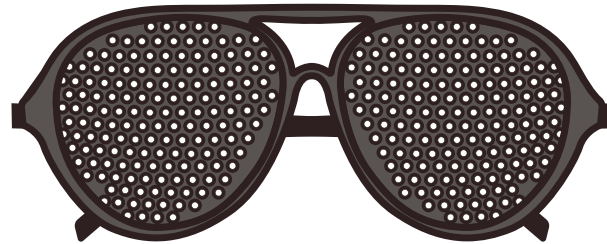


The Pinhole Method™

For Natural Eyesight Regeneration



Simple Exercises For Using the Pin Pros™ Glasses
by Body Tools, LLC

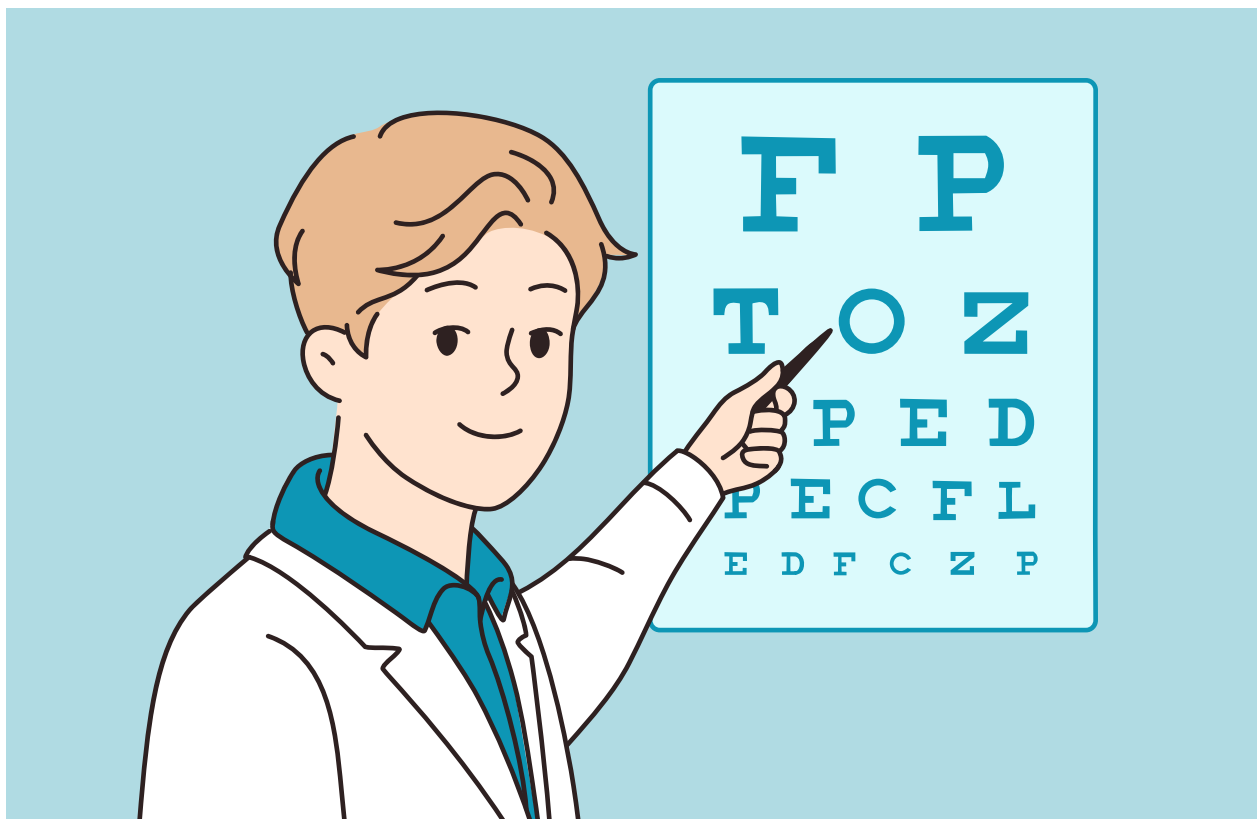
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Thank you for choosing the **Pinhole Method™ Eyesight Training System**. It's been said that our eyes are the windows to the outside world. Through them we enjoy the many beauties and colors of life. By taking good care of them, we can maintain our quality of life and continue to see the world with all its grandeur. We hope that this booklet, along with the **Pin Pros™** Glasses by Body Tools, LLC, will help you to maintain your good eyesight for many years to come.

The eye muscles are the most active muscles in the human body (101 Amazing Eye Facts, 2018). Just like we exercise muscles throughout our body, we can also exercise our eyes. One of the easiest ways to do this is by using our pinhole glasses. These glasses can aid in strengthening your eyes, contributing to better vision and eye health.



The History of Eye Training

Methods for training vision aren't a recent discovery. Let's travel back in time to see how they've been applied in diverse ways throughout history.

During the start of the 1900s, the American eye doctor **William H. Bates** identified three primary causes of poor eyesight: stress, poor vision habits, and using glasses. He developed the Bates Method to reeducate vision by relaxing both the eyes and mind. Contrary to common belief, the Bates Method challenges the notion that vision problems are inherently genetic or age-related, showcasing that eyesight can significantly improve through conscious choices and habit adjustments (About the Bates Method, 2021). The Bates Method included techniques like eye palming to alleviate vision issues by relaxing eye muscles and relieving tension. By allowing the eyes to rest from light stimulation, palming became a crucial element in his approach, demonstrating its potential to improve vision. Dr. Bates observed impressive results, including a case where a man's vision significantly improved after extensive palming, reducing the need for glasses, and even improving cataract symptoms (Marsh, 2021). To learn how to do eye palming, turn to page six.

Paul of Aegina, a notable Greek physician of the 7th century, identified and proposed treatments for eye conditions like crossed eyes in infants, introducing a method using facial masks with eye holes and lamps to align vision, establishing early correction for eye deviations, and earning recognition as the pioneer of orthoptics (Tsoucalas & Sgantzos, 2016).

The Pinhole Method™ Glasses

Try on your new **Pin Pros™** Glasses. What is the first thing you see? You might observe that blurry objects become clearer without the use of magnification or corrective lenses.

Dr. Janet Goodrich, author of *Natural Vision Improvement*, confirmed this observation. She stated, "The clarity given by the pinholes is due to the fact that the blur circle on the retina is reduced" (Goodrich, 1985, p. 43). These two illustrations present the changes observed when pinhole glasses are positioned in front of an eye gazing at a distant object.

Whether you are near-sighted or far-sighted, you can benefit from the Pinhole Method™ vision training program.

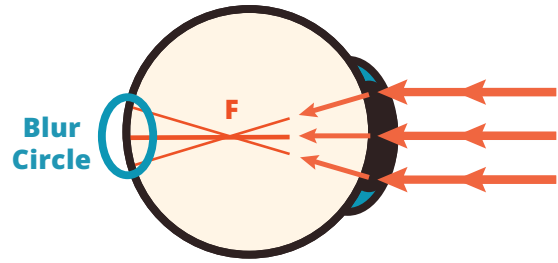


Illustration 1:

Light that arrives parallel into this eye converges to a focal point within the eye (F), resulting in a sizable blur circle on the retina.

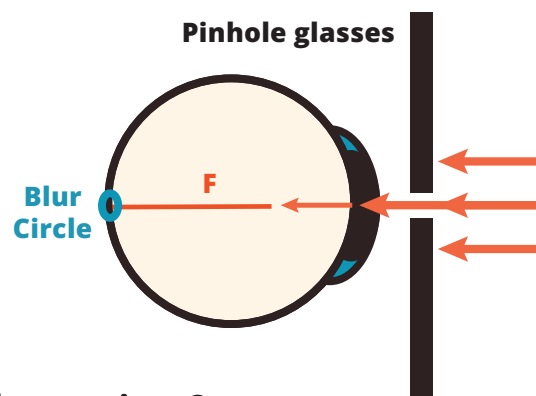


Illustration 2:

When pinhole glasses are worn, a significantly narrower parallel beam of light enters through the aperture. This increased funneling at the focal point (F), leads to a dramatically reduced blur circle on the retina.

Training Your Vision

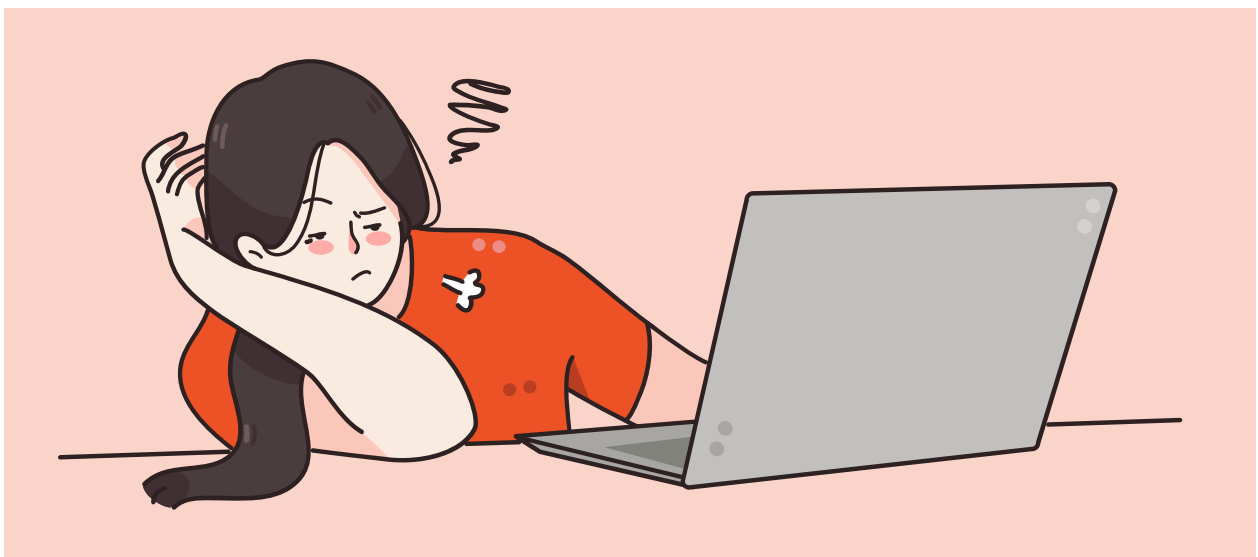
Vision involves numerous functions beyond mere sight, encompassing abilities such as:

- **Saccades** - rapid movement of the eyes between different fixed points.
- **Convergence** - the eyes' inward movement for looking at near objects.

Enhancing these functions through practice constitutes the basis of vision training.

Minimizing Stress

Stress and tension, prevalent in today's fast-paced society, can significantly impact vision, especially for those engaged in extensive reading or computer work. It's crucial to prioritize stress reduction through relaxation and exercise to alleviate the strain accumulated in our eyes.



Using Your Pin Pros™ Glasses

For optimal benefits, wear your **Pin Pros™** Glasses for 15 minutes or more daily. Extended use enhances the results. These glasses can be worn for both distant and close-up activities, such as watching TV or reading, while also reducing glare from sunlight, snow, water, and screens.

Always wear **Pin Pros™** Glasses directly over your eyes, not with contact lenses or glasses. As your eyes adapt, the hole pattern on the glasses will eventually become less noticeable.

Important Note: Do not use Your Pin Pros™ Glasses while driving or operating any vehicle.

How to Adjust Your Pin Pros™ Glasses

If the fit isn't right, briefly soak the glasses in warm water (no more than 12 minutes) to soften the plastic frames. Afterward, remove them from the water and gently adjust the nose arch until they fit comfortably. Once cooled, they'll hold their adjusted shape.

Eye Training Exercises

Complement your Pin Pros™ Glasses with a short daily eye exercise routine to naturally enhance your eye focusing ability. These exercises promote eye relaxation and fitness. Wearing your Pin Pros™ Glasses during the following exercises is not required but recommended.

Exercise 1. Eye Palming

Palming not only relaxes the eyes but may also alleviate tension in other parts of the body, offering potential benefits beyond visual improvement. Practicing palming for a few minutes daily has shown to bring clearer vision and reduce symptoms like headaches and dry eyes for many individuals (Marsh, 2021).



Start by closing your eyes and cupping your hands over them. Gently place the heel of your palms on your cheekbones and your fingers on your forehead. Make sure you maintain a relaxed posture with no tension. While taking slow, deep breaths, conjure up a beautifully calming scene in your mind—such as a serene beach or your favorite peaceful vacation spot—focusing on vividly picturing every detail. Palming serves to alleviate eye strain and stress accumulation.

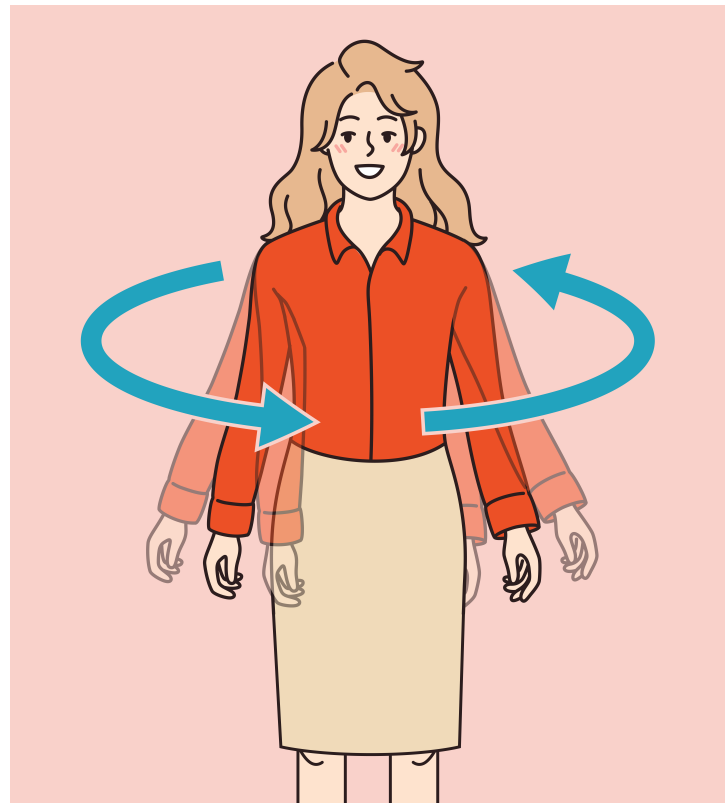
Tip: Do not apply any pressure to your eyes. Pressing your eyes will cause more harm to your vision.

Exercise 3. Body Swaying

Swaying the body gently from one side to the other induces relaxation throughout and might promote *clear flashes**. This motion aids in easing tension primarily in your neck, back, and shoulders.

Position yourself with your feet at shoulder width apart. Begin a gentle swinging motion from side to side, keeping your arms relaxed. While swaying, slightly raise each heel without lifting the entire foot off the ground. Let your gaze wander without fixating on any specific point. Remember to breathe slowly and deeply, while embracing the release of stress and tension throughout your body.

*Clear flashes:
Phenomenon recorded by Dr. Bates where the eyes have flashes of clear vision.

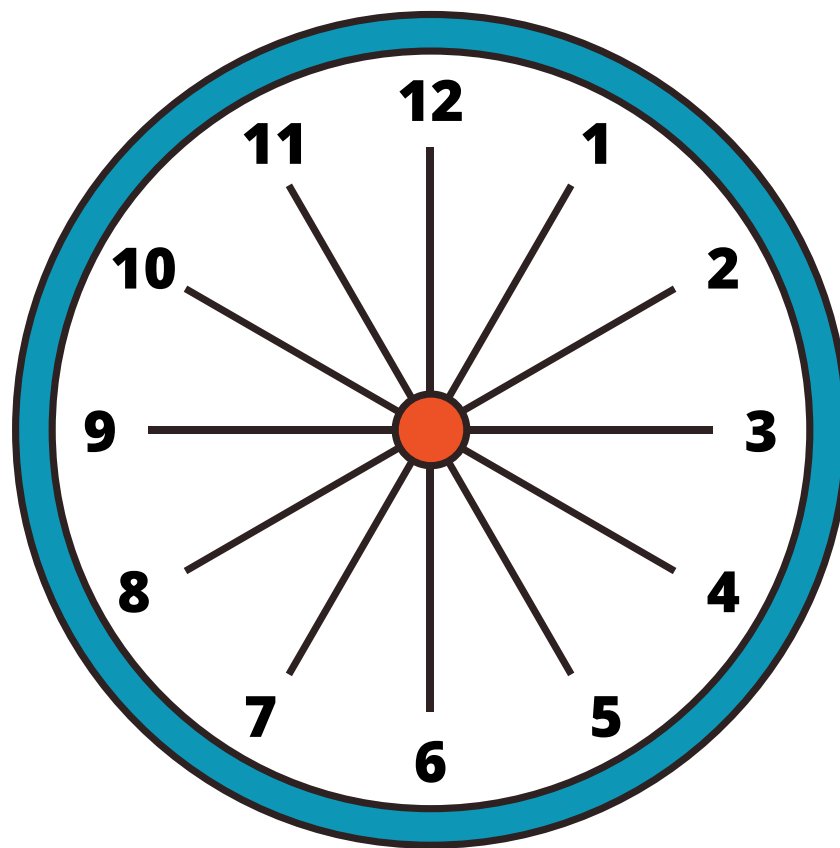


Tip: Pretend your arms are loose strings along your sides. Keep your muscles relaxed and avoid any tension in your shoulders and arms.

Exercise 4. Clockwise Eye Movement

This technique effectively strengthens and conditions the muscles encircling the eyeball.

Position the chart at eye level and sit or stand at a distance where the chart appears slightly blurred. Focus on the central dot and envision facing a large clock. Direct your gaze to the 12 o'clock position and return to the center, then shift to 1 o'clock and back to the center. Complete the circular motion, concluding back at the 12 o'clock location.



Tip: Ensure your head and shoulders remain stationary. Move your eyes only, nothing else.

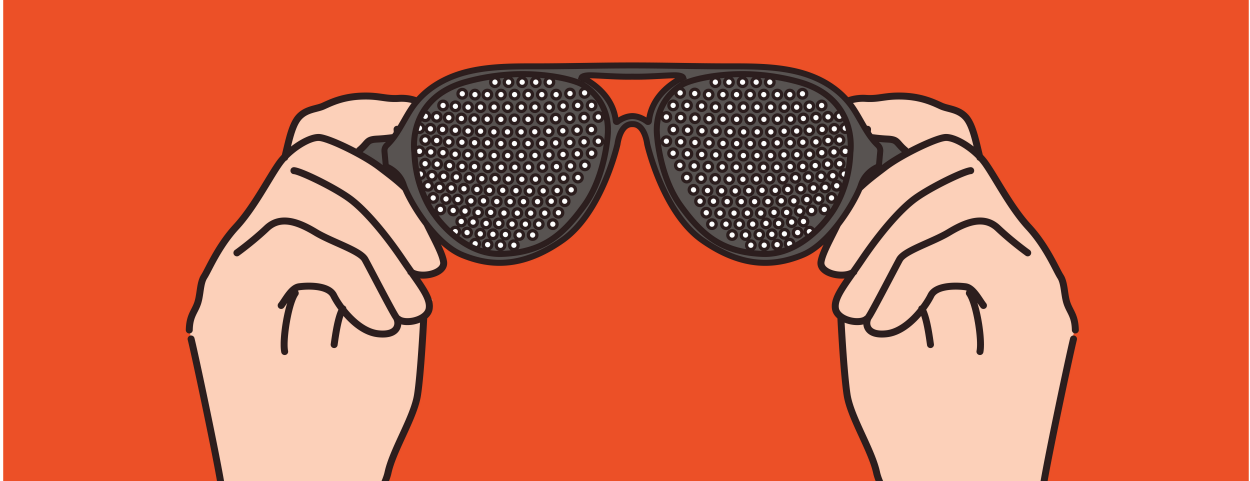
Exercise 5. Clarity Close-Ups

This activity aids in enhancing your capacity to concentrate and bring your focus together (convergence) when observing nearby objects, proving particularly beneficial for individuals experiencing challenges with reading or tasks involving close-up work.

Take a pencil with markings on its side. Hold the pencil at arm's length. While breathing slowly and deeply, gradually bring the pencil closer to you as you inhale. Notice the sensation in your eyes as they converge on the pencil. As the markings start to blur or fragment, initiate your exhale, and slowly move the pencil to the starting position at arm's length. Aim to maintain clear focus on the markings throughout and endeavor to bring the pencil as close to you as possible.



Tip: The object used does not necessarily need to be a pencil. Try it with pens, lip balm tubes, business cards, or any other small object with tiny text.



Congratulations!

You've initiated your journey into building stronger healthier eyes. Begin gradually with your exercise routine and maintain regularity. Patience and persistence are key!

Prior to beginning, set aside a few moments to figure out your goals. "Not having enough time" is a common way to neglect your eye training routine. It's crucial to carve out time to adhere to your regimen. Remember, **only 15 minutes a day** can help you see results.

Disclaimer: Outcomes derived from the Pinhole Method™ eyesight training program may differ among individuals. The information in this booklet is for informational purposes only and should not be relied upon as medical advice. This information has not been designed to replace a doctor's assessment and/or medical judgment. The information presented in this booklet is not intended to diagnose any health or medical problems. The Pinhole Method™ program is not meant to replace the services offered by an eye care professional.

References

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15 minutes a day can be the only thing between you and clearer vision.

Try on your new **Pin Pros™** Vision Training Glasses and observe how blurry objects become clearer without the use of magnification or corrective lenses. Eye training glasses have received positive feedback from numerous individuals.

Here are a few success stories from users:

John, 52: *"As I got older, my eyesight started to decline, and I became increasingly reliant on reading glasses. I decided to give eye training pinhole glasses a try, and I'm so glad I did. Not only have I reduced my dependence on reading glasses, but my overall vision has improved. It's amazing to be able to see clearly without constantly reaching for my glasses."*

Emily, 27: *"I've had astigmatism since I was a child, and it always bothered me. I started using eye training glasses a few months ago, and the difference has been incredible. My astigmatism has become less noticeable, and my eyes feel more relaxed and focused. I highly recommend eye training glasses to anyone with astigmatism."*

These testimonials demonstrate the beneficial impact eye training glasses can have on improving vision and enhancing overall eye health.

Contact Us
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