

THE NATURAL VISION PROGRAM



Investment

The promotional rate for an adult is S\$600/RM1,200, an accompanying child (9-11 years old) is S\$300/RM600, and a teenager (12-15 years old) is S\$400/RM800. Your investment includes:

1. The 4-hour Bates Method Workshop
2. Eyesight Training Kit (vision therapy glasses, specially-designed Far & Near training charts) worth S\$70
3. Lifetime consulting and optical dispensing worth S\$70 /hour
4. Lifetime eye-checkups worth S\$25 per examination
5. Train-the-Trainer format allowing imparting of knowledge to children and family members. Immediate family members also enjoy free consulting and eye-checkups at the Natural Vision Centre

The Natural Vision Centre

Here we provide support to our customers who needed more personalized attention to their specific vision challenges. As our customers' vision improve, we provide behavioural ophthalmic consulting and dispense stepped-down (lowered powered) glasses in tandem with their vision improvement.

Workshop Schedules

Please refer to www.thebatesmethod.com for schedules, registration, payment details, and frequently-asked-questions.

About Jim

Jim, Vision Therapist, Certified Dispensing Optician, and MBA, has researched extensively in the Bates Method and modern natural vision improvement methods. He is trained in the United States in the Bates Method, and has eliminated his 22-year dependency on corrective glasses since year 2000. Today, he has near-perfect eyesight (0.25), and is experiencing improvement in his vision everyday.

Success Stories

The Bates Method Works for my Family

I have improved my vision by 50% in 3 months by incorporating the Bates Method in my lifestyle, and using a stepped-down pair of glasses dispensed by the Natural Vision Centre. Even my astigmatism is completely gone! My husband (before: -5.50; after -3.25) has also improved his vision by 40% in 3 months. Most importantly, my 6-year-old daughter's spectacle prescription has stopped increasing (has been going up every year) and she is wearing a pair of glasses 20% less powerful than prescribed by our former optician, and she can see 6/6 without a sweat. Ms Sequeira (Before:-1.75 myopia; -1.75 astigmatism, After: -1.75 myopia; zero astigmatism).

Incredible Results after 7 days

I removed my glasses whenever it was safe to do so. I was so comfortable going without glasses I even took the bus to work without them. 7 days after attending the Workshop, I visited the Natural Vision Centre to be prescribed with a pair of stepped-down glasses. My vision had already improved by -3.00 from -9.00. Even with the stepped-down glasses (-6.00), I am starting to see 6/6 on the eyechart. I am so excited about the Bates Method and am confident to discard my glasses completely in the near future. Jacqueline.



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THE BATES METHOD VISION THERAPY



No Medication
No Surgery
No Risk!



The Bates Method for Eyesight Improvement

The Bates Method is an 85-year-old eyesight improvement program. It is a viable alternative to eyeglasses. The 4-hour workshop is a one-time session where participants are taught the Bates Method so that self-therapy can be administered. Many adults and children who suffers from short-sightedness, astigmatism, and presbyopia (reading blur) have benefited from the Bates Method.

THE BATES METHOD

The Myopia Problem

Shortsightedness is on the rise around the world (about half the global population is expected to become myopic), but nowhere more quickly than in Asia, especially countries such as Singapore, Hong Kong, Taiwan, and Malaysia. Professor Donald Tan, the director of The Singapore Eye Research Institute (SERI) said 79 percent of Singaporeans aged between 16 and 25 are myopic," **Straits Times, 13 February 2003.** What is most alarming is that the rate and degree of myopia in our children are increasing every year.



Many Questions But Few Answers

What is vision? How do we see? Why do the eyes appear to be the only part of the physical body that is not self-healing? Why do eye-care specialists almost unanimously assume that prescribing glasses is the only solution, and never considered alternative approaches such as preventive or remedial/therapy vision care? Why do we continue to prescribe glasses for vision problems that only continue to deteriorate? Would a mildly myopic person go blind if glasses are not worn all the time? Do we know the root cause of the problem? Is myopia inherited from our parents? Have you met a person who wore glasses all day and regained perfect vision? Are reading glasses inevitable when one turns 40?

The Orthodox View

There is still no definitive known causes of short-sightedness, long-sightedness or astigmatism. Possible causes of vision problems are extensive near-work strain such as reading or computer work, the environment, and the parents' genes. Professional eye specialists recommend early screening for vision problems. Glasses or contact lenses are prescribed to help patients see clearly, and prevent further strain or eyesight deterioration.



The Bates Method

Mental stress is the root cause of vision problems such as myopia, hyperopia, and astigmatism. These problems are not hereditary, as commonly believed. One simply need to note that virtually every baby or toddler is born with perfect vision regardless of how badly the parents suffer from myopia or other vision problems. An extensive research conducted by Professor Young and his team conclusively proved that 98% of the Eskimo children do not need glasses until they are introduced to schools (60% suffered from myopia). Therefore, vision problems are usually not inherited, but resulted from poor vision habits and mental strain.

The good news is that these vision problems are temporary, and the eyes are capable of self-healing, as experienced by thousands of ordinary people, including eye doctors (such as Roberto Kaplan, and Jacob Liberman who have written books about their vision therapy practice).

Which view is superior is best measured by the bottom line— let the results speak for itself!

Dr William Bates



For forty years since 1891, Dr Bates, a renowned ophthalmologist, researched deeply into the root causes of vision problems such as myopia, hyperopia, presbyopia, and astigmatism. He was not satisfied that prescribing glasses would cure the vision problems, after noting that many of his patients actually continue to suffer deteriorating vision after wearing the glasses. Dr Bates was so successful in curing thousands of his patients that he subsequently published a perennial best seller, "Perfect Sight Without Glasses" in 1921.

Dr Bates discovered in his research that vision fluctuates. The eyes,



just like any part of the body, is subjected to stress, emotions, mind-body interaction, and physical habits. Glasses do not alleviate vision problems, but like a cement crutch on the eyes, hampers the natural healing of the eyes.

The Bates Method does not use surgery, medication or any external device. It is based on the natural functioning of the eyes and mind to sense and perceive the external world accurately and clearly.

"As for putting glasses on a child, it is enough to make the angels weep." Dr William Bates

Natural Vision Therapy

The Natural Vision Program is based on the Bates Method. It has been updated to include the latest research and results by modern Bates teachers.



Workshop Topics

- The Bates Method—Theory, Practical & Self-therapy
- The principles and habits of perfect natural vision
- Role of Nutrition, Sunlight & Left-Right Brain
- Implementation strategy & self-therapy techniques

Benefits of Natural Vision Therapy

- No Risk, No Surgery, No Medication
- Reduction or elimination of the dependency on corrective lenses
- Learn the principles of natural vision
- Learn the good habits, not eye exercises, of natural perfect sight
- Relaxed vision with better eye-mind coordination
- Improved memory and concentration
- Train-the-Trainer - parent can teach your child