

The Truth about Eye Exercises

Clinical Reports and Studies
That Prove the **Effectiveness**
of Eye Exercises

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INTRODUCTION

The premise of natural vision improvement is essentially that your eyesight can be improved naturally, by doing eye exercises... no need to wear uncomfortable glasses or contacts, no need to undergo risky surgeries.

There is, however, quite a debate as to whether or not eye exercises are actually effective. If you do a search online, you'll find websites downright stating that eye exercises don't work, that it's just a scam, etc. But you'll also find websites which advocate that effectiveness of eye exercises.

Well we've done some extensive research online to see if there is any information, specifically genuine official medical studies and/or reports that point to the legitimacy of natural vision improvement. We were quite surprised of what we found... there have actually been several studies undertaken related to vision therapy, the results of which are published in recognized medical journals... AND the findings and conclusions of many of these studies indicate that eye exercises are effective.

In the following pages, we share with you a small portion of what we've come across... We have actually been able to gain access to some of the published reports on these studies. And for your ease of reference, we've made it so that you can download the actual reports... Simply by clicking on where it states "DOWNLOAD THIS REPORT HERE..."

CLINICAL REPORTS AND STUDIES

1	Medical Paper by Jeffrey Cooper M.S., O.D.
Title of Paper:	Summary of Research on the Efficacy of Vision Therapy for Specific Visual Dysfunctions
Author:	Jeffrey Cooper, M.S., O.D. Professor of Clinical Optometry State University of New York, State College of Optometry
Author's Concluding Remarks:	<i>"When considering vision therapy (orthoptics) as the treatment for any of the visual dysfunctions discussed in this article, optometric and ophthalmological research supports the efficacy of vision therapy. A large body of research is available to those seeking research-based proof."</i>
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2	Special Report by The American Optometric Association
Title of Paper:	The Efficacy of Optometric Vision Therapy a Special Report by the American Optometric Association
Authors:	The American Optometric Association
Authors' Concluding Remarks:	<i>"it is evident from the research presented that there is sufficient scientific support for the efficacy of vision therapy in modifying and improving oculomotor, accommodative, and binocular system disorders..."</i> Further, the report states <i>"The American Optometric Association reaffirms its long-standing position that vision therapy is an effective therapeutic modality in the treatment of many physiological and information processing dysfunctions of the vision system."</i>
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3	Report by Kenneth J. Ciuffreda, O.D., Ph.D.
Title of Paper:	The Scientific Basis for and Efficacy of Optometric Vision Therapy in Nonstrabismic Accommodative and Vergence Disorders
Author:	Kenneth J. Ciuffreda, O.D., Ph.D. State University of New York, State College of Optometry, Department of Vision Sciences
Author's Concluding Remarks:	<i>"The findings clearly support the validity of optometric vision therapy. Furthermore, the results are consistent with the tenets of general motor learning."</i>
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CLINICAL REPORTS AND STUDIES (Cont'd)

4	Special Report by Joseph N. Trachtman, O.D. & Vincent Giambalvo, Ph.D.
Title of Paper:	The Baltimore Myopia Study – 40 Years Later
Authors:	Joseph N. Trachtman, O.D. & Vincent Giambalvo, Ph.D.
Authors' Concluding Remarks:	<i>"Our conclusions are that there were statistically significant positive changes in visual acuity and that the ophthalmological opinion that the BMP (Baltimore Myopia Project) indicates a lack of support for the efficacy of myopia reduction vision training is unfounded."</i>
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5 Study by Dr. Irwin B. Suchoof & G. Timothy Petito

This study, which involved 96 patients, was conducted by Dr. Irwin B. Suchoof and G. Timothy Petito. The results were published in the **Journal of the American Optometric Association** and concluded *"Symptoms were totally eliminated in 53% of the patients, reduced in 43% and remained the same in only 4%. Therefore... an overall success rate of 96%... there is an impressive and increasing body of evidence attesting to the trainability of accommodated function"*.

6 Study by Dr. John S. Lui and Others

In a study conducted by Dr. John S. Lui and others around 1979, the findings reported *"Significant improvement in their (the patients) focus flexibility occurred and these changes correlated with marked reduction or elimination of symptoms"*.

This study done by Dr. John S. Lui was replicated by Bobier and Sivak in 1983 using recording instruments with a greater degrees of precision.

+ Additional Research

Now what we've present above is just a "drop in the bucket". We encourage you to do your own research on the effectiveness of eye exercises...

TIP - Download the reports above by clicking on "DOWNLOAD THE REPORT HERE..." At the end of each of report there is a list of references, which are simply other reports/studies that the author referred do during the preparation of the report. For example, the first report, by Jeffrey Cooper, makes reference to 61 other studies/reports... the second report by makes reference to 238! You can continue your own research by doing an online search for any of these references.

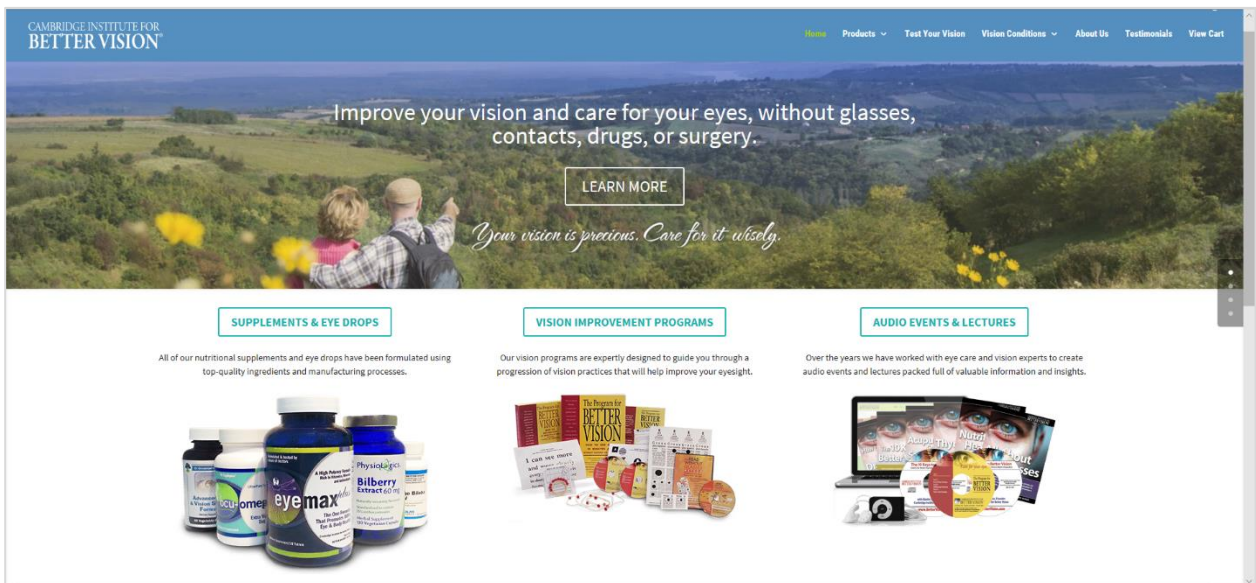
You can also visit the following websites:

1. <http://strongereyes.com/research.html>
2. <http://www.visiontherapy.org/vision-therapy/vision-therapy-studies.html>
3. <http://www.oepf.org/>

We hope that this report has opened your eyes (pun intended) to what's possible...

If you are interested in naturally regaining your vision, we highly recommend visiting The Cambridge Institute for Better Vision.

They are the most holistic advocate of natural vision improvement and provide several eye supplements, vision improvement programs and other related materials.



[Visit the Program for Better Vision Website for Information on Their Products, Testimonials, Case Studies and More...](#)