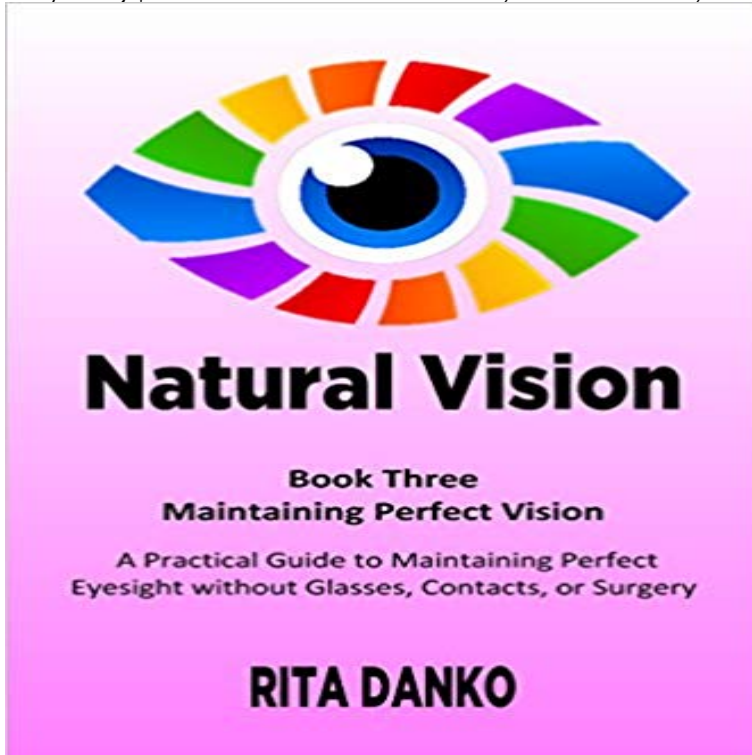


# Maintaining Perfect Vision: A Practical Guide to Maintaining Perfect Eyesight without Glasses, Contacts, or Surgery (Natural Vision Book 3)



We have this wonderful ability to heal ourselves. Our body is a virtual hospital system that knows exactly how to treat illness and constantly strives for perfection. Unfortunately we get in the way of this perfect system by filling it with poisons like alcohol, tobacco, drugs and sugary, fatty foods; polluting the air we breathe and putting immense strain on our bodies and eyes by flogging them to do more and more. The mission of this book is to empower individuals to look for alternatives to glasses, contacts and Lasik surgery. The theory that we are able to improve our eyesight by our action was pioneered by Dr. William Horatio Bates, surgeon and physician in New York early 19th century. MY PASSION FOR teaching Natural Vision and empowering others in their quest for better eyesight without glasses, contacts or Lasik surgery has prompted me to write a series of DIY books. Since I threw my own glasses away in 1991 I know that glasses are an unnecessary crutch and it is in everyone's power to give them up because nature has given us this fantastic ability to heal ourselves and I aim to help, inform and encourage you with my life experience teaching so that you too can have perfect eyesight without them.

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