

THE READ WITHOUT GLASSES METHOD™

Sharpen your near vision.
Reverse middle-age sight.

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Here's how your eyes respond to exercise and relaxation:

In order to see up close, first we have to turn – or converge – both eyes inward, so that together they aim (point) at what we are trying to see (Figure 1). This turning movement is controlled by six muscles that surround each eye. These muscles, like any other in our body, can stiffen with age, making it harder for them to turn inward. This is particularly true if we do not know how to exercise and relax our eyes. This stiffness of the converging ability of the eyes precedes, often by years, one's inability to focus clearly at near.

Also, the focusing lens of the eye (Figure 2) and the fine muscles that surround it can also stiffen with age. This stiffening is another factor that contributes to an inability to see at near.

These two systems: turning the eyes inward (convergence) and focusing at near (accommodation) are linked together in the visual system.

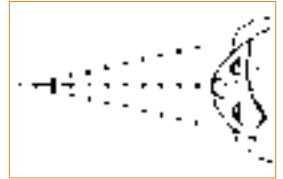


FIGURE 1

The Read Without Glasses Method is based in part on this

fundamental optical principle – that convergence stimulates accommodation.

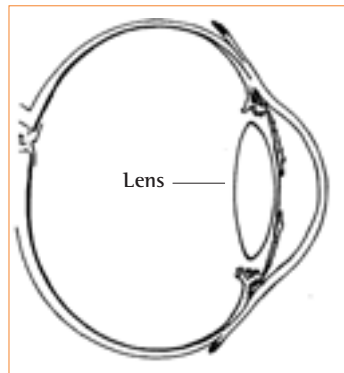


FIGURE 2

The method shows you how to re-train the convergence system to regain its youthful flexibility, mobility and relaxation. As you increase the range and power of the ability of your eyes to converge, your ability to focus at near is automatically stimulated by the brain, sharpening your near vision. The focusing lens and the fine muscles surrounding it are also brought into greater tone.

Relaxation is also important. Just as convergence is a key element, so is its opposite – divergence, allowing the eye muscles to relax so the eyes straighten for distance

viewing. Conscious relaxation of your body, including your neck and shoulders, and your breathing are other elements of The Read Without Glasses Method.

Aging may be an inevitable part of life. Yet, we've all seen a 40-year-old who moves like he's 70. And we've seen a 70-year-old move with the flexibility, ease and relaxation of a 40-year-old.

Obviously, how you take care of your body makes a huge difference. How you take care of your eyes can make a huge difference, too.

The Read Without Glasses Method shows you how you could keep your near vision as sharp today as it used to be. You can train your visual system to regain its inherent flexibility, youthfulness and power.

The method is simple to learn and easy to practice – people see results with as little as six minutes of practice each day.

The method has two parts: the first stimulates the convergence/accommodation relationship; the second relaxes it. Each part has four steps. The first three steps of each part of the method are building blocks to get you to Step 4. It is through the practice of Step 4 (of both parts) that benefits derive. The video or DVD will show you how to get through the first three steps of each part and how to practice Step 4.

The more you practice Step 4 of both parts, the more quickly you will see results and the more permanent those results will become.