



# The Natural Vision Improvement Kit

*Meir Schneider*

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## **The Natural Vision Improvement Kit** Meir Schneider

You have the power to improve your eyesight naturally. Building on techniques pioneered by ophthalmologist William Bates, Meir Schneider created an effective approach for self-healing and used it to reverse his own blindness. With *The Natural Vision Improvement Kit*, Schneider teaches his innovative methods for exercising your eyes back to health. Use these proven techniques to see your world with less strain, greater acuity, and a more spacious visual field. Learn more about the principles of natural eyesight improvement; dozens of exercises to increase your visual acuity and ocular health; Tibetan yoga practices to refresh your eyes and mind; on-the-spot techniques to ease reading, driving, and computer eyestrain; how eyesight influences your overall well-being, and more.

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