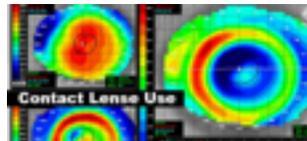


Recover Your Eyesight

MOPIA IS NOT A PERMANENT OR GENETIC CONDITION



UNDERSTAND THE CAUSE STRAIN INDICATORS



STOP THE PROGRESSION BETTER HABITS



RECOVER NATURAL EYESIGHT SIMPLE & EFFECTIVE



Welcome to **Installment Two** of my introduction to myopia rehabilitation.

Hopefully you have your eyechart and a few centimeter measurement results that you have taken based on the previous installment. Having done so will help you see first hand the key to how your myopia happened, and how to reverse it.

FIRST GOAL: We Must Reduce Eye Strain.

When you look at your measurement results, you likely noticed a trend:

You see better earlier in the day, than later after a lot of close up time.

Second installment of the myopia rehabilitation method from the Frauenfeld Clinic.

You probably had notably better results with good natural lighting, than in lower lighting (and in particular, with artificial lighting).

Both with the Snellen and the centimeter, results from these measurements are common to include somewhere between a half to as much as one and a half diopters in variance! Consider the implications of this:

You might only need glasses about a diopter lower (average) than you use today, if you eliminated the strain that happens just within a single day. This would be a significant reduction, which would also help prevent progressive myopia (your eyes continuing to get worse) in the future.

High Prescriptions Cause Lens-Induced Myopia.

Reducing strain is the first key to improving your vision. Without stopping what causes the myopia, there is no way to beat the resulting poor vision.

Once you understand close-up strain and reduce it, we have to revisit your prescription strength to limit its impact on progressive myopia.

What can you do, to reduce strain?

- 1) Limit your close-up use to less than an hour at a time. Take a ten minute break every hour.
- 2) If 1) isn't possible, see what you *can* do. The lower you can get the time between meaningful breaks, the better the results.
- 3) Make the breaks count. Go outside, get away from anything close-up (including books and smartphones).
- 4) **Be sure to look at distant objects.** Try to read the street signs across the street, the license plates in the parking lot.
- 5) Keep track. The sign you could read after your first hour, can you still read it by afternoon time? If not, you are actively causing strain that will keep making your eyes get worse.

The last point is quite important. Keep some light notes, so you can actually measure yourself how much close-up is too much,

Ruth-Ann:

*R:-4.00 L:7.25 to
20/20 vision.*

John ST:

*Improved 1 diopter
in 87 days.*

Gabriel

*Glasses-free after
20 years of myopia.*

Charles:

*10 years of myopia
reverted.*

Khyati, Age 9:

*1 diopter already
reduced.*

All of these stories are in the blog, highlighted from client posts in the forum.

You can find all of their stories, progress report, and questions in the forum.

Take a look around!

for you specifically. While I can offer you general guidelines, the only thing that really matters, is your result - if your distance vision is getting worse throughout the day, you are overstraining during your close-up time.

Next, let's look at what causes people to fail at vision improvement:

Small Daily Habits Will Define Your Success.

It isn't some big, complex project, restoring your vision. We don't need a bunch of exercises and staring at special magical circles, and palming our eyes (there are some interesting programs, advocating all sorts of voodoo like that).

The main ingredients are actually very, very simple (and I will explain them all in these installments). What causes success or failure, is whether you adapt them into habits.

Your current prescription is a major contributor to your myopia getting worse.

Don't worry: I am not advocating that you shouldn't wear glasses. On the contrary, glasses are the greatest crutch to help restore your eyesight.

The only problem is, your current prescription is not doing that. It is doing the opposite, making almost certain that your next optic shop visit will cause an increase in prescription. We will look at prescriptions more closely, in the next installment.

Homework!

Do the first installment, if you haven't done so yet, catch up on that now!

Then, start looking at what happens when you reduce your close-up time, by adding breaks. ***Find some distant writing (like a billboard or street sign) you can still (just) read, and follow your change during the day. Every break, see if you can still read it. Keep notes, especially after how many hours of close-up you start to strain to see the sign, or can't read it anymore at all.***

Try to reduce close-up time when you find that maximum time. Use the smoke break allotted times (though hopefully you don't smoke) to get out of the building. If you can't, spend time looking out of the window. If that isn't possible, find some writing on a wall far enough away, inside your office.

Stretch the lunch break, use your distance vision during as much of it as you can. After lunch, see how you do with those signs - is your reading ability getting better, at a distance?

Spend a week tracking your strain levels. This will give you some notable insights into how much your lifestyle is affecting your eyesight health.

Hopefully, by the time we meet again, you will have mapped out an ideal break schedule, and are working on making it an iron clad habit (your eyesight is at stake after all).

And then, we will be ready for a little chat about prescriptions.

Enjoy!

Alex Frauentfeld



Looking for some extra motivation to get you started? Maybe some stories from the forum, clients recovering to 20/20 from heavy -5.00 prescription myopia?

Curious how they did it?

Take a look at some of [my favorite client accounts](#).