



Acupressure Massage for Visual Acuity

By Deborah Banker, MD

When there is a malfunction or disease in the eyes, Oriental medicine often points to the liver and kidneys. As a medical doctor, I have found this many times to be true.

On the face alone, there are 18 acupressure points surrounding each eye and cheek area. In addition to hundreds of other points in the system, each of these facial acupressure points affects the flow of electricity, or life force, and circulation to the eye. Any point, when over- or under-stimulated, can dramatically affect one's vision or ability to focus.

There are six muscles around the eye and one muscle inside the eye. Often these muscles can be too tight or loose, resulting in problems with one's visual acuity.

Remember:

- To tighten muscles, shake.
- To loosen a point, press and release.

In Farsightedness, (*10) PRESS & RELAX THESE POINTS

Oftentimes, the rectus muscles could be too tight. One of the best ways to test this out is by pressing **point 10**. This will influence all of the rectus muscles. Press the Point and Release. It is important to breathe in when applying pressure, and to exhale when releasing it. Make sure you do this slowly! If done too rapidly, it could have the opposite effect.

In Farsightedness, (*3, * 7 & *15) SHAKE THESE POINTS

Finally, one more muscle that may contribute to a visual problem is the **ciliary muscle**, the circular muscle inside the eye. This helps one focus on objects that are close. It must be tightened or shaken (access this at **point 3** on the chart).

To tighten the Oblique muscles in farsightedness, the points *7 & 15 must be shaken gently. Don't shake the whole head

For Myopia: (*3, 7 & *15) PRESS & RELEASE THESE POINTS.

To loosen this muscle in nearsightedness, slowly press the acupressure point with your thumb for one second, then release it. It is recommended that you do this for two minutes. It is important to breathe in when applying pressure, and to exhale when releasing it. Make sure you do this slowly! If done too rapidly, it could have the opposite effect.

The superior oblique muscle is one of the first muscles that applies pressure to the eye and causes its shape to change. Thus, it often results in one's need for glasses (see **point 7** on the accompanying chart). This is a place from which the superior oblique muscle can be manipulated, causing the muscle to tighten or loosen. When the muscle is too tight, it presses on the eye, which makes the eye too long; thus, it becomes nearsighted or myopic.

*The second muscle that may be too tight in nearsighted people is the **inferior oblique**.* Its origin is at **point 15** (see chart), at the side of the nose on the inferior orbital bone. For nearsightedness, start with point 15, press, and release.

For Myopia, (*10) SHAKE THIS POINT

The rectus muscles are too loose, or inactive, so to activate the movement of these muscles, shake this point.

Dr. Deborah Banker is an internationally known radio personality, lecturer and advocate of wholistic medicine. She received her medical degree from the University of North Dakota at Grand Forks, with additional training at the University of Minnesota and Trinity College Medical Center in Dublin, Ireland. She received specialized training in Ophthalmology at the University of Rochester, New York and the University of California. She also studied under a surgical research fellowship at the Doheny Eye Institute and the University of California at Irvine, and has taken several classes at Emperor's College of Oriental Medicine, including acupuncture, herbology and the philosophy of oriental medicine.

Dr. Banker currently maintains a practice as an ophthalmologist and general practitioner in Malibu, California, with a special interest in electromagnetic therapy. Called a "modern Galileo" by the National Health Federation, Dr. Banker has worked for 20 years developing breakthroughs in regenerative medicine and anti-aging programs for the eyes, skin and body, using a noninvasive approach that combines Western orthoptics with ancient Oriental and wholistic medicine.



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