

"I have been impressed with the work of Meir Schneider for many years, having personally seen the improvements in vision of those who have worked with him."
— August Reader III, MD, FACS, Clinical Professor of Ophthalmology, California Pacific Medical Center, San Francisco

Vision FOR LIFE



10 Steps to Natural Eyesight Improvement

- Improve your vision and eye health •
- Prevent stress- and age-related deterioration of your eyesight •
- Gain concrete results with practical vision exercises •

MEIR SCHNEIDER, PhD

Foreword by M. Fernanda Leite Ribeiro

Meir Schneider Ph.D. and

Vision for Life, Revised Edition: Ten Steps to Natural Eyesight Improvement



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This revised edition includes a new chapter on children's eye health and new research and exercises for specific conditions, i. Vision for Life presents a procedure for eye health for people with 20/20 eyesight who want to maintain their great vision and also individuals who see poorly and wish to enhance their eyesight. All parts of the body need exercise for optimal health, and the eye are no different. Customers of the Meir Schneider Self-Healing Method experience their own capacity to effect a result of recovery, reversing the progress of an array of degenerative circumstances including eyes disease. At the age of seventeen, he uncovered how exactly to improve his vision from less than 1 percent to 55 percent of normal vision with the attention exercises presented in this book. e., glaucoma and nystagmus, close to- and farsightedness. Born blind to deaf parents, Schneider underwent a number of painful procedures as a young child and was still left with 99 percent scar tissue on the lenses of his eyes, resulting in his becoming declared incurably blind. Located in part on the set up Bates Method of eyesight improvement and in part on his own professional and personal discoveries, Meir Schneider's pioneering approach has helped a large number of people successfully treat a bunch of eye problems, including near- and farsightedness, astigmatism, lazy eye, dual vision, glaucoma, cataracts, macular degeneration, retinal detachment, retinitis pigmentosa, and nystagmus. The reserve details basic but effective techniques to gain great eyesight such as sunning and palming. He and his clients prove again and again how much eyesight can improve with exercise. His contributions to the field of self-curing are acknowledged by alternative doctors and medical doctors alike. In Vision for Life, Schneider shares forty years of discoveries produced on his personal and professional journey. Today Schneider drives an automobile, reads, and enjoys the advantages of full natural eyesight. Such exercises are not just strengthening but also restorative and deeply soothing. The reader learns how exactly to reverse developing issues before they cause damage or even to remedy existing problems, including pathologies such as glaucoma, cataracts, macular degeneration, retinal detachment, and optic nerve neuropathy.



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I Wish it Had a Summary of the Techniques Was very good. But I was looking for something more direct. I enjoyed the book, but I just wish at the end there is a overview of all the techniques and an easy methodology for them. But instead, I am going to have to move thru and create my very own summary. The methods we have been told to make use of he talked about them within stories usually, so the direct steps weren't right next to one another. It seems too great to be accurate, but I have already seen an improvement in my vision just from the sporadic pursuing of half the exercises he recommends. I've done some of the exercises and can already read small print without my glasses, and I am 62 in July! To save lots of me emailing out my basic summary to everyone look for the link in the responses section that I remaining. Brilliantly written book. the techniques are trapped all in the middle of STORIES! Overall the publication is good though, don't get me wrong. There definitely must be like a "recipe" publication of Eye Exercises created to COMPLIMENT this book, Not really replace it. Because without this publication I wouldnt a good) know the techniques or b) understand why I would do them. I hope this helps. In case you are wanting to heal your eye, improve your vision, and strengthen your body by strengthening your eyes, that is definitely the reserve for you! I found myself highlighting sentences occasionally everywhere trying to capture the actual required actions of the technique. The third goal is helping those with actual disease or destruction within their eyes. Tester at licensing examined me twice in disbelief and asked easily had surgery without surgery. Be kind to yourself and buy this publication. and interesting. PRECISELY WHAT I NEEDED This book is amazing. If anyone gets the same problem as me, i quickly will share my summary that I create with you. I have worn reading glasses for a long time, and glasses for night driving. I have stopped wearing the spectacles.. Yes, it requires commitment and time and energy to apply what is definitely set forth in this phenomenal book, but I have no idea of anything in my life that's worthwhile that is instant! And if you want to save your valuable own effort and time then simply go get the summary I've made (see the website I mentioned earlier) It seems too good to be true It works. Good vision improvement book Great steps helped me eliminate eyeglasses since age 3 and pass my driver's license test without corrective vision required.. I can read small footnotes and find distances. I have already been recommending this book and author's other book and dvd to others. I am grateful. Worth the effort. I have been diagnosed with shortsightedness and have been wearing spectacles since in my teens. I've started utilizing the exercises and I have observed positive outcomes. I no longer want to do that, and I've been using the book no more than 2 weeks. I am not seen as a person, but only a file, a patient that has a conisition which means \$ signs. Amazing and likely life-changing Anyone, with any vision, can seemingly benefit from this informative book. I have only begun to put into action the 10 exercises into my lifestyle, but much like an worthwhile endeavor, creating a good habit with good info, is the key to long-term success. Worth the Buy Very very very good read. Thanks Meir! At that time I included the shifting, swinging, sunning, and palming excercises that are the jewel core of the and the Bates books. Due to these excercises and getting from the crutches that glasses are, I no longer have got a restriction on my license. This is actually the Bates method on steroids and far surpasses .The book covers three primary goals, one may be the author's rise from childhood near-blindness, two may be the recounting of the Bates excercises alongside new interesting Schneider excercises. The book is well crafted and very thorough. What a life story by Dr. The main one subject that is just lightly mentioned, but that I think is incredibly critical, is that glasses only have a short time to become life-long crutches. No matter how many years I have not worn perscription eyeglasses (or reading glasses), I still have deep mental pulls to 'make sure to provide the eyeglasses' 'do I have the glasses? If some of my ramblings here strike any chords within you, I would suggest you keep up your studies upon this rarely discussed 'science' of natural eyesight maintenance by picking right up Meir's publication and applying the exercises to your everyday activity.'. It is a sad criminal offense when little children are installed with glasses, they'll spend the others of their existence with neurotic thought procedures encircling eyeglasses and their eyes.'

'can I see (whatever) minus the glasses? It really is natural and an easy task to add these to whatever you perform. The author achieved a similar thing and even includes a picture of his permit in the book. There's such valuable details in the book that I find it hard to place it down.. This is the Bates method on steroids and far surpasses any other eye regimes.. I have not received feed back again from my friend. I cannot walk without my eyesight. I love his specific instuctions, understanding and encounter with the attention exercises. Ease of making most of the vision exercises practices in your life. Five Stars Good Masterful way to keep, improve and restore your vision naturally. It required me some time and effort to create this summary. This functions! Interesting, engaging, I love it!. I can't wait to look back with perfect eyesight and revel in the achievement of the good vision habits this reserve helped create. You MUST browse and try these exercises before you subject yourself to the medical establishment and their solutions to "help" your vision. An excellent recounting of the Bates excercises and the author's life triumph I browse the Bates eyesight literature back in the later sixties, seventies. This was a gift for a pal who suffered a . Meir Schneider is rolling out and used these ways to enhance his personal eyesight.. This was something special for a friend who suffered a stroke and it has effected her eyesight. I noticed Meir Schneider at a seminar a long time ago and was extremely impressed with his methods. He's giving me hope to keep trying. I certainly desire to improve my poor eyesight that traditional medication was struggling to help me ...I found it best to browse the book once and then re-read the excercises part. Schneider! By practicing his measures, I certainly desire to improve my poor eyesight that traditional medicine was struggling to help me so far: surgeries and drops aren't always the alternative. The problem with traditional, western medicine is that doctors have grown to be business folks. It appears if you ask me that the Hipocratical Oath reads as follows today: Dr. do no injury to your personal pockets! It isn't yet 20/20 nonetheless it is getting there. That is my experience so far not only in regards to my eye treatment but in general. Thanks a lot Dr. Schneider. Five Stars good



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