

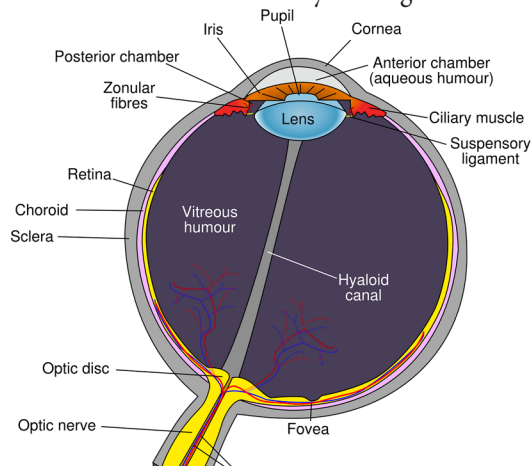
## Restoring Sight.

**M**y eyesight faltered twice in my late 40s with no close up vision. A vision therapist worked to restore my sight. In my 60's I experienced macro degeneration and a rip in my cornea from a laser. They had to cauterize it in a painful operation. Then my eyes were checked yearly. A wonderful formula called AREDS II helped restore the eyes. Yearly tests showed my eyes got better year after year. The combination is a powerful story of restoring sight.

Find an easy-to-take AREDS II formulas like Maxi Vision's Whole Body Vision powdered formula or Preser Vision Chew-ables by Bausch & Lomb.

Begin rebuilding the deep purple that invigorates the cones and rods of the eyes. Over time you will sense the deep velvet black of darkness from its replenishment. I love that through the light we are born again into new sight.

Eye sunning for 1-2 minutes -- use the sun when it is high in the sky or most intense. Close the eyelids and let them bathe in the sunlight as you move up and down while slowly moving from the



left to the right. Then do the same as you move back and forth while slowly moving up and down. This will catch a warm set of sun spots throughout the eye.

Retreat inside where it is darker where you can do palming in darkness with eyes open for double that time. Take the palm in a cupped shape so that it crosses over the eye to block out all light. Do the same with the opposite palm. It might be comfortable to bring the elbows forward on a table and rest on the arms as you palm the eyes always twice the time of sunning.

Next, complete the energy transfer to the senses repeating this 3 times each -- rub hands on inhale and palm eyes on exhale, rub hands on inhale and palm ears on exhale. End with beating the heavenly drum (alternating fingers) 18 times on the back of the neck.



*By David Scott, A Natural Health Advocate.  
This article does NOT offer medical advice and you should  
always consult your physician before taking any supplement.*

Sunning with twice the time on Palming restores the contrast needed at night to see.

Use a bright yellow polyurethane rope tied to a door knob. Trace the rope with both eyes close to the door knob until it is easy. Then keep working it outward until you can work the rope easily for 25 feet outward. This resynchronizes the eyes for stereoscopic vision.

The first time work it out about 1-2 feet where you can use your finger to trace back and forth for your eyes to see. You should see the V form and converge to an A at the end. Then bring it back. Over time you can do this easily & quickly for multiple passes. Keep repeating this effort till you can clearly work the eyes from 25 feet. This may take several months.

The combination helps dizziness & double vision at night.



*This comes from Dr Jerriann Tabor's Eye Robotics program at [www.eyerobics.net](http://www.eyerobics.net) and the 36 longevity Qi Gong set.*

## Here's To Your GOOD Health!