



# Do It Yourself - Natural Eyesight Improvement - Original and Modern Bates Method

*Clark Night, William H. Bates*

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Natural Eyesight Improvement based on the Method, Treatments of Ophthalmologist William H. Bates. (Color Version. See Black & White copy for a low price or the short version; Ten Steps for Clear Eyesight Without Glasses.) Vol. 1 now contains all volumes, the EFT book and Dr. Bates books. Includes 20 Color Printable PDF E-Books, Eyecharts, 600+ color pictures, all the Author's and Ophthalmologist Bates books. Contact the Author for the download link; [cleareyesight-batesmethod.info](http://cleareyesight-batesmethod.info)

E-Book contains 'Word Search'- type in any word, Example; Myopia to see 50-100 Treatments for unclear distant vision. Adobe Translates to Italian, Spanish, German... Activities; Shifting-Natural Eye Movement, Central Fixation, Relaxation, Memory & Imagination, Switching Close, Middle, Far for perfect equally clear vision, convergence, accommodation, divergence, un-accommodation in the left and right eyes at all distances, Left and Right Brain Hemisphere Activation & Integration, Color Treatment, Visualization, Alpha, Theta, Delta Brain Wave Deep Relaxation, Palming, Positive Thinking, Posture, Body Movement, Physical Therapy, Abdominal Breathing, Chi Energy Circulation, Strengthening, Sunning, Saccadic Sunning, Seeing, Reading Fine Print and Eyecharts Clear, EFT, Acupressure, and other Activities for clear Close and Distant, Day and Night Vision, Healthy Eyes. E-mail, phone support.

20 E-BOOKS CONTAIN;

+Natural Eyesight Improvement Book with 100 color pictures. Less reading, Easy to learn steps; Read the directions printed on the pictures for Fast Vision Improvement.

+Better Eyesight Magazine by Ophthalmologist William H. Bates (Unedited, full set: 132 Magazines -July, 1919 to June, 1930.) Illustrated with 500 pictures and additional, up to date Modern Training.

+Original Antique Better Eyesight Magazine by Ophthalmologist William H. Bates. Photo copy of all his Original Magazine Pages. (Unedited, full set: 132 Magazines - July, 1919 to June, 1930.) Learn the Method, Treatments directly from the Original Eye Doctor that discovered Natural Eyesight Improvement!

+The Cure of Imperfect Sight by Treatment Without Glasses by Dr. Bates (photo copy of all the original book pages) with pictures. +Medical Articles by Dr. Bates - with pictures.

+Stories From The Clinic by Emily C. Lierman/Bates. +Use Your Own Eyes by Dr. William B. MacCracken.

+Normal Sight Without Glasses by Dr. William B. MacCracken.

+Strengthening The eyes-A New Course In Scientific Eye Training In 28 Lessons by Bernarr MacFadden - with pictures & modern training. +EFT Training Book.

+Clear Close Vision - Seeing Fine Print Clear.

+Ten Steps For Clear Eyesight without Glasses.

+Astigmatism Removal Treatments.

+Eyecharts - 15 Large, Small and Fine Print Charts for Clear Close and Distant Vision, White and Black Letter Charts, Astigmatism Test and Removal Charts.

+Audio and Video lessons in each chapter. 100+ Videos.

Dr. Bates discovered the natural principles, true function of the eyes and applied relaxation, natural methods to return the eyes, eye muscles, mind/brain, body (entire visual system) to normal function with healthy eyes and clear vision. Dr. Bates Better Eyesight Magazine stories, articles describe how Dr. Bates, Emily Lierman Bates, other Doctors, School Teachers, Bates Method Students/Teachers, Children and Parents used Natural Treatments to remove, correct, prevent many different eye problems without use of eyeglasses, surgery, drugs. The natural treatments they applied removed/prevented; unclear close and distant vision, astigmatism, cataracts, glaucoma, conical cornea, cornea scars, retinitis pigmentosa, detached retina, wandering/crossed eyes (strabismus) and other conditions.

See William H. Bates Author's Page for entire Biography, videos of book pages, description of the Paperback, 20 E-books; [amazon.com/William-H.-Bates/e/B004H9DOBC/ref=ntt\\_athr\\_dp\\_pel\\_pop](https://amazon.com/William-H.-Bates/e/B004H9DOBC/ref=ntt_athr_dp_pel_pop)

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