



Restoring Your Eyesight: A Taoist Approach

Doug Marsh

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A holistic guide to improving one's vision both physically and spiritually

- Explains how blurred vision is a reflection of other imbalances in the body, mind, and spirit
- Offers natural methods for improvement of poor eyesight and stress-related difficulties, including dyslexia and ADHD
- Combines the core values of the Bates method of natural vision improvement and Taoism

Fewer than three percent of children in North America are born with visual defects, yet as they become adults nearly two thirds will become reliant on prescription lenses to see clearly. Virtually nonexistent in pre-industrialized cultures, this epidemic of blurred vision can be traced to mental, physical, and spiritual imbalances in modern society. The traditional "quick fixes" of eyeglasses and contact lenses only serve to cover the true cause of blurred vision while increasing eye-strain, and often progressively worsen eyesight as the eyes become trained to work within the confines of the corrective lenses. The advent of refractive surgery carries even more serious risks.

In *Restoring Your Eyesight*, Doug Marsh offers a natural alternative that shows readers how to improve their eyesight by taking conscious control of their vision health. He combines proven methods pioneered a century ago by eye doctor William Bates with the ancient Chinese wisdom of Taoism. Marsh describes how vision goes deeper than the eyes and optic nerves, extending well into the layers of the mind, emotions, and spirit. Eyesight difficulties are often connected to behavioral and stress-related syndromes, such as dyslexia, ADHD, stuttering, TMJ, and anxiety disorders. He draws upon the core values of the Bates method and Taoism--rhythm, softness, return, balance, and wholeness--to provide guidelines for a holistic healing of outer and inner vision.

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