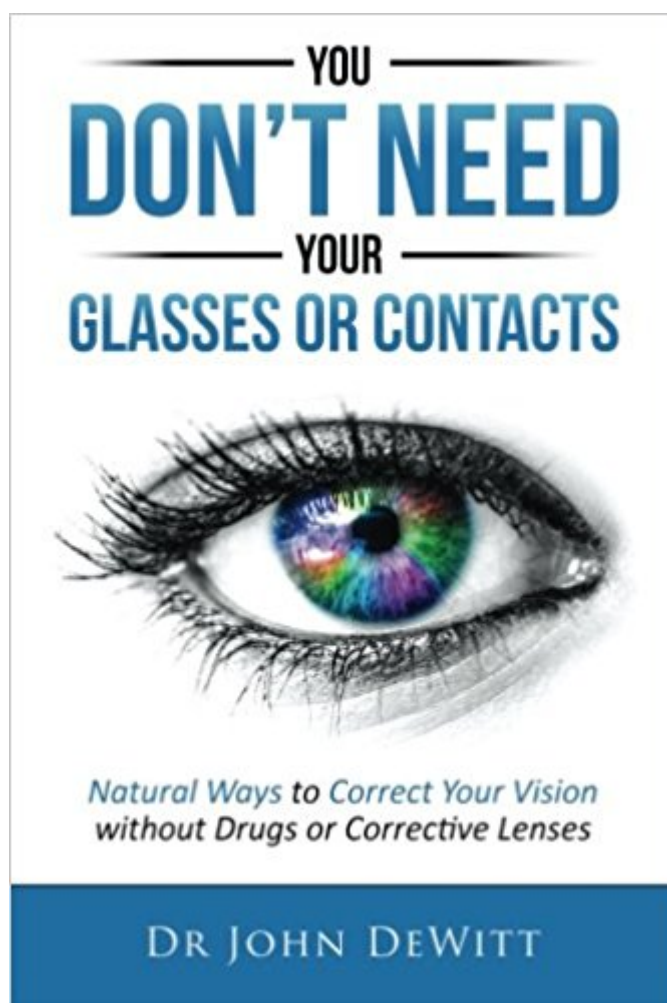


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# You Don't Need Your Glasses Or Contacts: Natural Ways To Correct Your Vision Without Drugs Or Corrective Lenses



## Synopsis

Glasses and contacts are a pain. I tried to wear contact lenses while playing college and professional football and it just doesn't work. I was always getting sweat, dirt or even fingers in my eyes that just became annoying. After my football days, I decided to go on a quest. My mission was to find out if there were any ways to recover vision naturally, without corrective lenses. This book is a summary of what I found. In it I share how I was able to eliminate my glasses completely after ONE DAY! Granted, eventually I had to revisit some of these techniques but that was 2 years later! The majority of what I personally used was from the Bates Method. I am only a satisfied Bates student not a certified Bates practitioner. I wrote this book just to share the information so that it may help those in need. Here is some of what you will discover: Relaxation of body and eyes Breathing Exercise One: Deep Breathing Exercise Two: Lens Flexor Stretching Body Movement Exercise One: Sway Exercise Two: Long Swing Exercise Three: Cross-Crawl Energetic Yawning Blinking Palming Sunning Pinhole glasses Alternate Eye Movements Lazy Eights Central fixation Exercise 1: Tibetan Wheel Exercise 2: Snellen Chart Exercise 3: Domino Chart Exercise 4: Edging Exercise 5: Mandala Eye Oblique Stretch Near & Far Visualization Analytic seeing Chiropractic & Vision Nutrition This is a comprehensive collection from books, articles and research that I discovered on this journey to natural clear vision. Who is this book for?   
• Anyone, from 5 to 100 who wishes to make their vision better as it's never too late to do so.   
• Anyone who has problems with seeing correctly and wants to be able to do so.   
• Anyone who uses weak, moderate or even strong reading glasses, or even bifocals or trifocals.   
• Anyone who experiences eye strain, fatigue, or headaches when reading or trying to focus on the computer screen.   
• Anyone with excellent near-point vision who wishes to keep it that way and save themselves from having to wear glasses. I hope you enjoy the information shared here. I've also included a list of 20 foods that optimize visual health. To Better Vision!

## Book Information

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## Customer Reviews

Dr. DeWitt is a Vanderbilt University graduate who earned a full athletic scholarship after his first semester. He went on to become the starting defensive end for the next four years and was awarded The Wade Looney Award for outstanding work ethic. He continued his football career with the NFL Houston Oilers, NFL Europe Champion Scottish Claymores, Montreal Alouettes of the CFL, San Francisco Demons of the XFL, and several teams in the AFL including three seasons with the LA Avengers. Dr DeWitt was burdened with glasses and corrective lenses since the 8th grade. He constantly struggled with the contact solution, scratched or broken glasses or even lost glasses or contact during his football days. After retiring from football, Dr. DeWitt earned his Doctor of Chiropractic degree from Los Angeles Chiropractic College. He is practicing in Orange County, at Bergman Family Chiropractic, specializing in personal injury cases and corrective chiropractic care. He is an active volunteer for the Assistance League of Newport-Mesa, the Lili Claire Foundation and supporter of Boys Town of California. He can be seen on the Healthy OC segment of the Real OC on KOCE hosted by Heidi Cortese. He has been happily married to Cathy DeWitt for over 17 years. They live in Irvine with their two adorable dogs, Murphy and Maggie.

The techniques have relaxed my eyes, to my surprise.

Poorly setup as a book.

This is a wonderful book. I had never head of the Bates Method before encountering "You Don't Need Glasses." Dr. Dewitt breaks down teh mechanics of how our lifestyles effect our eyesight and simple, easy to follow exercises to help improve vision. Awesome book!

Brilliant book packed full of information! The exercises were easy to understand and do but the nutrition piece was an added bonus! I can't wait to put my glasses down for good.

I enjoyed this book tremendously, All explanations on vision are educational and eye opening. A must have if your eyes are dimming and you realize you cant focus. A few minutes a day will

improve your eyesight. Also I love blueberries and can eat them everyday. I don't care for fish and eggs are a must. The whole egg not only eggwhites. Sunglasses are detrimental to eyes. Personally I never wear them. I enjoy 20 minutes of direct sunlight on my body and eyes. I practice sunning and cupping my eyes.

Dr John Dewitt really knows his stuff. He is on a mission to serve. A mission to heal make sure we do more than just survive... he is on a mission to help us thrive. I see more clearly and do not experience eye fatigue like I used to. Thank you for this book Doctor!

A very good book for anyone who wants to get rid of their glasses or just improve their eyesight.

Needs more visual explaining. its mostly words explaining exercises. I need visual help when understanding exercises from a book. and its too long.

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