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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.

## Book Information

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Average Customer Review: 3.6 out of 5 stars [See all reviews](#) (16 customer reviews)

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## Customer Reviews

This is a great product. The exercises in this kit are inspired by the Bates Method, with refinements and additions developed by Meir Schneider during three decades of reversing his own blindness and helping others work with their visual problems. I met Meir Schneider at one of his 2 days London workshop (on body movements and eyesight) almost 15 years ago and I was really taken by how much he cared about empowering people, no matter what their disabilities were. Thank you Meir, I am forever grateful to you. But at that time, this great product hadn't come out and I was relying on my book from Dr Bates' trying to workout an eye exercise regime. The few eye exercises I had done then, definitively had improved my eyesight (and yet I was very short-sighted) but I was young and really had other things on my mind, which seemed more important. I guess I didn't want to work too hard at something and I had been brainwashed by opticians throughout the years that my eyesight

would only get worse so i couldn't see the point in trying too hard. Now, a lot of years down the line, with nothing left to loose apart from my eyes, I realise that relying on a pair of glasses is no good for your eyes or for your self-esteem. So when I saw this product I was thrilled. It is very well made (anything from "Sounds True" tends to be very well made) a little booklet, cards which sum up the exercises and 2 CDs. From reading other reviews on .com, some people seemed to obsess with the timings. Saying that if you follow Meir's advice on how many times and how long you should do the exercises for, it would be more than 9 hours a day. You have to understand where Meir comes from. He was 100% committed to improving his own eyesight.

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