

# Vision Therapy: Exercise Your Eyes and Improve Your Eyesight

Dean Liguori

# Vision Therapy Exercise Your Eyes And Improve Your Eyesight

**Joseph Digirolamo** 

#### **Vision Therapy Exercise Your Eyes And Improve Your Eyesight:**

**Vision Therapy** Dean Liquori, 2015-05-12 In 2000 A D the author experienced physical eye trauma to one eye resulting in an injury that was compounded by an erroneous medical prescription designed to treat the injury The combined trauma and damage caused by the prescription drug resulted in severely limited vision in his injured eye Unable to accept the result of this injury he embarked on a mission to overcome it As a result of the damage he sustained he had the opportunity to interact with accomplished doctors in many prestigious universities and institutions. He participated in events and seminars that only doctors were invited to and engaged in all available rehabilitation He researched and sought all information studies and associated work on vision impairment and restoration that he could get his hands on One important observation of his journey was the adherence of most of the vision industry to the medical model of healing This failed model takes a general approach to correcting vision problems by mitigating symptoms without offering any solution to the underlying disorder One important discovery of this journey was the field of sequencing neurosensory and neuromuscular activities that are individually prescribed to develop rehabilitate and enhance visual skills and information processing This field is also referred to as vision therapy The author's journey resulted in the restoration of his vision. The restoration of the vision of others that he shared these concepts with motivated him to develop his own Vision Therapy System that he now shares with you in this book About the Book Vision Therapy Exercise Your Eyes and Improve Your Eyesight examines vision therapy and the historic application of it to correct vision problems How eyesight works and the key components of successful vision therapy programs are explained. The reader is taught the impact of additional factors that should be considered and addressed to improve eyesight including correcting poor visual practices computer vision syndrome disease medication aging diet and nutrition hormonal cycling physical exercise and multiple methods of stress relief The reader will learn how glasses and contacts are practically guaranteed to ruin your vision over time and how they can protect themselves The book concludes with the author's Vision Therapy System providing board certified vision therapy at a fraction of the cost Simple explanations and multitude of treatment plans are contained for you to choose from to create your own personalized vision therapy program designed specifically for your needs Printable eye charts are included for measuring your vision improvement progress This book has been sold for over 10 years online and recently converted to Amazon kindle Readers have reported Drastically improved vision as measured by vision testing Relief of eye strain and stress headaches caused by reading computer use or studying for long time periods Significant reductions in physical and mental stress Discarding eyeglasses and contact lenses Increased reading speed concentration and comprehension Improved cognition and learning capability Athletes have reported improved ability to track and follow moving objects visual reaction time hand eye coordination peripheral awareness and eye focus speed Improved vision after damage from strokes traumatic brain injuries cerebral palsy multiple sclerosis developmental delays and some other neurological ailments Improving minimizing and eliminating

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modules The first module the Power Exercises forms the dynamic core of the program and will give your entire visual system a good basic tune up like tuning up an engine You will feel positive changes taking place in your eyes within a few days and will see the first signs of improvement in a week or so The second module the Booster Exercises is a set of stress reduction techniques that will make your eyes feel wonderfully invigorated and relaxed The third module the Fusion Exercises builds on the results obtained from the Power Exercises and will increase the range and flexibility of your focusing system Spend at least 10 minutes a day doing as many of the exercises as possible The more you do the more improvement you ll get and the The Big Book of Family Eye Care Joseph sooner you ll get it GOOD VISION IS YOUR BIRTHRIGHT START TODAY Digirolamo, 2011-02-15 A reader friendly guide to how eyes function common and serious eye problems the best options for vision maintenance and easy ways to preserve eye health Help Your Child See Clearly: A Step-by-Step Guide to Improving Evesight Naturally Pasquale De Marco, 2025-04-24 Does your child struggle with poor eyesight Are you tired of relying on glasses or contact lenses to correct their vision If so this book is for you In Help Your Child See Clearly you will discover a proven natural approach to improving your child's eyesight This book is packed with practical information and advice including The causes of poor eyesight The benefits of a natural approach to improving eyesight Common eye conditions in children The importance of nutrition for eye health Lifestyle changes that can improve eyesight Exercises for improving eyesight Home remedies for eye care Protecting your child's eyes Working with your child's eye doctor Advocating for your child s eyesight With the information and guidance provided in this book you can help your child achieve and maintain clear sharp vision for a lifetime Here's what people are saying about Help Your Child See Clearly This book is a godsend My son has been struggling with poor eyesight for years and nothing we tried seemed to help After following the advice in this book his eyesight has improved significantly I am so grateful for this book Sarah J I was skeptical at first but I m so glad I gave this book a try My daughter's eyesight has improved so much and she's no longer complaining about headaches or eye strain This book is a lifesaver Jessica M I highly recommend this book to any parent who is concerned about their child's eyesight It's full of practical advice that you can start using today to help your child see better David S If you want to help your child achieve and maintain healthy eyesight order your copy of Help Your Child See Clearly today If you like this book write a review on google books Eye Yoga Jane Rigney Battenberg, Martha M. Rigney, 2010 Many of us are looking for ways to maintain and even improve our vision Drawing from such diverse fields as brain neuroplasticity Neuro Linguistic Programming and natural vision improvement Martha Rigney and Jane Battenberg make important connections between the eyes and brain that can reawaken deep brain capacities through simple eye exercises In Eye Yoga How You See is How You Think you will find easy to follow diagrams and photographs that help you perform the exercises with ease whether alone or with a partner Eye Yoga is written in an easy light style offering a depth of experiences and references Introducing advanced research Martha and Jane reveal essential insights concerning the eye brain and TV watching video games the effects of

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