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how to improve your eyesight



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David De Angelis

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Everobics Marilyn Roy, 1999 Marilyn Roy developed the EyeRobics system after successfully correcting her own deteriorating eyesight at age 47 This eyefitness manual shows us that the need for glasses is not inevitable as we grow older we can in fact prevent deterioration and alleviate existing problems with simple exercises which both stimulate and relax the eye muscles With a range of visual games and practical advice on how to minimize the problems of computers and close reading Marilyn Roy takes us through a unique eye fitness program The Secret of Perfect Vision David De Angelis, 2011-10-25 A revolutionary guide to treating near sightedness 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 The Eye Care Revolution Robert Abel, 2004-01-01 Revised and updated a breakthrough guide by a leading ophthalmologist delivers amazing nutritional herbal homeopathic and Asian therapies along with conventional methods to prevent and even reverse most vision disorders including cataracts glaucoma and diabetes related vision loss <u>Dictionary of Natural Healing</u> Deborah Mitchell,2025-08-22 Find out about the newest Original 10 000 first printing natural remedies and what they can do for you With the hundreds of complementary treatments available today this new up to the minute A Z reference lets you quickly and easily investigate all the natural approaches for your health needs Whether you ve wondered about the mind body healing methods of SHEN Specific Human Energy nexus and Reiki or been intrigued by alternative approaches to illness such as using glucosamine sulfate or cayenne in arthritis therapy Deborah R Mitchell s Dictionary of Natural Healing gives you all the information you need to know in a concise comprehensive format Filled with fascinating facts and covering over 250 subjects the Dictionary of Natural Healing is an essential volume for anyone interested in alternative therapies and a holistic approach to health Each entry includes Definition Pronunciation and other spellings Conditions for which the therapy or product is used How it is performed or applied Cross references Plus appendices provide helpful facts on Finding a qualified practitioner in dozens of specialties Product information Further

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park on a beautiful Saturday morning when I suddenly realized something was dreadfully wrong On the soccer fields kids from a local club were waiting in lines to dribble a ball around a set of cones On another field players from a nearby high school football team were waiting in line to run through a set of tires On the baseball diamond batters were hitting balls off tees On the tennis court the instructor was tossing the ball underhand to a player attempting to repeat the same forehand stroke over and over into an empty court Soccer football baseball and tennis are incredibly exciting dynamic activities defined by their interpersonal actions attacker vs defender pitcher vs hitter server vs receiver It seems like almost every week we see a highlight of an athlete from one of these sports doing something new and unexpected So why then do we practice them in such a static isolated and choreographed manner If an alien from another planet came and watched would they think the goal of sports here on earth was to defeat inanimate pieces of rubber Why do we insist on teaching movement skills this way From golf lessons to soccer practice to learning to do pottery the dominant view has been that we become skillful by trying to repeat the one correct technique given to us by a coach or an instructor over and over until we get it right In baseball tennis and golf we learn THE way to swing In soccer and basketball we learn THE correct way to dribble a ball In pottery we learn THE way to position our hands We reduce these creative interactive dynamic activities down to dull isolated fundamentals so that they can be drilled and mastered For a long time we have assumed that decomposition and repetition rule the day if you want to be an elite performer In this book I want to introduce you to a revolution in the way we think **Sports Performance** ,1990 about learning to move and act in the world A radical change **Effective Reading** Derya Ünal, 2025-06-10 When people think of speed reading they often put it down to just speed reading However this is only a small part of the overall process The key to truly effective speed reading is to first be able to determine what you really want to read or what you need and then guickly read through carefully selected material Take a moment to mentally review all the information that comes your way on a typical day at home at work in the newspapers at the local coffee shop How much of it do you ignore because it seems like too much to take on instead you leave it to pile up and pile up until you re so far behind that you need days or weeks to catch up If you had a simple process that allowed you to quickly and easily identify the information you needed and eliminate the ones you didn t you wouldn t have that body of knowledge and you d have more time to live your life instead of worrying about what you might miss out on because you feel overburdened The purpose of this book is to give you the tools you need to stay current With a one week work program and study exercises it allows you to work by solving the exercises by having fun in an easy and understandable way At first read the information provided for 7 days and then do the exercises as directed Speed Reading: How to Increase Your Reading Speed Incredibly in One Day (Intelligent Reading Hacks for Increasing Speed and Improving Comprehension) Albert Hernandez, We all know that knowledge is power That's why we have the strong urge to acquire as much of it as possible whether it is just for entertainment or for our self development But there is one problem we don't have all day to gather all

this knowledge In fact many of us are so busy that we hardly find time to gather the information especially when it is in written form The best solution for that is learning how to read faster so that you can read more within less time If you are tired of having to waste several days reading the latest novel or magazine issue that your friend lent you then you truly need to up your reading speed This book has all the information you need to make this possible You will learn the basics then intermediate strategies for increasing your reading speed In this book you will learn How to multiply your words per minute reading speed Tips to sharpen your focus while reading by engaging your curiosity All about saccades fixations and how knowing the science behind eye movements can improve your reading speed How to improve your comprehension with a few key reading habits Remember life is short but there are tons of information to be learned Whatever passion you are pursuing right now it cannot be denied that you need to read up on it as much as you can Learn how to speed read now so that you are well on your way to becoming the best in what you choose to do Phonics Pathways Dolores G. Hiskes, 2011-04-27 Teaches students of all ages the basics of phonics with a ime tested foolproof method This tenth edition of the best selling book teaches readingusing sounds and spelling patterns These sounds and patterns are introduced one at a time and slowly built into words syllables phrases and sentences Simple step by step directions begin everylesson Although originally designed for K 2 emergent readers thisaward winning book is also successfully being used with adolescentand adult learners as well as second language learners and students with learning disabilities Wise and humorous proverbsencourage virtues such as patience perseverance honesty kindness compassion courage and loyalty Offers help for all students including those with learningdisabilities or very short attention spans Includes extensive examples word lists and practice readingsthat are 100% decodable Uses a multisensory method that benefits all learningstyles This bestselling much loved book offers a complete approach toteaching phonics and reading for a fraction of the cost of other programs Age Erasing Secrets Kevin Speed Reading: Flash Tina Konstant, 2011-03-25 The books in this bite sized new series contain no Ireland,2002 complicated techniques or tricky materials making them ideal for the busy the time pressured or the merely curious Speed Reading is a short simple and to the point guide to effective reading and memory techniques including a five step strategy that will enable you to read any non fiction material easily In just 96 pages Speed Reading will liberate you and your time

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