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20 You How To Achieve The Perfect Vision To Your Success

Robert A. Zuraw, Robert T. Lewanski



20 You How To Achieve The Perfect Vision To Your Success:

The Secret of Perfect Vision David De Angelis, 2011-10-25 A revolutionary guide to treating nearsightedness and achieving optimal vision health through exercises that strengthen the eye muscles Author David De Angelis's search for a cure for nearsightedness was both professional and personal since he suffered from the disease himself An expert in muscular work dynamics he discovered through extensive testing and an immersion in decades of scientific studies that working the extrinsic ocular muscles could preserve sight and re educate the eyes toward better vision He came to understand the importance of retinal defocus for transforming ocular refractive status In this book the author shares both the science and the secret of how he was able to reverse his own myopia progressive retinal defocus technique The system's efficacy he says comes from the fact that it directly intervenes with the causes that generate myopia onset and development overaccommodative near point stress When adequately stimulated by the simple exercises presented in the book ocular refractive capability leads to gradual strengthening of focusing capability and gradual decreasing of refractive error Written in straightforward language and featuring an extensive section on the scientific research in this field *The Secret of Perfect Vision* offers a proven program of healing to the millions of people afflicted with this condition *Welcome to You20.0* Atul Jain, 2017-01-05 1 Multiply your net worth by 200 2 Imagine what you need to become to be that successful Won't that version of yours be much higher than what you are today *Welcome to You20.0* is a thought provoking journey that will challenge you to dream big and help you to achieve your best version during the process of pursuing those dreams Atul Jain's desire to share his proven formula for finding your most important dreams and the vision of your life is the key inspiration behind this book He unveils the secrets in a step by step approach that will assist you to raise yourself to help yourself as well as the humankind in a very simple yet compelling manner Your passion to achieve your biggest dreams will introduce the world to your upgraded version *You20.0* It will show you how to live a life that you really deserve and leave a lasting legacy for everyone This book will introduce you to existent simple tools that are readily available for you to start immediately Most importantly it will give you a strong mindset that will not allow you to give up until you win **The Profitable & Stress-Free Eye Doctor** Dr. Connie Vuong, 2020-04-07 Dr Connie Vuong helps readers start their Ortho K specialty practice and inspire them to join her mission in preserving children's eyesight for a brighter future Fed up with low revenue and long hours veteran eye care physician Dr Connie Vuong decided to pivot Dr Vuong took her passion for eye care to the front lines of the fight against myopia near sightedness in children Her weapon of choice Ortho K therapy In *The Profitable Stress Free Eye Doctor* Dr Vuong invites readers to learn how she was able to create a successful Ortho K specialty practice where she works just two days a week and 98% of her patients pay without using any type of insurance She even expands on How to start and be known as an Orthokeratology expert in your area How to build a clientele of patients who mainly pay out of pocket How to earn more with less work hours How to attract patients who desperately need you for their

nearsighted children How you can make a significant contribution to so many young lives Perfect Eyesight Robert A. Zuraw, Robert T. Lewanski, 2010-06 The Miracle of Perfect Eyesight The Truth About The Eyes It is said that the eyes are the windows of the soul How clear is your vision Can you see the world without blurry vision or distortion The so called normal eye can easily read the 20 foot line on the Snellen Eye Test Chart at 20 feet away this is called 20 20 vision There is no limit as to how much one can improve their vision beyond the 20 20 range Healthy eyes are a marvel of nature s creation A person with above average eyesight can easily read the 10 foot line smallest bottom line on the Snellen Eye Test Chart at 20 feet away 20 10 vision I have seen people who can read the 10 foot line at 50 to 60 feet away 60 10 vision This is called telescopic vision There is also no limit to reading small Microscopic Type Print known as micro scopic vision There is no limit to how sharp and clear one can see in the distance and close up We are all walking talking seeing miracles of Great Nature The sages say human beings are solidified sunlight or trails of light because our eyesight and our very life is totally dependent on the Solar Orb We would all become blind without the healing rays of sunlight upon our retina Sunlight also gives us natural Vitamin D for healthy skin and eyes The eye training secrets contained in this book have taken me from 20 600 progressive advanced myopia or blind without glasses to better than 20 20 vision If you practice and are persistent in your eye training you too can improve vision quickly Eye Muscles Accommodation The Mystery Unveiled In order to see properly the eyes must accommodate Accommodation takes place when focusing on various distances close and far Which muscles are doing the focusing during accommodation is debatable among Ophthalmologists Dr Helmholtz an early eye doctor found that only the ciliary eye muscles do the accommo dating The Helmholtz Theory is the accepted belief of most modern eyeglass doctors Dr Bates a natural eye specialist felt that the two oblique eye muscles performed eye accommodation by compressing the round eyeball in the middle and making it longer horizontally Dr Bates cut these muscles in rabbits and found the eyes could not accommodate When he injected a drug to paralyze the oblique muscles the eyes failed to accommodate When he put together the severed muscles and washed out the drug the rabbit s eyes were able to accommodate again The Helmholtz theory holds that accommodation is due to the expansion and contraction of the crystalline lens caused by the action of the ciliary muscle Dr Bates through his experiments discovered and proved that it is not the crystalline lens but the six external muscles that act upon the eyeball and give the eye its ability to adjust and accommodate to near and far objects The fact that patients who have had the crystalline lens removed are still able to see and have the power to accommodate should be convincing proof of this theory It is obvious both the oblique muscles and the ciliary muscles work in conjunction when focusing Here is the reason why the normal eye when looking at a distant object becomes shortened and when looking at a close object is elongated The external muscles oblique recti iris and the ciliary muscles all enable the eyes to accommodate properly The external muscles lengthen and shorten the eyeball to enable light rays to fall upon the macula The iris adjusts the pupil for the amount of light necessary to see clearly And the ciliary muscle contracts the lens to focus upon the object The ciliary

muscle changes the lens and directs the rays of light to focus upon the macula or center of sight While looking at a distant object of more than twenty feet away the rays come into the eyes parallel When looking at a close point rays come into the eyes at an angle The normal eye must accommodate these rays in order to see clearly a close or distant point All rays fro

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