THE NEED -TO - KNOW ABOUT

RECLAIMING YOUR VISION

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What is?

RecoverVision is the real science behind getting back to natural vision. Alternative eye improvement is recognized worldwide in many cultures; It is not a new concept, but a reality that is possible through lifestyle changes and action.

Many still refuse to heed the science, this is either out of ignorance, laziness or lack of knowledge. This eBook is NOT for those who choose to put away life improvements for later. It is for those who wish to take action, learn and stray away from societal myopia norms. Your eyes are just another part of your body. Like your brain and muscles, to bring them to a better state requires time, dedication, the right knowledge, and the right action. And although we can't help with the first two, we can help you attain the right knowledge and recommend a course of action.

Disclaimer

These statements are not intended to diagnose cure, treat, or prevent any disease, but rather only to bring forth findings and theories. The goal of this eBook is to serve as an all-in-one guide, but it is not intended to be absolute. It is not intended to replace the advice of your physician. Be sure to consult your physician before making any significant changes that could have a long-lasting impact on your eyes.

The application of the information highlighted in this eBook depends on circumstances and situations. You are ultimately responsible for your personal safety and should not place yourself in harm's way.

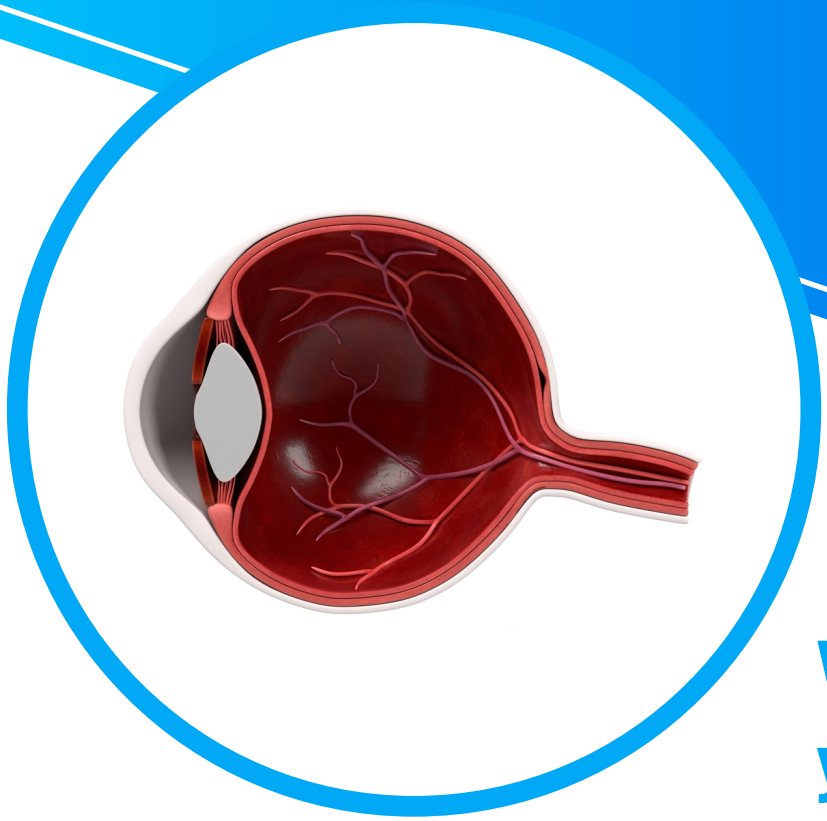
RecoverVision is not responsible for any personal damage that occurs from RecoverVision.org related activities.

Please understand that we are sharing concepts, understandings, and rationale. These may or may not yield a specifically desired outcome to those reading. This many be due to poorly performed activities, harmful activites, or even variance amoung eyes. We cannot guarantee or warrant eyesight improvement.

Vision Explained

Vision is a half eye and half brain

Eyesight has a physical component and a mental component. The reason why you “see” is half eyes and half brain.



What is stopping you from seeing?

There are many possible defects in vision: Lazy eye, Macular degeneration, Conjunctivitis, Crossed-eyes, and etc… Your vision is a combination of your eyes and your brain. Problems with vision can be problems with eyes, eye-brain interaction, or just the brain.

Myopia deals with eyes

Myopia is a physical defect of the eyes. Understanding your eyes isn’t that complicated. There are only a few critical parts you should know for a grasp of myopia.

- Lens
- Cornea
- Retina

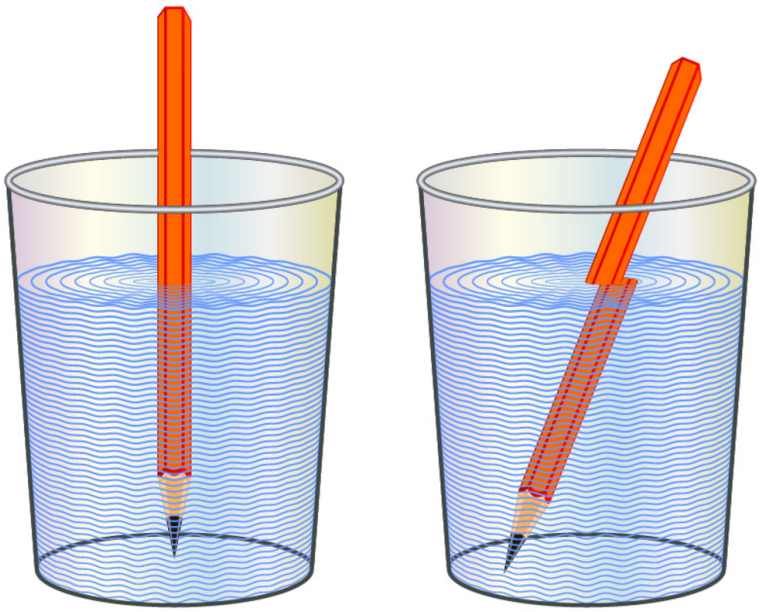
What is Refraction?

Refraction is an important concept in the eye. Light must be bent/focused on a particular region so that it can be relayed to the brain. The refraction of the eye is influenced by three factors; the two most refractive are the Cornea and Lens

Cornea and lens

Cornea

The Cornea is the outer, clear layer of your eye. It is the first region that light touches and is also the most refractive element of your eye. The surface is responsible for 65% - 75% of refraction.



Fun Fact

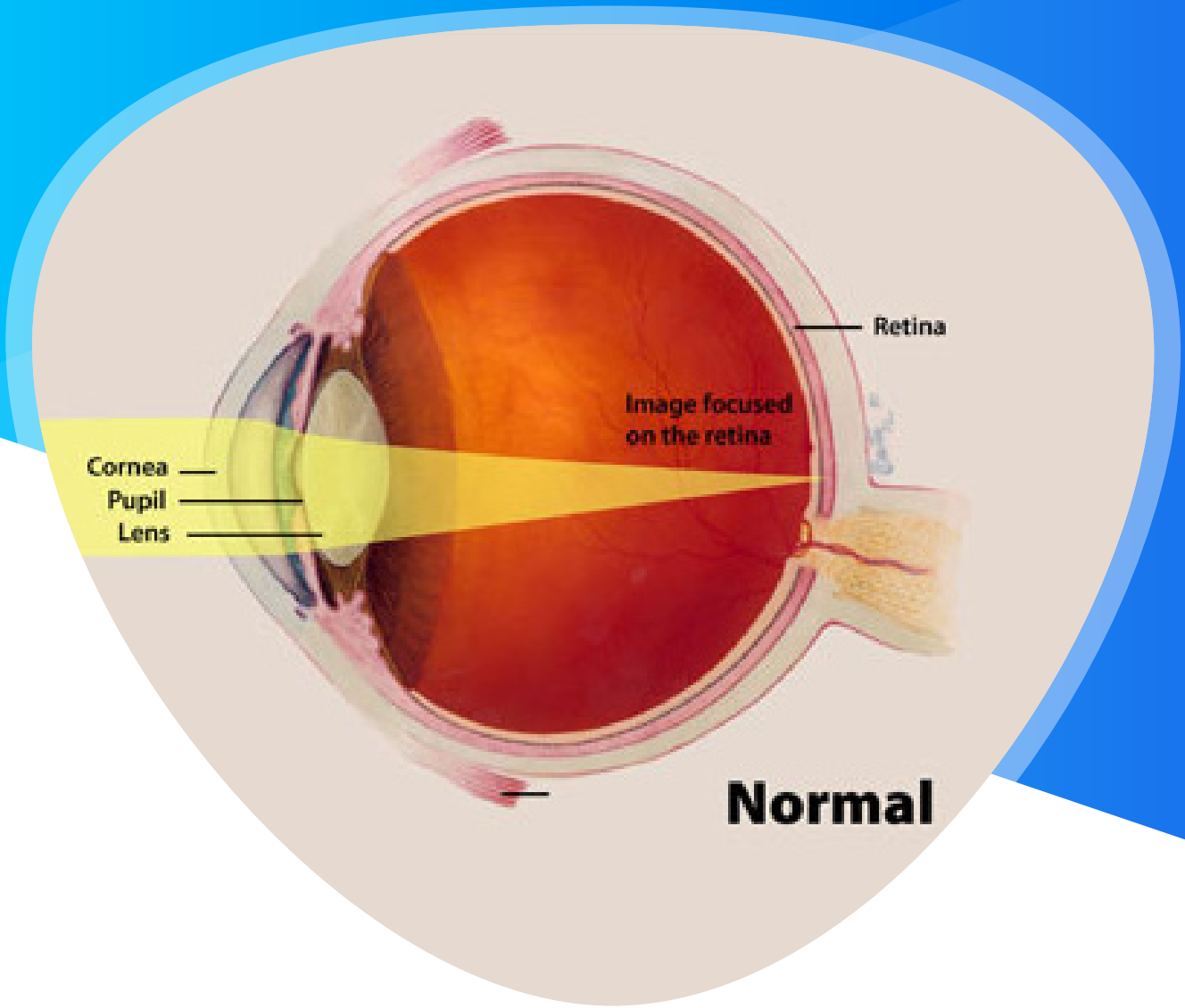
> “The cornea has the ability to heal itself from minor scratches and damages”

Lens

The Lens is the second region that light touches. It is a transparent flexible structure controlled by the ciliary muscle; responsible for roughly 20-33% of refraction. The unique thing about the lens is that it stretches and fattens with the help of the ciliary: to focus light. This light is focused precisely on the back of the eye on a tissue called the retina.

The retina is the lining at the back of the eye where light is focused. More precisely, light falls on a region of the retina called the Fovea Centralis.

When viewing a near object, the lens is fattened; viewing a distant object causes the lens stretch: ciliary muscle relaxes.



Fun Fact

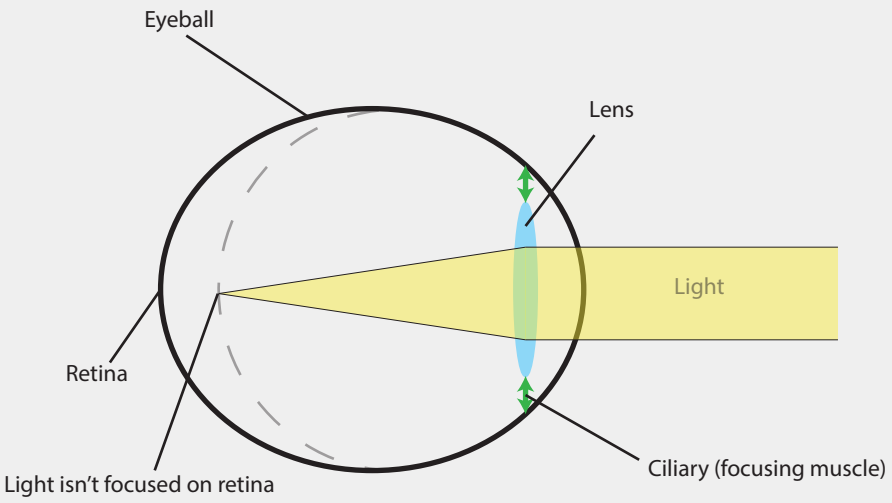
"Our eyes have blind spots, a small region on the retina with no light detecting cells."

Myopia is a Refractive Error

The reason why you can't see clearly is because there is a refractive error. But it isn't caused by the lens or cornea. The problem with myopic eyes is different; they are longer than usual. The increased eyeball length is what creates the refractive error: light isn't properly focused on the retina.

Third refractive element

Length of the eyeball front to back



Nearsightedness and Myopic Defocus

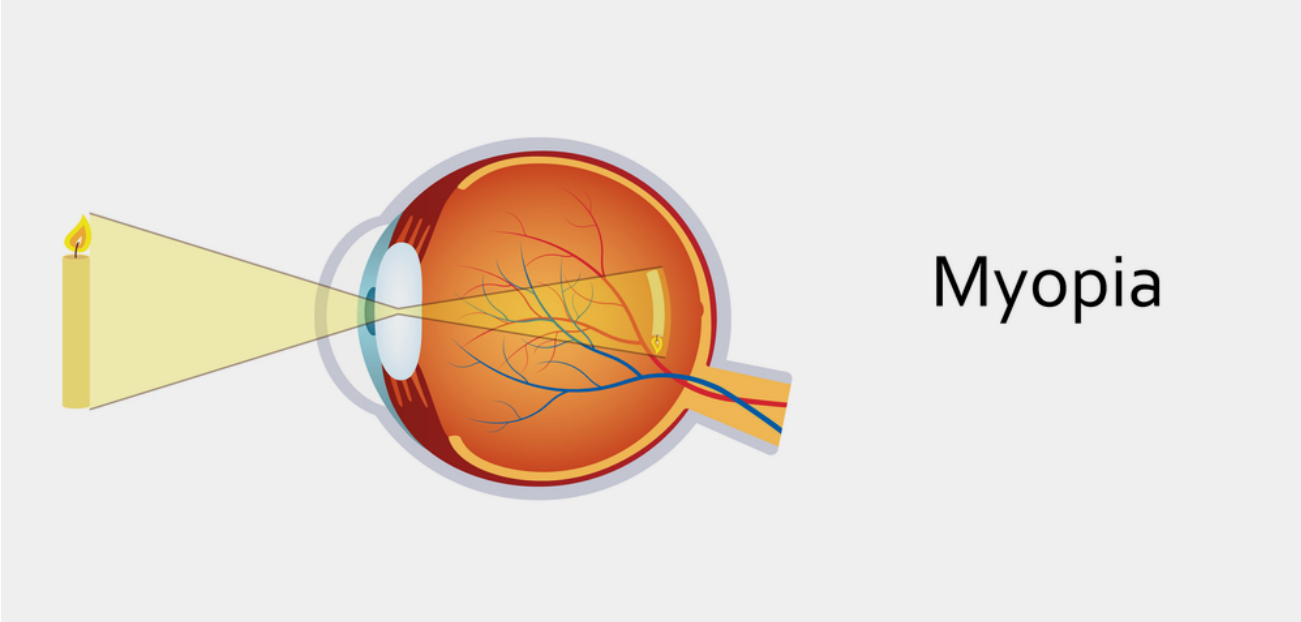
The "defocus" of the light in the eye is called myopic defocus. Myopic defocus is the specifics of why you are nearsighted; it is when the focal point, the exact point where light is focused, is a bit in front of the retina rather than precisely on the retina. Resulting in a blurry image sent to the brain.

Pseudo-Myopia

- **This Is A Different Concept Than "Regular" Myopia**
- **Psuedo-myopia Is Also A Refractive Error, But Is Caused By The Lens**

What is Pseudo-Myopia?

Pseudo myopia is myopia that results from a near-locked lens. It's when you become temporarily nearsighted as a result of doing too much near work for a long time.



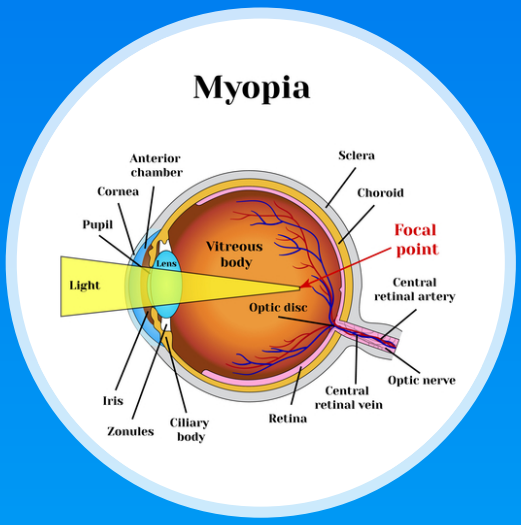
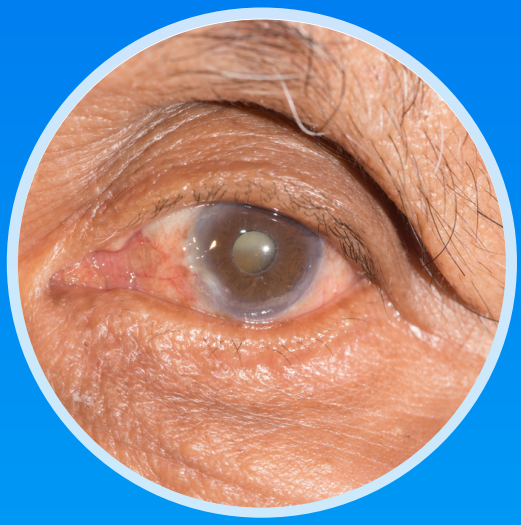
Specifics:

Your ciliary muscle clichés up from being squeezed for too long. And it stays locked in the near viewing position

Is it Serious?

Although there are various links being studied between pseudo myopia and the development of long-term myopia, Pseudo myopia is not as serious as long-term myopia. It can easily be reversed by relaxing your ciliary muscle or by simply looking into the distance.

Pseudo-myopia is a short-term consequence. Regular myopia, however, is a long-term problem caused by the same nearwork stimulus

Pseudo-myopia	VS	Myopia
		
Refractive error of eye length		Refractive error of lens
Longer lasting		Short-term, temporary
Cause: Caused by axial elongation		Cause: “locking” of ciliary muscle
Solution: Reduce axial length		Solution: release ciliary muscle

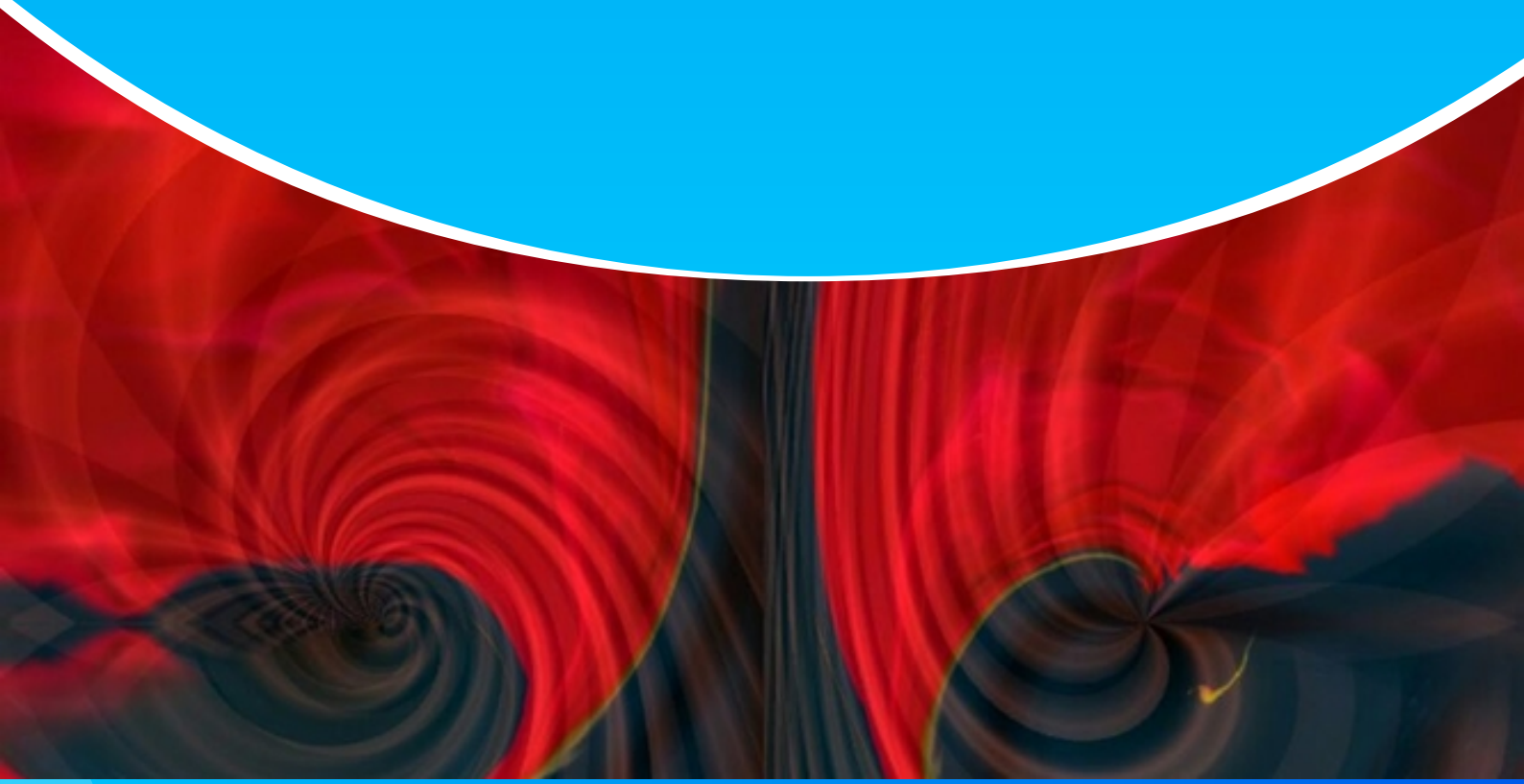
Let's get to the main problem

What did you do to mess up your eyes?
How do you stop?

It's time to say bye-bye to screens and books

Working up close for long periods, is the reason why you have bad eye. Why? Because nearwork pushes the eyeballs to elongate. It provides the push needed for the eyeballs to grow. **Many studies prove that Nearwork is the stimulus needed for the eyeball elongation.** But not everybody that reads books, goes to college, or works behind a screen needs glasses.

What does that mean? Ultimately poor vision boils down to bad habits. The only way to prevent your vision from worsening is to stop these habits.



Glasses

Believe it or not, your glasses are one of the bad habits why your eyesight is worsening. Glasses are business whose market is valued at 130 billion dollars; they can also harm you when not used in the right way, but contrary to the advice of bates followers you shouldn't get rid of them.

Bates follower say…	Reality is…
"Eye crutches" worsen the problem, They prevent the eyes from healing	Distance glasses are only bad for nearwork.

Distance glasses are meant for distant vision, they harm the eyes when they are used for near vision.

What do glasses do?

Glasses correct your refractive error, but there is a visual range for your myopia. At certain distances you are able to see clearly. This distance varies depending on your refractive error.

What you aren't told

What eye doctors don't tell you is that eye glasses are not meant to be worn for close work. When doing close work, your eyes are forced to adjust to the glasses even though they are not needed at that distance. Over time, this turns into a stimulus for the eyeball to continue growing and relying on glasses by worsening the refractive error.

Reading is not as bad for your eyes as screens are

FALSE!

Reading print and reading screens both have their ups and downs. Both can be bad for your eyes and cause eyestrain. As a general rule nearwork done incorrectly can cause eye strain.

List of bad habits for nearwork

- Bad lighting
  - Too high light
  - Not enough light
- Glare
- Not Blinking
- Working stressed, sleep-deprived or tired

Eye strain

Being aware of Eyestrain is important to relax your eyes (You can't reverse myopia with strained eyes). However, the principal cause of myopia is prolonged nearwork. Reading up close for too long without taking breaks or refusing to look away from a screen is a bad habit that only harms you long-term.

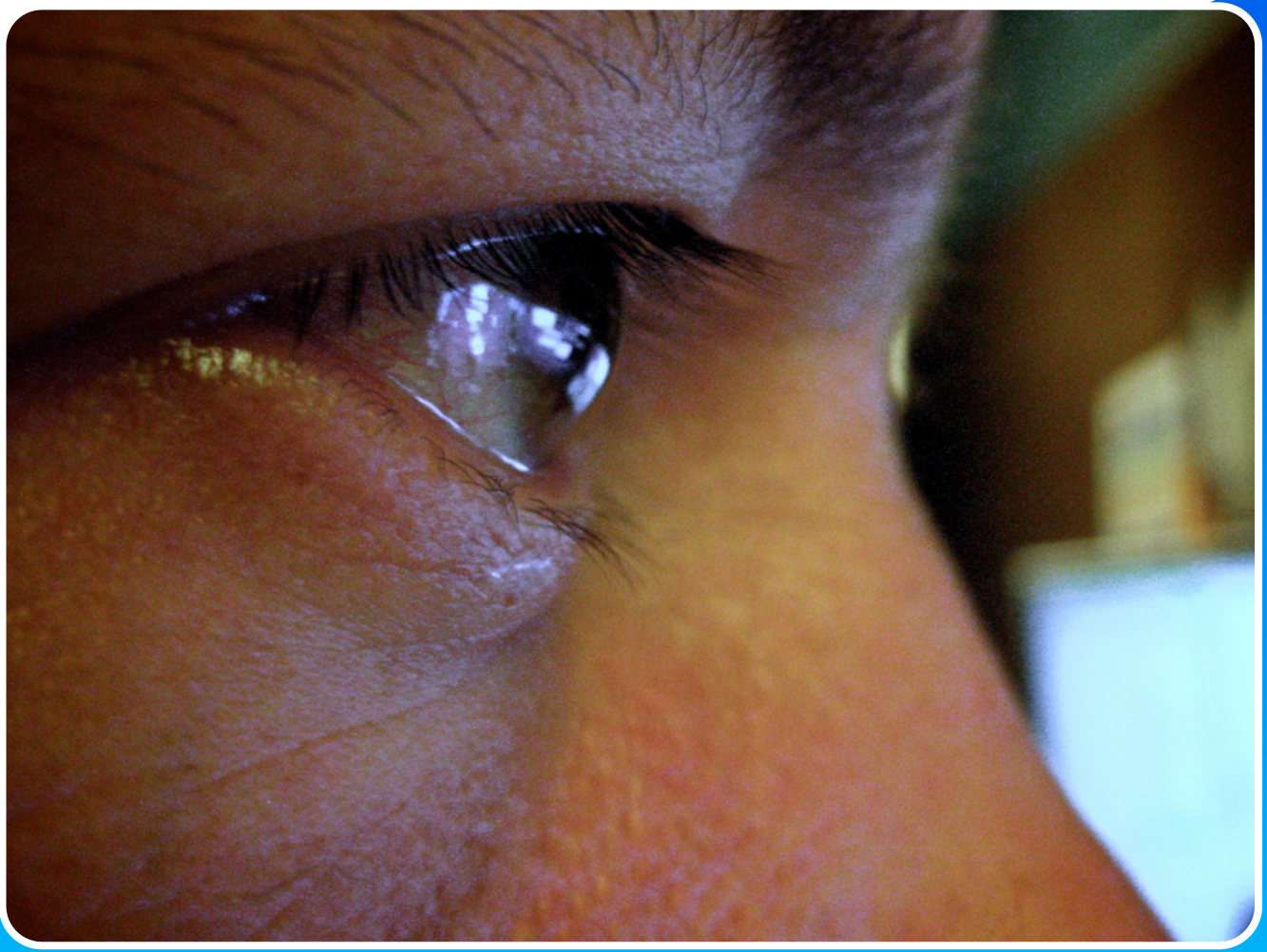
The First Step To Reversing Myopia

…. Is to take defensive measures.

1. If you absolutely NEED to read or work behind a screen, you should definitely take breaks every 20 minutes. Prolonged nearwork is the reason behind nearsightedness.

2. Lifestyle changes such as going outside more and limiting unnecessary screen time also help you inch closer to better vision.

Prevent further eyeball growth



★ **Make sure your vision does not worsen**

Reversal Stimulus

The reversal of myopia involves providing stimulus for the eyeball to decrease in length.

How?

One way this is done by forcing your eyes to see better using reduced lens.

- **Get a lens prescription slightly lower than what you currently have**
- **“Force” your eyes to see better**

By exposing your eyes to reduced lens, you introduce a slight refractive error. When you use reduced lens, the focal point of the light is slightly in front of the retina; the brain and eyes work together to adjust the focal point directly on the retina. Over time this small error adjustment becomes a stimulus. This is the stimulus you want to take advantage of.

You want to introduce a blur and compel your eyes to fill in the blur.

Fill-the-blur

Ever stare at something slightly blurry and then noticed that it came into focus for a split second?

That was your eyes filling-in-the-blur. What happened is the focal point of the light in that moment fell exactly on the retina; Usually it's normally in a myopic defocus state. Filling-in-the-blur is the stimulus that allows the axial length to decrease in the long-term.

Reduced Lens therapy + Fill-the-Blur

Filling-in-the-blur can be combined with reduced lens therapy with distance vision. With nearsightedness, distance vision is the problem and that's what we want to correct. You want to introduce the slight blur and let your eyes correct it. Over time your eyes will accustom to your reduced lens and soon you'll be needing another lower pair.

Check out our video series.

Finding the concepts hard to grasp?

Looking for an easier-to-understand media format?

Some of the things we cover:

- What you need to know about the bates method
- Understanding the eyes
- Myopia developments and list of habits that make it worse
- Filling-in-the-blur appropriate steps you can take
- And more...

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