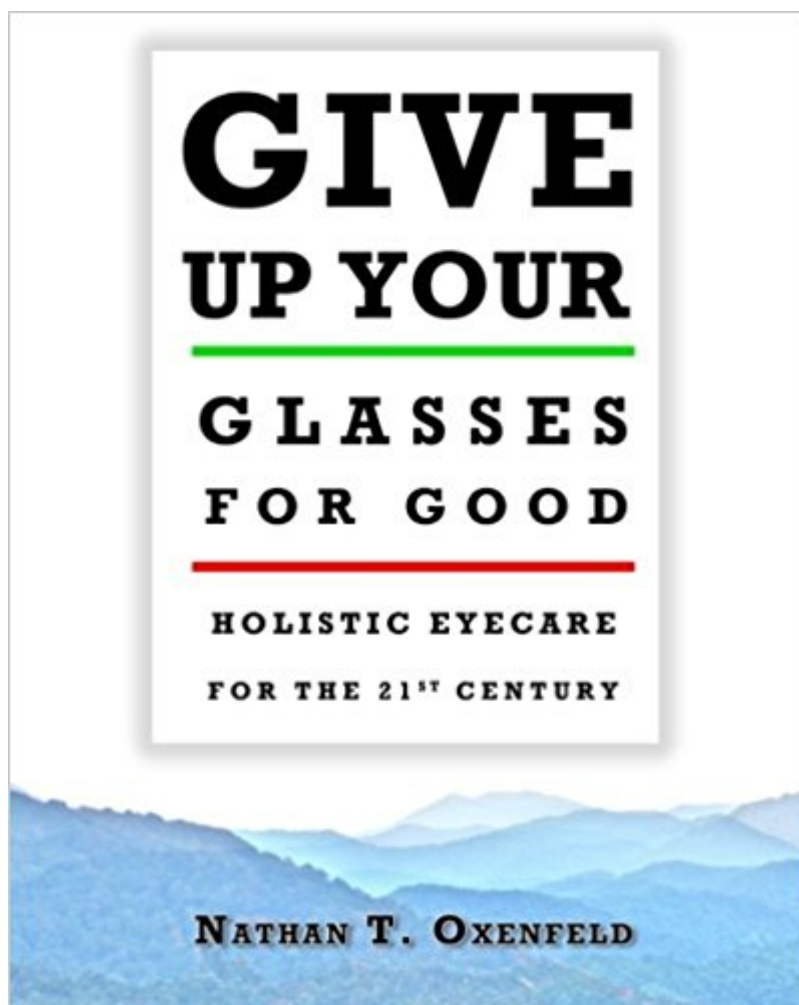


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# Give Up Your Glasses For Good: Holistic Eyecare For The 21st Century



## Synopsis

Give Up Your Glasses for Good is a step by step self-healing course that teaches you how to improve your vision naturally. Heal your own eyes holistically with this comprehensive workbook that includes over fifty vision enhancing practices and dozens of eye charts and reading that can help decrease eyestrain and increase clarity. Sit back and relax as you watch your vision return to its original state; a state of equilibrium, ease, and auto-focus. Nathan T. Oxenfeld is a certified teacher of the Bates Method, Yoga, and Meditation. He skillfully blends these three together to form this dynamic and relevant course that helps people of all ages address the underlying root causes of vision problems instead of just treating the symptoms. Whether using this book as a way to prevent future vision problems or as a way to reverse current vision problems, healthier eyes will always be the result. Maintain healthy eyes and maintain the birthright of healthy vision for life.

## Book Information

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## Customer Reviews

Nathan Oxenfeld is a certified teacher of the Bates Method and Yoga who gave up his glasses for good in 2013 after depending on them every day for 15 years. In his book, Give Up Your Glasses for Good: Holistic Eyecare for the 21st Century, he outlines the exact practices he used to relearn how to see clearly again without glasses, contacts, or surgery. He founded Integral Eyesight Improvement LLC in Asheville, North Carolina and has helped dozens of students improve their eyesight and insight. Visit [www.integraleyesight.com](http://www.integraleyesight.com) for more information about his services.

I have watched many of Nathan's YouTube videos, but I was a little overwhelmed by the number of them and I wanted to make sure I was covering all my bases, so I got his book. It took me a few

days to buy it because I was deterred by the \$30 price tag. It seemed a bit pricey for me for a paperback book, but as soon as I received the book, I understood why!!! This book has TONS of exercises for you to try. Nathan's emphasis on relaxation vs. eye exercises was the key I needed to start improving my vision. I can't tell you exactly how much my prescription has improved because I've only been at it for a month, but I use my computer glasses (which are .75 diopters weaker in each eye) for normal use and I can see 20/20 with them on now - so I know my eyesight has improved!!! DON'T just do the exercises. Be sure to DO lots of palming and sunning. That is where I've seen the bulk of my benefits from. This book is so thorough and complete that I'm considering doing a 1-on-1 Skype consult with Nathan just to talk with the man in person and thank him! A note to the author: Thank you Nathan!!! As a writer myself, I understand how much time it takes to write a book of this length. I get the feeling that you didn't need to write this book to advance your business either. Rather, it seems like you did it out of the kindness of your heart and to help other people like me who have vision problems. So, thank you!!

A great, safe alternative to glasses, contacts, or surgery. Though I have just started using it, I am seeing positive results already!

Excellent book.

Fantastic and thanks.

awesome!!

excellent

Well written, well researched. Concise, but chock full of good info. Nate Oxenfeld is good people.

I have purchased a few vision improvement books from . Most of them contain a lot of backstories and quotes. Most have their own angle on how you should improve your vision (mainly how it helped them improve their vision to write a book about it). I decided to buy this book based off of the authors YouTube videos. His presentation shows a lot of knowledge and passion about the subject. Furthermore, the tutorials on some of the vision exercises (long swing) are very on point how you should do them. Receiving this book recently, I read the introduction and skimmed the vision

improvement material and I can tell you all exercises have their own page with a description of how it will help. The way the book is set up is perfect for someone getting into vision improvement. This book has a lot of material obtainable online, but the instructions are not as clear and concise as this book, which is why I would recommend this book as your first book. My take on vision improvement: you really need to be open-minded and dedication/motivation/time on doing the exercises/drills. If you are familiar with meditation, yoga, deep relaxation, you will advance faster than others. This book just solidified a lot of ah-ha moments I had when doing some of the vision exercises BEFORE reading this book. UPDATE 3 months-After going 1 month strong of morning routine exercises, the motivation fizzled after my eye exam which said my vision has not changed. I still practice here and there throughout the day though. Just not as dedicated. Personally I feel my vision is getting better, it's just feels like it is teeter tottering between blurry and clear. I'll still continue and practice because I do feel it makes a difference. UPDATE 11-8-16 (SINCE MAY 2016.) - Haven't formed good routine habit, but only wear glasses when driving at night. Based off of the chart in good sunlight, I can see a little better than 20/40, And the 20/20 line seems within reach (if that makes sense). I have noticed an improvement in the details and sharpness of objects in the distance in good lighting. My night vision needs to be worked on though. I think that is the biggest challenge for me, probably because one eye has an astigmatism. So in the past few months/weeks I have worked on improving neck and back posture as well as relaxing neck and back muscles. That seemed to really help me. Look up videos for forward head posture correction and anterior pelvic tilt correction. If your body is all connected by your spinal cord, possibly that kink in your neck and lower back is limiting that signal? I don't know i am not a doctor haha just a thought..

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