

IMPROVE YOUR EYESIGHT NATURALLY



**HOW TO IMPROVE YOUR VISION NATURALLY – LEARN
SUPER EFFECTIVE EYESIGHT EXERCISES TO IMPROVE EYESIGHT
WITHOUT GLASSES OR SURGERY**

AMANDA WALLACE

Improve Your Eyesight Naturally:

How To Improve Your Vision Naturally –
Learn Super Effective Eyesight Exercises
To Improve Eyesight Without

Disclaimer

As per FDA disclaimer requirements:

This book is for educational purpose only.

All attempts have been made by the author to provide factual and accurate content. No responsibility will be taken by the author for any damages caused by misuse of the content described in this book.

This book has been written and published strictly for informational purposes, and in no way should be used as a substitute for advice from your own health care professionals.

Please don't consider this to be professional medical advice or a substitute for professional medical advice. This book makes no medical claims, and its purpose is pure informative.

Please consult a licensed professional before attempting any techniques outlined in this book.

Table of Contents

[Introduction](#)

[Chapter 1 – Let's Get Started](#)

[Chapter 2 – Basic Exercises](#)

[Chapter 3 – The Next Step](#)

[Chapter 4 – More Advanced Techniques](#)

[Chapter 5 – Nutrition](#)

[Chapter 6 – Additional Tips to Protect Your
Eyes](#)

[Conclusion](#)

Introduction

We put a lot of strain on our eyes on a daily basis, especially with all of the different devices we use. Looking at a computer screen for work, checking our phones, playing video games for extended periods of time, and reading books online can contribute to people's need for corrective lenses.

Just like every other muscle in the body, eyes require maintenance to remain healthy and functional. There are a number of methods you can use, through both exercise and nutrition, to help naturally strengthen your eyes and improve your eyesight.

The most important thing to know about improving your eyesight is learning how your eyes work. When you have problems with your vision, they often have to do with the shape of your eyeball. Being farsighted means your eyeball is too short, so the light rays entering your eye focus at a point beyond the retina.

If you're nearsighted then your eyeball is too long, and the light rays entering your eye are unable to focus at a certain point on your retina. And astigmatism means your cornea is not shaped correctly, so the light rays entering your eye do not focus on the same point and cause blurry vision.

The key is to understand how stress and strain can harm the health of your eyes. While none of the exercises in this book can change the shape of your eyeballs, they can help to train your eyes and the vision center of the brain (which interprets sight) to improve their functionality.

From relaxation to flexibility to nutrition, these all can help to strengthen your vision. And more specific types of eye problems, such as lazy eye, rely heavily on such exercises to try and correct the abnormality.

While some eye exercises are tailored to specific vision problems, the methods in this book are a more general way to

enhance your eyesight through muscle manipulation and increased flexibility.

As with any other exercise program, it's important to practice these exercises daily and keep up with the vitamins and nutrients that help maintain healthy vision. And because each technique is short and simple, it's easy to develop a regimen that can become part of your regular routine.

If nothing else, this kind of program will help you to be more aware of the way you treat your eyes. It's natural to forget how much strain you place on your eyeballs every day, and these tips will aid in forming healthier habits.

And you don't have to break away from your desk or chores or errands to practice the plan. It's as simple as blinking, relaxing your muscles, wearing sunglasses, and focusing your eyes in different ways.

If you want to track your progress, you can find an eye chart online to print out and hang on your wall. This will also come in handy as an exercise on its own.

You can train your eyes to look at only certain portions of the letters, such as the top or bottom of the letter A, which teaches your eyes that they don't have to struggle to immediately see an object in its entirety. It's all part of working your eyes in a new manner.

This book begins with stretches for your eyes and easy exercises you can do anywhere, and continues into more involved methods. Some of the exercises include using objects around the house or office to help with focusing on near and far items.

There is also a chapter on proper nutrition to help keep your eyes strong and sound. Finally, you'll learn about additional ways to avoid added stress and strain on your eyesight.

Chapter 1 – Let's Get Started

The easiest way to begin eye exercises, as with any other kind of exercise, is with stretching and building flexibility. To relax your eyes, rub your hands together to create some heat, and place one hand over each eye.

Take slow, deep breaths and focus on loosening your body and your facial muscles. Think of a quiet place and allow your eyes to relax without any harsh light filtering through them. Try to maintain that darkness, as it will keep your eyes from straining to process any kind of light or image.

This is also helpful throughout the day when working at a computer to prevent added stress to your eyes, or in any other situation with bright light. And you can alternate hot and cold compresses on your eyes daily to help with the relaxation.

Another trick to help relax your eyes is through massage. Close your eyes and use two fingers to gently massage your eyelids. Don't apply too much pressure—you don't want to poke your eyes out!

But focus on the upper part of your eye socket, close to your eyebrows, and then move down to the lower part of the eyelid. Start in a clockwise manner for 15-20 seconds, then switch to counterclockwise for the same amount of time. Make sure to go slowly so as not to strain your eyes in any way.

You can also use your knuckles to massage certain pressure points, such as the outer corner of your eyes, the inner corner, and the top of the bridge of your nose. This will not only help your eyes to relax, but will loosen the muscles around your eye, getting them ready for the next round of exercises.

Next comes stretching. It's important to move your eyeballs around, especially if you are used to looking at the same kind of patterns on a screen for work. This is also true when watching TV or playing a game on your phone.

Your eyes can become stiff or sore if you keep them focused on one area for too long. Using the same muscle or group of muscles repeatedly causes other muscles to lose flexibility.

So remember to look at other areas in the room and move your eyes around in different patterns to keep from losing resilience in your eyeballs. Shift your focus from closer objects to objects that are farther away from you to prevent your eyes from getting worn out in one position.

Another method to help with flexibility is doing figure eights. Picture the number eight about 10 feet in front of you, and then tip it on its side (or you can picture the symbol for infinity, which looks the same). Use your eyes to trace the curved line, going one way for a few minutes and then switching to the other direction for a few minutes.

While it might be difficult to see the image at first, the act of moving your eyeballs in that motion will become easier and easier. It may take some practice, so you might want to find a physical image to start with at the same distance. But soon you won't need the image and will grow accustomed to the continuous motion.

Now that your eyes are relaxed, you can move on to a small but effective method of maintaining that feeling. Blinking, while it sounds simple, is a good way to acclimate your eyes to a daily exercise routine.

Because people are often so focused on a screen, they don't realize that they tend to blink less. Doing these eye exercises makes you think more about your habits, and blinking is important for giving your eyes a rest from the light.

Even though it only offers the briefest amount of darkness, it still keeps your eyes from straining too much. Take two minutes to blink every 3-4 seconds, and repeat the process at regular intervals. This will also remind you to focus your eyes elsewhere, as you take your attention off of what you're doing.

Chapter 2 – Basic Exercises

Now it's time to start with some easy exercises to get your eyes moving and feeling less constrained. These basic steps will get your eyes ready for the rest of the exercises. They may sound like small movements, but put them all together and they create a strong package that helps to improve your eyesight.

First, move your eyes from side to side. Make sure you are sitting or standing straight, and do not move your head. When people look from one side to the other, they tend to swivel their head, even in the slightest way.

Make sure you focus on remaining still and moving only your eyes. Look one way first and hold your gaze on an object for a few seconds. Then look to the other side and repeat the process.

You can start by moving your eyes a little to the right, and then a little to the left, before fully looking as far as you can. This will prevent you from straining the muscles immediately. Do this at least five times to get your eyes ready for the next step.

You can repeat this process, but this time, move your eyes up and down. Again, you will feel the need to move your head as well to see as far above and below you as possible.

Just remind yourself that this exercise is for your eyes only, and use only them to focus on the objects. It is okay to move your forehead in the process, as this will help to loosen the muscles around your eyes as well.

And be sure to hold your gaze for a few seconds looking up before you switch to looking down. These exercises are so simple it can be hard not to complete them in rapid succession. Focus on the movement of your eyeballs and how good it feels to go slowly.

Next move your eyes in a diagonal fashion. Begin by looking straight ahead, then shift your eyes down to the left. Focus on

an object there for a few seconds before looking up to the right.

By now it may be easier to keep your head still, so you can focus solely on the strengthening of your eye muscles. Do this motion five times, then look straight ahead to relax your eyes.

Repeat the cycle three times, looking diagonal five times, then stopping to look straight ahead. Again, be sure to move your eyes slowly so as not to strain any part of the eye muscle.

Now it's time to put all of these exercises together and roll your eyes in a circle. This may take some getting used to, as it's not an everyday motion we do with our eyes. It would be like watching a plane doing constant loop-de-loops in the sky. Begin by looking to your left, and then roll your eyes up and clockwise so that you're looking to the right.

Then look down and back to your starting position to the left. Repeat the process five times and look forward for a break. Then do the same circular motion in the other direction five times. As always, use slow, controlled movements.

The final eye rolling exercise offers a different motion for your eyeball. Start by staring forward, then slowly roll your eyes inward so they are looking at the top of your nose (up toward the middle of your eyebrows). Stare at that spot for a few seconds then look straight ahead.

Repeat this step five times, focusing on the same spot each time. Once you are done with this process, look in the opposite direction toward the tip of your nose. Focus on that spot for a few seconds then look straight ahead.

Repeat the process five times to balance the previous exercise. Now you have worked every angle that your eyeball can move.

Chapter 3 – The Next Step

Now that your eyes are warmed up, this next set of exercises will take your workout to another level. The first movement is to close your eyes, and then squeeze them tighter. Hold them in that position for two to three seconds and then relax your muscles.

Keeping your eyes closed, squeeze them again and hold that for two or three seconds. Don't open your eyes at any point during this exercise. Simply close them, squeeze them, and then relax.

Repeat this process ten times before opening your eyes completely. Do this slowly to avoid feeling a strain on your eyes from looking at the light again.

Next you can practice shifting your focus from one object to another, making sure to maintain your gaze on each item. You can either do this with both eyes, or you can place your hand over one of your eyes and do the same practice.

If you're using only one eye, you can slowly glance around the room and focus on objects at different distances to exercise the eyeball.

If you use both eyes at once, it's recommended that you focus on an object that is close to you first, then slowly settle your gaze on an object a bit farther away. Then slowly turn your gaze onto another object that's even farther away from you than the previous item.

The thumb exercise is fairly popular and utilizes the same kind of near and far focusing method. Sit or stand in a comfortable position and hold your thumb about ten inches in front of you. Focus first on your thumb for about ten seconds, then focus on another object several feet in front of you.

Then return your focus back to your thumb. Repeat this process, making sure to maintain your gaze on your thumb and not anywhere beyond it.

This can be a bit tricky since it's easy to see around your finger, or even your entire hand. That's why it's such an effective tool— it forces your eyes to laser in on specific points while ignoring the bigger picture, as it were.

Another exercise that helps your eyes to focus is called zooming. It's similar to the thumb exercise, in that you hold up your thumb at arm's length and focus only on that. But instead of changing your gaze to something else, you bring your arm in so that your thumb is hovering about three inches in front of your face.

Move your arm slowly so you can maintain your focus on your thumb the entire time. After staring at it for a few seconds, slowly move your arm back to its outstretched starting position.

Repeat this process five to ten times, and then try it throughout the day to keep your eyes relaxed and fluid. To perfect this technique and the thumb exercise, try pointing your arm in different directions each time to help your eyes focus on the one constant—your thumb.

The last basic step is called the 20/20 exercise. This is a simple move, but it requires a very specific time and measurement. Every 20 minutes, look at an object that is 20 feet away from you for 20 seconds.

Even though it sounds plain, it will keep your eyes from straining at a bright light source (such as your computer screen) or focusing too intently in one direction for an extended period of time.

To help maintain this practice on a daily basis, you can set an alarm on your phone or computer to remind yourself to exercise your eyes. You can also do other exercises, such as stand up or walk away from your desk for a moment, to help shift your gaze elsewhere.

It will also keep you more active in general!

Chapter 4 – More Advanced Techniques

This next set of exercises involves more than your eyes and hands. The method called “swinging” gets your entire body moving. Stand with your feet about 12 inches apart and look straight ahead.

Now turn your body to the left, rotating your head, middle, and legs, and put all of your weight on your left foot. Make sure you keep your neck and shoulders straight in alignment.

As you turn, allow your right heel to lift off the floor. Then complete the same movement on the other side, alternating back and forth about 30 times.

When you do this movement, your eyes will also follow a 180-degree arc around the room. Don’t try to focus on anything in the room—simply allow your eyes to relax and travel with your body. This helps to de-stress your eyes after a long day and is a good idea to do before bedtime for that very purpose.

An exercise called squinting can help with astigmatism (when you have blurred vision and see distorted shapes). Before starting, palm your eyes to ready them for the exercise. Sit or stand facing a blank wall and hold a ruler a foot in front of you. Hold the ruler vertically with the thin edge facing toward you.

Look up and down the edge of the ruler six times, blinking on a regular basis as you go. Then, without moving your head, look at the wall in the same manner six times. It might appear as if there are two rulers when you are staring at the more distant surface.

Repeat this process for three minutes, first staring at the ruler and then the wall.

When dealing with myopia (nearsightedness), try a different technique using a calendar. Hang the calendar on the wall and stand or sit at a distance where the numbers are barely visible,

with no corrective lenses. Close your eyes first and palm them to relax the muscles.

Then open both of your eyes and read each number on the calendar. Go through the calendar page for the month with both eyes first, then place your palm over one eye and repeat the exercise.

Do the same with the other eye. Continue the exercise for 15 minutes a day, and move your distance farther back if you begin to notice improvement.

For hyperopia or presbyopia (farsightedness depending on your age), you can alter the calendar technique in the following manner. Take a pocket calendar and hold it about a foot in front of your face, or close enough so you can barely read the numbers.

Begin with scanning the numbers slowly, not really focusing on any one number. Then, close your eyes for a few seconds and visualize the images you just saw.

Afterward, open your eyes and follow the same procedure as before, reading each number on the calendar with both eyes, then using one eye at a time. Bring the calendar closer to your face if it begins to get easier.

Chapter 5 – Nutrition

Besides exercising, your diet also plays an important role in the health and well-being of your eyes. Keeping hydrated is one of the easiest things you can do to maintain better vision, and it also helps in maintaining a healthy body overall.

The average person's body is made up of 60% water, so it's key to manage your water intake to keep up with those levels. If your eyes begin to feel tired or sore, drink some water to help prevent dryness.

A lot of people have heard that eating carrots can help with eyesight, and that's because of the beta carotene. Beta carotene is a type of Vitamin A that can help with the strength of the retina and other parts of the eye.

Foods that are rich in beta carotene include blueberries, kale, apricots, sweet potatoes, Swiss chard, squash, cantaloupe, peas, sweet red peppers, and broccoli. Because beta carotene is a fat-soluble vitamin, eating these kinds of foods with nuts or olive oil can help absorption.

But beta carotene is not the only vitamin that can help in maintaining better eyesight. Vitamins A and C, lutein, zeaxanthin, and fatty acids such as Omega 3 can also help to keep your eyes in top shape.

Foods that are rich in Vitamin A, beyond the ones listed above, include papaya, tuna fish, mangoes, and romaine lettuce. Foods rich in Vitamin C include all types of berries, cabbage, kiwi, pineapple, spinach, and tomatoes.

As for lutein and zeaxanthin, try foods such as leafy greens, eggs (also a good source of zinc which can reduce the risk of macular degeneration), turnips, green beans, and corn.

Almonds also have a good amount of Vitamin E, which has a similar effect on reducing these risks. Just an ounce of almonds, or one handful, provides half of your daily dose for the vitamin.

And foods rich in Omega 3 can also help slow age-related eyesight deterioration. These kinds of fatty acids may aid in the proper drainage of intraocular fluid. This decreases the risk of pressure in the eyes and glaucoma.

Options for foods rich in Omega 3 include fish, peanut butter, flaxseed oil, nuts, basil, and grape leaves. They also help your body in other ways, such as your heart health and regulating cholesterol levels.

Amino acids, the basic building blocks of the body, can help to prevent free radicals from harming the eye tissue and causing damage over time. Taurine is one of the more effective amino acids, and can be found in eggs and animal and fish protein.

Other kinds of amino acids, such as glutathione, methionine, and selenium are also good choices for maintaining healthy eyes. These can be found in foods such as beans, rice, corn and whole wheat.

For more general nutritional tips, try a diet low in carbohydrates and salt. Foods with a high glycemic index, meaning those that contain larger amounts of sugar and carbohydrates, can raise blood sugar quicker and for longer periods of time.

A low-carb diet can help some people maintain healthy blood sugar levels to avoid serious diseases such as diabetes, cancer and heart disease. These types of medical conditions can have adverse effects on your eyesight.

And low sodium diets can also reduce the risk of these diseases, since high blood pressure can cause damage to the kidneys, brain, heart, and your eyes. A lot of our processed foods today have higher amounts of sodium.

Foods that contain 5% or less of the daily value are considered low in sodium, while those with 20% or more are considered high in sodium.

It's also important to maintain regular levels of potassium, since potassium deficiency can cause cells to take up more sodium. This can lead to high blood pressure as well.

Good sources of potassium include milk, raisins, bananas, prunes and lima beans. Since a lot of the food choices today are high in sodium and low in potassium, it's important to find a healthier balance between the two.

But just like every other kind of diet, our bodies can react differently to the foods and nutrients we put into them. While it's good to be aware of the effects of certain combinations, not everyone's body will respond in the same manner. Being healthy requires effort, for it's not a one-time deal.

It's a lifestyle choice, and everyone's lifestyle is unique. Spend some time figuring out which combinations are right for you—just don't forget to include your eyes in the equation.

Chapter 6 – Additional Tips to Protect Your Eyes

There are many other ways to ensure the safety and health of your eyes that go beyond diet and exercise. Keeping hydrated includes your eyes as well, so be sure to blink often and squeeze those eyelids shut.

This helps to bring out some of the natural moisture in your eyes. And if that doesn't help, use eye drops to build that moisture back up to higher levels. This will keep your eyes from becoming red and puffy as well.

You can also change the settings on your computer to help reduce the strain on your eyes. Lowering the brightness of your computer screen helps to relax your eyeballs, but make sure you don't lower it too much.

Having a screen too dull or dark can cause your eyes to strain in a different manner. Try a couple different settings to see which one feels the most comfortable. And make sure to tilt your screen in such a way that there is no glare or reflection.

It's also important to protect your eyes from other harsh light that comes from different kinds of screens and indoor sources. When you're watching TV, make sure the room is softly lit.

And even when reading a book that's not on a screen, try to look elsewhere every once in a while to avoid your eyes becoming stiff from looking in the same direction.

The general idea is to use as much natural light as possible to avoid more severe light rays hitting your eyes. Don't forget to wear sunglasses when you go outside, even if it doesn't appear especially sunny. Even cloudy days don't prevent the UV rays from getting through, so be sure to wear protection.

A good way to keep from straining your eyes on harsh light is to get up and take a break from staring at screens. Not only

will looking away reduce the stress on your eyes, but changing your view can help to further relax your eyes.

And taking a break can help to reduce stress in general, physically, mentally, and emotionally. This not only takes the pressure off of the eye muscles, but off of the individual's back too.

Another thing that helps to reduce stress is getting adequate sleep. When you go for long periods of time without enough rest, you can feel sluggish and develop headaches from being so tired. This keeps your eyes from getting the most relaxation, and can cause your vision to become blurry or strained.

Sleep is when your body has time to regenerate, and this includes your eyes as well. Not sleeping adds more stress to your general well-being, causing your eyes to strain even more.

All of these things help to reduce anxiety, which can also affect the functionality of your eyes. Sometimes when people feel anxious, they see "floaters" in their vision, quick flashes, or have trouble seeing in bright light. This doesn't necessarily mean there's something wrong with your eyes.

It's sometimes a symptom of your body trying to deal with anxiety. Light sensitivity and blurry vision are often signs of increased blood pressure or hyperventilation, which go hand in hand with anxiety.

Other visual problems can include tunnel vision, where you can only see what's directly in front of you and everything seems to be closing in around you.

The best thing you can do to combat these issues is to breathe deeply, and remind yourself that none of these factors cause permanent damage. Getting other kinds of help for anxiety will also ease the tension on your eyes.

Lastly, smoking can also harm your eyes. It has been linked to problems such as cataracts, glaucoma, age-related macular degeneration, dry eye syndrome, and diabetic retinopathy.

Smokers double their chances of getting cataracts, and cataracts are the leading cause of blindness in the world.

And diabetic retinopathy damages the blood vessels in the retina which can also cause loss of vision. Smoking harms many organs in the body, your eyes included.

Conclusion

While it's true that the eyes, just like the body, will begin to deteriorate over time, the exercises and nutritional information in this book can help to slow that process. It's important to strengthen all of your muscles, and these exercises can help to keep your eyes durable and healthy as you age.

And while the techniques may seem simple, just switching your gaze from one thing to another can lessen the tension on your eyes. It's a testament to how much strain we place on our eyes on a regular basis.

The key is to remain diligent, to practice these exercises every day, and incorporate them into your regular routine. Whenever you find yourself staring at any kind of screen for too long, look at something else and concentrate on how your eyes feel.

Once you start doing these exercises, you will immediately notice a difference of pressure on your eye muscles. Remember that feeling at home, at work, and any long periods of time you spend focusing on something specific.

And it isn't limited to staring at screens either. Some of the lights in the office can be quite bright, and because you spend a lot of time there you may not notice the adverse effect on your eyes.

Be sure to get up and walk somewhere else to give your eyes a different environment to adjust to. Even walking outside can be a positive change, whether it's sunny or not. Just remember to wear sunglasses.

This is also a good practice to pass onto the younger generation, who are growing up in a world of screens and more indoor activities. Turn it into a game to see who can focus the longest during the exercises without breaking.

Teaching them these practices early will help to incorporate that kind of activity into their routine earlier in life.

The best way to keep up with these exercises is to remind yourself how easy it is to do them anywhere at any time. You would want your loved ones taking care of their health, so do the same for yourself and your eyes.

Think about how much you use your eyes and how difficult or expensive it would be to constantly change your prescription for corrective lenses. These exercises, combined with the nutritional information, are a free and easy way to help strengthen your eyesight.

So remember to start these exercises as you would any other exercises for your body: slow, steady, and with plenty of stretching first. The idea is to avoid straining your eyes, not adding more stress! It will take time and continuous effort to maintain results, just like regular diet and exercise.

And incorporating specific vitamins and nutrients into your diet can help to improve the rest of your body along with your eyesight. Enjoy this overall approach to better vision and a healthier lifestyle. It will be with you for years to come.