



The Pinhole 'No-Glasses' Booklet

A Self-Help Eye Relaxation Program for

Presbyopia



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The PRESBYOPIA Pinhole ‘No-Glasses’ Booklet

A Self-Help Eye Relaxation Program for Persons having Presbyopia
(Farsightedness after 40 -Lowered vision at near distances)

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Your diagnosed Eye Problem:

Presbyopia

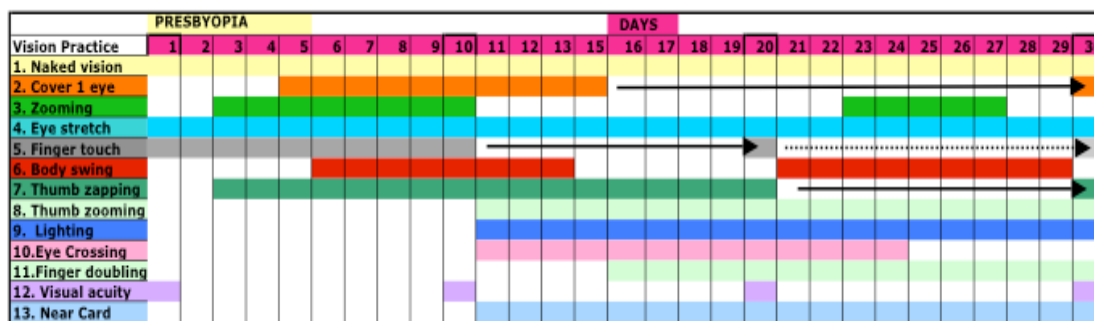
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Specialized Sequential Fitness Practices for Presbyopia

Your practices are divided into 13 sequences. In figure 13 you can see on which day you should begin a practice. Also you can determine which practices are to be either continued or discontinued during your first 30-days.

SAMPLE

Figure 13



SAMPLE

3. Zooming

With the Presbyopia Pinhole ‘no-glasses’ observe that your visual world is made up of many distances from your eyes. This is called space. Choose an object like a book with small print, window or object that are different distances from your eyes. Choose additional objects at 1, 2 and 3 meters distance. As you breathe begin to let your eyes change focus from the printed material at the close 40-centimetre distance to the 1 meter then to the object at 2 meters. Then change your looking to the 3-meter distance

You can order the complete e-book on line at
www.beyond2020vision.com/pinholes