

Vision Improvement Method™

Reprinted from “One Minute to Health”

By Gail Stolzenburg

By the time most people reach their early forties, they begin using glasses in order to read. I was no different and thought it was just part of getting older. I began using glasses to read the newspaper and to see the computer screen. Now, based on healthy eating habits, supplements (vitamins, minerals, and antioxidants) and new eye muscle exercises, **I can read without my glasses.** I am able to read stock quotes, use computers, and read books without my glasses. **I have Freedom!**

My wife, Elvia, has worn glasses since the fourth grade, but her problem was being near sighted instead of far sighted, which I was. After watching me improve my eyesight for some period of time, she began the eye muscle exercises and supplements. **Her prescription was reduced several times** and her eyesight continued to improve. My personal eye doctor wore glasses for twenty years before he discovered the effect changes in life style had in combating free radicals and improving eyesight. He has developed some of the eye exercises that I am using. This is not a prescription or recommendation. It is just the method I have found that has helped many people improve their eyesight.

What if you could see without Glasses and didn't have to keep a pair of glasses in the car, at the office, and in several places at home? Wouldn't it be great? I used to keep a pair of glasses at the health club so I could read the combination on the valuables locker. Now I have **Freedom!**

The other aspect of improving your eyesight is using antioxidants to combat the free radical which cause eye disease. The experts now agree **“We are getting so many free radicals from pollution, smoke, pesticides, stress and even physical exercise that we must include antioxidants in our daily diet.”** *My eye doctor tells me he now has more patients who are discarding their glasses due to improved vision through eye muscle exercises and the antioxidants (nutritional supplements) than patients who are purchasing glasses.*

Where can you get the super antioxidants and instructions for eye muscle exercises? Enclosed is a special offer to get everything I used to improve my eyesight: the super mega vitamins, minerals, antioxidants, and the eye muscle exercises.

Dr. Ronald Cridland says “Relaxation techniques that help relax the ciliary muscles of the eyes can have a beneficial effect. If you have mild myopia, you can usually resolve it completely and get rid of your glasses. In order to see things close up, the ciliary muscles around the lens of the eye contract, changing the shape of the lens allowing focusing. . For objects far away from the eye, the ciliary muscles have to relax maximally in order to focus the light on the retina. If you do a lot of close work, the muscles of the eye can become contracted, resulting in inability for them to complete relax and thus be able to see properly in the distance.”

I have made an intensive study of health, fitness, and nutrition through books, seminars, and meeting with some of the top experts in the country on health, nutrition, and behavioral psychology including **Dr. Michael Colgan**, author of *The New Nutrition*; **Dr. Ray Strand**, author of *BioNutrition*; **Dr. T. Colin Campbell**, author of the *China Study*; **Dr. Ladd McNamara**, author of the *Medical Resource Manual*; **Dr. Denis Waitley**, author of *The Psychology of Winning*; **Harvey Diamond**, author of *Fit For Life*, and **Dr. Bart Moore** and **Dr. Gary Berliner** in preventive medicine.

Using myself as a guinea pig, I have developed a system for improving health that is benefiting many people. You could be one of them. **Read on!**

Preventing Degenerative Eye Disease

by Dr. Gary Berliner, MD, MS, MPH

Excerpts from *Fitness & Nutrition* Online Newsletter

One in every three Americans by the age of 75 are affected by a serious disease of the eyes known as age-related macular degeneration (AMD). This disease destroys the central vision, making it impossible to make out fine detail like human faces; causes blurry or empty areas in the center of the visual fields, making driving impossible; and causes straight lines or sentences to appear wavy, impairing reading resolution.

Excessive sun exposure (most Americans receive 80% of their total sun exposure by the time they are 18 years old before their lens can filter light), smoking, high blood pressure, heredity, and a diet poor in essential nutrients are major risk factors in AMD. However, most AMD risk factors can be eliminated by lifestyle changes.

Emory University's Eye Center in Atlanta, the Scripps Memorial Hospital, Harvard University and the National Eye Institute in Bethesda, MD indicate that dietary supplements may play a critical role in a diet high in antioxidants, zinc, vitamin A, D and E may prevent further damage and promote healing or repair of the degenerated tissue. With today's depleted soils and chemical fertilizers our fruits and vegetables do not supply sufficient quantities of nutrients for adequate protection or regeneration of damaged eye tissues.

The nutritional supplements provided by **Freedom Now** have the entire array of antioxidants, carotenoids, zinc, and vitamins A, D and E in addition to selenium, glutathione, and the other essential components. When coupled with healthy lifestyle and eliminating excessive sun exposure, tobacco, alcohol and refined sugars, it's the most complete protection package to prevent age-related macular degeneration and other crippling eye disorders.

Editors Note: Dr. Gary Berliner specializes in Public Health and Preventive Medicine in Atlanta, GA, is a regular contributor to *Fitness & Nutrition* Newsletter and featured speaker at meetings on the subjects of health, nutrition, and longevity

Vision Improvement Method™

How you can see without glasses

Occupational therapy for the eyes? Sounds weird, but a new wing of eye medicine called behavioral optometry is discovering ways to retrain the eyes to be stronger -- and free of glasses. Here is a short quiz to help you determine if you or other family members might benefit from the new **Vision Improvement Method**.

1. Do you (or other family members) spend long periods of time focusing your eyes on up-close objects, like working at a computer or video display terminal (VDT), or sewing, or reading, watching TV, or crafting?
2. Do you (or other family members) experience any of the symptoms of Computer Vision Syndrome (CVS) - headaches, blurred vision, dry eyes, red or burning eyes, sore or tired eyes, contact lens discomfort, color perception problems, tearing, slow refocusing, or glare sensitivity?
3. Is your distance vision blurry?
4. Do you get frequent eyestrain?
5. Is your vision getting worse, so that you need a stronger prescription for your glasses or contact lenses every year or two?
6. Are you over 40 and wear glasses for reading, or feel that you need to get glasses?
7. Do you have any children who need or wear glasses/contact lenses?
- 8.

If you answered 'yes' to any of these questions, you may be a good candidate for the Vision Improvement Method.

According to the experts, you are supposed to live to be 120-130 years of age if you take good care of yourself. There is no reason your eyes should give out when you are only 40 years of age. If you want to make any muscle strong, you must exercise it. No one teaches you to exercise your eye muscles. There is a muscle inside the eye called the ciliary muscle. If you want to keep your ciliary muscle in good shape, you must to exercise it, too!

What you are about to learn is derived from the research conducted over the past ten years in improving your eyesight without resorting to glasses or contacts. I wore glasses to read for about five years when it finally got the best of me. I had a pair of reading glasses at home, in the car, and at the office. And, I kept losing them and I had to keep increasing the strength. It was embarrassing to ask someone to read the menu to me at a restaurant or to not be able to open the combination lock at my health club. There is nothing magic about what I've done. It's the same thing thousands of people have done in some way or another. I've just combined the best nutritional products I could find with the best eye muscle exercises I could find. The result is just short of amazing.

Want to compare the nutritional products you are currently taking with the other leading products? Just email gail@freedomnow.net with your name, address, and phone number and COMPARISON in the subject.

Can you improve your eyesight just by doing the exercises and not taking the nutritional supplements? That would be like asking an Olympic athlete to just exercise his muscles

but not pay attention to his nutritional requirements. There are no shortcuts. Start *Improving Your Vision Today... Without the Risk or Expense of Laser Surgery!*

Are you tired of stronger prescriptions year after year as your eyes get weaker and weaker? Are you tired of the constant hassle of glasses and contacts?

Is your vision blurry, or getting blurry? **Finally, there is a safe, healthy alternative to glasses, contacts and even laser surgery available to us all.** The products have been developed from years of research and clinical experience, and supported by a growing number of satisfied customers nationwide, There is a program to help you, in just minutes a day, at home or on the go...

- Improve your vision
- Eliminate or reduce nearsightedness, farsightedness, astigmatism, presbyopia, and eyestrain
- Prevent further deterioration of your vision
- Eliminate or reduce your need for glasses

How It Works

It's quite simple, really. If you don't exercise your body, your muscles get weaker, right? Well, there are muscles inside and outside your eyes as well. When they become weaker--from the crutch of glasses or contacts, close work like reading and using computers, or just the aging process itself--your vision gets worse. By strengthening your eye muscles, the techniques help you improve your vision.

The other aspect of improving your eyesight is using antioxidants to combat the free radicals causing eye disease. High doses of antioxidant vitamins plus zinc can slow or even prevent vision loss in people with macular degeneration, an ailment that affects more than 7 million Americans, a government study found. The vitamin regimen could be the first effective treatment for people with intermediate stages of the disease, said Dr. Paul Sieving, director of the National Eye Institute, which conducted the study.

The study involved daily doses of vitamins C, E and beta-carotene plus zinc. Macular degeneration is a leading cause of blindness in people 65 and older. The findings suggest that if all 6 million Americans with intermediate disease took antioxidants plus zinc, "over the next five years about a quarter of a million people who would have developed vision loss won't," said Dr. Frederick Ferris, the lead researcher. "That's huge," he said. "It doesn't come free, but as a medical treatment these vitamins are relatively inexpensive."

The rate at which your eyesight improves as a result of the ***Vision Improvement Method™*** and the extent of that improvement, if any, will vary among individuals. As your vision improves, the prescription of your glasses or contact lenses may become unsuitable. You should take precautions from time to time to ensure that your glasses or contacts are still suitable for driving, using power tools, going up or down stairs, or engaging in any other potentially dangerous activity that requires clear vision.

We don't make recommendations, we just tell you what has worked so well for our family and our friends for a number of years. You have nothing to lose...but your poor eyesight. Order today, and you'll soon be on the road to better vision. Why wait!!

Additional Information

Macular Degeneration: Dr. Gary Berliner's article on the previous page addresses this issue. One of the causes can be not having the enzymes to repair and regenerate the body. My personal experience as a vegetarian has been helpful because enzymes are destroyed when the cooking temperature is raised above 120 degrees. I eat most vegetables either raw or slightly steamed.

Some of the best vegetables to eat are kale and Brussels sprouts. Of course I also supplement my diet with antioxidants and new products specifically for improving eyesight.

Worsening of the eyesight at different times during the day. This can be caused by fluctuations in blood sugars. When someone eats too many refined carbohydrates such as sugars, breads, pastas, etc. the result can be insulin problems. You'll notice that people with diabetes almost always have a problem with their eyesight because their eyes are not getting the proper level of insulin for healing. Without the proper level of insulin, your eyes and your vision will degenerate.

Refined Carbohydrates: One of the best solutions when your vision gets worse as the days goes on is to cut out the refined carbohydrates and insure you are getting the proper amount of protein. In our program, the recommended proportions are 50 - 60% carbohydrates, 30% protein, and 10 - 20% fat.

Night Blindness. If you are having trouble seeing at night, especially driving, you may be deficient in Vitamin A (retinal) which is named after the retina. Although vitamin A exists in all fruits and vegetables we've found that most people need additional supplementation. Our products contain beta-carotene which converts into vitamin A as needed.

Cataracts: Cloudy eye lens - a subject I can address personally because one of the side effects of the prescription medication I was taking to help respiratory problems was cataracts. Calcium needs to travel through body tissues instead of obstructing your view and our products facilitate this.

Glaucoma: Pressure is built up by having too much fluid in your eye without being able to remove it. It can cause some real damage. Like many conditions, the fluid retention is not isolated to one part of the body, it's happening throughout the body. Balancing all the nutrients, especially salt, is so important. Our products have the best balance of nutrients I've ever seen.

Red Eyes: Most people will experience red eyes due to lack of sleep, but it can also be related to a circulation or vascular problem due to toxicity. The liver can be toxic due to the bowels being sluggish and not letting the liver drain the toxins. Most people don't get the 25 grams of fiber recommended to keep the bowels working correctly. It's amazing the number of people who develop colon cancer just because they are not getting the right combination of soluble and insoluble fiber. Our supplements and nutrition bars will provide the additional fiber you need.

Another lesson I learned the hard way was that when you are eating a lot of junk food, especially sweets, your body is being depleted of the vitamins which relax the blood vessels. If you want to improve your eyesight, the most important suggestion I can give you is to complete the enclosed order form and get stated today!

Disclaimer

The content provided by the Vision Improvement Method™ is for information purposes only and is in no way intended to be a substitute for medical examination. If you are unsure about your vision condition, consult a licensed eye doctor. The Vision Improvement Method™ is an educational tool that teaches the user how to see more clearly, comfortably, and efficiently. It is not a medical or assistive device, nor is it a substitute for diagnosis or treatment by an optometrist or ophthalmologist. Unless otherwise indicated, the statements found here (and in other advertising for the Vision Improvement Method) are either derived or quoted from the printed materials or express the opinions of the author of the Vision Improvement Method™. All techniques recommended in the Vision Improvement Method™ are considered to be completely safe, but should not be used without first consulting an optometrist or ophthalmologist to determine if any eye disease or other condition requiring specialized treatment is present.

The Vision Improvement Method™ is designed to improve nearsightedness, farsightedness, presbyopia, astigmatism, and eyestrain. Under no circumstances should it be used as a substitute for the medical treatment of serious eye disease such as cataract, macular or retinal degeneration, or glaucoma. If you suffer from one of these conditions or any other eye disease, you should use the Vision Improvement Method only under the supervision of an optometrist or ophthalmologist.

By making use of the Vision Improvement Method, the user agrees that it is his or her sole responsibility to determine the suitability of the Vision Improvement Method for his or her intended purpose, and assumes all risks and liabilities resulting from application of the techniques and recommendations, including any and all claims for direct or consequential damages.

CAUTION: The Vision Improvement Method includes various eye exercises; it also advocates "progressive under-correction," that is, the use of a weaker prescription producing slightly blurred vision in order to strengthen the eyes. Use under-corrected prescription only when reading, watching television, or doing other safe activities. **Do not engage in eye exercises or use an under-corrected prescription while driving a motor vehicle, using power tools, going up or down stairs, or engaging in any other potentially dangerous activity that requires depth perception or clear vision.** Whenever weaker lenses are used, they should provide at least 20/40 acuity in each eye. Do not use a weaker prescription unless your eye doctor confirms that you can see well enough to do so safely. Do not touch the eyes or the region surrounding the eyes with long or sharp fingernails, and do not use excessively hot water for hydrotherapy.