

They'll Tell You That The Only Way To Restore Your Vision Is Through A Laser Surgery...

Here's The Truth About Methods Of Naturally Restoring Vision And How YOU Can Restore Your Own Vision Yourself Within Just A Couple Of Months From Now, Or Less.

They'll keep telling you that once your eyesight worsens, you'll need glasses. They get paid. Then they'll tell you "sure, you can restore your eyesight to get back your perfect vision, here's what you do..." and they pass you over to the eye surgery sergeant. And they get paid again. Very few people know what I am about to tell you...

The Truth Is, It Is Comparatively Easy To Restore Your Own Eyesight Yourself, Just By Following Some Simple Instructions – It's All In Your Hands!

Purpose of this publication: to expose the methods that will help maintain/restore the eyesight of the reader. Age, gender, and even condition (-2, +10, long/short-sightedness-myopia-hyperopia) does not make the weather here.

Audience of this publication: Anyone who has an eyesight, other than 20/20. Anyone who has family, friends that fall into the above category. Anyone who is getting older with time, and their eyesight is therefore at risk of worsening.

Before I tell you any more, I need to set the record straight here... for the satisfaction of the law. I don't have any medical education and I am not implying that I have. What I am about to teach you does not require me to hold a masters in medical sciences, just some general knowledge and some common sense will do here as the solid foundation for what I am about to tell you. You'll learn from me the exercises that you can do in order to fully restore your eyesight! The exercises that I had followed myself to fully restore my own vision!

Although these techniques are not utilised by the masses (due to our deliberate disinformation), they were, none the less, used for generations before us, and millions of people around the world have successfully restored their vision using these techniques, which I will share with you here. I think it is worth noting that if you take a look at some of the "wild", undeveloped people, as we call them, I am thinking of various tribes here, like those in the Amazon, they all know this stuff. You don't see any of them wearing glasses, and they don't seem to complain about having bad vision. But in our world, where cash rules, this information is hidden from the eyes of the general public, and even the doctors – it's not taught to them, and they are also deliberately misinformed. It's in no one's interest to let this information out, as free techniques to get your eyesight fully restored won't pay no one's bills! Some people in the industry may well know these techniques but are taking absolutely every effort to convince both: the doctors and the masses that this stuff doesn't work. And most people have not even heard of it altogether – I, for one, haven't (before recently).

Now, I do realise that I just gave you information that goes against what you may have been told by your local opticians, so, if I were you, I would be wondering if this is all just another BS of another idiot who has no idea what he's talking about.

Is This All Just A bunch Of Useless Crap?

And you are absolutely right to ask this question.

If I wasn't the guy who made this work for myself, fully restored my own eyesight from -4 in both eyes in just a few short months (and actually also helped my best friend who also wore glasses or contacts to fully restore his), there is no way I would believe it was true... well.. I would have had my doubts, to say the least. In other worlds, I know how you may feel.

So let me put your mind at ease and go through with you exactly what I will be teaching you in this short .pdf file.

This Publication Will Hopefully Be The Start Of Your Journey To Regaining Your Eyesight To 100% And Beyond.

I am going to break it down for you and you will learn the exact steps that I took to restore my vision.

Let's begin.

First of all, it all only works if you follow the guide and do everything. In other words, if you just sit back, read this material and sit back and do nothing, you will get no results. You will need to apply the information, do the exercises and you will have to make some small sacrifices during your «healing» period, if you really want to make this work for you... and it will! It's not hard – not even near! However, I want to be upfront with you on everything, and tell you now that if you are not prepared to do make make these small sacrifices, if you are not prepared to follow he rules, then you will be wasting your time. But don't worry, because it's all for the better. I'll tell you everything else later on here, when I get to the actual exercises.

Did you know that the biggest and the most powerful tool that can be used to achieve great health is your own mind! People hugely underestimate the power of their thoughts, and, while some are just plain lazy, others just don't know the truth. The truth that you can use your mind to create the body you want to live in - healthy, strong, beautiful body. In this example, I would only share with you a small piece - what I did to restore my own vision.

My eyesight started worsening when I was about 13, starting from about -1, and, eventually, getting to -4.50 & -4.75 on each of my eyes (that's what it was at only recently, before I've restored it). I have been wearing glasses, and then contacts ALL THE TIME during this period. As soon as I have learnt that it is fairly easy to restore your eyesight (what a shock this was!), I have spent a lot of time researching, found some brilliant courses (those are all in russian, otherwise I would have recommended them to you as well), which I followed, and have now *fully* rebuilt my eyesight. I have a perfect eyesight today, which I cannot express enough how happy I am about! I think that I can even see better now, than I did, when wearing my contacts.

There was this feeling though, this little voice in my head, if you like, that said:

« Maybe You Just Got Lucky »

So I got my best friend involved, worked with him on this, and he had also fully restored his eyesight, just like I did. So then I have realised that this information will is brilliantly simple and that is absolutely must be on the shelf of every single family in the world! Only think how many people are wearing these metal crutches on their noses, and don't know any better! If only this was taught in schools, then nobody would need glasses. Ever.

Okay, here are the exercises that me and my friend have both followed to restore my vision (and a **lot** of other people have as well), and so I have no reason to doubt their effectiveness on restoring

your, the readers, vision also - if you do these exercises, you will restore your vision. Let's begin with the rules first – vitally important to your success. Although exercises are very simple, most work is done in your mind. And that is simple enough also. Another thing is, you should [go here, & order their material](#). If you can afford it, then **get it**, as it will help you a lot in rebuilding your vision, and I highly recommend it. It helped me not only with some additional exercises that speed up the whole process – there are just too many different ones for me to write out here (and it's also not so much about the quantity, but the quality that matters far more here), they will also send you equipment that you'll need, give you a full guide etc., all in one course.

The rules:

1. Always feel good. Make yourself feel good throughout the exercises - the best you can. That's one of the 'secrets' - really the key to success in anything you do. The first thing you do in order to lift your mood is to straighten your spine, and put a wide smile on your face. :o) Again, this is very important - mind work is 90+ % of success.
2. Do not tense your muscles - relax as much as possible, while doing the exercise (at least).
3. Say good buy to glasses for good. - If you cannot get away with not wearing your glasses, then use glasses at least 2 points weaker than you need (and only use them when you actually need them). If you drive, then this would be the time when you should consider other means of transportation. And remember that you can walk too! :o)

These are the three main rules. Restoring eyesight goes hand in hand with general health. If you drink alcohol, or if you smoke, then please please do yourself a favour, & stop this degrading activity, at least for the duration of the process of curing yourself.

Lastly, after accomplishing every point (set of exercises) from below, you need to blink a few times, just for a few seconds (blinking relaxes eye muscles).

1. Look up, but take your attention further, beyond your physical constraint, look down, and, again, take your attention further, beyond your physical constraint - 8 times (up-down *8, relax your eyes, do not stress your eye muscles).
2. Look left, but take your attention further/beyond your physical constraint - behind your eye in this case, look right, and, again, you got it. Do this 8 times, just as with point 1.
3. Look left, straight, right, straight, this one 4 times (left, straight, right, straight *4)
4. Follow a perfect circle with your eyes (don't cut corners), 8-10 times in one direction, and 8-10 in the other.
5. Same as point 4, but look up (i.e. just look up on to the ceiling, and do the same as point 4). Again, make sure that you maintain good mood throughout, as this is vital. Make each move comfortable, increase your good mood with every cycle. And don't forget to blink after every exercise.
6. Do same as point 4, but with your eyes closed.
7. Do same as point 5, but with your eyes closed.
8. Look on to the top left corner (eyes are open again), bottom left corner, top right corner, and

bottom right corner, and do this cycle 4 times. The do the same, but in the opposite direction.

9. Draw a horizontal 8, do about 8 times in each direction.

10. Now draw 8 vertically, also around 8 times in each direction.

11. Look at your nose, then look straight, but take your attention to the sides, noticing object which exist by each side of you (you cannot physically look in different directions, but you can pay attention to these objects, noticing them with your side vision). Then look at “the bridge of your nose”, and, again, to the sides, as above. Lastly, look between your eyebrows, then to the sides again. Do this cycle 4 times.

12. Sit up straight, close your eyes, and relax as much as you can - relax the whole body, and eye muscles in particular. To help yourself relax, image of nature helps most people. Then, when you feel that you have fully relaxed, imagine butterfly, remember how it moves/spins its wings. Now slowly, calmly open your eyes, and calmly start blinking, without tension, just like the butterfly does when it moves it's wings (10 seconds or so is enough).

13. And last stage. Relaxing your eyes as much as possible. Rub your hands against each other, until you feel they are getting worm (10 - 15 seconds), then put them in a cross, one on another, and put them on your face. Your eyes must rest right in the middle of your palms, but not touch them. Make sure there is no light coming through, and close your eyes. Fully relax (meaning your shoulders will go down, face relaxed, tong in a “hanging” state etc. :o) - just go through your body in your mind, looking for any tense muscles, and relax them. Sit in this position for around 4 minutes, and then slowly put down your hands, keeping your eyes close. Increase relaxation, think of nature. After about a minute in this state, stretch, take a deep breath, and open your eyes, while breathing out.

Although this is by no means everything that I know and that I did (I spent my whole day for full 40 days working on my health - just preventive maintenance, as, thank god, I have a perfect health, and I am still very young anyway), while restoring my eyesight and my health, this will be enough to restore your vision. There are other things you can and should also do, in order to increase the effectiveness and hyper-speed things up, but these things will take a lot more of my writing time, as well your doing time (a time *very* well spent). Another couple of very powerful exercises for your eyes that you should also implement are the “solarising” exercise, and the “eye muscle-building” exercise.

Solarising exercise: Sun is our friend. Our eyes have a way of adopting to the sun light - when we look at the sun, it is good for our eyes. It is, however, very important to not over do it - best to look at the sun either in the morning, when it is rising, or in the evening, when it is going down. Do not look at it directly, if you have any problems with your eyes, but don't worry, if you don't know of any problems that you have - if that's the case, then you probably don't. You may also close your eyes, if the sun is too bright to look at (I did). Look at it for about one minute or so, also look left, right, up, down - turn your head etc. (so you'll “solarise” your eyes from many angles, not just one).

Eye muscle-building exercise: Think about the time when you go into a gym, in order to build up your muscles - you do the same hear with the muscles of your eyes (which move & focus our eyes). So, here's what you do for this one: you take a small image, e.g. stamp, and you stick it on your window (preferably). Then, look at the stamp, standing 30 centimetres away from it & focus your vision from that stamp and into the distance. Do this around 100 times. Spending just 3 minutes a day on this exercise is enough. Fully relax your eye muscles while doing this (and always try to keep your eyes relaxed anyway, this will speed up the process by a tonn). Again, all of these exercises are closely coupled with health training (or restoration, for some), and the real secret is to

feel good through all exercises - the more positive you are feeling, the quicker you will succeed. Very simple. Every point, be it "-" or "+", on average, based on past experience of millions of people who've fully restored their vision & health that way, takes only a week to take off. I.e. if you have -8, it should take you two months, -4 = 1 month, and so on.

Another tip for you, if you want to speed up the process, if you want to see eyesight fluctuations sooner - that's the indication that you are on your way to restoring your vision, then do the following:

Close your eyes, and relax for about 30 seconds or so
Then look onto the distance outside your window (if you don't see anything there at all yet, then use an eye test table - like those you see at opticians, when you go for an eyesight check up). During this time, lift up your mood *as much as possible*. Feel really good, and you will start noticing the fluctuations. Your aim is to remember the state of good eyesight, and then try & replicate that state in every situation, everywhere you go.

It is suggested to do the exercises for 4 days, and then have a break of 2 days - as this is how our bodies work, 2 steps forward, one step backwards. You would most likely see that one day your eyesight is better, the next it appears worse than the day before, but it is always constantly improving, no matter what you may think, or see. It is improving for everybody, but everyone's pace is different. Everybody, however, see first improvements during the day - will first start fluctuating during the day, then, after a while, you'll see the same fluctuations in dark lighting conditions - that's when you are almost there :o) And once you have restored your vision, it is highly recommended to continue doing the exercises for at least another month - to absolutely make sure that you've restored your vision, once and for all, no matter what.

I really hope that you have found this information useful, and I sincerely wish you all the best in rebuilding your vision!

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