

This E-Book consists of 12 Natural Eyesight Improvement books in 1 Adobe PDF, 311MB. 1500+ pages. 700+ pictures with directions for easy learning, fast vision improvement.

Word Search: Type in a word, Example: Myopia and see 50 -100 Treatments listed for unclear distant vision. Click a link and go directly to the page, treatment. Adobe Reads Aloud, Translates to Italian, Spanish, German..,

No security: print, bind your own book, copy/paste... is enabled. Read the PDF E-Book on mobile devices, laptop, computer. Option to download all E-Books as single PDF books for lower size.

Treatments to reverse, prevent: Myopia, Presbyopia, Astigmatism, Strabismus, (Crossed, Wandering Eyes) Cataract, Glaucoma and other eye/vision conditions. Return to clear close and distant, day and night vision without eyeglasses, surgery, drugs.

This E-Book teaches a variety of Natural Vision Improvement Treatments, Methods:

Shifting, eye movement, central fixation, relaxation, body movement, memory and imagination, switching close, middle, far for perfect, equally clear vision, convergence, accommodation, divergence, un-accommodation in the left and right eyes at all distances, left and right brain hemisphere activation and integration, color treatment, Alpha, Theta, Delta brain wave relaxation, positive thinking, posture, physical therapy, abdominal breathing, color visualization, energy circulation, strengthening, sunning, saccadic sunning, palming, reading fine print and other treatments described.

Obtain Clear Close and Distant, Day and Night vision, remove Astigmatism, Strabismus, Cataracts and other eye problems.

Learn how to work with a Behavioral Optometrist and be prescribed reduced, weaker eyeglass lenses (if needed for driving...) as vision is improving. (Get routine eye exams, preferably from a eye doctor experienced with the Bates Method of Natural Eyesight Improvement.)

Clearsight Publishing Co. donates part of our book sale profits to help the blind, visually impaired: The Seeing Eye & Guiding Eyes For The Blind Guide Dog Schools, DAV, ASPCA, Perkins School for the Blind

Author Clark Night has been trained by 5 different Natural Vision Improvement Teachers and studied many Bates and other Natural Vision Improvement books for 35 years.



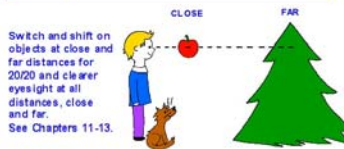
DO IT YOURSELF
NATURAL EYESIGHT IMPROVEMENT



DELTA	
THETA	
7 LIGHT PURPLE ALPHA	
6 PURPLE	
5 BLUE	
4 GREEN	
3 YELLOW	
2 ORANGE	
1 RED BETA	

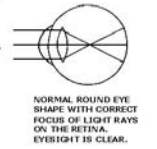
COLOR BREATHING RELAXATION CHART

Practice Abdominal Breathing, Palming, Color Visualization, Deep Relaxation and Correct Vision Habits in the Alpha, Theta and Delta brain wave states with the Color Breathing Relaxation Chart to relax the mind, eyes, eye muscles, neck and body for clear eyesight. Notice that eyesight is clear when the mind, body, eyes are relaxed, in a positive state. See chapter 22-23.



Switch and shift on objects at close and far distances for 20/20 and clearer eyesight at all distances, close and far. See Chapters 11-13.

This Book Teaches the Original and Modern Bates Method of Natural Eyesight Improvement Discovered by Ophthalmologist, Doctor William H. Bates. The Clarity of Eyesight can be Improved Naturally to 20/20 and Clearer at all Distances.



The Bates Method of Natural Eyesight Improvement relaxes the mind, visual system, eye muscles, eyes, body, neck, returns the eye muscles/eyes to normal function, movement, coordination and activates/improves; correct vision habits (the normal function of the eyes); shifting - eye movement, perfect convergence, accommodation when looking at close distances, un-convergence (divergence), un-accommodation for far distances, central fixation, left and right brain hemisphere activation and integration, memory and imagination, positive thinking, correct posture and all functions of the eyes, brain, body, visual system.

Color treatment, full spectrum sunlight, physical movement activities, acupressure points, physical therapy, improved circulation to the head, brain, ears, eyes, eye muscles, retina, lens, cornea, energy strengthening-circulation, healthy diet and other natural activities are practiced.

Relaxation of the mind, body, neck, eye muscles, eyes, activating correct vision habits and other natural treatments keeps the eye in normal shape with correct focus of light rays in the eye, on the retina for clear vision. Health and function of the eyes, retina, lens, cornea, optic nerve, all parts of the eye returns to normal. Saccadic shifting - perfect, relaxed eye movements are activated resulting in clear eyesight (clearer than 20/20) at all distances, close and far, day and night.

Eyeglasses, bifocals, contact lenses, sunglasses, tinted colored lenses, eye cornea laser surgery, all prescription and non prescription drugs cause and increase vision impairment: blur, astigmatism, impairs the health, function of the eyes, results in cataracts, macula degeneration and other eye/vision problems.

The Bates Method of Natural Eyesight Improvement produces healthy eyes and clear eyesight.

A percent of profits from the sale of this book is donated to the blind, visually impaired for: Guide Dogs, special training and vision improvement.

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Do It Yourself - Natural Eyesight Improvement

The PDF E-Book consists of 12 books:

- + [An exact copy the Authors Natural Eyesight Improvement website www.cleareyesight.info with all downloads, links, pictures.](#)
- + [Natural Eyesight Improvement Training Book](#) with Color Pictures. Less reading: Easy to learn steps. Read the directions on the pictures to quickly learn a activity for Fast Vision Improvement.
- + [Better Eyesight Magazine by Ophthalmologist William H. Bates](#)(Unedited, full set: 132 Magazine Issues - July, 1919 to June, 1930.) Illustrated with 500 pictures and additional, up to date Modern Training.
- + [Original Better Eyesight Magazine by Ophthalmologist William H. Bates](#) - Photo copy of all his Original Antique Magazine Pages in the 1900's Print. (Unedited, full set: 132 Magazine Issues July, 1919 to June, 1930.). Learn the Method, Treatments directly from the Original Eye Doctor that discovered Natural Eyesight Improvement! Hidden from the public by eye surgeons, optometrists, optical businesses for over 100 years because this method works and frees the patient from the need to purchase eyeglasses, drugs, unnecessary eye surgery.
- + [The Cure of Imperfect Sight by Treatment Without Glasses by Dr. Bates](#) (Photo Copy of the Original Antique Book Pages) with pictures. Dr. Bates First, Original Book. 2nd Printing: Perfect Sight Without Glasses
- + [Medical Articles by Dr. Bates](#) - with pictures.
- + [Stories From The Clinic by Emily C. A. Lierman/Bates.](#)
- + [Use Your Own Eyes by Dr. William B. MacCracken M.D.](#)
- + [Normal Sight Without Glasses by Dr. William B. MacCracken M.D.](#)
- + [Strengthening The Eyes](#) by Bernarr MacFadden - with pictures and modern training.
- + [EFT Training Booklet with Acupressure, Natural Eyesight Improvement.](#)
- + [Seeing, Reading Fine Print Clear, Clear Close Vision Booklet](#) (Presbyopia Treatments) - with Videos.
- + [Eight Correct, Relaxed Vision Habits - A Quick Course in Natural Eyesight Improvement Booklet.](#)
- + [Astigmatism Treatments](#) - Natural Eyesight Improvement Booklet with Videos.
- + [Eyecharts Booklet with Natural Eyesight Improvement Basic Training.](#)
- + [Eyecharts](#) - 12 Large, Small and Fine Print Charts for Close and Distant Vision, White and Black Letter Charts, Astigmatism Test and Removal Charts. Eyechart Video Lessons.
- + [Astigmatism Treatments Booklet](#) with Astigmatism Swings Eyecharts and Videos.
- + [Audio lessons](#) in every chapter.
- + [Video links](#) attached to training chapters - learn a treatment, activity quick and easy.
- + [Videos page](#): Links to 35+ Natural Eyesight Improvement Training Videos: YouTube and on Authors website.

Download with Real Player SP, convert for television or watch on Cable TV.

Read the books, watch the videos for complete Natural Vision Improvement Training.

This book includes Ophthalmologist William H. Bates Better Eyesight Magazines. Better Eyesight Magazine by William H. Bates, M. D. Ophthalmologist - Eye, Ear, Nose, Throat - Central Fixation Publishing Co., New York City, New York, USA.

Dr. Bates discovered the natural principals, true function of the eyes and applied relaxation, natural methods to return the eyes, eye muscles, nerves, mind/brain, thought patterns, body (entire visual system) to normal function with healthy eyes and clear vision. The Bates Method of Natural Eyesight Improvement. Dr. Bates Better Eyesight Magazine stories, articles describe how Dr. Bates, Emily Lierman Bates, other Doctors, School Teachers, Bates Method Students/Teachers, Children and Parents used Natural Treatments to remove, correct, prevent many different eye problems without use of eyeglasses, surgery, drugs. The natural treatments they applied removed/prevented; unclear close and distant vision, astigmatism, cataracts, glaucoma, conical cornea, cornea scars, wandering/crossed eyes (strabismus) and other conditions. Hundreds of Natural Treatments are listed. The magazines contain 'True Life Stories' of the doctors, assistants, patients, treatments. Interesting, entertaining, fun to read. A History book, life in the early 1900's. Vision improvement based 'Fairy Stories' and other articles for children are included. The stories produce a positive, relaxed state of mind. This state improves the eyesight.

The 8 Correct, Relaxed Vision Habits (natural, normal, relaxed eye, visual system function); Shifting, Central Fixation, Movement, Blinking, Abdominal Breathing, Switching Close and Far, Long Swing, Sway (Rock), Memory and Imagination, Sunning, Palming and other activities described on the website in this book are derived from Dr. Bates treatments, method and are listed in his Better Eyesight Magazines and books. Dr. Bates Better Eyesight Magazines, books are included in this E-Book to enable the Natural Eyesight Improvement student to learn directly from Ophthalmologist Bates, provide the reader with access to Dr. Bates treatments, teaching method, true Natural Eyesight Improvement. The reader can avoid fraudulent teachers, harmful methods.

Dr. Bates worked his entire life treating people successfully with Natural Eyesight Improvement. When he cured the eyes, vision of many patients and other doctors in the hospital where he worked with natural treatments, without use of eyeglasses, surgery, drugs and proved his method is fact and that some of the old theories of eye function are incorrect, only theories; the doctors, surgeons that preferred to sell eyeglasses, surgery, drugs expelled him.

Dr. Bates then opened his own office, a Clinic in Harlem, New York City. He treated thousands of people by natural methods, including many of the poor people that had little money. He kept his price for medical treatment low and also provided free assistance to people that could not afford to pay for a visit to an Ophthalmologist. His treatments were successful. He cured the young and old, people of all ages, nationalities. The Bates Method is so simple and effective that many of his cured patients, 'often children' then went on to cure their parents, teachers and other children of defective vision including crossed, wandering eyes. Read the 'true story of the two little girls that restored a blind mans eyesight' in the Oct. 1925 Magazine Issue. Read Dr. Bates full story in Better Eyesight Magazine.

Dr. Bates recorded 11 years of work in his clinic, his patients and their varied treatments in his Better Eyesight Magazines, Books and Medical Articles. Dr. Bates discovered Natural Eyesight Improvement, The Bates Method. He discovered the natural, normal function of the eyes and applied natural methods to return the eyes, eye muscles, brain (visual system) to natural, normal function, relaxation with clear vision, healthy eyes.

Dr. Bates Better Eyesight Magazines contain hundreds of different natural treatments that he and his assistant, wife Emily Lierman/Bates and other eye doctors, teachers applied to cure: unclear distant and close vision (nearsight, farsight), astigmatism, cataracts, glaucoma, cornea ulcers & scars, retinitis pigmentosa, wandering/crossed eyes (strabismus), amblyopia and other eye problems. Done without eyeglasses, surgery, drugs. Dr. Bates used surgery, drugs only when necessary. (Eye injury, infection...) Dr. Bates discovered Natural Eyesight Improvement over 100 years ago. Dr. Bates Better Eyesight Magazines, books are the original source of Natural Eyesight Improvement. The Original Better Eyesight Magazine collection is proof that Ophthalmologist William H. Bates discovered the Bates Method, Natural Eyesight (Vision) Improvement and is the True Author of the Magazine.

The Optical, Medical Industry/Association and most Eye Doctors, Opticians have hidden Dr. Bates work, magazines, books, articles, Natural Eyesight Improvement from the public for over 100 years because: The Bates Method improves the clarity of vision, eye function, Dr. Bates writings are proof that Natural Eyesight Improvement works, produces clear vision, healthy eyes, it describes, teaches people how to apply Natural Eyesight Improvement & obtain clear vision on their own and prevents the need for purchasing eyeglasses, contact lenses, sunglasses, eye surgery and drugs. The Bates Method is safe, healthy for the eyes, reverses and prevents vision impairment.

After Dr. Bates death, the Optical Industry, Medical Doctors/Association destroyed Dr. Bates magazines, books, articles, removed them from libraries, schools, colleges, bookstores in an attempt to hide the truth about Natural Eyesight Improvement from the public, prevent people from curing their eyesight. They bribed dishonest politicians, judges to pass laws preventing the public from teaching Natural Eyesight

Improvement. They passed a law stating that only an eye doctor can teach the Bates Method. Ophthalmology, Optometry, Optician Colleges hid it, refused to teach it and Eye Doctors were taught in College to ignore the Bates Method. Honest eye doctors were afraid to teach it, were told that they would lose their medical license if they used it in their practice.

A few honest Eye Doctors, Bates Teachers, Students, Libraries from the 1900's -2010 have hidden and preserved Dr. Bates magazines, books and continued to teach the Bates Method despite harassment from the Optical Industry: Emily Lierman/Bates, Dr. Harold Peppard, Dr. William MacCracken, Bernarr MacFadden, Clara Hackett, Margaret Corbett, Aldous Huxley, Janet Goodrich and others. (See the case of Margaret Corbett and Aldous Huxley, New York City, USA - The Optical/Medical Industry/Association brought her to court, accused her of practicing Optometry without a license. She won all cases brought against her and cured the eyesight of many people that were in the courtroom. Aldous Huxley (famous Author) was a witness for her, proved to the court how she reversed his near blindness, and improved his eyesight. He later wrote: The Art of Seeing.)

The Optical, Medical and Drug Industry prefers to sell eyeglasses, contact lenses, dangerous destructive cornea laser eye surgery, cataract lens surgery, other eye operations and drugs. They continue to suppress the Bates Method.

Dishonest Eye Doctors prescribe stronger and stronger eyeglass lenses, bifocals, sunglasses knowing that this increases vision impairment, dependency on stronger eyeglasses and leads to development of cataracts, detached retina, other eye health impairment and thousands of dollars profit from performing cataract, retina... surgery. I suspect that some Opticians, Optometrists that sell eyeglasses receive money, 'kickbacks' from eye surgeons when the business sends a patient that has developed a cataract or other eye problem, advanced and ready for surgery, to the eye surgeon for surgery.

Senior citizens are their main victim, 'customer', abused by their doctors, told to wait for surgery until the cataract grows large enough while the doctor sells stronger and stronger eyeglass lenses, bifocals, astigmatism sections in the glasses, sunglasses... knowing that this practice will increase, speed the growth, development of the cataract and prevent a natural reversal, cure of the cataract.

A sales pitch for laser eye cornea surgery is often done after the patients eyesight is greatly impaired from being prescribed addictive, stronger and stronger eyeglass lenses, bifocals and astigmatism lenses.

Laser cornea eye surgeons destroy the health, structure of the eyes cornea knowing it will lead to a variety of eye, vision impairments, sale of eyeglasses, more eye surgery. Many patients have experienced extreme, disabling vision problems, eye pain and blindness has occurred. Patients have committed suicide, explaining to their family they would rather die than live with the greatly impaired vision, pain and poor quality of life that the laser cornea eye surgery caused.

See the FDA 'cornea surgery side effects warning' links on website and in book.

An honest eye doctor prefers to get the patient to stop use of eyeglasses, will not prescribe strong eyeglasses, bifocals, sunglasses, laser cornea surgery. He/she teaches the patient how to reverse, prevent unclear vision, astigmatism, cataracts and other abnormal eye conditions.

Due to the truth about Natural Medicine becoming available to the modern public, modern interest in Natural Cures; Dr. Bates Better Eyesight Magazines, books, work has been recovered from individual owners, re-published and brought back to the public. Many Modern Ophthalmologists, Optometrists are now learning, teaching the Bates Method.

Mary I. Oliver, William H. Bates (Pen Name: Clark Night)



DO IT YOURSELF NATURAL EYESIGHT IMPROVEMENT

Original and Modern Bates Method

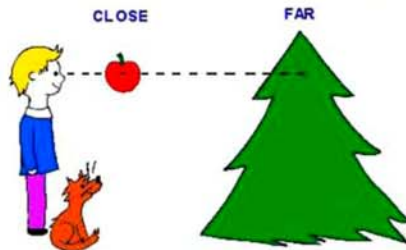


DELTA	
THETA	
7 LIGHT PURPLE ALPHA	
6 PURPLE	
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4 GREEN	
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COLOR BREATHING RELAXATION CHART

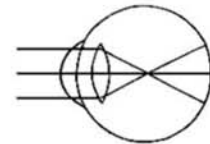
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Switch and shift on objects at close and far distances for 20/20 and clearer eyesight at all distances, close and far. See Chapters 11-13.



A percent of profits from the sale of this book is donated to the blind, visually impaired: Guide Dog Schools, free Natural Eyesight Improvement training.

This Book Teaches the Original and Modern Bates Method of Natural Eyesight Improvement Discovered by Ophthalmologist Dr. William Horatio Bates. The Clarity of Eyesight can be Improved to 20/20 and Clearer at All Distances.



NORMAL ROUND EYE SHAPE WITH CORRECT FOCUS OF LIGHT RAYS ON THE RETINA. EYESIGHT IS CLEAR.

The Bates Method of Natural Eyesight Improvement relaxes the mind, eye muscles, eyes, body, (entire visual system), returns the eye muscles, eyes to normal function, movement, coordination and activates, perfects; the normal function of the eyes: Saccadic Shifting Eye Movements, Central Fixation, Perfect Convergence, Accommodation: clear vision when looking at close distances, Un-Convergence (Divergence) Un-Accommodation: clear vision for far distances, Left and Right Brain Hemisphere Activation and Integration, Memory and Imagination, Positive Thinking, Emotions, Correct Posture, Neck, Shoulder Relaxation and all functions of the visual system.

Color treatment, Full Spectrum Sunlight, Physical Movement Activities, Acupressure Points, Physical Therapy, Improved Circulation to the head, brain, ears, eyes, eye muscles, retina, lens, cornea, Energy Strengthening-Circulation, EFT, Healthy Diet for Healthy Eyes and other natural activities are practiced. Learn how to permanently discontinue the use of eyeglasses.

Relaxation of the mind, body, neck, eye muscles, eyes, practicing, activating healthy correct vision habits (normal, relaxed eye function) and other natural treatments keeps the eye in normal shape with correct focus of light rays in the eye, on the retina for clear vision. Eye pressure returns to normal. Tension, strain is removed from the eyes. Health and function of the eyes, retina, lens, cornea, optic nerve, all parts of the eye returns to normal.

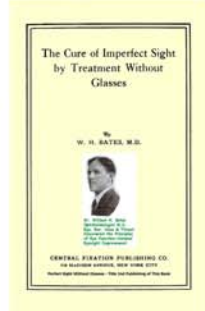
Saccadic shifting - perfect, relaxed eye movements, including tiny microscopic movements are re-activated resulting in clear eyesight (clearer than 20/20: 20/15, 20/10...) at all distances, close and far, day and night.

Better Eyesight Magazine

Published monthly 200 pages
By Ophthalmologist Dr. William Horatio Bates
Only 100¢ a copy (100¢ includes postage)

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Emily C. Lierman, Bates

Better Eyesight Magazine

Original Magazine Pages

By Ophthalmologist William Horatio Bates
July, 1919 to June, 1930

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Stories From The Clinic
by Emily C. Lierman/A. Bates Included.



Dr. William H. Bates
Ophthalmologist
Eye, ear, nose, throat M.D.
Discovered the principles
of eye function - Natural
Eye sight Improvement

Better Eyesight

A MONTHLY MAGAZINE DEVOTED TO THE PREVENTION
AND CURE OF IMPERFECT SIGHT WITHOUT GLASSES

Vol. I JULY, 1919 No. 1

Foreword

Fundamental Facts

Central Fixation

A Teacher's Experiences

Army Officer Cures Himself

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*This book contains photos of
Ophthalmologist William H. Bates
Better Eyesight Magazine, every
year, month, page from
July, 1919 to June, 1930.*

*Consists of his original treatments
and a 2nd separate book containing
the original and modern versions of
older treatments.*

*Read the original and 2nd book to
learn which treatments have been
improved or changed.*

*500+ pictures are placed in the 2nd
book to help the reader understand
each activity Dr. Bates describes
and to learn, apply and obtain
Natural Eyesight Improvement
easy and fast.*

**12 Extra Free E-Books and Eyecharts
are included.**

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