

The See Clearly Method™
Instruction Manual

Welcome to the See Clearly Method: Knowledge to Last a Lifetime

Congratulations! You've chosen what we believe is the most effective at-home program currently available for improving your eyesight naturally.

The See Clearly Method contains knowledge that will last you and your family a lifetime. It will become a valuable part of your reference library. My colleagues, Dr. Merrill Allen and Dr. Francis Young, now both in their 80's, have dedicated their professional lives to bringing this groundbreaking knowledge to the world – and to you.

Dr. Allen is well known in the optometric profession, having personally trained thousands of optometrists in his 47 years as a professor at Indiana University School of Optometry. Our lives are much safer thanks to Dr. Allen's vision-related auto safety recommendations and innovations, such as the 3rd rear brake light now on all new cars.

Most optometrists are familiar with Dr. Young's work as well. He has authored or co-authored more than 100 research papers and pioneered research that provides powerful evidence suggesting that poor vision may not always be inherited, but rather caused by stress on the visual system, e.g., from sustained close-up work.

And now, finally, after decades of research and clinical experience, their efforts to bring out this knowledge of how to improve your vision naturally are paying off. Tens of thousands of people are now taking charge of the health and well-being of one of their most precious gifts, the gift of sight. Now it is your turn.

It's easy to get started. Just go to the "How to Get Started Quickly" card or to "10 Steps to Success," page 2 of this manual. You will be guided step-by-step, and you'll see just how easy it is for you and the whole family to start improving your vision.

My colleagues and I truly believe that this program will help improve your vision and set the stage for a lifetime of better vision for you and your loved ones. On behalf of my colleagues and the VIT team, I wish you all success with the program, and let us hear from you as your vision improves.

Sincerely,



Dr. David W. Muris, O.D.
VIT Doctor Advisory Board

P.S. If you have any questions about the See Clearly Method, or just need help getting started, please call one of our specially trained See Clearly Method consultants toll-free at 877-232-3598, Monday-Friday, 9 am – 5 pm Central time.

The See Clearly Method™

Patent Pending

A New Program of Eye Exercises
from Vision Improvement Technologies

Instruction Manual



By:

Dr. Merrill J. Allen, O.D., Ph.D.

Dr. Francis A. Young, Ph.D.

Dr. David W. Muris, O.D.



www.seeclearlymethod.com

The See Clearly Method™: A New Program of Eye Exercises from Vision Improvement Technologies

Patent Pending

Copyright © 2002 by Vision Improvement Technologies, LLC. See Clearly Method and See Clearly Method Training Kit are trademarks of Vision Improvement Technologies, LLC.

The See Clearly Method™ is protected by international copyright laws and no part may be reproduced by any means, including photocopying, mechanical, electronic, or otherwise; or transmitted in any form; or stored in a retrieval system; without the prior written consent of the Vision Improvement Technologies, LLC. All rights reserved.

NOTICE TO READERS

The See Clearly Method™ is an educational tool that teaches the user how to see more clearly, comfortably, and efficiently. It is not a medical or assistive device, nor is it a substitute for diagnosis or treatment by an optometrist or ophthalmologist. The views expressed in this Instruction Manual and elsewhere in the See Clearly Method training materials represent the opinions of the authors. All techniques recommended in the See Clearly Method are considered to be completely safe, but should not be used without first consulting an optometrist or ophthalmologist to determine if any eye disease or other condition requiring specialized treatment is present.

By making use of the contents of the See Clearly Method training kit, the user agrees that it is his or her sole responsibility to determine the suitability of the See Clearly Method for his or her intended purpose, and assumes all risks and liabilities resulting from application of the techniques and recommendations, including any and all claims for direct or consequential damages.

CAUTION: The See Clearly Method includes various eye exercises and the use of an eye patch; it also advocates "progressive undercorrection," that is, the use of a weaker prescription producing slightly blurred vision in order to strengthen the eyes. Use an eye patch or undercorrected prescription only when reading, watching television, or doing other safe activities. **Do not use an eye patch or do eye exercises, or use an undercorrected prescription while driving a motor vehicle, using power tools, going up or down stairs, or engaging in any other potentially dangerous activity or any other activity that requires depth perception or clear vision.** Whenever weaker lenses are used, they should provide at least 20/40 acuity in each eye. Do not use a weaker prescription unless your eye doctor confirms that you can see well enough to do so safely. Do not touch the eyes or the region surrounding the eyes with long or sharp fingernails, and do not use excessively hot water for hydrotherapy.

Likewise, since the See Clearly Method is intended to improve vision, you should take precautions from time to time to ensure that your glasses or contacts are still suitable for driving, using power tools, going up or down stairs, or engaging in any other potentially dangerous activity that requires clear vision.

The See Clearly Method is designed to improve nearsightedness, farsightedness, presbyopia, astigmatism, and eyestrain. Under no circumstances should it be used as a substitute for the medical treatment of serious eye disease such as cataract, macular or retinal degeneration, or glaucoma. If you suffer from one of these conditions or any other eye disease, you should use the See Clearly Method only under the supervision of an optometrist or ophthalmologist.

The See Clearly Method™
Instruction Manual

Contents

Introduction	ix
--------------------	----

PART 1: How to Do The See Clearly Method

How to Get Started.....	1
A Shortcut to Getting Started	1
10 Steps to Success	2
See Clearly Method Materials	3
See Clearly Method Exercises.....	6
Individual Exercise Instructions	8
Sequence of Exercises in Each Session.....	37
What You'll Do Each Day	42
Consistency Pays	47
Frequently Asked Questions, Part 1	48

PART 2: How to Maximize Your Results With The See Clearly Method

Maximizing Your Results With The See Clearly Method. . .	59
Using Glasses and Contacts With The See Clearly Method.	60
Progressive Undercorrection	61
Recommendations for Specific Vision Conditions.....	65
The Power of Positive Attitude	69
Diet and Vision.....	70
Frequently Asked Questions, Part 2	72

(Continued next page)

PART 3: Additional Information and Resources

Glossary of Terms	79
How the Eye Works	82
Effects of Glasses and Contacts	85
Index	87

PART 4: Exercise Charts and Reminder Cards

Following page 91:

Chart 1: Large Scanning Chart

Chart 2: Large Fusion Chart

Chart 3: Large Word Chart

Chart 4: Combination Chart (smaller versions of charts)

Reminder Cards and Bookmarks

Tell A Friend

Introduction to The See Clearly Method

Congratulations on choosing what we believe is the most effective home-based method currently available for improving your eyesight and your visual health. The See Clearly Method was developed by highly credentialed optometrists and research scientists for people like you who want to take charge of the well-being of one of their most valuable gifts, their eyesight. It is for people who want to improve their natural ability to see—instead of passively resigning themselves to poorer vision and stronger glasses or contacts.

Did you once have normal vision but are finding that you don't see as clearly as you used to? Have you started thinking about getting your first pair of glasses? Have you worn glasses for many years and would like to reduce your dependency on them? Are you considering laser eye surgery? Have you already had eye surgery? Regardless of your current vision, the See Clearly Method offers you the help you need to improve the health and performance of your eyes.

One of Life's Most Precious Gifts

Healthy eyes and good eyesight are among the most precious gifts of life. The beauty and expressiveness of healthy eyes are a delight to behold, and the ability to see clearly has benefits that affect everything we do. Our livelihood, safety, pastimes and pleasures all depend on good vision.

(For a detailed description and diagram of how the eye functions, see page 82.)

Normal, Healthy Eyes: Your Birthright

The good news is, almost all babies are born with perfectly normal, healthy eyes. If you could see well as a child, chances are your eyeballs are not genetically de-

formed. Unfortunately, many people—including most eye doctors—make the mistake of thinking that poor vision is inherited. Being born with normal, healthy eyes means that poor vision is not inevitable. Although the aging process eventually catches up with us, there are plenty of elderly people who don't need glasses or hardly ever wear them. This means that with proper care and attention, you can probably keep your eyes healthy and your vision normal for a lifetime. It also means that something can be done to improve your vision if your eyes no longer perform as well as they once did.

The bad news is that we live in a world in which our eyes are forced to adapt to conditions for which they are not well-designed. Long periods of reading and close work were not common before mass education and mass production arrived. More recently, television and computers have been added to the list of reasons people focus their eyes too close, for too long.

In fact, the dramatic increase in nearsightedness in America has been linked to the rapid rise in mass education and television viewing from the 1950's onward. Before mass education and television, a person's eyes alternated frequently between close-up focus and distant viewing in the course of daily life. In this way the eyes were exercised constantly and did not become strained.

Sustained, close-up focus, such as reading or working at a computer, has been shown to be significantly stressful to the body, as measured by heart rate, blood pressure, muscle tension in the neck and upper back, and by galvanic skin response. The body's response to sustained, close-up focus is called "nearpoint stress" and can trigger processes that ultimately lead to a change in the physical structure of the eye. In fact, nearpoint stress can result in the development of visual conditions like myopia (near-

sightedness), hyperopia (farsightedness), astigmatism (elongation of the eyeball), or combinations of each. This process is only now beginning to be understood in spite of the amount of research conducted on these types of changes. Additional reactions to sustained, close-up focus can include a reduction of normal blinking and reduced tear fluid formation. The resulting symptoms of this near-point stress can also include blurred vision, double vision, eyestrain, headaches, and sore or dry eyes.

But remember, despite the challenges of living and working in today's high-pressure world, you probably began life with normal, healthy eyes. The See Clearly Method will help you exercise your eyes so they function the way nature intended—and will help offset the effects of activities that overload the visual system.

What's Wrong With This Picture?

The response of most eye doctors to rising levels of poor vision has been to continue compensating for these refractive conditions with eyeglasses. Measuring eyesight and providing “corrective” lenses (glasses and contact lenses) has become the standard vision care service. If we are concerned with appearance, we are offered contact lenses, which provide a natural looking alternative to glasses. And lately, if we want to avoid the bother of contacts, we can opt for laser surgery, which reshapes the cornea itself. So what's wrong with this picture?

What's wrong is that none of these things fixes the real problem, the changes that accompany nearpoint stress and the aging process. At best, they temporarily fix the symptoms, not the problem itself. Even the term “corrective lenses” is misleading. What “corrective” lenses do is manipulate the light entering the eyes in order to allow us to see clearly. They compensate for the symptoms but they do not cure or correct the underlying problem. In

fact, “corrective” lenses can actually increase nearpoint stress, which contributes to the eventual need for a stronger prescription. Instead of curing the underlying problem, they usually make it worse. So, using glasses or contacts in this way does nothing for the health of your eyes. They are a crutch that enables you to get by. And as with a crutch, you may become more dependent on glasses as your eyes become weaker.

We Can Do Better

For most people, settling for a chronically weak or degenerating body is not an appealing idea. We all want our bodies to be healthy and stay healthy. Certainly, except for people who have incurable diseases and injuries, few people would passively accept a condition that compromises their ability to function and enjoy life, or forces them to be dependent on crutches forever.

Most branches of the medical profession now acknowledge the role of nutrition and exercise in maintaining good health. Unfortunately, this outlook has been slow to gain acceptance among members of the eye care profession. The average eye doctor has been trained only to prescribe “corrective” lenses, drugs, or surgery and has little or no experience with natural methods of vision improvement. And most eye doctors are unaware of the sizable body of professional literature and research available on natural vision improvement. So it is up to eye doctors who really understand the specific techniques for improving the health of our eyes naturally to lead the way.

Already this is happening. There are approximately 3,000 optometrists in the United States who share our belief that there are environmental factors that affect your vision and that poor vision can be addressed through a variety of approaches, including eye exercises. They believe these

approaches address the underlying cause of vision problems, which could be improper use of the eyes, poor circulation, poor nutrition, and/or stress. But more understanding and much wider acceptance is needed.

The See Clearly Method is the result of the efforts of a team of optometrists and research scientists who sought to provide a natural way for people to strengthen their eyes and to provide them with an effective, inexpensive alternative to progressively weaker eyes and dependence on stronger glasses or contact lenses.

The Doctors Behind the See Clearly Method

The doctors who created the See Clearly Method for Vision Improvement Technologies are top professionals with distinguished careers in vision research and the practice and teaching of optometry.

Dr. Merrill J. Allen, O.D., Ph.D. Professor Emeritus of the School of Optometry at Indiana University, Dr. Allen personally educated thousands of optometrists in his 47-year career at I.U. He has received 21 professional honors including the prestigious Apollo Award, the highest honor in the optometric profession, from the American Optometric Association (A.O.A.). And almost every car on the road today incorporates one or more of Dr. Allen's vision-safety recommendations and inventions, including high-mounted brake lights and non-reflective bumpers and dash panels.

Dr. Francis A. Young, Ph.D. Professor Emeritus at Washington State University, Dr. Young is also a recipient of the A.O.A.'s prestigious Apollo Award, as well as 10 other honors in the optometric profession. He has authored or co-authored more than 100 research papers, including pioneering research that suggests that poor vision is usually not inherited, and is often the result of nearpoint stress. He is a graduate of Ohio State University.

Dr. David W. Muris, O.D. Director of Sacramento VisionCare Optometric Center, Dr. Muris has been using natural vision improvement techniques with his patients for more than 20 years. He is former Regional Chairman of the Optometric Extension Program Foundation and President of the Sacramento Valley Optometric Association. Dr. Muris is a graduate of Southern California College of Optometry.

The See Clearly Method draws not only from the knowledge and experience of this team of optometrists and research scientists, but also on many years of experience of hundreds of professionals in the field of natural vision improvement. This field began in the early 1900's with the Bates method and has steadily evolved in the United States, Europe, Australia, and Japan.

Many methods and treatment programs have been developed from these programs. During World War II, pilots used eye exercises to help them retain the clarity of sight, quick visual reaction time, and the ability to process what they saw quickly and accurately in air-to-air combat situations. Many high-level athletes use similar vision techniques to help them gain a competitive edge. The See Clearly Method is proud to bring you the best of all these programs in one complete, easy-to-use package.

Open Your Eyes To A Better Way Of Seeing

The See Clearly Method is more than just a way to improve your vision and the health of your eyes. It represents a major breakthrough in eye care. Instead of passively resigning yourself to a lifetime of weaker eyes and stronger prescriptions, you can now actively participate in the way your eyes are treated.

Unfortunately for the public, most eye doctors do not yet share this approach. However, we believe that this will change in the coming years as knowledge of these methods

and their results becomes more widespread. For example, until recently most dentists did not promote the preventative methods now universally accepted and practiced. Today, no responsible dentist would fail to encourage patients to keep their teeth and gums healthy with techniques such as flossing and proper brushing, which, until the standard thinking in the dentistry profession changed, were unknown to most people. In the history of medicine, new ideas have often been initially resisted by those schooled in traditional methods. This is only to be expected.

Although the techniques you are about to learn have been proven effective in years of clinical practice with thousands of patients and are supported by more than 1,500 research papers and articles, they are not yet common practice. It is the sincere hope of Vision Improvement Technologies that as people like yourself spread the word about eye exercises, these techniques will eventually be accepted by mainstream eye care professionals and will find their way into the daily habits of most Americans. Until then, we offer the benefits of the See Clearly Method to those health conscious individuals and eye doctors who wish to join the thousands who are playing an active role in the improvement of their eyesight—and taking part in a new way of seeing.

Understanding Traditional Eye Care

Your eye doctor is expert at examining your eyes, prescribing “corrective” lenses, and checking for signs of eye disease. However, he or she may not be familiar with the principles and techniques of “behavioral vision care” (natural vision therapies) or the specific practices of the See Clearly Method. If your eye doctor asks you questions that you can’t answer, please ask him or her to contact us at 877-232-3598 or visit our web site at www.seeclearlymethod.com.

Remember, you are in charge of your visual health. Your eye doctor can help you if he or she knows something about “behavioral vision care” or is open minded to what you want to accomplish. If he or she can’t help you, look for a local optometrist who offers “vision therapy” or “visual training.” We may be able to refer you to a supportive eye doctor in your area; call a See Clearly Method consultant at (toll free) 877-232-3598 Monday-Friday, 9 am – 5 pm Central time.

Don’t forget that many years of research and clinical experience by responsible, respected eye doctors have gone into the development of the See Clearly Method. It’s a positive approach with a scientific foundation, and thousands of people like yourself have already achieved results with the program. On the other hand, mainstream eye doctors continue to provide stronger prescriptions and no help in addressing the underlying problems. We think the choice is obvious. Again, we congratulate you on having chosen to take an active role in improving your eyesight and visual health.

Now, let’s begin.

PART I:
How To Do
The See Clearly Method



How To Get Started

For maximum results with the See Clearly Method, just follow the “10 Steps to Success” (see next page). However, if you are pressed for time, we have provided a shortcut approach to getting started.

A Shortcut to Getting Started

1. Watch the Overview Video (choose video or computer CD ROM format).

- You can listen to the Overview Audio if you don't have access to a VCR or computer.

2. Do Exercise Session 1.

- You've received 4 different, convenient ways to do the same simple program – video, audio, computer CD ROM, and written instructions. Choose the one that works best for you.
- Measure your current vision before you start. Do the “Word Chart Measurement,” page 13 of the Daily Progress Journal. This way, you'll have an objective way to tell if your vision is improving.
- Do all or part of Session 1 once a day for a week.
- Whenever possible, remove your glasses or contacts while doing the exercise sessions.*

**Do not remove glasses or contacts or do eye exercises while driving a motor vehicle, using power tools, going up or down stairs, or engaging in any other potentially dangerous activity or any other activity that requires clear eyesight.*

3. Read “What You'll Do Each Day,” page 42 of this manual to adapt the program to your busy lifestyle.

- Do as much as you have time for, but commit to doing something every day. The key is consistency. (See page 43-44 of this manual for flexible time options.)

10 Steps to Success

As time allows, we recommend going through these “10 Steps to Success.” In this way, you will be guided step-by-step to achieve the best possible results.

ACTIVITY	TIME (approx.)
1. Watch the Overview Video (video or computer CD ROM format).	15 min.
2. Set your vision improvement goal(s). Go to page 2 of Daily Progress Journal.	10 min.
3. Measure your current vision. Go to page 13 of Daily Progress Journal.	5 min.
4. Read written exercise instructions, which start on page 9 of this Manual. Please note the important safety reminders that accompany some of the exercises.	15-30 min.
5. Do Exercise Session 1, choosing one of 3 formats: video, computer CD ROM, or audio.	35 min.
6. Determine what you will do each day. Go to “What You’ll Do Each Day,” page 42 of this Manual.	15 min.
7. Do exercises and new visual habits every day. Start with “Week One Recommendations,” page 18 of the Daily Progress Journal.	10-30 min. per day
8. Minimize your use of “corrective” lenses (glasses and contacts), when it is safe to do so. See page 60 of this Manual. <i>Always wear “corrective” lenses for potentially dangerous activities or any activity that requires clear eyesight, such as driving, crossing the road, cooking, or using power tools.</i>	n/a
9. Track your progress every day. Go to page 13 of Daily Progress Journal.	2 min. per day
10. Call a See Clearly Method consultant (toll free at 877-232-3598, Monday-Friday, 9 am – 5 pm Central time) if you have any questions or need help getting started.	n/a

Your See Clearly Method Materials

You have received everything you need to begin improving your vision naturally. Don't be overwhelmed by all the materials. We have included 4 different ways to do the same simple program - video, audio, computer CD ROM, and written instructions. This allows you and your family members to practice the program at home, at school, at work, or while traveling.

Please take a moment now to examine the materials you have received, and be sure you have each of the following items. If you don't, call 866-209-0604 (toll free in US/Canada) and we will send you any missing items.

Instruction Manual

The Manual is your written guide to the See Clearly Method. It explains how to get the best results with the See Clearly Method, and gives instructions on how to do each exercise. In addition, the Instruction Manual contains important charts that you will use to improve your vision. These charts are in the back of this Manual. To remove them, fold along the perforated line of each chart, then tear or cut it out.

Charts

- 1 large Scanning Chart
- 1 large Fusion Chart
- 1 large Word Chart
- 1 Combination Chart (smaller versions of all charts)
- 3 Reminder Cards

✓ **Daily Progress Journal**

An essential part of the See Clearly Method is recording your progress each day. The Journal is a handy way to maintain these records.

✓ **Overview Video**

The Overview Video provides a general overview of all the exercises and techniques in the See Clearly Method. You'll gain an understanding of how the program can help promote the health and vitality of your eyes. You'll also see the exercises briefly demonstrated by a model, which will help you see how they are done (actual instructions are in the Exercise Videos). We recommend watching the Overview Video before starting the Exercise Sessions.

✓ **Exercise Video Sessions 1, 2, 3, and 4** (4 videotapes)

The Exercise Videos help you learn by participating. You'll hear the See Clearly Method techniques described in simple language and watch them being demonstrated. Then you'll follow along and repeat the exercises, which are set to music. Each video contains an approximately 30-minute-long training session composed of a sequence of techniques designed to optimize the amount of exercise each muscle group receives, so the muscles get a good workout without becoming strained.

✓ **Computer CD ROM (included in Deluxe Version)**

The Computer CD ROM allows you to do the complete See Clearly Method program on your computer, at home or at work. The CD includes the Overview Video, all 4 Exercise Sessions, and text files of the Instruction Manual, Daily Progress Journal, and Quick Start Instructions. Windows-based PC version only. See back of CD ROM case for system requirements.

NOTE:

If you don't like the music on the tapes, we suggest you turn the volume down and use your own music instead.

✓ See Clearly Method Audio Cassettes (3 audiotapes)

The audio cassettes contain the audio portion of the videos, allowing you to do the program when you have access only to a cassette player.

Tape One: The See Clearly Method Overview

This is the sound track of the Overview Video.

Tape Two: Exercise Sessions 1 & 2

This is the sound track of Exercise Video Sessions 1 (side A) & 2 (side B).

Tape Three: Exercise Sessions 3 & 4

This is the sound track of Exercise Video Sessions 3 (side A) and 4 (side B).

See Clearly Method Exercises

(Note: Instructions for each exercise begin on page 9.)

The See Clearly Method will give your eyes a good basic workout. We all know that working out the body, even a moderate amount of exercise, will make you stronger and healthier. The same principle applies to the eyes. By following the techniques in this program, your eyes are going to feel a lot stronger, a lot healthier, and a lot more relaxed.

The specific exercises outlined in this section (and demonstrated on the Exercise Videos) have been developed to help give your eyes exactly what they need to increase their natural focusing power and ability to function properly. The exercises fall into several different groups:

Focusing exercises: These exercises are designed to improve the eyes' ability to focus on both close-up and distant objects.

Range of motion exercises: These exercises are designed to put the eye muscles through a full range of motion on a regular basis, which many people do not do.

Relaxation exercises: These exercises are designed to relax and promote the flow of nutrients to the entire eye region.

Eye teaming exercises: These exercises are designed to improve the teamwork and coordination between the eyes.

You'll really enjoy these exercises because they'll make your eyes feel a lot better and increase your focusing power.

Exercise Principles

Unless otherwise noted, when doing the exercises you should:

1. Remove your glasses or contacts.

You will get the maximum benefit if you do the exercises without your “corrective” lenses on. However, if you feel uncomfortable without your glasses or contacts on, it’s better to do the exercises wearing them than to not do the exercises at all.



SAFETY REMINDER: *Do not remove glasses or contacts or do eye exercises while driving a motor vehicle, using power tools, going up or down stairs, or engaging in any other potentially dangerous activity or any other activity that requires clear eyesight.*

2. Relax and don’t strain.

When doing the See Clearly Method techniques, you may not be able to do them exactly as demonstrated. This is okay. It’s just like exercising your body. When you begin getting in shape, you may not be able to touch your toes at first—but you will still benefit from gently stretching as far as you can, and over time you will gain greater flexibility. Because stress can have a negative impact on your vision, straining to do the See Clearly Method techniques will only get in the way of the results you would like to achieve.

3. Remember to breathe easily.

While doing each exercise, remember to breathe. Although it may seem obvious, sometimes while doing the exercises you can get so focused on what you’re doing that you forget to breathe.

Individual Exercise Instructions

For easy understanding, we have provided step-by-step instructions and illustrations for the See Clearly Method exercises. The following chart gives page references for each exercise.

EXERCISE	PAGE
Pumping	9
Tromboning	11
Clock Rotations	13
Eye Rolls	15
Blinking	17
Fast Blinking	17
Slow Blinking	18
Squeeze Blinking	18
Blur Zoning	19
Nose Fusion	21
Fusion Chart	22
Fusion Pumping	24
Blur Reading	26
Scanning Chart	27
Word Chart	28
Acupressure	29
Light Therapy	34
Palming	35
Hydrotherapy	36

Pumping

What you do. Rhythmically change focus back and forth between a near object and a far object, briefly looking at the smallest detail you can see on each object.

Benefits. Pumping exercises the focusing mechanism and improves control of the extraocular muscles.

How to do it:

Step 1. Choose a near object. Use your finger, thumb, pen, trinket, or piece of jewelry. Hold it no more than six inches away from your face.

Step 2. Choose a far object. Use something across the room, such as a painting or doorknob, or something you can see out a window, such as a tree, building, or traffic light. This object should be as far away from you as possible, yet you should just be able to see some detail in the object. We recommend using an object at least 15 feet away, but the distance can be less.

Step 3. Keep the near object stationary.

Step 4. Change focus every couple of seconds:
near... far... near... far... near... far... near...
far...



Step 5. At the end of each change of focus, look at the smallest detail you can see on the object. For example, if your thumb is the near object, look at a crease of skin or a line on your skin; if a tree is the far object, look at a single leaf. When doing Pumping with the Daily Exercise Video, use interesting objects with

many small details to avoid boredom. Or you can use the small Word Chart as the near object and the large Word Chart as the far object.

Step 6. Blink frequently and select a different detail each time you change focus.

Advanced. Over time, as you practice this exercise, hold the near object closer and closer. The goal is to continually challenge your ability to see detail as you change focus.

Troubleshooting.

People who have “convergence problems” (difficulty turning the eyes inward or crossing them) may get headaches from Pumping. If you feel a headache developing, immediately close your eyes, breathe slowly and deeply, and wait for it to go away. Then resume Pumping. If the headache returns, close your eyes again and breathe slowly and deeply. Repeat the cycle, trying to extend your Pumping by a few seconds each time. In this way, you can quickly work your way through the problem until you can do the exercise without discomfort. An extra benefit of overcoming convergence-related headaches is that you may experience an increase in reading speed and/or eliminate motion sickness.

Tromboning

What you do. Slowly move a small object back and forth in time to your breathing, from arm's length to the tip of your nose, like a musician playing a trombone.

Benefits. Tromboning exercises the focusing mechanism and the convergence or binocular (eye-teaming) system, which also improves control of the extraocular muscles. Besides working each system by itself, you will be working the fine coordination between the focusing and eye-teaming systems.

How to do it:

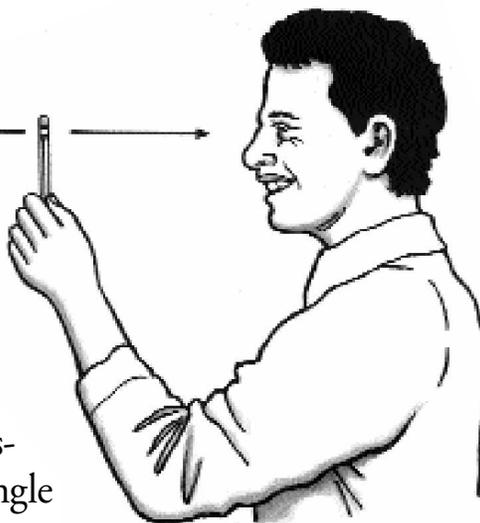
Step 1. Hold a small object such as a finger, thumb, pen, trinket or piece of jewelry in front of you at arm's length.

Step 2. Breathe slowly and deeply.

Step 3. As you inhale, bring the object toward you until it touches the tip of your nose. Try to keep it in focus for as long as possible. Try to keep it as a single image as you bring it closer to your nose. If it breaks up into

two separate images move the object back out until you can get the image single again. As you continue to work on this increase your concentration to keep the object solid, single, and clear all the way in towards your nose.

Step 4. As you exhale, look at the object as you take it out to arm's length.



Advanced. As you become more comfortable doing this exercise, begin to shift your attention to seeing how aware you are of the room around you as you move the object in and out. The more of the entire room you can be aware of, the more you will be doing the activity with the type of relaxation that allows you to use your eyes most effectively and efficiently.

Troubleshooting. As with Pumping, people who have “convergence problems” may get headaches from Tromboning. If you feel a headache developing, immediately close your eyes, breathe slowly and deeply, and wait for it to go away. Then resume Tromboning. If the headache returns, close your eyes again and breathe slowly and deeply. Repeat the cycle, trying to extend your Tromboning by a few seconds each time. In this way, you can quickly work your way through the problem until you can do the exercise without discomfort. An extra benefit of overcoming convergence-related headaches is that you may experience an increase in reading speed and/or eliminate motion sickness.

Clock Rotations



SAFETY REMINDER: If you're prone to motion sickness, Clock Rotations may make you dizzy. In case of dizziness, cover your eyes with your hands and do the exercises with eyes open underneath. Or, you can close your eyes and breathe slowly and deeply until the dizziness goes away. Then open the eyes and do some more Clock Rotations. Continue this cycle, each time trying to extend the exercise by a few seconds. In this way, you will quickly work your way through the problem and be able to do Clock Rotations without any discomfort. Also, occasionally people see flashes of light when they move their eyes to an extreme position of gaze too fast. If this happens, simply move your eyes more slowly.

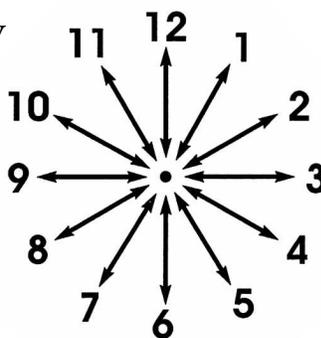
What you do. Alternately stretch your eye muscles to the hour positions of a large, imaginary clock and then return the eyes to the center of the clock.

Benefits. Clock Rotations improve control of the extraocular muscles and increase their range of motion.

How to do it:

Step 1. Imagine you are in front of a giant clock, looking at its center.

Step 2. Move your eyes as far as they will go in the 9 o'clock direction. Try to do this by moving only your eyes. Holding your chin in place will help you keep your head and shoulders motionless. Do this without creating tension in your neck muscles. Rather, you want



to do this exercise with free and easy eye movements only.

Step 3. Stretch your eye muscles for a couple of seconds, as though you are trying to see your left ear.

Step 4. Return to the center of the clock.

Step 5. Next, move your eyes as far as they will go in the 10 o'clock direction; stretch for a couple of seconds; then return to the center of the clock.

Step 6. Repeat the exercise for each hour position on the clock face.

Advanced. Another excellent variation of Clock Rotations is to do opposite clock positions for some of the exercise period (for example, 9 to 3, 10 to 4, 11 to 5, etc.) and then reverse the direction and go around again (i.e., 3 to 9, 4 to 10, 5 to 11, etc.). It will require some mental focus, but this is part of helping you get greater control over the visual system.

Troubleshooting. Some people get headaches from Clock Rotations. If you feel a headache developing, immediately close your eyes, breathe slowly and deeply, and wait for it to go away. Then resume Clock Rotations. If the headache returns, close your eyes again and breathe slowly and deeply. Repeat the cycle, trying to extend your Clock Rotations by a few seconds each time. In this way, you can quickly work your way through the problem until you can do the exercise without discomfort.

NOTE:

Aim for slow, controlled movements, with a good stretch in each position. If a particular position (e.g., 9 o'clock, 10, 11) is difficult, gently work on it more until it is as easy as the other positions.

Eye Rolls



SAFETY REMINDER: If you're prone to motion sickness, Eye Rolls can make you dizzy. In case of dizziness, cover your eyes with your hands and do the exercises with your eyes open underneath. Or, you can close your eyes and breathe slowly and deeply until the dizziness goes away. Then open your eyes and do some more Eye Rolls. Continue this cycle, each time trying to extend the exercise by a few seconds. In this way, you will quickly work your way through the problem and be able to do Eye Rolls without any discomfort.

What you do. Slowly roll your eyes in a complete circle.

Benefits. Eye Rolls improve control of the extraocular muscles and increase their range of motion.

How to do it:

Step 1. Holding your head still, slowly roll your eyes in a complete circle a few times in one direction.

Step 2. Keep your eye muscles fully stretched at all times, aiming for slow, smooth rotations. It may help to imagine that your gaze is following a slowly moving object in a large circular pattern. For example, imagine that you are tracking the movement of a ferris wheel or a second hand on a large clock.

Step 3. Slowly roll your eyes in the other direction.

Step 4. Change direction every few rotations. You can also do partial circles.

Step 5. If you have difficulty at a particular position or portion of the circle, gently work on it until it is as smooth and easy as other portions of the circle.

Troubleshooting. Some people get headaches from Eye Rolls. If you feel a headache developing, immediately close your eyes, breathe slowly and deeply, and wait for it to go away. Then resume Eye Rolls. If the headache returns, close your eyes again and breathe slowly and deeply. Repeat the cycle, trying to extend your Eye Rolls by a few seconds each time. In this way, you can quickly work your way through the problem until you can do the exercise without discomfort.

Blinking

What you do. Look at a small detail on a blurred object while opening and shutting the eyes.

Benefits. The three Blinking techniques reduce visual stress and stimulate the normal function of your eyelids. The eyelids clean and lubricate the surface of the eye and secrete nutrients that help keep the cornea healthy.

How to do it:

Fast Blinking.



SAFETY REMINDER: Don't do Fast Blinking if you suffer from epilepsy.

Step 1. Look at a slightly blurred object. If you're near-sighted, look at a far object. If you're farsighted or presbyopic, look at a near object.

Step 2. Take a deep breath and focus on the smallest detail you can see on the blurred object.

Step 3. As you exhale, open and close your eyes as quickly as possible while you slowly blow out all the air from your lungs. This should be done without focusing on any object.

Step 4. As you inhale, again look at the smallest detail you can see on the blurred object.

Step 5. Continue to fast blink in time to your breathing: exhale/fast blink... inhale/detail... exhale/fast blink... inhale/detail...

Slow Blinking.

Step 1. Look at a slightly blurred object. If you're near-sighted, look at a far object. If you're farsighted or presbyopic, look at a near object.

Step 2. Take a deep breath and look at the smallest detail you can see on the blurred object.

Step 3. Close your eyes, and as you exhale, relax, and slowly blow out all the air from your lungs, while repeating the word "relax" mentally or out loud.

Step 4. As you inhale, look at the smallest detail you can see on the blurred object.

Step 5. Continue to slow blink in time to your breathing: inhale/detail... exhale/eyes closed... inhale/detail...

Squeeze Blinking.

Step 1. Look at something slightly blurred. If you're near-sighted, look at a far object. If you're farsighted or presbyopic, look at a near object.

Step 2. Close your eyes and "hug" your eyeballs with your upper and lower lids, isolating the eye muscles, and hold to a count of three. Make sure you don't scrunch up the forehead muscles or the muscles around the eyes.

Step 3. Open your eyes wide and look at the smallest detail you can see on the blurred object; then do a few normal blinks.

Step 4. Continue the sequence: squeeze shut... open/see detail... squeeze shut... open/see detail... squeeze shut... open/see detail...

Blur Zoning

What you do. Look with a calm, steady gaze at edges and details of objects in your “blur zone,” the area of your vision where things become fuzzy and unclear.

Benefits. The two variations of Blur Zoning, Edging and Centering, sharpen your vision by improving your ability to see small details.

How to do it:

Find an interesting object with plenty of small details and put it at a distance where it’s slightly blurred. A plant is good for this exercise.

Edging.

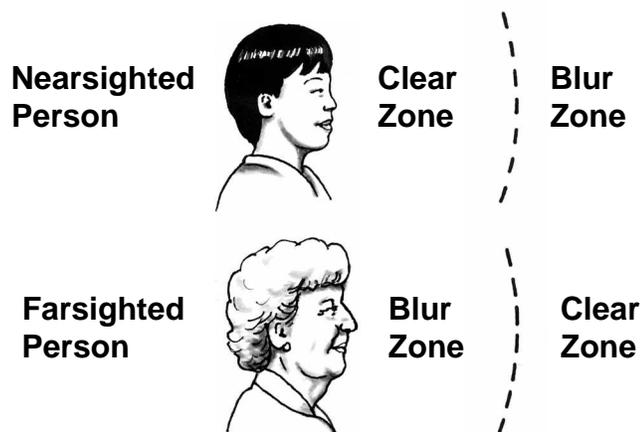
Step 1. With a calm, steady gaze, slowly move your eyes and carefully follow the edges of a blurred flower or leaf, studying its main outlines.

Step 2. Repeat the procedure with other blurred flowers or leaves.

Step 3. Blink from time to time so your eyes don’t become dry, and experiment with Fast Blinking (page 17) and Squeeze Blinking (page 18) as you follow the edges.

NOTE:

Some people don’t have a “clear zone” (an area where their vision is clear), i.e., people with moderate to high astigmatism or some presbyopic people with moderate to high farsightedness. If you fall in this category, you should consider the clear zone to be the area of your vision that is least blurred.



Centering.

Step 1. Look at the smallest detail you can see, such as a tiny vein or pore on a plant.

Step 2. With a calm steady gaze, slowly run your eyes around its edge and try to see its exact shape.

Step 3. Next, try to see smaller and smaller details within the detail you are looking at. Continue examining smaller details until they are too small to see.

Step 4. As with edging, above, blink from time to time so your eyes don't become dry, and experiment with Fast Blinking (page 17) and Squeeze Blinking (page 18) as you follow the edges.

Nose Fusion

What you do. Slowly inhale and cross your eyes by looking at the tip of your nose. Then exhale and look at a far object.

Benefits. Nose Fusion can improve control of the extraocular muscles and help your eyes work together as a team.

How to do it:

Step 1. Breathe slowly and deeply.

Step 2. As you inhale, cross your eyes by looking at the tip of your nose. The goal is to see both sides of your nose at the same time.

Step 3. As you exhale, look at the smallest detail you can see on a distant object and slowly blow all the air out of your lungs.

Step 4. Continue to cross and uncross your eyes in time to your breathing: inhale/cross... exhale/uncross... inhale/cross...

NOTE:

If you can't do this exercise, do Tromboning (page 11) instead and try to keep a single image as close to your nose as possible. Within a few days, you should be able to see both sides of your nose at the same time.

Fusion Chart

What you do. Hold the Fusion Chart at arm's length and cross your eyes. Then slowly uncross them so that the faces fuse together to form a central face with a fainter face on either side.

Benefits. The Fusion Chart can help your eyes work together as a team and improve your depth perception.

NOTE:

If you are unable to get the faces to fuse together, don't worry. This is an exercise that many people initially are not able to do perfectly. If you have difficulty, do the exercise as best you can. Over time it will become easier as you gain greater control over your eyes. **Try Method 2 on the next page.** Another option if you're having difficulty is to substitute Tromboning (p. 11).

How to do it:

Method 1.

Step 1. Hold the Fusion Chart* at arm's length and look at the top row of faces.

Step 2. Cross your eyes by looking at the tip of your nose.

Step 3. Very slowly uncross them. The faces should fuse together to form a central face with a fainter face on either side.

Step 4. Stabilize the central face by slowly running your gaze around the sharp points of the nose and eyebrows.

Step 5. When the central face is completely stable, try fusing the other two rows of faces. This will require that you focus on a point progressively closer to your nose.

Step 6. When you can do this easily, jump from one row of fused faces to another. Then slowly move the chart toward you with the faces fused, until the central face breaks into two.

* There are two different sized Fusion Charts in the back of this manual. You should experiment with the charts and find out which size works best for you. As a rule, if you are nearsighted, you should use the larger chart. If you are farsighted or presbyopic, you should use the smaller chart. The important thing is that the chart should be slightly blurred. For example, if you are nearsighted and your blur zone starts at 18 inches, you should probably use the small chart. If your blur zone starts at 40 inches, you should probably use the large chart.

Method 2.

(Try this if you can't do Method 1. Once you're comfortable doing Method 2, try to do Method 1 again.)

Step 1. Hold the Fusion Chart at arm's length and look at the top row of faces.

Step 2. Hold a pencil halfway between your eyes and the chart, and focus your gaze on the pencil.

Step 3. When you look at the pencil, the faces should fuse together in the background. Then remove the pencil.

Step 4. Stabilize the central face by slowly running your gaze around the sharp points of the nose and eyebrows.

Step 5. When the central face is completely stable, try fusing the other two rows of faces. You can do this by again holding the pencil between your eyes and the chart. Focus your gaze on the pencil, then slowly move it closer to your nose until the faces on another row fuse together in the background.

Step 6. Remove the pencil and stabilize the central face by slowly running your gaze around the sharp points of the nose and eyebrows.

Fusion Pumping

What you do. Hold the Fusion Chart at arm's length and fuse the faces together. Then slowly change focus, back and forth between the fused central face and the smallest detail you can see on a far object.

Benefits. Fusion pumping can increase your focusing power and help your eyes work together as a team.

NOTE:

If you have difficulty with this technique or with the Fusion Chart, don't worry. These are exercises that many people initially are not able to do perfectly. If you have difficulty, do the exercises as best you can. Over time they will become easier as you will gain greater control over your eyes. Another option if you can't do them is to substitute Tromboning (p. 11).

How to do it:

Step 1. First master the Fusion Chart (page 22).

Step 2. Fuse the top row of faces on the chart.

Step 3. When the fused central face is stable, look away from the chart at the smallest detail you can see on a far object.

Step 4. Look back at the chart again and fuse the faces again.

Step 5. Continue to slowly change focus back and forth between the fused central face and the smallest detail you can see on the far object: fused central face... far object ... fused central face... far object... fused central face... far object...

Step 6. When you've mastered this, gradually bring the Fusion Chart closer and closer to your eyes until you are no longer able to fuse the faces.

Step 7. Repeat the entire process using the other rows of faces.

Advanced. Once you have fused the faces, begin to slowly move your head up and down, as if nodding your head "yes," and see if you can maintain the fused faces. Then

try maintaining the fused faces as you slowly turn your head left and right, and then in a circular pattern. These movements will help you get even more relaxation and freedom of movement in all directions into the activity. Be sure not to tilt your head or the faces will split up. Also, don't turn too far left and right or your nose will block one of the images.

Blur Reading

What you do. Hold a magazine upside down at a distance where it is very blurred, and slowly run your gaze around the words and the letters.

Benefits. Blur Reading can help your eyes work together as a team.

NOTE:

You turn the magazine upside down so that instead of guessing words from blurred shapes, you pay attention to the details of the letter shapes.

How to do it:

Step 1. Place a magazine upside down at a distance where it is extremely blurred. If you're nearsighted, put it as far away as possible. If you're farsighted or presbyopic, hold it about three inches from your eyes, almost touching the tip of your nose.

Step 2. Look at any word, and slowly run your gaze around it. Make sure your eyes are converging so you see a single image.

Step 3. If you can see any letters, slowly run your gaze around them, following their exact outline.

Step 4. Repeat the procedure with other words.

Scanning Chart

What you do. Put the Scanning Chart where it is slightly blurred and follow the line from A to B, jumping from dot to dot in time to the music.

Benefits. The Scanning Chart can improve your eye movements and help your eyes work together as a team.

How to do it:

Step 1. Place the Scanning Chart* just into your blur zone, so that it is slightly blurred.

Step 2. Starting at “A” rhythmically jump from dot to dot in time to the music on the Exercise Video (Session 1 or 2). Look at each dot for about a second; aim for perfect rhythm.

Step 3. Each time you do this exercise, rotate the chart’s position and vary your starting point (“A” or “B”) so you don’t memorize the pattern.

Step 4. Put the Scanning Chart deep into your blur zone so that it’s extremely blurred, as with Blur Reading (page 26).

* There are three different sized Scanning Charts in the back of this manual. Experiment with the charts and find out which size works best for you. As a rule, if you are nearsighted, use the larger charts. If you are farsighted or presbyopic, use the smaller charts. The important thing is that the chart should be slightly blurred. For example, if you are nearsighted and your blur zone starts at 18 inches, you should probably use the small or medium chart. If your blur zone starts at 40 inches, you should probably use the large chart.

Word Chart

What you do. Put the Word Chart where it is slightly blurred and run your calm steady gaze along the smallest line you can read. Then try to read the line above it.

Benefits. The Word Chart can increase your ability to see small details.

How to do it:

Step 1. Place the Word Chart* just into your blur zone, so that it is slightly blurred.

Step 2. Find the smallest line you can read and then go to the line above it, which is made up of even smaller words.

Step 3. Run your calm, steady gaze back and forth along this line.

Step 4. Next, carefully study the outline of one of the words on the line.

Step 5. Breathe deeply, and blink from time to time to keep your eyes moist. Don't hurry, squint, or stare.

Step 6. When you can read some of the words on this line, go one line higher on the chart, where the words are smaller.

Step 7. Continue this process (steps 3 thru 6), one line at a time, moving up the chart. If the entire chart clears up, move it deeper into your blur zone.

* There are three different sized Word Charts in the back of this manual. Experiment with the charts and find out which size works best for you. As a rule, if you are nearsighted, use the larger charts. If you are farsighted or presbyopic, use the smaller charts. The important thing is that the chart should be slightly blurred. For example, if you are nearsighted and your blur zone starts at 18 inches, you should probably use the small or medium chart. If your blur zone starts at 40 inches, you should probably use the large chart.

Acupressure

What it is. Four different techniques in which you massage acupressure points in the eye region.

Benefits. Acupressure can reduce visual stress and eye strain, and it can also stimulate the flow of nutrients to the entire eye region.

Acupressure: Variation A

 **SAFETY REMINDER:** Don't perform this technique with long or sharp fingernails. If you have long or sharp fingernails, use your knuckles to apply pressure. Be careful not to touch the eyeballs.

How to do it:

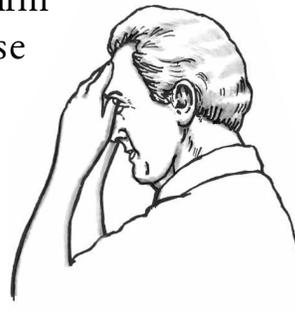
Step 1. Notice the two acupressure points above the eyes marked with dots in the illustration below.

Step 2. Take off your glasses.



Step 3. Locate the points on your face. For most people, these are the small bony knobs just inside the eye sockets, below the eyebrows.

When you apply firm pressure to these points, you'll experience a tender "nervy" feeling. The goal is to massage them so they become slightly sore without actually hurting.



Step 4. Press firmly for a second, then release for a second.

Step 5. Continue to alternate pressing and releasing: press... release...press... release... press... release...

Acupressure: Variation B

 **SAFETY REMINDER:** Don't perform this technique with long or sharp fingernails. If you have long or sharp fingernails, use your knuckles to apply pressure.

How to do it:



Step 1. Notice the acupressure points marked with dots in the illustration below. The goal is to massage them so that they become slightly sore without actually hurting.

Step 2. Take off your glasses.

Step 3. Close your eyes, and put your thumb and index finger on the points.

Step 4. Squeeze and release the points: squeeze... release... squeeze... release... squeeze... release...



Acupressure: Variation C



SAFETY REMINDER: Don't perform this technique with long or sharp fingernails. If you have long or sharp fingernails, use your knuckles to apply pressure.

How to do it:

Step 1. Notice the acupressure points marked with dots in the illustration below.

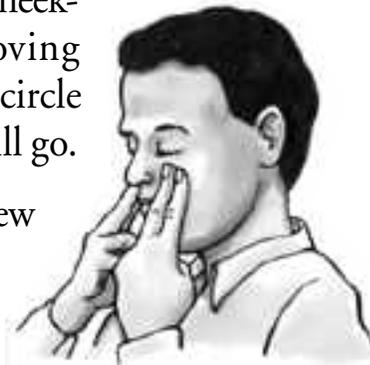


Step 2. Take off your glasses.

Step 3. Close your eyes, and place two or three fingers on the points.

Step 4. Firmly massage the crest of your cheekbones by moving the skin in a circle as far as it will go.

Step 5. Change direction every few seconds.



Acupressure: Variation D

How to do it:

Step 1. Examine the illustration below.

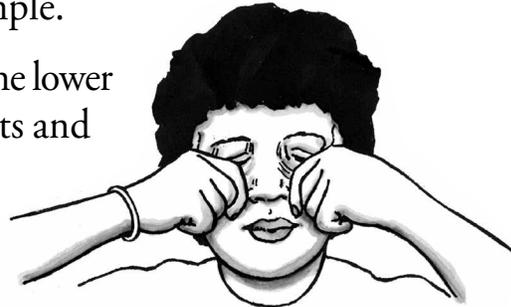
Step 2. Take off your glasses.

Step 3. Close your eyes, and place your thumbs in the hollows of your temples, as shown in the second drawing below.



Step 4. Firmly stroke the upper rims of your eye sockets with the flat part of your index fingers between the first and second joints. The movement is from nose to temple.

Step 5. Now move to the lower rims of your eye sockets and apply the same firm stroking, in the same direction.



Step 6. Continue, alternating stroking between upper and lower rims of the eye sockets: upper...lower...upper...lower...upper...lower...

NOTE:

You may find it helpful to use skin cream or vitamin E cream to avoid stretching the delicate skin of this area.

Acupressure: Combined Massage



SAFETY REMINDER: Don't perform any of the acupressure techniques with long or sharp fingernails. If you have long or sharp fingernails, use your knuckles to apply pressure. Be careful not to touch the eyeballs.

How to do it:

Step 1. Once you've mastered all four variations, combine them into a thorough massage of the entire eye region.

Step 2. Do a few seconds of Variation A, then a few seconds of Variation B, then a few seconds of Variation C, then a few seconds of Variation D.

Step 3. Massage the entire rim of the eye sockets and surrounding area.

Step 4. You can increase the stimulation by rapidly tapping the acupressure points with the tips of your fingers, instead of massaging them.

Step 5. Try doing the acupressure variations for longer periods of time for a more intense effect.

Light Therapy

What you do. Sit with your eyes closed, about six inches away from a 150-watt light.

Benefits. Light therapy can relax your eyes and stimulate the flow of nutrients to the entire eye region.

How to do it:

Step 1. Place a 150-watt light bulb in an unshaded lamp. (A 100-watt bulb is not strong enough.)

Step 2. Take off your glasses.

Step 3. Sit about six inches away from the lamp with your eyes closed and relaxed. The light should make your eyes feel pleasantly warm but not too hot. If you're especially sensitive to light, sit farther away and reduce the distance to six inches as it becomes more comfortable. Within a few days your eyes should be desensitized.

Step 4. Gently move your head slightly from side to side, so that each eye receives an equal amount of light.



Step 5. Breathe slowly and deeply and imagine your eyes becoming stronger and healthier.

Palming

What you do. Close your eyes and cover them with your hands so that no light gets in.

Benefits. Palming can reduce visual stress and eyestrain.

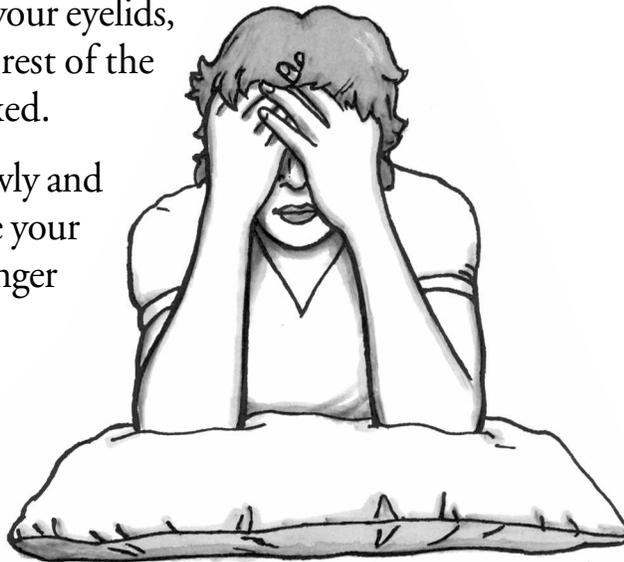
How to do it:

Step 1. Take off your glasses.

Step 2. Close your eyes and cover them with cupped hands so that no light gets in. Rest the heels of your palms on your cheekbones and cross your hands on your forehead, as shown in the illustration. Don't press on your eyes.

Step 3. Make sure your eyelids, eyebrows, and the rest of the eye region are relaxed.

Step 4. Breathe slowly and deeply and imagine your eyes becoming stronger and healthier.



Hydrotherapy



SAFETY REMINDER: Never do hydrotherapy with water hot enough to scald your skin.

What you do. Dip a washcloth in the hot water and hold it against your closed eyes for thirty seconds. Then dip a washcloth in the cold water and hold it against your closed eyes for another thirty seconds.

Benefits. Hydrotherapy can relax the eyes and stimulate the flow of nutrients to the entire eye region.

NOTE:

You can also use a hot water bottle filled with hot water and an athletic ice pack that has been in the freezer. Cover both the hot water bottle and the ice pack in a soft cloth towel before placing them against your closed eyes.

How to do it:

Step 1. Get two clean washcloths, a dry towel, a bowl of hot water, and a bowl of cold water. Instead of bowls, you can also use side-by-side sinks. The hot water should be as hot as is comfortable, but not so hot that it scalds your eyelids. The cold water should be ice cold, just out of the refrigerator or by adding ice cubes to a bowl of cold tap water.

Step 2. Take off your glasses.

Step 3. Dip a washcloth in the hot water and hold it against your closed eyes for about 30 seconds.

Step 4. Next, dip the other washcloth in the cold water and hold it against your closed eyes for 30 seconds.

Step 5. Continue the process, alternating between the hot and cold washcloths while visualizing positive changes taking place in your eyes.

Step 6. Finish by massaging your closed eyes with a dry towel.



Sequence of Exercises in Each Session

The See Clearly Method includes four different half-hour exercise sessions. To do a session, you can choose from one of four formats – video, audio, CD ROM, or written instructions. Choose the format that is easiest for you. We recommend that you use one of the formats in which the exercises are demonstrated visually (video or CD ROM) until you are familiar with how to do them.

The sequence of exercises in each session starts on the next page. When you have mastered the techniques by watching them on the videos or CD ROM, you can do a session just by referring to this section. You can also use this as a reference when you are doing a video exercise session and you want to be able to look up the written instructions for a particular exercise.

EXERCISE SESSION 1

EXERCISE	TIME	PAGE
Hydrotherapy	3 min.	36
Clock Rotations	2 min.	13
Eye Rolls	1 min.	15
Pumping	3 min.	9
Squeeze Blinking	1 min.	18
Slow Blinking	1 min.	18
Fast Blinking	1 min.	17
Acupressure A	1 min.	29
Acupressure B	1 min.	30
Scanning Chart	2 min.	27
Acupressure C	1 min.	31
Acupressure D	1 min.	32
Clock Rotations	2 min.	13
Eye Rolls	1 min.	15
Pumping	3 min.	9
Light Therapy	3 min.	34
Palming	3 min.	35

EXERCISE SESSION 2

EXERCISE	TIME	PAGE
Tromboning	3 min.	11
Nose Fusion	1 min.	21
Fusion Chart	2 min.	22
Fusion Pumping	2 min.	24
Word Chart	2 min.	28
Blur Reading	1 min.	26
Scanning Chart	2 min.	27
Blur Zoning	1 min.	19
Word Chart	2 min.	28
Tromboning	3 min.	11
Nose Fusion	1 min.	21
Fusion Chart	2 min.	22
Fusion Pumping	2 min.	24
Light Therapy	3 min.	34
Palming	3 min.	35

EXERCISE SESSION 3

EXERCISE	TIME	PAGE
Squeeze Blinking	1 min.	18
Slow Blinking	1 min.	18
Fast Blinking	1 min.	17
Clock Rotations	2 min.	13
Fusion Pumping	2 min.	24
Light Therapy	3 min.	34
Palming	3 min.	35
Word Chart	2 min.	28
Squeeze Blinking	1 min.	18
Slow Blinking	1 min.	18
Fast Blinking	1 min.	17
Clock Rotations	2 min.	13
Fusion Pumping	2 min.	24
Light Therapy	3 min.	34
Palming	3 min.	35
Word Chart	2 min.	28

EXERCISE SESSION 4

EXERCISE	TIME	PAGE
Pumping	3 min.....	9
Clock Rotations	2 min.	13
Tromboning	3 min.	11
Eye Rolls	1 min.	15
Pumping	3 min.....	9
Squeeze Blinking	1 min.	18
Slow Blinking	1 min.	18
Fast Blinking	1 min.	17
Pumping	3 min.....	9
Clock Rotations	2 min.	13
Tromboning	3 min.	11
Eye Rolls	1 min.	15
Pumping	3 min.....	9
Hydrotherapy	3 min.	36

What You'll Do Each Day

In this section, you will determine how you can fit the See Clearly Method into your daily routine. The program was designed to be adaptable to a busy lifestyle. Do as much as you have time for, but do something every day. The key is consistency.

There are two components to the See Clearly Method recommended daily routine:

1. Exercise sessions
2. New Visual Habits (See page 45)

1. Exercise Sessions

Ideal Exercise Session Schedule

The ideal schedule with the See Clearly Method is to do one half-hour exercise session a day until you achieve your desired results.

As noted previously, there are 4 different half-hour exercise sessions in the See Clearly Method. They come in four convenient formats—video, audio, CD ROM, and written instructions—so you can follow along in the way that is easiest for you. If you prefer doing the exercises directly from this manual, just go to pages 38-41 for a list of the exercises in each session.

We recommend doing Exercise Session 1 for the 1st week, Exercise Session 2 for the 2nd week, Exercise Session 3 for the 3rd week, and Exercise Session 4 for the 4th week. For week-by-week recommendations, including what to do for the 5th week and beyond, see the “Weekly Progress Reports,” which start on page 17 of the Daily Progress Journal.

Other Options if You're Pressed for Time

Typically, people get the best results by doing the Ideal Exercise Session Schedule. But if you're too busy to do a daily half-hour exercise session, it's still possible for you to get good results by simply doing what you can in the time you have available. Here are four different options:

Four Options:

1. Do half a session once a day (15 minutes)
2. Do half a session twice a day (15 minutes each)
3. Do the following 10-minute exercise sequence once or twice a day:

Exercise	Time
Clock rotations, page 13	2 min.
Eye rolls, page 15	1 min.
Pumping, page 9	2 min.
Squeeze blinking, page 18	1 min.
Combined Acupressure, page 33	2 min.
Palming, page 35	2 min.

4. Select one exercise from each of the following 4 categories:

Focusing Exercises	Time
Pumping, page 9	2-3 min.
Tromboning, page 11	2-3 min.
Blur Zoning, page 19	1 min.
Blur Reading, page 26	1 min.
Word Chart, page 28	2 min.

Range of Motion Exercises	Time
Clock Rotations, page 13	2 min.
Eye Rolls, page 15	1 min.

Relaxation Techniques	Time
Acupressure, page 29	1 min.
Palming, page 35	2-3 min.
Light Therapy, page 34	2-3 min.
Hydrotherapy, page 36	2-3 min.
Blinking, page 17	1 min.
Eye Teaming Exercises	Time
Tromboning, page 11	2-3 min.
Nose Fusion, page 21	1 min.
Fusion Chart, page 22	2 min.
Fusion Pumping, page 24	2 min.
Scanning Chart, page 27	2 min.

Determine Your Exercise Schedule

If you need help determining which of the sessions above will best fit into your schedule, take a minute to fill out this short form:

Do you have time to do a half-hour session every day?

YES

NO

If yes, select a time to do your session _____

If no, which of the 4 options on page 43 can you fit into your day? (circle one)

1

2

3

4

Now that you have determined your daily exercise schedule, the next component of the See Clearly Method program you need to understand is “New Visual Habits.”

2. New Visual Habits

What we call “New Visual Habits” are simply the See Clearly Method exercises integrated into your normal activities. By developing New Visual Habits, exercising your eyes will become automatic and you won’t have to think about it. Learn the exercises well enough that you can do them at times during the day when you have a free moment – waiting in line at the bank or grocery store, taking a break at work, talking on the phone, during TV commercials, etc. In this way, you can improve your vision in only minutes a day, without taking any extra time out of your day, and you’ll develop the New Visual Habits that are the key to better vision.

Because poor visual habits are often a contributing factor in the onset of poor vision, it is important to develop good visual habits and use them each day. Poor visual habits include:

- Staring at a computer screen or reading hour after hour without stopping.
- Leaving your glasses or contact lenses on all the time, even at times when you don’t need them to see.
- Not using your eyes’ full range of motion.
- Neglecting your eyes and not bothering to exercise them or take care of them properly.

By practicing your New Visual Habits, you’ll start breaking the bad visual habits above and replacing them with new, healthy habits.

Recommended New Visual Habits Schedule

Practice one or more of the See Clearly Method exercises for 20 seconds to 3 minutes periodically throughout the day, especially to break up fixed-focus (e.g., staring at a computer) and close-up work.

Also, minimize your use of glasses and contacts as much as possible throughout the day, when it is safe to do so (see “Using Glasses and Contacts With the See Clearly Method,” page 60 for instructions).



SAFETY REMINDER: Of course, don't do the exercises or go without your glasses or contacts while engaging in any potentially dangerous activity or any other activity that requires clear vision, such as driving, cooking, using power tools, going downstairs, crossing the road, and so on.

Doing your New Visual Habits on a daily basis—until they become truly habitual—is essential for achieving better vision.

Determine When You Can Practice New Visual Habits

If you need help determining when to practice your new visual habits, simply run through this list and check each off the activities during which you could practice your New Visual Habits:

- Watching TV
- Reading
- Studying
- Computer
- Meetings
- Waiting for an appointment
- Talking on telephone
- Traveling, e.g, in airport
- Taking a walk
- Other

Consistency Pays

This Manual and the other learning materials included in your See Clearly Method program provide the tools you need to achieve your goals of better eyesight and improved visual health. But the ingredient that makes the system work is YOU. Keep at it! Practice your New Visual Habits and do your Daily Exercises. Remember that the See Clearly Method has been designed for busy people like you. Many of the exercises and techniques can be integrated into daily activities such as working, standing in line, talking on the phone, using a computer, or during commercial breaks while watching television. In this way, you can effortlessly do the techniques whenever you have a free moment.

You may notice that you eventually reach a leveling off of your progress with the See Clearly Method. This is a sign that you have accomplished and stabilized a certain amount of improvement. At this point, renewing your efforts to do the program can bring you to an even higher level of accomplishment. So keep at it. If you are persistent, you may be able to repeat this cycle of improvement several times. You can't expect to achieve good visual health overnight. As with a healthy diet, good dental hygiene, and exercise, the See Clearly Method works best if you do it regularly.

This program shows you how to improve your visual health and helps you make it a simple habit. But it's up to you to keep the habits in place and allow them to do the work that will get you the results you are seeking. Know your goal, believe in your ability to achieve it, and continue to do the simple things that guarantee success. Stick to the fundamentals of the See Clearly Method and you and your family will experience the full benefits of healthier eyes and better vision for many years to come.

Frequently Asked Questions: Part 1

See Clearly Method Exercises

Q. What should I do if I have a question about how to do a specific exercise?

A. As you start learning the exercises, if you have a question about how to do a specific exercise, read the instructions in this manual (pages 9-36) for that exercise, then see how the exercise is done on the Overview Video or on one of the Exercise Videos. Go to pages 37-41 for a list of all the exercises on each video. All the exercises should be performed easily and gently, without straining. If you experience sudden pain, headache, or discomfort doing any exercise, you are not doing the exercise correctly and should immediately stop. Read the instructions again and pay particular attention to any Safety Reminders, Notes, or Troubleshooting sections. If you're still not sure you are doing an exercise correctly, you can email your questions to questions@seeclearlymethod.com, or call 877-232-3598 (toll-free in US/Canada).

Q. Should I wear my glasses or contacts when doing the exercises?

A. You will get the maximum benefit if you do the exercises without your “corrective” lenses on. However, if you feel uncomfortable without your glasses or contacts on, it's better to do the exercises wearing them than to not do the exercises at all.



SAFETY REMINDER: *Do not remove glasses or contacts or do eye exercises while driving a motor vehicle, using power tools, going up or down stairs, or engaging in any other potentially dangerous activity or any other activity that requires clear eyesight.*

Q. Can children do the See Clearly Method?

A. Yes. It's an excellent idea to tackle visual problems when they first appear. Good visual health is critical for all activities, including learning in school and athletics, so we all want to be doing everything we can to help our children maintain their visual health. We also want to help them reduce and possibly eliminate the onset of vision problems.

Helping kids develop good visual habits at an early age is easy. It's just like teaching them to brush their teeth, or having them participate in exercise programs to help build their growing bodies. In the same way, the See Clearly Method program is your opportunity to help your children maintain good visual health, and potentially set the stage for a lifetime free from vision problems. In our opinion, most children can benefit greatly from doing the See Clearly Method.

We recommend that parents and children do the program together for a few minutes a day. You might want to do partial exercise sessions since children typically can't pay attention for as long as adults.

Q. Can any of the exercises be harmful?

A. To the best of our knowledge, no injuries or other problems have ever occurred when the exercises are done as directed. However, like any other form of physical exercise, it's important not to overdo it. If your eyes become unpleasantly sore or you experience any pain in your eyes when doing the exercises, you must immediately stop and do the relaxation techniques. Also, we have put in Safety Reminders for several activities (including Hydrotherapy, Acupressure, Clock Rotations, Eye Rolls, and wearing an eye patch) where doing the activities incorrectly could be harmful. If you have a serious eye disease, such as

cataract, macular or retinal degeneration, or glaucoma, you should check with your optometrist or ophthalmologist before doing the See Clearly Method to make sure there are no risks.



SAFETY REMINDER: *Do not remove glasses or contacts or do eye exercises while driving a motor vehicle, using power tools, going up or down stairs, or engaging in any other potentially dangerous activity or any other activity that requires clear eyesight.*

Q. I'm having difficulty doing the Fusion Chart technique. What should I do?

A. If you are unable to get the faces to fuse together, don't worry. This is an exercise that many people initially are not able to do perfectly. If you have difficulty, do the exercise as best you can. Over time it will become easier as you gain greater control over your eyes. If you can't do the technique as it is demonstrated on the videos, try Method 2, which is explained on page 23. Another option if you're having difficulty is to substitute Tromboning (p. 11).

Q. Many exercises ask me to look at an object in my "blur zone," but for me everything looks blurry. What should I do?

A. The "blur zone" is the area of your vision where things become fuzzy and unclear. For some people, e.g., people with moderate to high astigmatism or people with presbyopia and farsightedness, everything is blurry. If you fall in this category, you should use the area of your vision that is least blurred.

Q. What should I do if I don't like doing a particular exercise?

A. As you do the See Clearly Method exercises you may find there are some exercises you like more or benefit from more than others. If there is an exercise you don't like doing, it's okay to skip it or substitute it with an exercise you do like. However, difficulty with an exercise can be a sign that the exercise is working on an aspect of your vision that is weak, so you may want to keep practicing it.

Q. What are the effects of the exercise sequences in the Exercise Sessions? Why are they more effective than just doing the exercises in some other sequence or randomly?

A. The exercises deal with the control of different muscle groups. The sequences optimize the amount of exercise each muscle group receives, so the muscles get a good workout without becoming strained. That's why we include relaxation techniques like Palming and Acupressure between more vigorous exercises.

Q. Why doesn't the average eye doctor use these techniques?

A. The average eye doctor has only been trained to prescribe "corrective" lenses, drugs, or surgery, and has little or no experience with natural methods of vision improvement. Most are unaware of the extensive body of professional literature on the subject. In fact, more than 1,500 articles and research papers have been published supporting the principles and techniques used in the See Clearly Method. You can get a copy of this listing ("Bibliography of Near Lenses and Vision Training Research") from the Optometric Extension Program Foundation for \$25. Call them at 949-250-8070.

Q. How many minutes do I do each exercise?

A. The recommended length of time for practicing each technique is given on pages 9 through 36, as well as on each Exercise Video. When practicing the exercises throughout the day (i.e., your New Visual Habits), do them for as long as time allows. For increased progress after you've mastered the exercises and have established a routine, we recommend doing some of them (Pumping, Fusion Pumping and Tromboning) for a longer period of time. This allows you to take advantage of the "Potentiation Effect" (See page 22 of the Daily Progress Journal).

Your Exercise Schedule

Q. I don't have time to do a 30-minute exercise every day. What should I do? Will I still get results?

A. Do as much as you can. You can break up an exercise session into two 15-minute segments, starting one day and finishing the next. (See pages 43-44 for other flexible time options.)

The most important thing is to make a firm commitment to do a definite amount of exercise every day on a regular basis. Starting immediately, you should integrate the exercises into your normal activities, so that exercising your eyes becomes totally automatic and you don't have to think about it. Do them as much as possible when working, waiting, standing in line, using the phone, during TV commercials, and so on. Use free moments during the day to exercise your eyes.

Many people find that combining their New Visual Habits with other regular exercises such as walking, aerobics, or weight training is an effective way to build them into a normal routine.

Q. How long do I have to continue doing the exercises?

A. We recommend doing your exercises using the Exercise Videos for a month or two, or until you achieve your goals, and then either continue doing them or rely on your New Visual Habits to maintain results and continue improving.

Q. Once I achieve my vision improvement goals, do I have to keep doing a 30-minute session every day to maintain the progress? If not, what do I need to do to maintain the improvement?

A. Do whatever amount of exercise is necessary to maintain the results. A couple of exercise sessions per week is okay for most people. Some people can maintain the improvement just by practicing their New Visual Habits (see p. 45). If you start losing your improvement, do more exercises and determine from your own experience what amount of exercise is necessary.

Q. Do I do a different exercise session every day, or the same session for a whole week?

A. We recommend doing Exercise Session 1 for the 1st week, Exercise Session 2 for the 2nd week, Exercise Session 3 for the 3rd week, and Exercise Session 4 for the 4th week. For week-by-week recommendations, including what to do for the 5th week and beyond, see the “Weekly Progress Reports,” which start on page 18 of the Daily Progress Journal.

Q. If I miss a day, do I stay on the same session for seven days, or should I go on to the next session after a week?

A. We recommend not going on to the next exercise session until you’ve done a session a minimum of 5 times.

Goal Setting, Expected Results, and Tracking Progress

Q. What can I reasonably expect in terms of results?

A. The level and rate of visual improvement with the See Clearly Method depends on a variety of factors, including the severity of your condition; your diligence in regularly doing the exercise sessions, New Visual Habits, and other components of the program; and your lifestyle (including state of health, stress level and diet). See “Setting Your Goals,” page 7 of the Daily Progress Journal, for more information.

Individual results will vary, but some people see significant results within the first month if they follow the See Clearly Method as directed. Others notice improvement within the first week, and still others within a few days. The important thing is to get started immediately and build up as much momentum as possible as quickly as possible.

Q. Once I achieved my goal, I found it difficult to keep doing the program. What should I do?

A. If possible, we recommend setting additional goals. If you have no other vision improvement goals you'd like to achieve, then maintain your New Visual Habits. If you start losing your vision improvement, start doing the Exercise Sessions again.

Q. My vision improvement seems to have leveled off. What should I do?

A. Leveling off, or “plateauing,” of results is normal. If you want more improvement, maintain your current exercise routine and patiently wait for more improvement to occur. If you are satisfied with the amount of im-

provement, practice the New Visual Habits and do as many Exercise Sessions as you have time for.

Q. How do you recommend tracking one's vision improvement progress?

A. Most people find they are more motivated and get better results when they track their progress and see measurable improvement. See “Tracking Your Progress,” page 13 of the Daily Progress Journal for instructions.