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# The Natural Vision Improvement Kit



## Synopsis

You have the power to improve your eyesight naturally. Building on techniques pioneered by ophthalmologist William Bates, Meir Schneider created an effective approach for self-healing and used it to reverse his own blindness. With The Natural Vision Improvement Kit, Schneider teaches his innovative methods for exercising your eyes back to health. Use these proven techniques to see your world with less strain, greater acuity, and a more spacious visual field. Learn more about the principles of natural eyesight improvement; dozens of exercises to increase your visual acuity and ocular health; Tibetan yoga practices to refresh your eyes and mind; on-the-spot techniques to ease reading, driving, and computer eyestrain; how eyesight influences your overall well-being, and more. The Natural Vision Improvement Kit offers everything you need for vision improvement that you can do at home, including: A series of daily exercises on CD to help correct near- and far-sightedness, cataracts, and eye fatigue, including yogic techniques to increase your sense of eye movement and balance the muscles around your eyes. Especially for computer users who suffer from eye strain, an additional CD offers relaxation and restorative exercises you can do at your desk. 13 photo-illustrated cards offering instruction on fundamental eye exercises that you can do anytime, anywhere. 2 standard eye charts to test your vision and monitor your improvement. An illustrated study guide to take you step-by-step to better vision, and much more. Born without sight, Schneider refused to surrender to his blindness, and instead began an intensive exploration of sight and self-healing systems. Now you can restore and enhance your eyesight – one of the most precious aspects of your well-being – with The Natural Vision Improvement Kit.

## Book Information

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## Customer Reviews

Meir Schneider Meir Schneider Ph.D, L.M.T. is an internationally known therapist and teacher, and the founder of the School for Self-Healing in San Francisco. Meir is the author of Self-Healing: My Life and Vision; the coauthor of the Handbook of Self-Healing, both international bestsellers, and the author of Yoga For Your Eyes, a vision improvement seminar on DVD.

This kit is the best distillation of the Bates Method and Natural Vision Improvement. I have read almost every book written on the subject and I have experienced the most dramatic improvements with Meir's method. I can read signs and notice details that I never could before, and I have a much better sense of when my eyes are relaxed versus when they are stressed. The booklet itself is worth the cost of this kit, but the real benefit of the kit is Meir's spoken coaching on the 2 CDs. Every sentence he writes and speaks is full of new insights into healthy vision habits and vision correction techniques. I learn more and more with repeated exposure to his work. He knows what he is talking about: he grew up blind and now has an unrestricted driver's license, for heaven's sake! Also he has spent the last 25+ years helping other people with their vision and health problems, so he has seen many, many variations of vision problems. This is well worth the sub-\$18 price. I also recommend his "Yoga for Your Eyes" video. It's a little older and has low production value, but is nice to watch him teach the methods. One word of advice... since vision is so affected by your mental state you must be a willing and active participant, so if you go into it cynically or do not read through the entire booklet you will not enjoy the vision improvements that I or the other successful vision-improvers have.

I have only been using this product for a few days, but I can already see and feel a difference. My eyes are more relaxed, and I feel less stressed. The directions are clear and there is enough time to actually do each exercise. Meir Schneider's voice is very soothing and easy to understand.

Very good information and it could be useful in people would just do it., Information that I had been looking for

Great

The instructions are simple and easy to follow. My vision has improved not just by doing the exercises but also by learning to relax my eyes and prevent them from straining. You should do a little research before buying this kit to determine if this is the method for you. It does take time and effort to restore your vision naturally. If you want a quick fix, this is not it.

This is a good product for someone who has not been exposed to the Cambridge Institute for Better Vision's book and products. The author seemed very sincere but it felt like too much work to take CDs outside, tape papers over my eyes (one at a time), etc. For someone who wants a walk-through and could use the photos (in other words, one who has a different learning style than I have), it would be a good product.

Granted, I am not a detail oriented person so this turned me off. There were charts and a cd and cards. I don't have the discipline to read the instructions. I am sure it could work for the right person.

Haven't given them the full test as I have other equipment. Will definitely try over the long winter months.

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