

AMERICA'S GUIDE TO A HEALTHY MIND, BODY, SPIRIT

# NEW LIFE

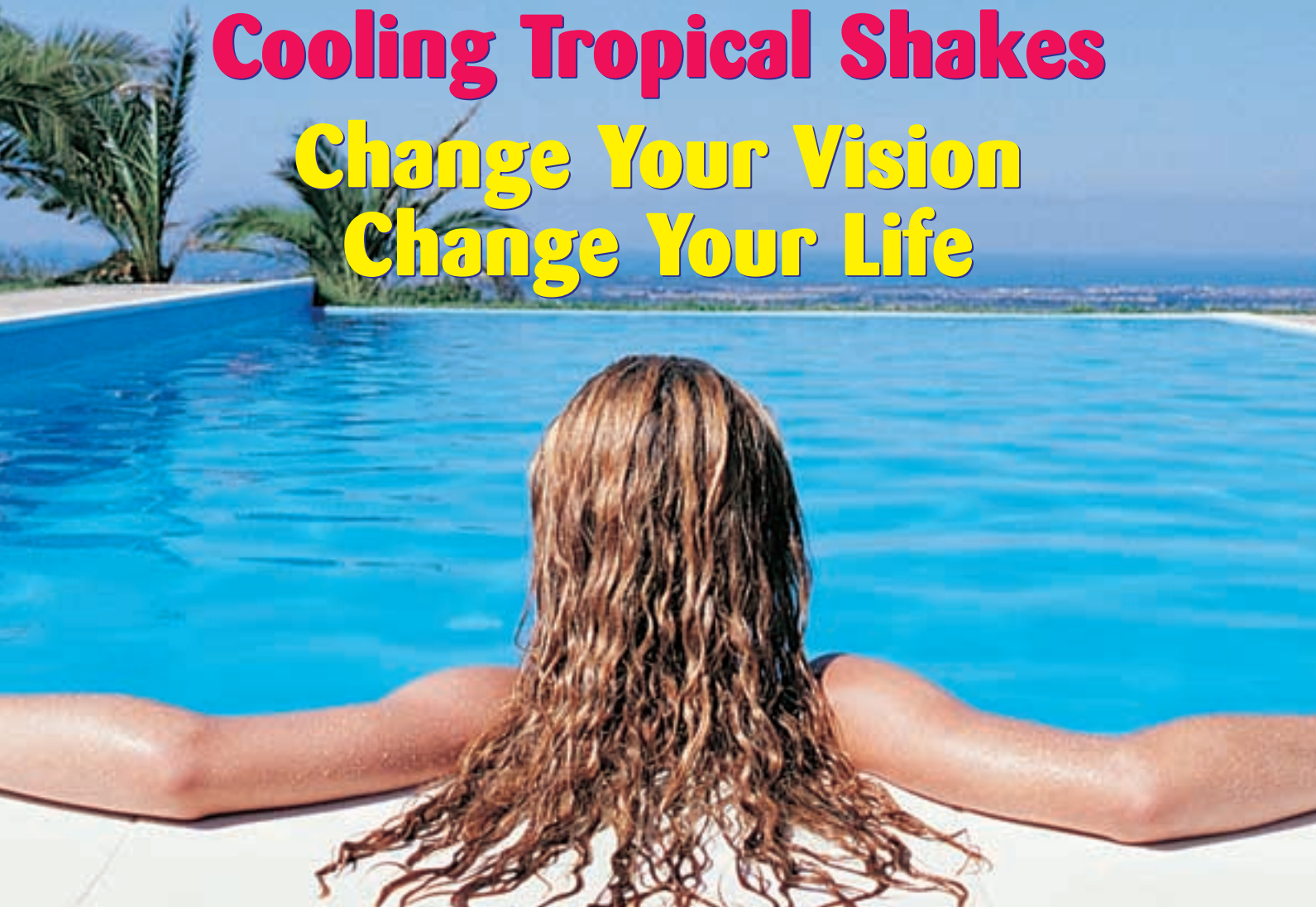
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JULY-AUGUST 2007

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**Change Your Vision**  
**Change Your Life**





# CHANGE YOUR VISION

# CHANGE YOUR LIFE

By Jacob Liberman, O.D., Ph.D.

**N**ext to life itself God's most precious gift is sight. Yet very few people really know what this means. Most people think vision is just eyesight. But vision is not what you see—it's what you do with what you see. Vision is your response to life.

You know someone is paying attention when they're looking at you. And to look at you, they need to aim their eyes. If they can't do that they can't pay attention, and if they can't pay attention, learning becomes difficult.

As the eyes aim they also focus, making things clear and understandable. That's why "I see," means I understand. Your eyes are also designed to continually move and work together. This provides you a three-dimensional view of reality and the ability to respond to life in real time.

Vision accounts for almost 90% of the information you take in during your lifetime. Thus, the ability of your eyes to aim, track, focus and work together as a team is reflected in everything you do.

I had better than 20/20 eyesight in my youth, but had difficulty paying attention and reading comfortably. I tried very hard, but still found it challenging in school and consequently thought I was stupid.

When I started college, the reading demand was so high that I became nearsighted and was given glasses. Although I could see better, the more I wore the glasses, the worse my vision became, and reading was still very difficult. It seemed like every six months I got stronger glasses, but still could not read for more than a few minutes at a time without falling asleep.

When I entered optometry school the reading demand increased even more, and my eyes worsened. At the end of my second year, I was struggling to keep a 2.0 average and was lucky that I was not asked to leave.

Upon entering my third year, I was instructed to go to the clinic and have a vision examination. The student that examined me said my eyes had gotten worse and that I needed a stronger prescription. He also pointed out that my eyes were not teaming well and recommended vision exercises. Unfortunately, I never did them.

One day, I was sitting in bed reading one of my assignments and as usual fell asleep. When I awoke, the first thing I saw was the vision-training instrument I had been given. Without a thought, I picked it up, did the exercises for just five minutes, and then proceeded to read for an hour at a level of comfort and comprehension I had never previously experienced.

I was so moved I started to cry. I did the exercises daily for two months and then made the Dean's List almost every quarter until I graduated. That experience affected me so profoundly that I decided to specialize in working with children suffering with the same types of vision problems I had all my life.

When I began practicing in 1973, I noticed that most of my patients were having the same experience I had. Many of them had difficulties in school and most of them ended up wearing glasses because their eyes were getting weaker from year to year.

In 1975, I started doing vision training on myself again, while

gradually reducing my prescription and trying to wear my glasses less. As my vision skills improved, I began seeing better. Within nine months, I was able to function well without my glasses. It has now been 31 years since I've worn glasses, and my eyes are still functioning at a high level. I'm 59, and still see well at both distance and near.

The difficulties I experienced as a child have provided me an opportunity to help others.

In 2001, I founded Exercise Your Eyes, Inc., and developed the EYEPOR Vision Training System. The EYEPOR is the only patented, clinically proven and FDA-cleared medical device available to the public that can enhance overall visual performance. Exercising the eyes for just ten minutes a day can improve everything from visual attention, reading efficiency, and comprehension to how well you play baseball, tennis or golf.

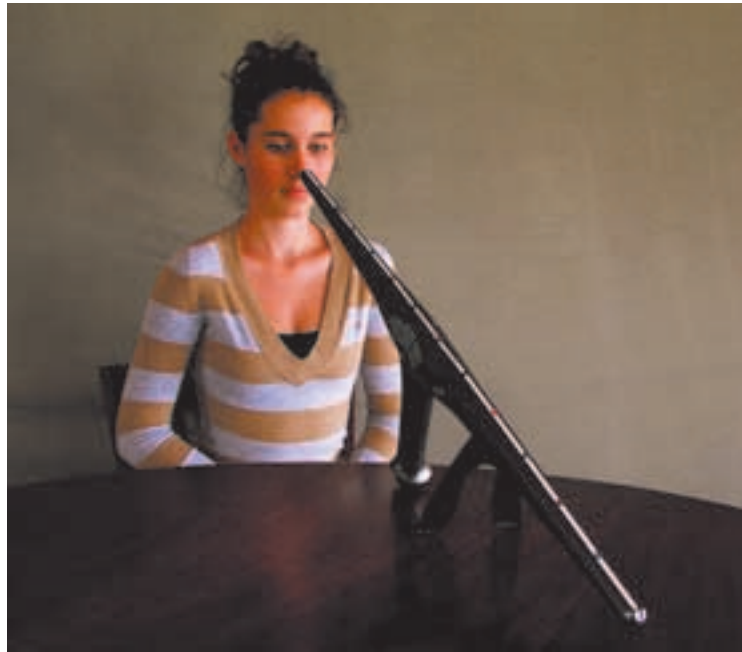
Two-thirds of the US and world's population wears glasses. A

large number of children have vision problems interfering with their ability to learn. All athletes know the importance of keeping their "eye on the ball." Yet, most people have no

idea that the eyes—like the body—can be trained.

Everyone knows that exercise increases speed, strength, flexibility, endurance, and performance. But very few people know that exercising your eyes might be the most important exercise you'll ever do. You see, the eyes guide every move you make. So when you train your eyes, you're directly training the brain to respond faster, more accurately and more efficiently.

Exercising your eyes can expand your awareness, improve your performance and optimize the way you see and respond to life. By changing your vision, you can change your life.



The Eyeport Vision Training System is available at [www.exerciseyoureyes.com](http://www.exerciseyoureyes.com). Exercise Your Eyes, Inc., PO Box 1029, Wailuku, HI 96793. 808.244.5251.



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