Troubleshooting techniques are included below to help with some of the problems you might initially encounter. Relax and it will come. Print the chart labeled "#3 – 3 CUPS" at the end of this report. You will also need a pen or pencil.

2. Sit relaxed and hold the chart 12 to 24 inches in front of you at eye level. If the image is not perfectly clear to you, that's alright as long as you can make out the image. You might find it easier to place your elbows on a table so that your arms do not become fatigued as you hold the chart.
3. Hold the pen vertically between the two circles approximately 1-inch from the chart. The top of the pen should be at the same level as the image.
4. Focus on the top of the pen as you slowly bring it toward your face. (Refer to Figure 3.2) As you bring the pen closer to your face you will notice the two circles appear to become three circles. When it appears that the three circles are all the same shape and proportion, stop moving the pen.
5. Try to shift your focus from the pen to the center circle. This may be difficult and could take a few days to master. If you have trouble doing this, refer to "Troubleshooting" below.
6. Once you can focus on the center circle, move your pen away while maintaining your focus. Try to see the center circle as clearly as possible. As you increase your focus you will notice that the center circle becomes three-dimensional. It will look as if you are peering down into a Styrofoam cup. (Refer to Figure 3.3)
7. Your final goal for Level 1 is to be able to look at the chart and create the three circles, the center one appearing three-dimensional, without using your pen.

Figure 3.2

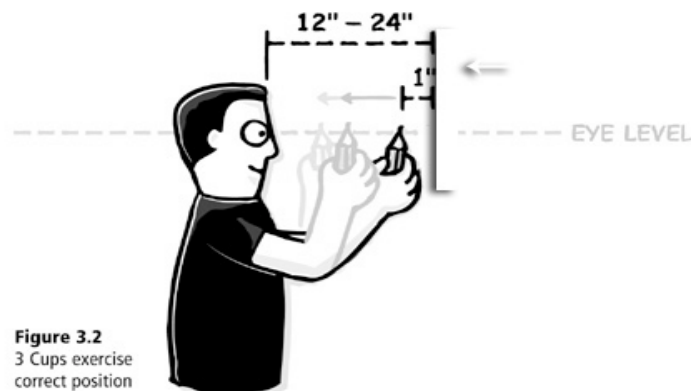
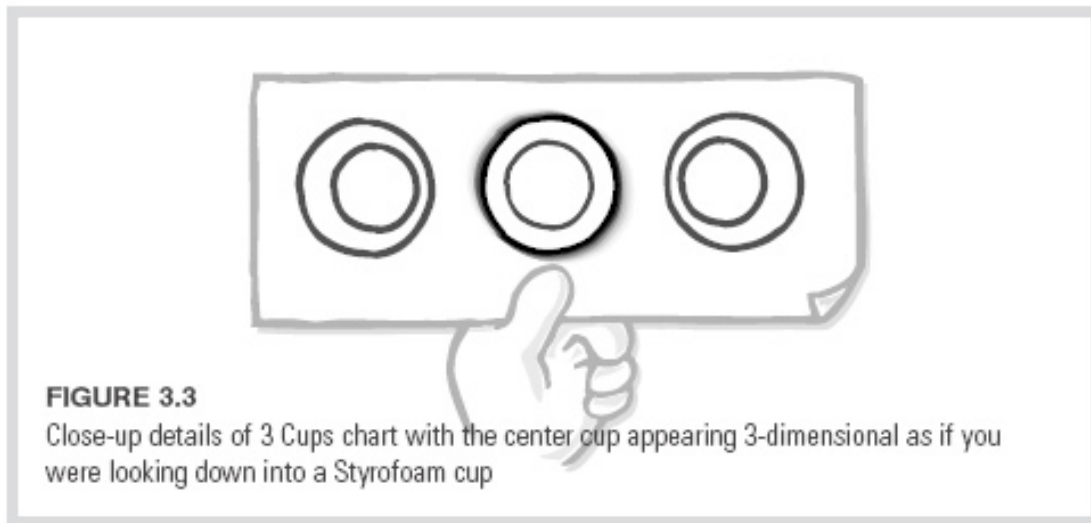


Figure 3.3



Troubleshooting for 3 Cups – Level 1

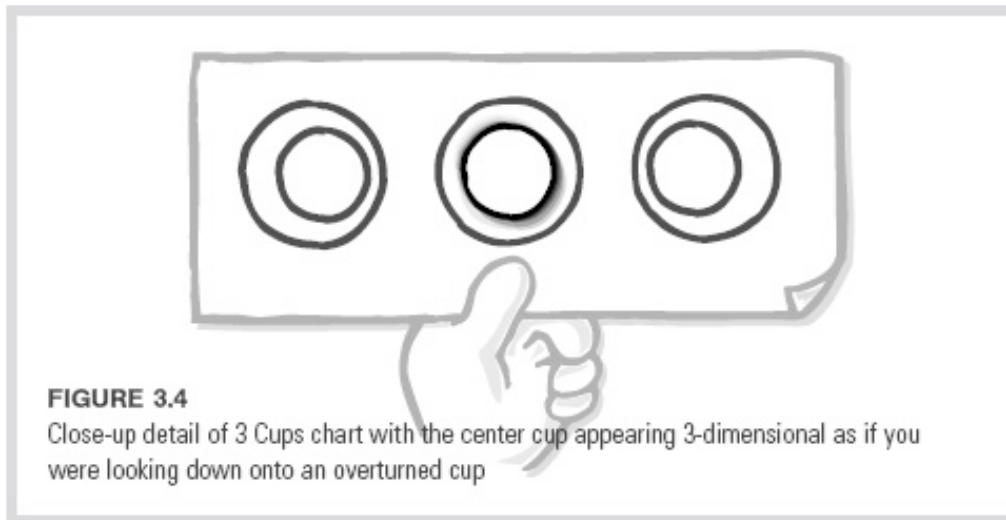
- a. You have trouble creating the third circle.
Cross your eyes as you focus on the pen approximately halfway between the chart and your face. You can also move the chart closer or farther from your face. Your eyes may have also become tired very quickly, so briefly look away or perform the Distant Night exercise to refresh your eyes.
- b. You see four circles.
Focus closer to the tip of your nose. Bring the pen closer to your face and keep your eyes focused on it. This should transform the four circles into three. Another option is to move the chart a few inches farther from your face.
- c. You cannot focus on the center circle.
If you can see the center circle but have trouble focusing on it without the pen, be assured that this is normal when you're first performing the exercise. Focus on the top of the pen, and then slowly look over it at the center circle. Keep going back and forth between the two until you are able to focus on the center circle without the pen.

Exercise #4: 3 Cups – Level 2

Note: Level 1 and 2 may appear very similar, but they are not. In order to achieve success in Level 2, you must be focused and relaxed. You cannot force your eyes to perform this drill. You must follow the directions exactly and let the images appear on their own.

1. Place your chair in a position where you can sit and focus on an object at least 10 feet away. The object can be in the same room or outside a window – just choose something at a distance.
2. Hold the “#3 – 3 CUPS” chart approximately 12 to 24 inches in front of you at eye level.
3. Position the chart so that when you look just over the top of it you can see the distant object. Focus on the distant object.
4. You should notice in your lower peripheral vision that, again, there appear to be three circles. Your eyes will feel much more relaxed than they felt when focusing on the pen in Level 1.
5. Try to adjust your focus on the center circle as if you are trying to look through the laminated chart at the distant object. In other words, maintain your point of focus on the distant object but look at the center circle. This is the only way you will be able to obtain and hold the image of the center circle. If you lose the image of the center circle, look at the distant object and it should reappear.
6. As you increase your focus on the center circle as if you are looking through it at the distant object, you will notice that the circle again appears three-dimensional; only this time the Styrofoam cup will appear upside down as if you are looking down onto an overturned cup. (Refer to Figure 3.4)

Figure 3.4



Exercise #5: 3 Cups – Level 2b

7. Now, try switching back and forth between the two different cup images. Begin by using your pen and the distant object, alternating between them to obtain the two different cup images. Focus close and you will be looking into the cup; relax your eyes and you will be looking down onto the overturned cup. Obtain a clear image of each cup before switching your focus.
8. Finally, try to alternate between images without using your pen or the distant object. You should be able to control your point of focus into the position needed to see these images.

Exercise #6: 3 Cups – Level 3a

1. Tape the “#3 – 3 CUPS” chart at eye level on any window where you can step back at least five feet from it.
2. Begin by standing 12 to 24 inches from the chart and obtain the first image from Level 1 – looking inside the cup.
3. Slowly walk backward and maintain that image as far back as possible. Once you can no longer maintain the image of the cup, slowly walk toward the chart until you are approximately 12 inches from the window. At this time you should feel slightly cross-eyed, like you’re focusing near the bridge of your nose.

Exercise #7: 3 Cups – Level 3b

1. Tape the “#3 – 3 CUPS” chart at eye level on any window where you can step back at least five feet from it, the same way you did for Level 3a.
2. Begin by standing 12 to 24 inches from the chart and obtain the image from Level 2 – looking down on an overturned cup.
3. Start walking backward, maintaining your focus on the cup. This exercise might be more difficult. If you lose the image, try to get it back by looking through the window. Remember to walk slowly, relax, and concentrate.
4. Once you can no longer maintain the image of the overturned cup, walk toward the chart until you are as close to it as you can be without the cup appearing blurry.
5. Record how far you can walk backward for both Level 3a and Level 3b. You don't necessarily need a tape measure; just write a note that you were one step in from a particular object (for example, the refrigerator or a picture on the wall). As you progress, you should be able to move farther from the window while still maintaining the cup images.

Advanced Technique: Try switching back and forth between the two images as described in Level 2b at different distances up to 5 feet from the chart. This takes a great amount of control and focus.

Bonus Vision Improvement Technique: Focus – Focus – Focus

Try to focus on everything you can during your normal daily activities. While driving, waiting in line, or going for a walk, work at challenging your eyes and adjusting your focus to see things clearly. Test how far away you can read a street sign or the name of a book on the shelf across the room. Try not to strain to see clearly. Relax and control your focusing abilities. This will keep your eyes constantly stimulated and help them re-adapt to clear vision.

To your vision – for life.

Sincerely,

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