
[Test] email 4

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To: maganp00@gmail.com

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It's time to design your email.

Sadly today marks the end of the crash course.

But don't forget to check out the blogs on the site. And DEFINITELY, don't forget to finish the rest of this email.

Let's hop straight into it. I've covered a lot of the concept behind regaining your vision. But what specific steps can you take?

1. Refrain from glasses for near work when not needed
2. Take breaks from Nearwork and lower amount of Nearwork
3. Use a lower prescription of distance glasses
4. Fill-in-the-blur

Refrain from glasses

Glasses can harm your eyes when used for nearwork. The prescription is meant for distance vision, not nearwork. BUT that does not mean to throw away your glasses. Contrary to the advice of modern-day Bates followers, they actually serve a purpose.

DO NOT THROW AWAY YOUR GLASSES. YOU NEED THEM

Depending on the refractive error of your eyes, in diopters, you are still able to see perfectly clearly at a certain distance. For example, you shouldn't need glasses to do your homework when your face is less than a foot away from the paper.

Your glasses should be used wisely. For times when they are needed, otherwise. They can provide incorrect stimuli, and that is the last thing we want.

Nearwork: breaks and avoidance

We have already gone over how prolonged nearwork can both, directly and indirectly, cause your eyes to develop further myopia. If you can, you want to avoid nearwork, choose to go take a walk rather than binge watch that show. It's a healthier choice for your body and your eyes.

If you don't have a choice other than reading that book or using that computer for the project, that's fine too. Nearwork won't kill you, but I would highly advise taking breaks.

There are many alarms you can find on the internet that will tell you when it's time to take a break. Programs like *Stretchly*. <https://www.techworld.com/download/system-desktop-tools/stretchly-019-3331112/>

Taking breaks from Nearwork will

- Lessen the chance of eyestrain
- Prevent the development of pseudo-myopia
- Prevent further axial elongation

Use lower prescription glasses

This is the best and most efficient when done with distance vision.

A lowered prescription allows a bit of “wobble” room for your eyes to adjust to an image. It works with Fill-the-blur to help you provide a push to clarify an image. If something is clearly unclear then you can clarify it. You can't clarify an image that is already clear with your full prescription.

Aside from that, you don't want to use your full distance glasses prescription to do near work. That is not how they were meant to be used. Lowered glasses can help you with this. For example, if you don't need -5.0 lens to see the computer screen, then opt for another pair of glasses with a lower prescription.

Fill-the-Blur

This is the action needed for your eyes to start adjusting to clarity. Filling-in-the-Blur is the conscious and subconscious response we need to clear the blur we introduced.

In short-term, Filling-in-the-Blur will clear up your vision, but if done as a habit and continuously practiced the brief clarity WILL turn permanent. It is a “push” to see clearly.

Now, aside from these steps, what can you do more?

For those of you who are hell-bent on making the change, or ambitious enough to start this journey, I highly recommend the regain2020 program.

Back when I found out about natural vision improvement. I went insane. I tried EVERYTHING, read almost every article, and went through so much stuff.

Remembering how much research I had to do and how hard it was to break past the obnoxious bates teachers...

I think it's senseless for someone to spend that much time scouring through books and the web again.

Regain2020 contains a detailed video series that does a great job at bringing everything together. All you need in one place. The ultimate goal, no matter what level of expertise you start from, is to get you going on your journey.

Unfortunately, right now the program is still in development. But please do not hesitate to contact me about anything that we have covered in the email series. I know that we have covered a lot in four days, maybe a little too much. Please shoot me an email for any questions, comments, suggestions.

Replying to this email will send me a direct message. I'll try to get back to you as soon as possible. But please understand that due to the large volume of emails, it might take time.

I'd like to thank you guys for finishing out day 4. Hope to see some of you again in the Regain2020 program.



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

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