

## [Test] Email 1

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To: maganp00@gmail.com

Wed, Apr 17, 2019 at 12:49 AM

# Day 1: {Change name later}

Hey << Test First Name >>.

Its Philip,

Let's say an apocalypse hit right now and You, being nearsighted, had to survive on your own,

### Would you make it?

Being visually impaired, I would guess you'd have a hard time surviving without glasses or contacts.

Chances are, you wouldn't be reading this email right now without those glasses on your face.

The dependence on glasses or other visual aids is a dangerous one. Sure you forget that they are on your face sometimes and they become a normal part of your life. But they aren't really viable either.

Being nearsighted is a disability, now imagine not having to rely on them ....

Not needing glasses for simple daily activities Or not having to spend **100s of dollars a year** behind your eyes

Personally, I have never been fond of my bad eyesight. And I hated all the restraints glasses brought.

I was diagnosed with -3.50 myopia in my eyes in 7th grade, and was forced to wear glasses ever since.

Aside from individual hatred for glasses. Eyeglasses themselves don't really solve the nearsightedness problem. A couple of years back I remember going with my 6-year-old nephew to the eye center for his new glasses. He put them on and asked me,

"How long do I have to keep these on?"

Since then I realized, glasses and other visual aids **only provide temporary relief** ..... they don't fix the actual problem

I realized we don't have a cure for myopia like we do for almost every other ailment. Or, if we do have a cure, no one knows about it.

And oh do I wish I had known.....

The sad truth is Myopia is just a business/industry.

- 1. Nobody asks the right questions for improving myopia.
- 2. Eye doctors don't know the science (or don't care to know)
- 3. And nobody reveals the science.

The science exists, and it's out there. My nearsightedness was reversible.

Lucky for you, this crash course should give you the information you need to start changing things in your life.

#### The 4-day program consists of:

Day 1 (today):

Learning about the "problem" you have.

Day 2:

Understanding what actually causes myopia

Day 3:

• Learning about the reversal process for your myopia (P.S. I'll send the ebook out)

Day 4:

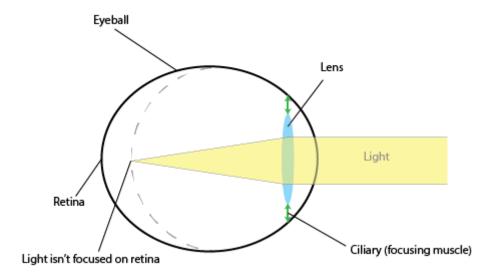
- Dangerous misconceptions that will do more harm than good
- Steps you can take to start reversing your vision.

This crash course requires only one thing from you: persistence. All I ask in return is that you follow along for 4 days, and I'll try to keep the course as concise as possible.

#### What is nearsightedness?

Nearsightedness(also known as myopia) is a condition that allows you to see near objects clearly, but far away objects are blurry.

The cause of nearsightedness is an elongated eyeball, meaning your eyeball is longer than someone that has 20/20 vision. As a matter of fact, myopia is solely a physical deformity of the eyeball.



The cause of myopia is axial elongation, which is when the eyeball is long on its axis (from front to back), This is a link to the entire study to check out <a href="https://iovs.arvojournals.org/">https://iovs.arvojournals.org/</a> article.aspx?articleid=2164126

The basis of this method is to **reverse the extra axial length** you have. If you stick with me, in the next few day I'll provide you with the knowledge you need to start getting back on your feet without needing your "eye crutches."

However, It is critical that you don't confuse this crash course with the Bates Method.

What is the Bates method? If by some chance you haven't come across this "therapy," let me give you a quick run-down.

The Bates method was developed by ophthalmologist William Horatio Bates, M.D. (1860-1931). It was put forth in 1891 as a way to improve your eyesight. As a matter of fact, it is still marketed today by his many followers.

Bates believed myopia could be improved simply by relaxing the eyes, as the condition was a result of high eye strain.

Although Dr. William Bates was a revolutionary scientist of his time, one of the first to bring forth the possibility that myopia is reversible. We have advanced much in the field of ophthalmology since then, upwards of 125 years ago.

Bates claimed myopia was a mental disability as well as a physiological defect. And that imagination and memory, for example, the imagination of the color black could be used to aid vision. We now know that is not the case.

To learn more, check out this article.

{Cite your own bates article}

In the following days, we will go over preventive measure for further development of myopia, how to reverse your condition and common harmful misconceptions of myopia.

Before closing off, I would like to urge you to check out the blogs on the site.

Excited to have you a part of this email crash course!



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The message intended for maganp00@gmail.com as a part of the 4-day crash course

Don't want to be apart of the crash course? You can <u>unsubscribe from this list</u>.

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