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Without Gles
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The Bates Method
For Better
Natural Vision has
incorporated some of
the key Bates Method
techniques into an

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easy to implement,
natural eyesight
improvement
Better Eyesight
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program, by
combining a pair of
Vision Therapy
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Eyewear, or Pinhole
Glasses, User
Manual, Far and Near
Training Eyecharts.
The pinhole glasses,
together with some
eye relaxation
techniques, will bring

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Better Than Bates
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Let's not get stuck on
literalism. Bates
wasn't trying to create
a dogmatic gospel. If
Bates was alive
today, he'd have
access to current

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medical science, to
clinical studies. He's
also see how the
problem evolved and
likely take all of this
modern context to
create a better, more
effective solution to ...

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PALMING (And Better
Ideas) - Endmyopia ...
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not only the definitive
source for the classic
Bates Method, it is in
itself a remarkable
phenomenon. Dr.
William H. Bates's
revolutionary and
entirely
commonsensical
theory of self-taught
improved eyesight
has helped hundreds
of thousands of
people to triumph

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Method For
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Without Glasses
over normal defects of
vision without the
mechanical aid of
eyeglasses.

William H

The Bates Method for
Better Eyesight
Without Glasses ...

The Bates method is
an ineffective and
potentially dangerous
alternative therapy
aimed at improving
eyesight. Eye-care

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physician William

Horatio Bates

(1860–1931)

attributed nearly all
sight problems to
habitual "strain" of the
eyes, and thus felt
that relieving such
"strain" would cure
the problems.. Bates'
main physiological
proposition—that the
eyeball changes
shape to maintain

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phenomenon. Dr.
William H. Bates's
revolutionary and
entirely

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improved eyesight
has helped hundreds
of thousands of
people to triumph
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If you want to achieve better eyesight without glasses, then learning about Bates Method eye exercises is the right way forward. Many years ago (1920 to be exact), Dr Bates identified the true causes of sight problems and formulated these

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Method For

sure to work
techniques to improve
vision.

Better Eyesight
Without Gles

6 Bates Method Eye
Exercises to Improve
your Vision - How ...

The Bates Method
View. Dr William
Bates concluded after
decades of
researching for an
alternative to
prescriptive glasses,

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concluded that mental stress is the root cause of vision problems such as myopia, hyperopia, and astigmatism. These problems are not hereditary, as commonly believed.

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how to improve your
eyesight? Dr.
Christiane Northrup,
OB-GYN and
authority on
everything that can go
right with your body,
shares The ...

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The same applies to
the heavily edited

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of William H. Bates,
published in 2000 by
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Quackenbush. If you
want to truly study
and fully understand
the Bates Method,
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relaxation can help
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balance of inner and
outer clarity.

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Teacher, Nathan

Oxenfeld guides you
through a simple daily
vision improvement
routine. All of the
practices shown in
thi...

Bates Method 101:
Daily Vision Routine -

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Bates died in 1930. The book's copyright expired in 1948. It is now in the public domain. This book should not be confused with Better Eyesight Without Glasses, also titled The Bates Method for Better Eyesight Without Glasses, an abridged edition first

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published in 1943,
twelve years after
Bates's death. That
edition is more widely

...

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Glasses, by W.H.
Bates, M.D. - Bates ...

The workshops
include a magic mix of
brief theory, activities
to explore and
befriend Bates

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Method techniques, movement activities, guided visualizations, and frequent short breaks. Workshops tend to attract people who are open-minded, some with experience and confidence in naturally healing their own major illnesses.

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You can read many
Better Eyesight
Without Glasses
case studies in "Better
Eyesight, The

Complete Magazines
of William H. Bates".

Published in 2000,

this 700 page

compilation made

available a huge

reservoir of

information that had

essentially been lost

for decades. Many

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Method books have
been written by
subsequent teachers
and other followers of
the Bates Method.

The Bates Method - B
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m

Nowhere in the
original Bates Method
will one find a
suggestion of
performing any Eye

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Method For Better Eyesight Without Glasses
Exercises. The Bates Method suggests the opposite of exercising the eyes, which is relaxing the eyes. The goal is to release the strain held in the mind and eyes in order for them to function effortlessly with ease.

Bates Method vs. Eye Exercises - Integral Eyesight

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In Bates method, the ability of passive and dynamic relaxation is the first and basic technique improving the vision. By relaxation, I mean not only the general ability to relax the muscles, but also the relaxation of mind which is a condition for the process of

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vision to occur.

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om === Basic
information

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not only the definitive
source for the classic
Bates Method, it is in
itself a remarkable
phenomenon. In the
more than forty years
since this revised

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edition was first
published, the book
has gone through
innumerable printings
and is more popular
and more pertinent
than ever today.

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without Glasses by ...
- The Bates method is
better than eye
exercises Each clip is

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William H
less than 3 minutes
long. Bates was never
tired of insisting on a
fact which is now a
commonplace of
psychology, namely
that vision is at least
fifty per cent a mental
process and that
improvement in the
mental state of
patients suffering from
defective vision was
apt to result in ...

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The Bates Method is
Better Eyesight
not Eye Exercises -
Without Glasses
Visions of Joy

William H
He decided they
weren't and created
the Bates Method. It's
a way for people to
improve their sight
without glasses that's
still used today. But
not all eye doctors are
sold on the idea.

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Natural Vision

Correction: Does It
Work?

Better Eyesight
Without Glasses

Without Glasses is not only the definitive source for the classic Bates Method, it is in itself a remarkable phenomenon. Dr. William H. Bates's revolutionary and entirely commonsensical

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