



## Restoring Your Eyesight: A Taoist Approach

By Doug Marsh

[Download now](#)

[Read Online](#) 

### Restoring Your Eyesight: A Taoist Approach By Doug Marsh

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.



[Download Restoring Your Eyesight: A Taoist Approach ...pdf](#)

 [Read Online Restoring Your Eyesight: A Taoist Approach ...pdf](#)

# Restoring Your Eyesight: A Taoist Approach

By Doug Marsh

## Restoring Your Eyesight: A Taoist Approach By Doug Marsh

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.

## Restoring Your Eyesight: A Taoist Approach By Doug Marsh Bibliography

- Sales Rank: #767654 in Books
- Published on: 2006-12-08
- Released on: 2006-12-08
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .60" w x 6.00" l, .72 pounds
- Binding: Paperback
- 240 pages



[Download Restoring Your Eyesight: A Taoist Approach ...pdf](#)



[Read Online Restoring Your Eyesight: A Taoist Approach ...pdf](#)

## **Download and Read Free Online Restoring Your Eyesight: A Taoist Approach By Doug Marsh**

---

### **Editorial Review**

### **Users Review**

#### **From reader reviews:**

##### **Katherine Levy:**

Why don't make it to be your habit? Right now, try to ready your time to do the important action, like looking for your favorite e-book and reading a book. Beside you can solve your condition; you can add your knowledge by the guide entitled Restoring Your Eyesight: A Taoist Approach. Try to the actual book Restoring Your Eyesight: A Taoist Approach as your good friend. It means that it can for being your friend when you truly feel alone and beside associated with course make you smarter than previously. Yeah, it is very fortuned for yourself. The book makes you much more confidence because you can know almost everything by the book. So , we should make new experience along with knowledge with this book.

##### **Katrina Roberts:**

Precisely why? Because this Restoring Your Eyesight: A Taoist Approach is an unordinary book that the inside of the book waiting for you to snap the idea but latter it will surprise you with the secret the item inside. Reading this book alongside it was fantastic author who else write the book in such amazing way makes the content on the inside easier to understand, entertaining means but still convey the meaning thoroughly. So , it is good for you for not hesitating having this any more or you going to regret it. This excellent book will give you a lot of rewards than the other book possess such as help improving your talent and your critical thinking way. So , still want to postpone having that book? If I ended up you I will go to the guide store hurriedly.

##### **Mark Wolf:**

Reading can called imagination hangout, why? Because if you are reading a book especially book entitled Restoring Your Eyesight: A Taoist Approach your head will drift away trough every dimension, wandering in every single aspect that maybe unidentified for but surely can become your mind friends. Imaging each and every word written in a guide then become one web form conclusion and explanation this maybe you never get previous to. The Restoring Your Eyesight: A Taoist Approach giving you one more experience more than blown away your brain but also giving you useful info for your better life with this era. So now let us show you the relaxing pattern here is your body and mind is going to be pleased when you are finished studying it, like winning a game. Do you want to try this extraordinary investing spare time activity?

##### **Carl Kile:**

What is your hobby? Have you heard which question when you got pupils? We believe that that issue was given by teacher with their students. Many kinds of hobby, Every individual has different hobby. And also

you know that little person just like reading or as reading become their hobby. You should know that reading is very important in addition to book as to be the matter. Book is important thing to include you knowledge, except your teacher or lecturer. You see good news or update in relation to something by book. Numerous books that can you go onto be your object. One of them is niagra Restoring Your Eyesight: A Taoist Approach.

**Download and Read Online Restoring Your Eyesight: A Taoist Approach By Doug Marsh #6YBS5VX2TAP**

# **Read Restoring Your Eyesight: A Taoist Approach By Doug Marsh for online ebook**

Restoring Your Eyesight: A Taoist Approach By Doug Marsh Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Restoring Your Eyesight: A Taoist Approach By Doug Marsh books to read online.

## **Online Restoring Your Eyesight: A Taoist Approach By Doug Marsh ebook PDF download**

**Restoring Your Eyesight: A Taoist Approach By Doug Marsh Doc**

**Restoring Your Eyesight: A Taoist Approach By Doug Marsh MobiPocket**

**Restoring Your Eyesight: A Taoist Approach By Doug Marsh EPub**