

## Natural Vision Restoration Tips

- The reason people worsen their eyesight is that they use glasses with full prescription (which lets them see a blackboard clearly at 5m) to look at phones, computers, or books most of the time. This causes their eyeballs to deform.
- After using glasses with a 150-200 degree reduction for several days, you won't want to go back to full prescription glasses. The latter becomes very uncomfortable.
- Understanding myopia is key - it's caused by eye muscle changes, not just genetics or light exposure.
- The most important principle is "just barely clear" - wear glasses that make things just clear enough without straining.
- For computer or phone use, a 150-200 degree reduction often works well.
- Keep a stronger prescription pair for driving and essential tasks requiring perfect vision.
- Expect slow progress - about 25 degrees reduction every three months is good.
- Don't aim for perfect clarity. Slightly blurry vision is part of the improvement process.
- Use the formula: Myopia degree = 100/clear distance (in meters) for rough assessment.
- Don't force yourself to see clearly - let your eyes adjust naturally.
- Learn about your eye mechanics - understanding how external eye muscles work helps make better vision choices.
- Myopia requires wearing glasses, which can be troublesome during activities like playing basketball or when wearing a hat. The hat cannot stretch to cover more skin and provide warmth because the glasses take up space. Forgetting to wear glasses also affects vision.
- While some people may feel too old or lazy to address their myopia, it's crucial to take action for the sake of future generations to prevent the same challenges.
- The improvement process takes time - myopia developed over years will take time to improve.