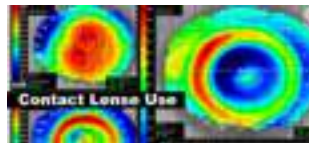


## Recover Your Eyesight

**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 Four** of my introduction to myopia rehabilitation.

Hopefully I helped you make sense of the need for a reduced close-up prescription, and you managed to get such a prescription for your close-up work. If you get headaches, or other symptoms, or have astigmatism correction you are not sure about, send me a quick e-mail.

In this installment, let's talk about your regular distance prescription:

## Normalize Your Distance Prescription.

By now you are probably quite proficient at checking your own eyesight. You may have been curious enough to do several centimeter measurements, and check your vision *with your glasses on*, using the Snellen chart.

Which brings us to the topic of the normalized prescription.

**Fourth installment of the myopia rehabilitation method from the Frauenfeld Clinic.**

*Normalized means a reduced prescription for distance vision, that gives you clear distance vision - with the ability to use active focus, with a blur horizon, and with some room to push your eyesight further.*

See the links on the download page of this installment, for references to blur horizon and active focus (in case you want to read over those again).

The optic shop prescribes you for ‘worst case scenario’ (ie. seeing 20/20 at night, in a rain storm, while you are driving).

## 90% Of The Time, You Don’t Need Your Current Prescription Strength.

**Most of the time, it isn’t dark, or rainy, and you aren’t driving.**

This is where things get tricky.

If you haven’t looked up **“lens induced myopia” on Google**, it may be worth a moment (look for the ones under “scholarly articles”, usually shown first, for proper scientific studies, not the usual snake oil sales on the Web).

You may also want to search for NITM, or **“near induced transient myopia”**. There are a wide range of studies on these two areas, basically all confirming that close-up + glasses = progressive myopia.

That said, we want to manage how you use your close-up time (as touched on in the previous installments), as well as get your eyes working properly at a distance as well.

The distance work is where we get the most reduction in myopia from, and the best incentives for good eyesight health.

This exceeds the scope of this little four part course a bit, and is covered in much greater detail, with specific recommendations, in the paid course.

For here though, consider avoiding prescription increases, that take you past 20/15 at the optometrist checkup. If the room is dark, and only the Snellen is lit, even just being able to make out 20/20 is more than enough prescription strength.

***Fix Your  
Eyesight***

*Reduce Strain*

***Use The Correct  
Close-Up  
Correction***

*Creative Positive  
Stimulus*

***Use The Correct  
Distance  
Prescription***

*Track Your  
Progress, Involve A  
Local Behavioral  
Ophthalmologist  
For Best Results*

At the optometrist, when you can read 20/20 in a dark room, that's all the prescription you need. Resist getting more, and resist getting the maximum prescription possible!

If your optometrist insists on prescribing you past 20/20, you might consider finding a new provider, who does not require overprescription.

You can also try the Web program, or +*Therapist* to get prescription suggestions from me directly, and reduce your risk of eye damaging overprescription altogether.

*The all important disclaimer on the matter of prescriptions:*

***Always use your full minus for driving or other activities that require full 20/20 vision. Consult your local optometrist for rules and regulations for prescription lens use. Prescription suggestions here should not be construed as medical advice.***

## Reducing Your Distance Prescription:

In the full course we look at the various factors affecting the best choice for your regular prescription strength.

Let's take a look at the abbreviated version here.

Look at your Snellen chart in good ambient light. Can you see better than 20/15? 20/10? Do you need so much correction, for you regular day time distance activities?

### **Remember active focus and blur horizon.**

*If those two key concepts are unclear still, revisit the relevant pages on the site (links available from the page you downloaded this pdf).*

You will want your normalized distance prescription to give you access to the blur horizon (ie. not excessive sharpness to infinity), so that you can do some practice with active focus. You want that distant street sign or car license plate to have just a bit of blur, that you can work to clear up.

This is the key exercise, working on finding text that is slightly burry at a distance, and clearing up that blur.

As the content on the site discusses in detail, this may take a bit of time. Finding access to the ciliary muscle, and transitioning from just passively seeing, to actively focusing is a discovery process. ***To be able to have this experience, you must have a slight under-prescription (your normalized lenses).***

In the full course we look at the benefit of a test lens kit, as well as a good step by step approach in working up to an ideal normalized prescription (after about 30 days of first focusing on your close-up work and prescription).

*This is where things get a bit more involved than what I can cover in this four-part course. You can either read through the blog and forum and use these four installments, or support this site by getting the full-course, and its step-by-step approach.*

Of course I want you to fully benefit from the free course: Take a look at the supplemental links on the Web page corresponding to this installment. Also follow the blog, and forum for ongoing new content and motivation. I am adding new articles, and answering forum posts all week, every week!

And if you liked this course, you might consider:

## **The Complete Eyesight Health Project:** **Get Even More Installments, Designed For Full Recovery**

By following the suggestions in these four installments, you will prevent your myopia from getting worse. It is rather simple to stop worsening your eyesight by:

Reducing close-up strain and limiting prescription strength. If you want to take this a step further and actually begin reversing your myopia, we can take the practices outlined a step further:

### **1. Even more targeted reductions for your close-up prescriptions.**

You can really get into your blur horizon, and active focus, by getting the lowest possible prescriptions for your computer use. If you are low myopia, a plus lens might even be a feasible step to work on improving your eyesight.

We will get into all the positive stimulus you can get from these practices, in the next (if you subscribe to the full course) installments.

### **2. Further reduce your distance prescriptions.**

Once you eliminate the cause of myopia, all that close-up strain, we can really get into pushing our reduced distance prescriptions and work on getting positive stimulus for your eyesight.

*It's best here to follow the prescribed course, to get the most improvement with the least strain side effects.*

You learned the key concepts here in the free course, about how to measure your eyesight and reducing your dependence on maximum prescription strengths. I provide you with the exact step-by-step process to keep taking this knowledge even further, to start seeing real gains in your centimeter and Snellen results.

### **3. Active Focus and Blur Horizon practices.**

The key here is to not get into eye exercises, but rather long term habit changes. A habit will persist, where an exercise will probably not. I set up the full course to introduce you to positive habit changes at a relaxed pace, to help make these healthy eyesight habits stick.

*Keep in mind that the full course isn't a requirement - you can take what you learned in the free course, and progress on your own (and at the very least, stop myopia progression).*

If you want to get more specific instruction and progress on reducing your myopia, take a look at the upcoming installments I created for you.

## **Keep Going: Get The Next 14 Installments, Free!**

Sign up for the full program using the special free trial link, and get the next 14 days of installments for free.

*Here is what's coming up next:*

- - #1: Snellen & Strain Awareness Practices
  - #2: Improving Your Close-Up Focal Plane
    - #3: In Depth: Snellen How-To
    - #4: Key Improvement Outdoor Exercise
  - #5: Leverage Peripheral Vision Awareness
    - #6: Discussing Your Snellen Results
    - #7: Overall Progress Review
    - #8: Retinal Shaping Practices (RS)
    - #9: Retinal Shaping: Review
  - #10: Myopia: Recognizing Depression Symptoms
    - #11: Myopia and Alcohol
    - #12: High Impact Focal-Plane Exercise
  - #13: Beta Keratin: Key Dietary Supplements
  - #14: Simplifying Habits: Exercise Variations
  - #15: Experience Voluntary Muscle Control
    - #16: Looking at the Support Forums
  - #17: Close-Up Vision – a Limited Resource
    - #18: Review / Preview
    - #19: Rehab Treats - Best Practices
    - #20: Myopia Prevention in Children
      - #21: More Exercise Variations
      - #22: Easy Focal Plane Tips
      - #23: Check Your Ciliary Function
      - #24: Another Focal-Plane Trick
    - #25: Double Down On Improvements
    - #26: Alex Tricks: Squinting and Blinking
    - #27: Foundations for Continued Progress
  - #28: What We Can Learn: Jeff Recounts His Experience
    - #29: Normalized Prescription Part I
      - Near Focus Exercises – Day 1-5
      - Customized Exercise Programs

- Working With The Myopia Calculator
  - Near Focus Exercises – Day 6-10
  - Normalized Prescription Part II
- The Android Centimeter Calculator
  - Near Focus Exercises – Day 11-15
    - #30: No Correction Sundays
  - #31: The ‘What Can You See’ Game
  - Near Focus Exercises – Day 16-20
    - Program Reviews
  - Near Focus Exercises – Day 21-25
- #32: Astigmatism Correction Exercise – The Cognitive Sweep
  - Progress Survey
- #33: Time to Revisit Prescriptions
  - Focal Plane Equalizing
  - Preventing Burnout
- Coactive Divergence Correction (I)

**Get up to 14 more installments using the free trial** of the full program. Go to the included link on the page for this PDF or visit [\*\*this link\*\*](#).

I provide full support for all of your questions via the support forum. **The program also includes a 30 day refund guarantee** - just drop me a line if you don't completely enjoy the program and I will send you a refund for your whole month immediately.

*All program contributions go back into the site for development, and advertising to increase awareness about myopia. This whole project is only possible through the support from individuals like yourself. Thank you for all of your e-mails, suggestions, and contributing via the paid program.*

Enjoy,

Alex Frauenfeld



#### **Full Program 14 Installments Free Trial Details:**

Sign up using the special free trial link. Pay in any currency of your choice, using Visa, MasterCard, American Express, or Paypal. Free trial valid for 14 days.

Free trial is available for the Basic Web Program only.

For other available programs, including +*Therapist* and One-on-One, see the regular sign-up forms.