

5 Easy Eye Exercises

To Improve Your Vision Naturally!



5 Proven Exercises You Can Do From Home To Heal Your Eyesight **Naturally!**

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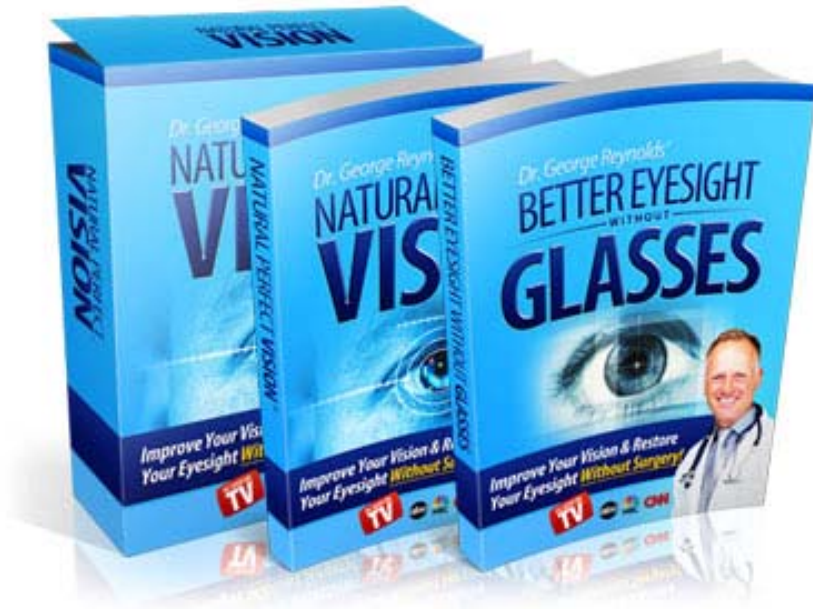
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OVERVIEW:



Over the course of last ten to fifteen years, a **remarkable increase** has been observed in terms of the people who have started wearing glasses as well as contact lenses.

This fact can be attributed to the drastic increase in the computer usage, at home as well as at work. In this respect, increased television watching has also played a *significant* role. This might come as good news for the opticians the world over, but it is undoubtedly adverse news for us, even though it does not need to be necessarily!

Just like the other muscles of the body, the eyes require exercise on a regular basis to remain healthy. We often presume that the eyes would eventually **lose its abilities over time** and would subsequently require usage of the glasses or the contact lenses.

However, this extreme case can be avoided if we exercise our eyes on a regular basis. Moreover, wearing the glasses or the contact lenses only worsens the eyesight over time rather than making them stronger. Anybody who has ever worn glasses or contacts can easily attest that their eyes

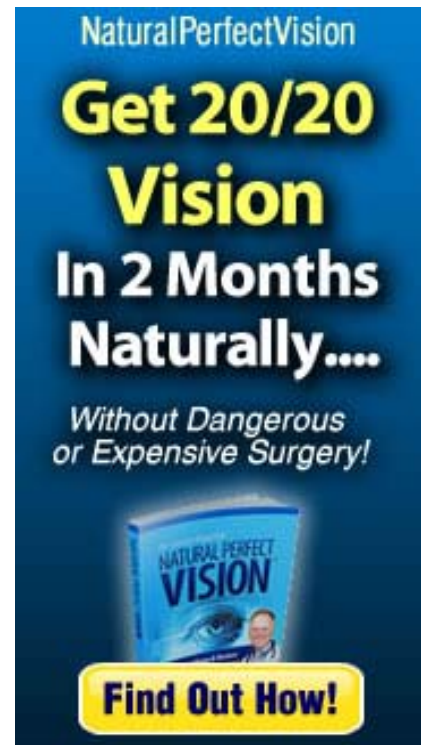
have only gradually worsened with time. However, this is accredited mostly to the worsening of eyesight, which might not be the case necessarily.

Even though my advice might sound controversial to some people, I can assure you that I have faced my fair share of opposition from plenty of people in the past regarding the same also.

The opticians are generally people of authority, and thus it would only be natural that a person would listen to their advice. **However, it is a fact that 90% of the opticians wouldn't be required, in case each and every person did some sort of eye exercise daily.**

In this case, there are but obviously exceptions such as the people who might require the glasses or the contacts as a consequence of congenital problems or related trauma. However, it is my firm belief that most of the people wearing glasses don't really need them now and did not even require them in the first place, for that matter.

I regularly use computers at home as well as at work for about an average nine hours each day and still do not requires glasses. This has been plausible only due to the fact that I have not paid heed to the opticians who had advised that I urgently needed them. On the contrary, I have regularly



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exercised my own eyes. As a consequence, following some weeks of regularly exercising the eyes, *my vision has returned back to normal.*

If you wear glasses or contacts, I would like to advice you to try the eye exercises for a few weeks and see the results yourself. You can even feedback me your results if you want. Above all, you don't even have anything to lose that way!

The various exercises which I am going to prescribe are quite standard in nature and have been public knowledge for quite a few years. I sincerely hope that these exercises would help you in the same manner as they have aided me.

THE EXERCISES:

Below are the five exercises which can help in strengthening the eye muscles as well as improving the vision-

1. Blinking

Even though is often overlooked, blinking is a very simple approach to keeping the eyes fresh. The frequent computer users as well as television watchers generally tend to blink to a lesser extent as they are required to intently focus on something. Blinking can help in focusing for a longer time and can be tried in the form of a easy exercise. This can be easily be experienced by a very simple activity.

Firstly, blink your eyes for every three to four seconds for the next two minutes. After doing this task, mentally note as to how your eyes feel. Do they feel strained? Relaxed? Or tired? Now, make an effort to not blink your eyes for the thirty seconds each, for the next two minutes. Is any difference felt whatsoever in the eyes?

Every time you blink the eyes, you experience a very brief darkness period which helps in **keeping the eyes fresh in addition to discharging the previous visual information** and making way for the new visual information. In this manner, this exercise helps to *reduce the strain* on the eyes.



It has also been observed that the blinking rate of the eyes can also aid in the communication skills. For example, think about a time when someone looked intently at you and possibly made you feel threatened.

What you might not have realized at that time is that the person would surely have stopped blinking too. This clearly shows that whenever someone stops blinking the eyes, while staring at you, it is a clear sign of hostility. However, when you are chatting with someone and they tend to blink at an interval of three to four seconds, it shows that the person is indeed a relaxed as well as friendly listener. Try checking out the blinking rates of people the next time you converse with anyone! It can dramatically develop your skills of meaningful eye contact.

2. Palming

This exercise is carried out to mainly *relieve stress* in the eye region. It can also double up as a great way to relax the eyes while taking a break from computer or television. The instructions for the palming exercise are as follows:

- Take few deep breaths before beginning the exercise.
- Try and make yourself as much comfortable as possible by leaning forward on the desk while the elbows should rest on the knees.

Subsequently, close your eyes.

- The next step is to place both your hands on the eyes such that the cup of the palm should cover the eyes, the fingers should lie on the forehead as well as the heel of the hand should rest on the cheekbone. While assuming this position, ensure that you are able to freely blink and aren't putting excessive pressure on the eyes.

The exercise of palming can provide you with the opportunity of resting the mind as well as the eyes for only some minutes at a time. Thus, even though it might not really sound as much like a regular exercise, but it surely can create a big difference during the working days, if you have the time to relax for few minutes while doing this exercise.

3. The Figure of Eight

The exercise of figure of eight can greatly benefit the eye muscles in addition to increasing their innate flexibility. This exercise is not only quite simple in nature, but also very effective.

Try and imagine that a giant figure in the form of eight is lying in the front of you at about a distance of ten feet. Now try and turn the imaginary figure on its own side. The next step is to slowly trace this eight shaped figure with the eyes. Repeat this in one direction for the first few minutes, before repeating it the other way round for the next few minutes. Even though this exercise might seem quite cumbersome at first, however it is ***entirely worth the effort in the end.***



4. Near and Far Focusing

This exercise is undoubtedly one of my most preferred exercises for the eyes, as it can be done *easily almost anywhere*. The step by step instructions for the near and far focusing are:

- Try to sit in the most comfortable position possible. You might even choose to stand as this exercise will only require two to three minutes in one go.
- Put the thumb at about ten inches in the front of yourself and try to focus on it.
- Subsequently, now try and focus on anything else which is about a distance of ten to twenty feet in the front of you.
- With each and every deep breath, try and switch your focus from the thumb to the distant object, or vice versa. Repeat the process gain and again.
- This exercise will surely strengthen the eye muscles over time and help in improving the overall vision.

5. Zooming

This exercise is another favorite pick of mine as it is very easy as well as quick to do. The instructions to be followed for zooming are:

- Try and sit in the most comfortable posture
- Stretch out the arm along with the thumb in hitchhike position
- Focus on the thumb as the arm is slowly outstretched.
- Next, bring the thumb closer to yourself and keep focusing on it all the time up and until the thumb is only about three inches away from your face.
- The thumb is should now be moved away again until the arm is outstretched completely.
- Repeat this exercise for a few minutes at multiple times throughout the duration of the day.

This exercise can generally help in strengthening the eye focusing skills in addition to the eye muscles.



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CONCLUSION:

There are simple exercises that can be done for your eyes each day that will over time, strengthen your eye muscles and help to *lessen the impact of the strain you put on your eyes daily*. The use of selected eye exercises for about ten to fifteen minutes each day will gradually improve your eyesight but you will have to be disciplined in ensuring that you stick to the regiment. If you do, you may actually find that your **poor vision will improve over time**.

What these eye exercises do is to literally exercise the eye muscles and this will help restore the spherical position of your eyeballs, as poor positioning is one of the primary reasons for poor vision. The differences may be subtle at first, but you will begin to realize that your vision is changing for the better. There is no way to speed up this process though, therefore exercising twice instead of once each day is not going to make it happen faster, but happen it will. Just to watch and see (pun intended)!

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