



Vision Goals and Expectations.

We all have some idea of why we gain weight - at Christmas it's fairly predictable - most people gain 5-10 pounds! But do you have an idea why you might experience a degree of visual blur at any given time?

Rather than a physical 'training program' that aims for perfect visual acuity at all times, the Natural Vision Improvement Process is much like a diet program, We encourage our clients to make their realistic acuity goal a *healthy range of 20/50 or better*.

Review of the Creation of Blur:

- **A degree of unexpected or prolonged stress** that is difficult for the individual to emotionally integrate or understand.
- **Diffusing one's mental, emotional and visual energy!** I.e.) doing too much resulting in feelings of time constraint, anxiety, restlessness, impatience and anger.
- **Forgetting to put oneself first; self-neglect.** Avoiding having fun – whatever that may be – golfing, wood-work, diving, bird-watching, dancing, gardening singing, painting or other methods of centering oneself.
- **Being out of synchronicity with nature, with natural rhythms and rest.** The nervous system needs a rhythm. The retina is part of the central nervous system and there is a 'Retinal Refractive Rhythm'. We have systematically in our culture blurred the distinction between work and rest, between work and home life.
- **Having unrealistic and harsh expectations for clear 20/20 vision or better at all times.** This expectation is akin to black and white or perfectionist thinking.

- **Light Deficiency.** Our eyes are light receptors, without enough good or natural light, the eyes functioning (as well as the bodies) becomes sluggish and slow.
- **Poor Diet.** There are many nutrients known specifically to support the healthy eye.
- **Dehydration.** Lack of hydration causes build up that causes visual issues such as dry eyes and floaters.

Maintaining a healthy range of visual acuity.

Be mindful of how the effects of the following allow you to breath into and gently honour your eyes natural functioning.

- ✓ **Simplify your life on all levels!**
- ✓ **Read the book – The Surprising Purpose of Anger by Marshall Rosenberg**
- ✓ **Create time to yourself** – a Sabbath or Sabbatical, where you remember what makes you feel alive, what replenishes and nourishes you energetically.
- ✓ **Become comfortable with a small degree of blur...** THINK HEALTHY, FUNCTIONING RANGE OF VISION. 20/50 or better. Don't Panic. just like you wouldn't run out and get liposuction after a Christmas Binge. Look at yourself, what's happened in the last 6-12 months?
- ✓ **GO outside – expose yourself to sun 1-3 hours a day.** If you live in a Northern climate, invest in a good therapeutic lamp, which emits a blue wavelength for daytime use for reading computer or 'sunning' purposes at a range of 5000-10,000 lux.
- ✓ **Drink 8-10 glasses of spring or alkaline water a day** (coffee is not water!) Avoid distilled or reverse osmosis water.
- ✓ **Review your diet; review the vision diet and alkaline forming sheets.** Try some new food combinations depending on your visual condition considering supplementing with lutein, bilberry, or eyebright or visual combinations of nutrients specific to your condition.