

Medical Articles By Ophthalmologist William H. Bates. The Origin of Natural Eyesight Improvement-How he did it!

Medical Articles

By
Ophthalmologist William H. Bates M. D.

Dr. William H. Bates discovered Natural Eyesight Improvement, "The Bates Method". His Experiments prove that tension in the outer eye muscles (oblique and Recti) disrupt, change the shape of the eye and focus of light rays in the eye resulting in; un-clear close and distant vision, astigmatism, crossed, wandering eyes, cataract, glaucoma and other abnormal eye conditions.

He proved that the outer eye muscles, (oblique) when relaxed, contracting, un-contracting normally change the shape of the eye to normal to produce clear close and distant vision. Relaxed ciliary, iris, tear gland and other inner, outer eye muscles also function correct, produce clear vision, healthy eyes.

Mental, emotional strain, tension, using the eyes incorrect is the main cause of outer eye muscle, eye tension and un-clear vision. Dr. Bates proved that relaxation of the mind, body, outer eye muscles results in a return of the eye to normal shape with correct focus of light rays in the eyes, on the retina with clear vision at all distances, removal of astigmatism and other eye problems, keeps the eyes healthy with normal circulation, eye pressure, correct function of the optic and other eye, visual system nerves. Abnormal pressure, tension, pulling on/in the eye, lens, retina is removed. The eye muscles; outer (oblique, recti) & muscles for blinking, tears... and inner (ciliary, iris... muscles near and attached to the lens) function correct producing perfect; convergence, accommodation for clear close and reading vision, divergence, un-accommodation for clear distant vision. Shifting eye movement with Central-Fixation (central vision) and function of the retina, lens, brain, entire visual system are perfect.

A few of Dr. Bates older articles were based on the beliefs of most Ophthalmologists. As Dr. Bates cured his own vision naturally, treated his patients, performed experiments on the eyes, eye muscles, nerves-he changed his view on accommodation and other eye functions. He then practiced, applied natural eye, vision treatments without the use of eyeglasses, surgery, drugs. This is the origin of Natural Eyesight Improvement. Dr. Bates recorded all his natural treatments, work in his Clinic in New York City, U.S.A. and other hospitals, locations during his lifetime in his book "The Cure Of Imperfect Sight By Treatment Without Glasses" & 11 years, 132 Issues of his Monthly Better Eyesight Magazine.



Ophthalmologist
William H. Bates



OUTER EYE MUSCLES
RECTI - 1, 2, 3, 4
OBLIQUE - 1, 2



Normal Round Eye Strain with
the Recti, brought in Closer

Eyeglasses are often prescribed unnecessarily or "too strong" (over-corrected) due to temporary nervousness, pressure to hurry, rushed, incorrect eye, head, neck, body movement during an eye exam. Eye doctors also prefer to prescribe an extra stronger strength to the eyeglass lenses.

All eyeglasses, especially strong, overdone lenses, bifocals, astigmatism lenses, overdone cause fast, increased vision impairment and prescriptions for stronger eyeglass lenses. This leads to increased vision impairment, cataracts and other eye health, vision impairment.

Dr. Bates Book, Better Eyesight Magazine and Free in E-Book Form with this book at www.clearvision21.com



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changed his view on accommodation and other eye functions. He then practiced, applied natural eye, vision treatments without the use of eyeglasses, surgery, drugs. This is the origin of Natural Eyesight Improvement. Dr. Bates recorded all his natural treatments, work in his Clinic in New York City, U.S.A. and other hospitals, locations during his lifetime in his book *The Cure Of Imperfect Sight By Treatment Without Glasses & 11 years, 132 Issues of his Monthly Better Eyesight Magazine*. Eyeglasses are often prescribed unnecessarily or too strong (over-corrected) due to temporary nervousness, pressure to hurry, limited, incorrect eye, head, neck, body movement during an eye exam. Eye doctors also prefer to prescribe an extra stronger strength to the eyeglass lenses. All eyeglasses, especially strong eyeglass lenses, bifocals, astigmatism lenses, sunglasses cause fast, increased vision impairment and prescriptions for stronger eyeglass lenses. This leads to increased vision impairment, cataracts and other eye health, vision impairment. Dr. William H. Bates, Ophthalmologist discovered Natural Eyesight Improvement, the natural principles, true function of the eyes and applied natural methods, relaxation to return the eyes, eye muscles (entire visual system) to natural, normal function with healthy eyes and clear vision. Natural Eyesight (Vision) Improvement was practiced years before Dr. Bates discovered it. It is the normal, natural function of the eyes. Hidden from the public by eye surgeons, Optometrists, optical businesses for over 100 years because this method works, is easy, anyone can learn, teach it, including children. It produces healthy eyes, clear vision and frees the patient from the need to purchase eyeglasses, drugs, unnecessary eye surgery. Yes, it can and has reversed cataracts! Dr. Bates Book, *Better Eyesight Magazines* and *20 Natural Eyesight Improvement Books* are Free in E-Books. +All books on William H. Bates Authors page; <http://www.amazon.com/William-H.-Bates>

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