

Bates Method of *Visual Rehabilitation*

Here is the description of a method to get rid of your eye glasses.

1st an abstract of the book "Planet Medicine" by Richard Grossinger PhD in anthropology.

The 2nd paper has been found on internet, written by Thomas R. Quackenbush who has been an instrument in having this method known. Here he is answering many questions about the validity and the effectiveness of this technique

Dr Grossinger, in his book, does not describe the mobilisation exercises which will help relaxing the extrinsic muscles of the eyeballs. The coordination of these muscles is responsible for the adaptation of the shape of the eyeballs giving a perfect focus of the image on the retina.

Here is the description of the basic exercises :

1- Look alternatively and slowly to the right, to the left, up and down. Then move the eyes in a circular pattern which activate the superior and inferior oblique muscles. Then close your eyes and visualize relaxation of these muscles. You may repeat 4 or 5 times, SLOWLY.

2- Look alternatively at

a- a near object, normal reading distance of a book, then

b- a little nearer at 4 – 5 cm in front of your nose and finally

c- to the distance, through a window on the horizon.

Next the other exercises as described in the last paragraphs of « Planet Medicine » in pages 12 and 13. .

- 1- "**palming**" (the palms of your hands covering both eyes kept open in the darkness during 3 -4 minutes; very relaxing for tired eyes.),
- 2- "**sunning**" (look at the sun, eyelids closed, during one minute preferably during the first 1 or 2 hours after sunrise or before sunset.
- 3- "**blinking**" and
- 4- « **swinging**".

You must find time to practice every day.

When I discovered this method I was in a boarding school, full time student, and I had plenty of time to practice those techniques of visual rehabilitation. Thanks to the practice of this method I could have the restriction of wearing glasses on my driver's licence removed. I was 18; I had my permit since one year, at seventeen.

Wish you good success.

Jean Guy