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[Test] Day 3: Start reversing your myopia

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Day 3: The Reversal

Hey << Test First Name >>>,

Philip here

Glad to see you made it day 3! Only one more day left :(

We are starting to bring things together.

After today's email, you should have a solid grasp of myopia.

So far we have only gone over the fundamentals

But, don't worry. We cover more and dive deeper than before in the exclusive ebook we promised.

I won't make you wait any longer. I'll attach it to the bottom of this email.

Why the delay? It was important that you understand the basics so that the material in the ebook makes sense (also so you don't hate us for being confused)

That being said, it's still important that you get through the ENTIRETY of today's email before you jump down and start reading the ebook.

{ Image that says, let's get started }

Let's Get Started

For the past two days, we've learned about the cause, prevention, and physiology of myopia. But nothing much about how to actually start seeing better.

..... we haven't really attacked the condition yet.

Today's email is kind of heavy and might seem complicated. You might need to reread it.

The goal is to reverse myopia and regain your vision. It boils down to two discrete steps.

It involves:

1. STOP-ing the eyes from growing longer
2. Shortening the eyeball length by making the eye grow shorter

Both of these steps involve the growing of the eyes. When it comes to the eyesight, it's important to realize, the growth of the eyes responds to stimulus.

What is a stimulus?

- A stimulus is a change in an organism's environment
- It is usually accompanied by a response from the organism

The shortening and lengthening of the eyeballs happen because of changes in your environment.

Stimulus works with our eyes through the brain. Your eyes-brain will sense changes in the environment and work together to adapt to those conditions.

Although you always have the option of throwing your eyes away to Lasik or other surgery.

RecoverVision's goal is to improve eyesight naturally and the only way that is possible is by offering the right stimulus to incite the right response. The idea is to let the body fix itself. Just like how the body fixes minor injuries, it also has the capability to fix your eyes. Neat, huh?

But.....

It's not that simple

Nearwork made your eyes grow, but that does not necessarily mean that far-work is going to make your eyes shorten.

You have to give the eyes a little "push" to shorten

Objective 1:

Introducing a slight blur is like providing room to grow.

If something seems blurry, then it forces you to clear up the image.

You want to have this room to grow the eyeball shorter, otherwise, your normal habits are only going to force the eyes to keep growing longer

You can introduce a blur one of two ways. Nearsightedness reversal works best if both are utilized.

Firstly, Wearing reduced glasses. By reduced glasses, I talking about glasses with a slightly lower prescription than your original. For example, if I had -3.00 in my left eye and -2.75 in my right. I would wear -2.75/-2.50 left and -2.25/-2.50 right. Wearing slightly reduced glasses will introduce a small amount of blur in your vision.

Another way to introduce a small blur is by positioning yourself at a distance where the text/image appears only slightly blurry. An example would be near work at a laptop. Definitely, don't put your face inches away from the screen. But if you are able to read clearly at an appropriate distance, consider moving back a couple of centimeters to introduce a blur. This works best with lower myopia with nearwork rather than the upper ranges.

Objective 2:

Putting in the eye-effort

Subconsciously and Consciously, you want to put in a small effort to clear up the slight blur. The eyes should not be strained but rather compelled to clarify.

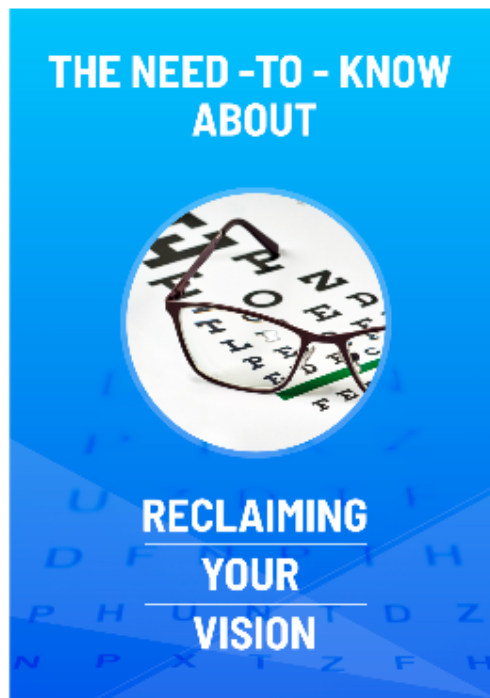
You want your vision to fill in the small blur gap you left. This is something I like to call "filling in the blur".


Think about it like this, your eyes are not locked into a particular refractive state. If something seems very slightly blurry, you have the ability to make it clearer; You have the ability to overcome small refractive errors. On the other hand, This doesn't work with large gaps. You can't clear up text when all you see is a white fuzz.

Hopefully, I'll talk a bit about Fill-the-blur on Day 4, but for now, be more aware of your myopia, start taking preventive measures, stay determined to better your vision.

Only one more day to go.

Looking forward to finishing tomorrow.



Click me 

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

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