



# Do It Yourself - Natural Eyesight Improvement - Original and Modern Bates Method: With Better Eyesight Magazine by Ophthalmologist William H. Bates

*By Clark Night, Ophthalmologist William H. Bates*

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- +Better Eyesight Magazine by Ophthalmologist William H. Bates (Unedited, full set: 132 Magazines-July, 1919 to June, 1930.) Illustrated with 500 pictures and additional, up to date Modern Training.
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Learn Natural Eyesight Improvement Treatments directly from the Original Eye Doctor!

+The Cure of Imperfect Sight by Treatment Without Glasses by Dr. Bates (photo copy of the Original book pages) with Pictures.

+Perfect Sight Without Glasses - with pictures

+Medical Articles by Dr. Bates - with Pictures

+Stories From The Clinic by Emily C. Lierman/Bates

+Use Your Own Eyes by Dr. William B. MacCracken

+Normal Sight Without Glasses by Dr. William B. MacCracken

+Strengthening The eyes by Bernarr MacFadden – with Pictures

+ 100 YouTube videos;

<https://www.youtube.com/user/ClarkClydeNight/videos?flow=grid&view=0>

+EFT Training Booklet

+Seeing, Reading Fine Print Clear Booklet - with Videos.

+Eyecharts - 12 Large, Small and Fine Print Charts for Close and Distant Vision, White and Black Letter Charts, Astigmatism Cure.

+Audio Lessons in Every Chapter . Video links in chapter pages; click the link to watch a video, learn a treatment, activity quick and easy.

+All books on William H. Bates Authors page;

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Dr. Bates discovered the natural principles, true function of the eyes and applied relaxation, natural methods to return the eyes, eye muscles, brain, 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 & 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 and other conditions. Hundreds of Natural Treatments are listed. The magazines contain 'True Life Stories' of the doctors, assistants, patients, treatments.

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# **Do It Yourself - Natural Eyesight Improvement - Original and Modern Bates Method: With Better Eyesight Magazine by Ophthalmologist William H. Bates**

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## **Editorial Review**

Review

EVELYN CUSHING CAMPBELL

Better Eyesight Magazine

I have acquired perfect vision without glasses, and a relaxed state of once over-strained nerves. A visit to Dr. Bates wrought this seeming miracle.

From the Author

Dr. Bates' Better Eyesight Magazine Printable E-Book is included with this book.

This is the true source of Natural Eyesight (vision) Improvement. William H. Bates, Ophthalmologist discovered Natural Eyesight Improvement, 'The Bates Method'. Treatments for healthy eyes and clear vision. He cured; unclear close and distant vision, astigmatism, crossed, wandering eyes, cataracts, glaucoma, and other eye conditions. Done without eyeglasses, surgery, drugs. 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. Yes, it can and has reversed cataracts! Dr. Bates worked his entire life treating people successfully with Natural Eyesight Improvement. When he cured the eyes, vision of many patients, medical students 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, eye surgeons that preferred to sell eyeglasses, surgery, drugs became angry and expelled him. (See: 'Reason and Authority' and 'Dr. Bates Lecture' in Better Eyesight Magazine: November, 1919, April, 1923 and Articles in his book.) 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 no charge office visits 'Free Clinic Days' for 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, cured a variety of eye conditions. The Bates Method is so simple and effective that many of his cured patients, 'often children' then went on to cure their friends, family, 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' and his book 'The Cure of Imperfect Sight by Treatment Without Glasses'. Dr. Bates recorded 11 years of work in his clinic, his patients and their varied treatments in his Better Eyesight Magazines. 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.

All of Ophthalmologist Bates 132 Issues of Better Eyesight Magazine, his other books and Clark Night's books, Natural Eyesight improvement are 100% FREE on GoogleBooks and our 2 websites. They are available in their ORIGINAL, UN-EDITED state along with the modern treatments. All of Dr. Bates work, treatments are preserved. Read Dr. Bates Magazines on the Internet or download a free printable PDF copy. Includes a Language Translator that also speaks, reads the books. (Reading on real paper, no Internet is healthy for the eyes. Print the PDF, read it in the sunlight or listen. Reading too much on Computer screens is harmful to the eyes, vision.)

I teach the Original and Modern Natural Eyesight Improvement Methods. Dr. Bates said the method is continually being improved upon. He did that himself though the years as he learned from his patients, his experiments, applying his method. I like the modern methods such as; the Nosefeather for learning to shift, move, relax the eyes, apply central-fixation and movement of the head/face with the eyes (central field), relaxation of the neck, body and mind. The 'Infinity Swing (Figure Eight)', Cross Crawl, Color Treatment, Left and Right Brain Hemisphere Activation/Integration, Alpha, Theta and Delta deep brain wave states of relaxation, mental control, improvement of the mind, body, spirit and other new Relaxation methods, improving the Memory, Imagination, strengthening and correct movement of Body Energy (Chi) flow... EFT. Perfecting Convergence, Divergence, Accommodation, un-Accommodation with the Bates Method combined with a bit of Behavioral Optometry for perfect, equally clear balanced vision in the left and right eyes, at all distances, close, middle, far.

Many children cured by Dr. Bates, Emily Lierman, Bates then cured their parents, other children and teachers of unclear vision, crossed, wandering eyes and other conditions.

People can obtain clear vision 'On Their Own!' Dr. Bates' cured patients, 'often children' went on to teach and cure their parents, teachers, other children of defective sight. You do not have to be an eye doctor or certified Natural Vision Improvement Teacher to learn, use and teach the Bates Method of Natural Eyesight Improvement but you must know the method, how to teach correct.

I have used this method since high school, age 17 to present age 55. It has kept my vision clear. It also improves function of the mind, creativity... Been studying the method in more depth, writing Natural Eyesight Improvement books since 1996. I have my books first 1996 Copyright at the Library of Congress. See the palming picture; notice the hands fingers are not crossed on the forehead as they should be for best results. I learned to palm with more benefit, correct with the hands fingers overlapping on the forehead (integrates brain hemispheres and activates a chi energy center) after taking Thomas Quackenbush's course, reading his books and studying Dr. Bates Books in 1996 in San Francisco, CA.

I recommend my teacher Thomas Quackenbush's books. The books and his student course brought my close and distant vision to much better than 20/20! ; 20/10 and seeing the 10 line and smaller letters at 40 feet away. Crystal clear detailed vision. I can clearly recognize people 5 blocks away near the highway at the bottom of Grand Avenue in South San Francisco from the top of the hill. Close vision; tiny print is clear at 4 inches, closer and farther away. Microscopic vision! This improves circulation in the eye, eye muscle function, keeps the eyes healthy into the senior years. I have taken 5 Natural Eyesight Improvement courses; 2 in person by; Thomas Quackenbush and Carrie Anderson M.S. and 3 home study courses and have studied all the teachers, doctor's books on the subject since 1974. See my certificates on the website. (Carrie Anderson improved her vision from 20/800 to 20/20.)

My vision was temporarily impaired in 2009, in many ways by a neck injury; a dishonest chiropractor placed the spine, hips and neck vertebrae out of alignment 'on purpose'. C1, 2, 4, 6 and many vertebrae around T1, shoulder level and others placed twisted, crooked on the spine. I ended up in the hospital with vertigo, other problems 3 times due to this injury. The chiropractor then tried to sell me 240 treatments and more for life saying "you will never be healed". I originally went to a chiropractor only for soar back muscles from lifting at work and did not need neck treatment and later found out all I needed on the back was a professional massage. See the true story on my website. The injury and vision was healed with physical therapy, movement exercises, two treatments by a honest chiropractor (even though it was risky, can cause stroke but I had to do it so the joints, muscles, nerves... could heal in correct position). The Bates Method of Natural Eyesight Improvement improved the vision to 20/20-20/30 before the new doctors, then the vision improved back to better than 20/20 when the injury was fixed and I continued Natural Eyesight Improvement. Now in 2012 I have the old 30/10 vision, 40/10 if I do extra practice and eat right... It fluctuates sometimes to 20/20 for a short time after hours on the computer, heavy lifting on the injury side of the body. The Bates Method

and just using the eyes correct brings the vision back to perfect.

From the Inside Flap

Ophthalmologist Bates. Monroe Hirsh, Eye Doctor Preserves and donates Dr. Bates Better Eyesight Magazines to The Optometry Library in Berkley, California. Many honest people, Bates Teachers, Students preserved Dr. Bates work after he died, when the Optical, Medical Industry, Eye Surgeons, Doctors, preferring to sell addictive, harmful stronger and stronger eyeglass lenses, contact lenses, eye surgery and drugs were destroying Dr. Bates books, Magazines, Medical Articles, hiding them from the public and Optical, Optometry & Ophthalmology colleges.

## **Users Review**

**From reader reviews:**

**Colleen Holden:**

In this 21st centuries, people become competitive in each way. By being competitive right now, people have do something to make these individuals survives, being in the middle of the particular crowded place and notice by means of surrounding. One thing that often many people have underestimated it for a while is reading. That's why, by reading a book your ability to survive improve then having chance to stand up than other is high. To suit your needs who want to start reading a new book, we give you this specific Do It Yourself - Natural Eyesight Improvement - Original and Modern Bates Method: With Better Eyesight Magazine by Ophthalmologist William H. Bates book as beginner and daily reading reserve. Why, because this book is greater than just a book.

**Wendell Nadeau:**

Do It Yourself - Natural Eyesight Improvement - Original and Modern Bates Method: With Better Eyesight Magazine by Ophthalmologist William H. Bates can be one of your basic books that are good idea. Many of us recommend that straight away because this publication has good vocabulary that may increase your knowledge in language, easy to understand, bit entertaining however delivering the information. The writer giving his/her effort to set every word into enjoyment arrangement in writing Do It Yourself - Natural Eyesight Improvement - Original and Modern Bates Method: With Better Eyesight Magazine by Ophthalmologist William H. Bates nevertheless doesn't forget the main position, giving the reader the hottest along with based confirm resource information that maybe you can be certainly one of it. This great information may drawn you into brand-new stage of crucial contemplating.

**Edna Barnett:**

What is your hobby? Have you heard that will question when you got learners? We believe that that problem was given by teacher to the students. Many kinds of hobby, Everybody has different hobby. So you know that little person such as reading or as studying become their hobby. You need to understand that reading is very important as well as book as to be the point. Book is important thing to provide you knowledge, except your own personal teacher or lecturer. You find good news or update regarding something by book. Different categories of books that can you take to be your object. One of them is this Do It Yourself - Natural Eyesight Improvement - Original and Modern Bates Method: With Better Eyesight Magazine by Ophthalmologist William H. Bates.

**Georgia Cunningham:**

Some people said that they feel uninterested when they reading a publication. They are directly felt this when they get a half areas of the book. You can choose the book Do It Yourself - Natural Eyesight Improvement - Original and Modern Bates Method: With Better Eyesight Magazine by Ophthalmologist William H. Bates to make your reading is interesting. Your current skill of reading ability is developing when you including reading. Try to choose easy book to make you enjoy you just read it and mingle the idea about book and examining especially. It is to be very first opinion for you to like to wide open a book and read it. Beside that the reserve Do It Yourself - Natural Eyesight Improvement - Original and Modern Bates Method: With Better Eyesight Magazine by Ophthalmologist William H. Bates can to be a newly purchased friend when you're feel alone and confuse in what must you're doing of this time.

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