



Better Eyesight without Glasses

W.H. Dr. Bates

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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.

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