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[Test] email 2

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Day 2 {change name later}

Hey << Test First Name >>. Its Philip again.

Hopefully, you read yesterday's email

If you missed it, I highly recommend you catch-up

Back when I got my first eye exam, I remember the doctor saying to my father:

"....He can barely see the leaves on a tree. His eyes must have been bad for years"

I remember thinking, what did I do wrong? Did I play too many video games?

I wanted to solve the problem right then and there and not have bad eyes anymore

But, At the end of the day, I still had to choose out a frame for a pair of glasses.

Fast forward to present day, I now realize myopia has become a business. Whenever there is an issue of nearsightedness, we are simply given glasses.

The doctors don't aim to know where or how the problem came to be. They don't care to know the root of the problem.

But for you, the patient, it is critical that you know the root. Otherwise, you'll just have to return back next year for a stronger prescription.

How did you get from having natural 20/20 vision to having four eyes?

Why did YOUR myopia develop?

Luckily, Science has a straightforward answer: Nearwork

Let's break it down

The human body is an amazingggggg machine that has the ability to adapt and alter itself to various conditions.

This ability to adapt is usually in your best benefit, but in the case of your eyes, the adaption was not so amazing.....

When a long-term stimulus is offered to your body your body adapts; Prolonged nearwork provides a similar stimulus, this stimulus causes an increased axial length of the eyes

Despite your granny's sermon, myopia is not caused from watching too much TV or eye strain, but rather from a stimuli

Eye-opening, huh?

Let's pose a real question I received from a fellow friend

"So do people who spend more time outdoors develop eyes that can't see up close"

The answer is no. Surprisingly, your eyes are naturally made for looking afar. At their rest state, the eye sees afar. The eye has to adjust itself to look at a near object.

Think about it like this, distance vision is normal. Near vision, on the other hand, requires the eyes and the brain to make adjustments.

Nearwork provides a stimulus for the eyeball to grow because it requires effort

On a side note, All of your myopia is not caused by the elongated shape your eyes.

There is an important-to-know condition called **Nearwork-Induced Transient Myopia (NITM)**.

Just to keep things simple, I am going to refer to it as temporary myopia. It's also called pseudo-myopia

Temporary myopia is also caused by doing nearwork for a prolonged period. It is when the muscle that controls your lens (the part of the eye that allows you to focus near and far) cramps up and temporarily does not allow to see afar clearly.

Although the two have a similar cause, Temporary Myopia and regular myopia from axial elongation. They are two separate things.

To put in an example:

When you binge on your laptop for an hour you may develop NITM or Temporary Myopia but there won't be an entire millimeter increase in the length of your eyes.

Nearwork-induced transient myopia vs Myopia

- Temporary myopia
 - Short-term consequence
 - Short-lived
 - Reversible
- Myopia
 - Long-term consequence
 - Longer-lasting
 - ALSO REVERSIBLE!

Even though it is reversible, pseudo-myopia is also not good for you. Luckily, you can prevent both forms of myopia in a similar way

Prevention

One of the main benefits of learning the root cause of a condition is you know what mistakes to not repeat.

You don't want your condition to get worse.

With myopia, the prevention is simple: limit your amount of nearwork.

Try to avoid staring at screens if you can. You could spend less time watching streaming services and more time outside OR less time

Prolonged nearwork causes axial elongation and pseudo-myopia.

If you can't limit the nearwork you do, or you are already at the lowest you can go you can still be on the safe side by taking breaks.

There is not a set number of hours that you have to perform nearwork to develop myopia. But it depends on the way you work. Do you work by looking at the screen nonstop or will you look around once in a while?

Try to look away if you find yourself staring at the screen for too long.

Or try to pick your head up and look around after 20 minutes of reading.

A good rule to follow is the 20-20-20 rule. After at least 20 minutes of nearwork, look at something at least 20 feet away, for at least 20 seconds.

On day 3, we'll cover a few additional preventive techniques and also tips to start you on the path to reversing your myopia.

I didn't want to make this email too long and time-consuming; So, I was not able to include everything about the development of myopia.

But, please don't resist checking out the blogs

There is more cool stuff there.

Tomorrow we'll throw in that free ebook we promised ;)

Congratulations on finishing day 2!

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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?

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