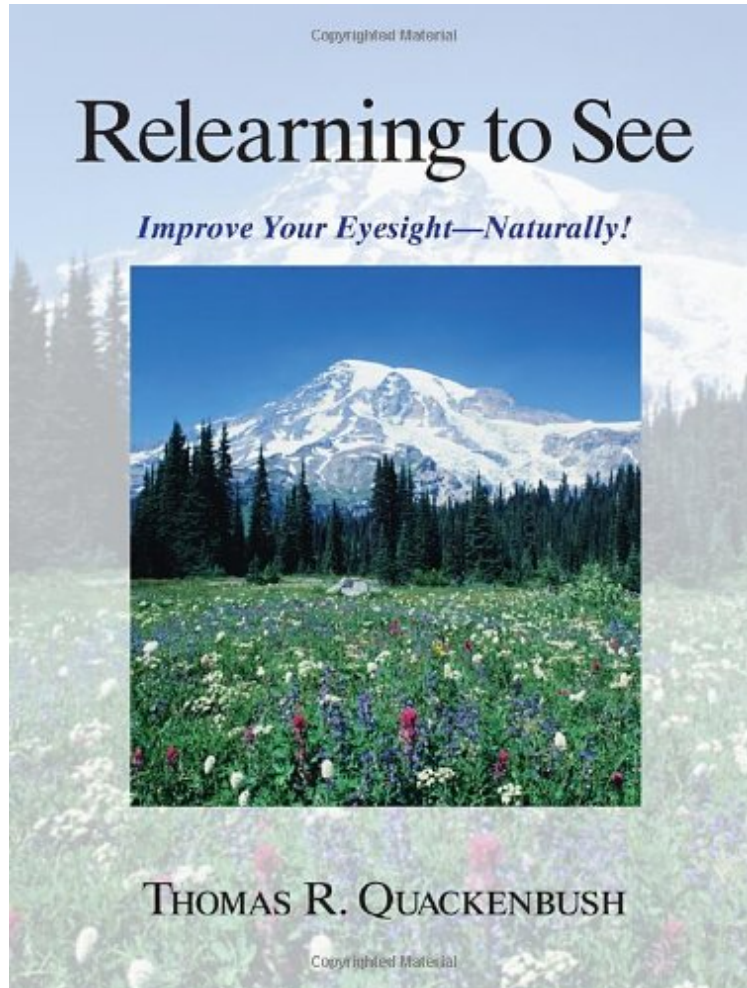


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Relearning to See: Improve Your Eyesight Naturally!

Thomas Quackenbush

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Thomas Quackenbush : Relearning to See: Improve Your Eyesight Naturally! before purchasing it in order to gage whether or not it would be worth my time, and all praised Relearning to See: Improve Your Eyesight Naturally!:

86 of 87 people found the following review helpful. Cure your eyes yourselfBy Skippy the deerIf you have physically undamaged eyes and are healthy and wear eye-glasses or contact lenses and wish to get rid of glasses or contact lenses this is the book you must read.I started 14 months ago to get rid of my glasses with -4.00 dioptrie in both eyes and Astigmatism.With my left eye I was able to see nearly normally within 3 weeks.I was lucky to find out that my right eye had actually Amplyopia (if it is not cured early enough, it will lead to unrecoverable blindness), which no optician checked for before. It did not move only looked in 1 direction and very unsharp. Currently I can get nearly normal vision in parts of my right eye temporarily.After 1/2 year of practice I got a statement from a doctor that I am now able to drive a car without glasses in Australia as ny vision had improved to about 1/2 - 1 Dioptries.I read the original Bates book (1) and a few of its successors and tried to cure my eyes based on the information in these

books. During the practice lots of questions came up of how to do certain exercises which were not answered in the original books (maybe I did not understand them properly). The Relearning to See: Improve Your Eyesight - Naturally! is the best book available. It summarizes all the other books, explains how the eye is working according to current beliefs of opticians and ophthalmologists as well as according to Dr. Bates with the evidence why Dr. Bates believes, which are based on facts, are correct. It includes new discoveries and ideas as well. It provides the most understandable types of exercises than any of the other books. It is easy to read and to understand. The best books I came across are (numbering does not represent quality): 1. Perfect Sight Without Glasses Good book to get convinced why Dr. Bates is right with his ideas as it is based on physical evidence and facts. Lots of experiments and research are described as facts which can be redone and which should convince anyone who doubts that the eyes work as Dr. Bates is telling and not as the normal optician or ophthalmologist is telling you. If you are only interested in getting your eyes working again just get Relearning to See: Improve Your Eyesight - Naturally! as it contains some of the contents of this book. 2. Better Eyesight: The Complete Magazines of William H. Bates This book is the collection of Magazines published by William H. Bates . They contain stories, researches, trials and a bit of methods to improve once sight, which have been done in schools and hospitals in the USA. I believe that the information provided in this book could be verified and therefore this book can convince people that Bates (or the natural vision system) methods work. It gives lots of information to prevent bad eye sight in children as well. If you have children, it has lots of chapters and stories about childrens eyesight and how childrens eyesight can be corrected. 3. Better Eyesight: The Complete Magazines of William H. Bates Best book of all concerning this matter. [...] 2 of 2 people found the following review helpful. Inaccessible to most readers By Elli Mac The trouble with this book is that it is very inaccessible. I am sure the content is marvelous, but after a quick skim, I don't see how anyone could really learn much from it. Purchased the book as a gift for my mother, so I'm not too worried about it personally, but I sort of feel as though I wasted my money. 55 of 57 people found the following review helpful. Hey!!! I don't need glasses any more and my ampliopia is gone! By Richard I have noticed that I was losing sight in one eye. The diagnostics from doctors ranged from adult ampliopia, to cararacts, to presbiopia, to astigmatism, etc. Every doctor I went to came with a different cause. I was about to go into surgery or start wearing glasses when I read about Dr Bates. After doing some resarch on line, I decided for Tom's book. It is sort of on the long chatty side, but it was well worth it. Now i am not only free from ampliopia (temprary blindness of one eye), but I am now reading most of the time with out glasses. As a matter of fact, I am now with a patch on the good eye and writing this review with the eye that doctors wanted to do the surgery on or give me thick glasses. This book is not so much about exercises but in understanding how to change habits that create the vision problems in the first place. After reading this book, I met with other people that also bought it and had similar results.

In this accessible presentation of the famous Bates method, Thomas R. Quackenbush (who teaches the Bates method in California and Oregon) describes how eyesight can improve naturally, at any age and regardless of heredity. This book is a wonderful tribute to the genius of Dr. Bates, who was a pioneer in discovering how vision becomes blurred and how it restores itself naturally to clarity and acuity. Now 80 years later, his findings and teachings remain light years ahead of our contemporaries. His approach to treating vision problems was truly holistic and the theme throughout this book is very much an extension of that holistic approach. Dr. Quackenbush is to be commended for his dedication in getting the truth out and keeping the torch burning in this "bible" on vision improvement.

"Relearning to See is a very impressive text!...outstrips all its predecessors...Most complete text that we've ever seen on natural vision improvement. For anyone seeking to improve their eyesight without drugs, surgery or prescription lenses...For anyone seriously interested in vision improvement or the Bates method, Relearning to See is a 'must have'..." Rosemary Jones "Relearning to See...has got to be one of the best and most comprehensive books on natural vision improvement and the Bates method ever written...many glorious illustrations...two books for the price of one!...a very well-written book professionally presented. If you only want to buy one book on natural vision improvement, make sure this is the one." Chen Hanwen From the Publisher This huge book, filled with illustrations and color, walks one through the original Bates writings with updates and improvements. Quackenbush's work seizes the head of the field. From the Author In writing Relearning to See over an eight year period, I wanted to produce the largest, most comprehensive, historical, scientific, convincing and thoroughly researched book ever written on this topic. Drawing on my 16 years of fulltime teaching I wanted to give to the world the finest information available. I have included nearly one hundred of my own students testimonials and references to natural eyesight improvements by thousands of other Natural Eyesight Improvement students. One of the most important messages in this book is the clarification of the misconception that Natural Eyesight Improvement and the Bates method involves "eye exercises." If a person does eye exercises without relearning correct, natural vision habits all day long, he or she will not succeed. Dr. Bates taught his students to relearn natural vision habits all day long-not eye exercises for twenty minutes each day. Many people who study the Bates method, and even many Bates method teachers, are not aware of this fact. When a Natural Eyesight Improvement student is given the correct understanding of the Bates educational method,

success is far more likely.