

The Secret of Perfect Vision: How You Can Prevent and Reverse Nearsightedness



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Reviews

Definitely one of the best book I actually have ever go through. Sure, it can be perform, nonetheless an amazing and interesting literature. I found out this pdf from my dad and i suggested this book to discover.

(Ms. Chanel Streich)

THE SECRET OF PERFECT VISION: HOW YOU CAN PREVENT AND REVERSE NEARSIGHTEDNESS



North Atlantic Books,U.S. Paperback. Book Condition: new. BRAND NEW, The Secret of Perfect Vision: How You Can Prevent and Reverse Nearsightedness, David De Angelis, "In The Secret of Perfect Vision", author David De Angelis offers a new and innovative method for visual rehabilitation. His extremely effective system for the prevention and gradual treatment of refractive errors (myopia and hyperopia) differs from the Bates method (ocular gymnastics) in that it is based on scientific studies that focus on retinal defocus and have been carried out in the last fifty years (since Bates). The system's efficacy comes from the fact that it directly intervenes with the causes that generate myopia onset and development (overaccommodative/near-point stress). Ocular refractive capability - when adequately stimulated by the exercises presented in this book - leads to gradual strengthening of one's focusing capability and gradual decreasing of one's refractive error.



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