



Betty Munro Vision Studio

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VISION IMPROVEMENT KIT - \$80

- 1 Natural Vision Improvement Book
- 1 Pair of Pinhole Viewing Glasses
- 1 Vision Exercise Paddle
- 1 Eye Vision Work chart

The Book

The book is in part a Science-of-Life book, first published in 1946, which describes how, by following *The Bates Method*, eyesight can indeed improve to the extent of removing the need for glasses or contacts. It also emphasizes the fact that Natural Vision Improvement is most certainly not a pipe dream but very much a reality. Included are a number of Dr. Bates' exercises which form the basis of what those, who are dedicated followers and teachers of his proven method, use today. These exercises, if performed regularly, can give you a wonderful start, and may, by themselves, produce spectacular results!

The Pinhole Glasses

We all have to perform close work in our daily lives, such as working on a computer, watching TV, reading, writing, sewing, etc. If we are unfortunate enough to have to wear glasses or contacts for these activities, be they prescription lenses, or the 'cheapies' from the chemist, they will cause further deterioration to your eyesight and hold you back if you are already trying to improve it. The pinhole glasses, in most cases, will allow you to perform those tasks without causing you strain or stress or further deterioration to your eyesight. They may take a bit of getting used to but will be well worth your effort.

The Paddle

The paddle is designed to wake up those lazy or rusty muscles, such as those that affect presbyopes (short arm syndrome) hyperopes, or anyone who wishes to sharpen their close vision. The paddle is used in an activity which is called 'tromboning'.

The Work Chart

This has multiple uses which are only limited by your imagination. It can be used indoors to speed up your ability to change focus from near to far quickly. It can be used to exercise the six extrinsic muscles which have become stiff through lack of correct use. You can take it outside and use it to improve the ability of your pupils to expand and contract as you shift from light to shade. You can turn it around and practise reading from right to left instead of left to right! It has different sizes of print, so with some BlueTack you can experiment by placing it at different distances, and keeping track of how much your eyesight is improving. You will soon learn how versatile it is and how much fun you can have with it. Enjoy!