

Natural Vision Correction - Do Eye Exercises Work?

Is there such a thing as natural vision correction? Is this a myth?

I mean, many of us - myself included - have been wearing glasses or contact lenses for years. Never once have our optometrists told us there are natural ways to improve our vision by exercising our eyes.

(Come to think about it, maybe they did know and are not telling us, because if these methods do work, we won't be prescribing glasses and contact lenses anymore.)

Well, apparently there is such a thing as natural vision correction.

What is natural vision correction?

It comprises a series of exercises that train your eye muscles - just like you'll train your biceps and abs - which over time leads to the natural improvement of your vision.

The focusing abilities of your eyes are controlled by a series of internal muscles. Due to the many stresses put upon the visual system, the use of glasses and contacts (yes, some research shows that wearing glasses and contact lenses can worsen your eyesight over time), and the natural aging process itself, these muscles become weak and distorted, therefore resulting in blurred vision.

What natural vision correction exercises do is to strengthen and train these muscles -- just as you would any other weak muscles in your body -- and redirect your point of focus, thus helping you see clearly without corrective lenses and preventing further deterioration of our eyes.

Scientific Proof

Is there scientific proof that eye exercises can improve one's vision? I did some research and these are a couple of academic studies I found:

"Symptoms were totally eliminated in 53% of the patients, reduced in 43% and remained the same in only 4%.

Therefore ...an overall success rate of 96%. There is an impressive and increasing body of evidence attesting to the trainability of accommodative function." (From a study of 96 patients with some type of accommodative dysfunction who had completed a vision therapy program.) -- Irwin B. Suchoff, O.D., and Timothy G. Petito, O.D. (1986) Journal of the American Optometric Association

An article published in the American Journal of Optometry & Physiological Optics summarized that "the literature provides a solid base of research supporting vision therapy as an effective treatment mode for accommodative deficiencies. Vision therapy procedures have been shown to improve accommodative function effectively and to eliminate or reduce associated symptoms." (Rouse, 1987)

Seems to be more than a grain of salt there, doesn't it?

Conclusion

Natural vision correction is a therapy that's definitely worth considering, especially if you're thinking about Lasik eye surgery - like I am.

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About the Author

Louis Zhang is near-sighted and has been looking for ways to improve his vision. For more information on caring for your eyes, get his free report "7 Common Things That Rapidly Deteriorate Your Vision" at <http://www.lasik-stories.com/recommends/naturalvisioncorrection>