



# How to Improve Your Eyesight Without Using Glasses or Contact Lenses

*Peter Jones*

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# How to Improve Your Eyesight Without Using Glasses or Contact Lenses

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## **How to Improve Your Eyesight Without Using Glasses or Contact Lenses** Peter Jones

This book offers a step-by-step way to improve your eyesight, at your own pace, using simple, natural methods.

Any person with a refractive error, for which corrective lenses (eye glasses) have been prescribed, can improve or restore their sight positively and permanently using the methods described here. Age is not a factor, as improvement can be experienced by both young and old.

Glasses do not cure poor eyesight. They are merely a substitute for a cure, or an “instant remedy.” In effect, glasses prevent the eyes from working for themselves. As the eyes come to rely on lenses, they slowly deteriorate through lack of effort and they become weaker. Then, as we get older, we discover that we need stronger and stronger lenses.

You may benefit from this book if you suffer from: myopia (near sight), hypermetropia (far sight), astigmatism, amblyopia, strabismus and presbyopia, or if you have only just realized that you cannot read as easily as you used to.

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