



EXERCISE YOUR EYES

Change Your Vision, Change Your Life **Jacob Liberman, O.D., Ph.D.**

It is said that God's most precious gift is sight. Yet very few people really know what that means. Most people think vision is just eyesight. But vision is not just what you see; it's what you do with what you see. Vision is your response to life.

You know someone is paying attention, because 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 designed to work together and continually move. 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. In other words, the ability of your eyes to aim, track, focus and work together as a team is reflected in everything you do.

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

When I started college, the reading demand was so hard on my eyes 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 couldn't read for more than a few minutes without falling asleep.

When I entered optometry school the reading demand increased even more, and my eyes continued to worsen. At the end of my second year, I was struggling to keep a 2.0 average and thought for sure I would be asked to leave.

Upon entering my third year, I was instructed to go to the clinic and have a vision exam. The student who 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 opened my eyes, the first thing I saw was the vision exercise device I had been given. Without



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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 experienced before.

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. The experience affected me so profoundly that I decided to specialize in working with children, suffering from the same type 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 exercising my eyes again, gradually reducing my prescription and wearing my glasses less and 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 doing great. I will be 60 this year and still see well at both distance and near.

The difficulties that I experienced as a child have provided me with a unique opportunity to help others. In 2001, I founded Exercise Your Eyes, Inc., and developed the EYEPOR^T Vision Training System. The EYEPOR^T is the only patented, clinically proven, and FDA-cleared device available to the public that can enhance overall visual performance. Published research in peer-reviewed journals demonstrates that using the EYEPOR^T ten minutes a day for just 3 weeks can improve everything from visual attention, reading efficiency and comprehension, to how well you play baseball, golf or tennis.

Deteriorating vision is one of our biggest health epidemics. Two-thirds of the U.S. and world's population wears glasses. The number of children with attention and vision-related learning problems increases every day. And most adults over 40 find it more and more difficult to read without glasses.

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. Keeping your "eye on the ball" is the key to peak athletic performance. Yet most people have no idea that the eyes - like the body - can be trained. You see, the eyes guide every move you make. So when you train the eyes, you directly train 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.