

QUANTUM

VISION SYSTEM



Restoring Vision At The Speed Of Light

Copyright	iv
Legal Disclaimer	v
Introduction	2
Poor Vision: A Growing Problem	4
How Your Eyes Work.....	4
Common Types of Eye Problems and Their Symptoms	5
Why Your Vision Gets Bad	8
The Big Pharma Conspiracy	10
Current Treatment Fraud.....	10
What Glasses Do To Your Eyes.....	12
What Contact Lenses Do To Your Eyes	13
What Laser Eye Surgery Does To Your Eyes.....	14
Specific Eye Problems.....	16
Presbyopia & Hyperopia (Farsightedness).....	16
Myopia (Nearsightedness)	17
Astigmatism	18
Amblyopia & Strabismus (Lazy Eye & Crossed Eyes)	19
Eye Floaters.....	21
Dry Eye Syndrome (Keratoconjunctivitis Sicca (KCS)).....	22
Cataract.....	23
Eyestrain	24
Naturally Restoring Your Vision	26
Step 1: Cleanse & Nourish Your Eyes.....	26
Step 2: Do Daily Eye Exercises.....	26
Step 3: Visualize Healing	27
Cleanse & Nourish Your Eyes	28
The Real Factors That Cause Poor Vision.....	28
Cleanse and Nourish your Eyes.....	29
Breaking Bad Eye Habits.....	33
11 Bad Eye Habits You Need to Break	33

Eye Exercises	38
Quantum Vision Exercises.....	38
Pumping	38
Tromboning.....	40
Clock Rotations	41
Eye Rolls	42
Slow Blinking	43
Squeeze Blinking	44
Blur Zoning	45
Shifting	46
Palming	47
Hydrotherapy	48
Acupressure	49
Bonus: Healing With Your Mind	51
Conclusion.....	53
Quantum Vision System: 3 Step Recap.....	54

Copyright

Copyright © 2014 QuantumVisionSystem.com. All rights reserved.

All literary work contained within this book belongs to and is the sole property of its respective authors and publishers. Reproduction, copy or any other form of use of the pieces contained within the book is strictly forbidden without express permission from the author. If plagiarism is discovered, the offenders will be prosecuted to the full extent of the law. Please respect our property.

Please Note: The owner of this book is permitted to print one hardcopy of this eBook for personal use. These rules have been established to protect the rights and ownership of the authors and publishers and to ensure that their work is upheld as their own.

PLEASE NOTE: This is **NOT** a Free Book. You do **NOT** have resell rights for this book. I have invested years of research into the creation of this resource. May I please ask that if you purchased this book from anywhere other than www.QuantumVisionSystem.com, including eBay, would you kindly report that site to support@QuantumVisionSystem.com.
Thanks!

Legal Disclaimer

The contents of this document are based upon my opinions of the Quantum Vision System, unless otherwise noted. This work is intended to share knowledge and information learned through research, experience, and discussions with others. The opinions of others, such as in the comments and the forum, are their own and are not endorsed by the Quantum Vision System.

The information contained herein is not intended to diagnose, treat, cure or prevent any condition or disease, but rather to provide general information that is intended to be used for educational purposes only. Please consult with your physician or health care practitioner if you have any concerns.

By using, viewing and interacting with the Quantum Vision System or the QuantumVisionSystem.com website, you agree to all terms of engagement, thus assuming complete responsibility for your own actions. The authors and publishers will not claim accountability, nor shall they be held liable for any loss or injury sustained by you. Use, view and interact with these resources at your own risk.

All products and information given to you by Quantum Vision System and its related companies are strictly for informational purposes only. While every attempt has been made to verify the accuracy of information provided on our website and within our publications, neither the authors nor the publishers are responsible for assuming liability for possible inaccuracies.

The authors and publishers disclaim any responsibility for the inaccuracy of the content, including but not limited to errors or omissions. Loss of property, injury to self or others, and even death could occur as a direct or indirect consequence of the use and application of any content found herein. Please act responsibly.

The information provided may need to be downloaded and/or viewed using third party software, such as Acrobat or Flash Player. It's the user's responsibility to install the software necessary to view such information. Any downloads, whether purchased or given for free from our website, related websites or hosting systems are performed at the user's own risk. Although we take great preventative measures, we cannot warranty that our websites are free of corrupting computer codes, viruses or worms.

If you are a minor, you can use this service only with permission and guidance from your parents or guardians. Children are not eligible to use our services unsupervised. Furthermore, our website specifically denies access to any individual covered by the Child Online Privacy Act (COPA) of 1998.

Chapter 1 Introduction

Welcome to the Quantum Vision System.

You've taken a big step in becoming truly glasses free. I'm sure you're just as excited as I am to see you throw away your glasses, contact lens and actually be able to spend your hard earned money on something besides correcting your vision. And soon you will!

I'm Doctor William Kemp, an Optometrist from Lexington, Virginia and my team and I will help you to restore your vision back to 20/20 in just 7 days.

Now I don't claim to be a miracle doctor, I've done my research and I know what works and what doesn't. Quantum Vision System is based after William Bates theory on restoring vision naturally, without glasses, contact lens or surgery.

We've put together the best eye exercises to help you restore your vision and to get your eyes back to seeing 20/20. We also discuss common eye conditions or diseases and the best possible eye exercises to help diminish or cure them. And that's just a couple of the items we will discuss in this book. We've broken the Quantum Vision System into a three step process, so it's easy to follow and covers everything you need to get you seeing at your full potential.

So, what do you have to lose? Nothing... besides your glasses of course! Everything is backed by our 60 day money back guarantee. If you don't improve your vision or are not 100% satisfied with anything in this book, you can simply let us know and we'll refund your entire purchase, no questions asked.

All we ask is that once you start seeing results, you share your testimonial with the world. Send us a quick email or video letting us know your progress and how Quantum System Vision has helped restore your vision.



My team and I are always here to help you. You can email support at any time with questions, concerns or testimonials to support@quantumvisionsystem.com.

I can't wait to hear about your success story. I can't wait to see your smiling face as you tell us, for the first time ever you were able to throw away your glasses for good!

So what are you waiting for? Let's get you started on the Quantum Vision System.

Chapter 2

Poor Vision: A Growing Problem

How Your Eyes Work

Your eyes are your window to the world. Without your eyes you wouldn't be able to see the sun rise in the morning or set at night, or see the happy faces of your family and friends. Needless to say, your eyes are an important part of your life. But how exactly does your eyes see everything.

Your eyes are approximately one inch in diameter and made up of a ton of living cells. Protecting the eye are the bones of the skull and pads of fat. The eye is made up of several components – the cornea, pupil, iris, lens, sclera and retina. These components work together to capture an image and send it to the brain through the optic nerve.

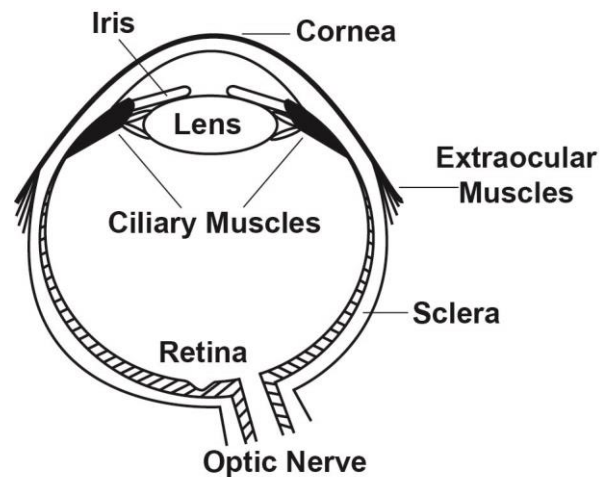
Here is a breakdown of each of the eye's components:

Cornea is the front of the eye which is filled with transparent cells. It acts as a window, allowing light to enter.

Pupil is the dark hole located in the center of the iris. The pupil will become larger or smaller as the iris expands or contracts.

Iris is just behind the cornea. It is a thin circular structure of colour muscles which is responsible for controlling the amount of light that enters through the cornea. The colour of the iris is what gives your eye its colour.

Lens (Inner Lens) is located directly behind the iris. It is a transparent structure of cells with the consistency of rubber that along with the cornea helps focus light onto the retina. The lens can



change its shape with the use of Ciliary Muscles, which changes the focal distance of the eye. Making it possible to focus on objects at different distances.

Sclera is the white of the eye. It is opaque and contains collagen and elastic fiber. It is considered the protective outer layer of the eye.

Retina is a light-sensitive layer of tissue which lines the inner surface of the eye. The light that is reflected in from the cornea and lens create an image on the retina. When the light hits the retina it sends chemical and electrical messages that create nerve impulses. These nerve impulses are sent to various visual centers in the brain through the optic nerve fibres at the back of the eye.

Optic Nerve is located at the back of the eye. It transmits the electrical impulses from the retina to the brain. Ultimately it tells our brain what we are looking at.

Extraocular Muscles surround each eyeball. They are in charge of moving the eyes so that both eyes are looking at the same object at the same time.

Did you know that the image that your eye sees, is actually upside down?

It's true. When we look at an object in the world, light is reflected off the object and enters through the eye. Once it enters the eye it becomes altered or distorted. The retina creates a focused, but upside-down image of the object, which is then sent to the brain through the optic nerve. Once the brain receives the image, it then restores the image back to its correct direction while also creating the object to be three-dimensional. Your brain is a powerful thing!

Common Types of Eye Problems and Their Symptoms

There are several problems that occur specifically within the eye. The list is quite long, considering how small the eye is in our body. But just think of all the components that have to come together to create clear, perfect vision. It's no wonder that approximately 170 million people in the United States need some sort of vision correction.

Below are common eye problems that can occur and their symptoms. Later in this book, we will go into what causes these eye problems and what exercises should be used to help correct the problem.

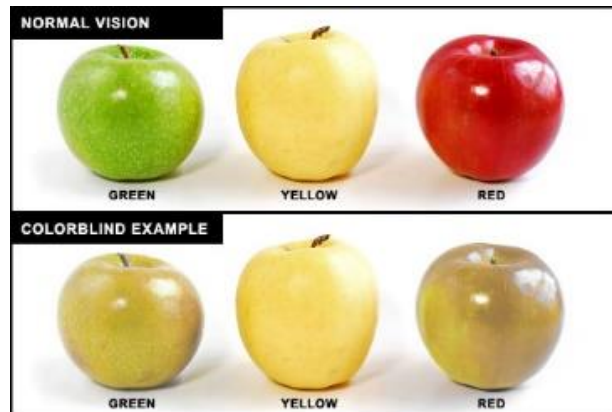
Nearsightedness (Myopia): Blurred vision that is worse when looking at distant objects. Often people who have nearsightedness have very good near vision.

Farsightedness (Hyperopia): Blurred vision when looking at near objects. Sometimes farsightedness is associated with people who have blurred vision to near and far objects.

Astigmatism: Blurry vision at any distance, along with other vision problems.

Retinal Detachment: A condition where the retina pulls away from the support tissue. Symptoms include: A sudden onset of flashing lights often with black floating spots. Sometimes seems like a dark veil or curtain is blocking your vision.

Color Blindness: Difficulty seeing the differences between shades or intensity of color under normal lighting conditions. Usually caused by error in development in one or more sets of the retinal cones that identify color in light and transmit it the optic nerve. This condition is usually only found in testing for the condition and is mostly found in males.



Night Blindness (Nyctalopia): Difficulty seeing objects in dim light. Night blindness occurs when the rod cells in the retina slowly lose their ability to react to light.

Cataract: Decreased vision due to clouding of the lens inside the eye, caused by a buildup of



Normal Vision



Cataract Vision

yellow-brown pigment on the lens.

Symptoms are usually slow to show themselves. Symptoms include: Hazy vision that is worse at night,

uncomfortable glare from headlights or bright sunlight, a need for bright light

while reading, seeing colors that appear

yellow or fading, a milky white appearance to the pupil, painful pressure within the eye and/or double/triple vision in one eye.

Glaucoma: Often when fluid in the eye isn't circulating normally, fluid builds up and causes increased pressure within the eye. There are two main types of glaucoma – Open-angle and Angle-closure.

Open-angle glaucoma is the most common type. The structure of the eyes appear normal, but fluid does not flow properly through the eye.

Angle-closure glaucoma is less common and can cause sudden buildup of pressure in the eye. Caused by a narrow angled drainage canal between the iris and the cornea.

Symptoms are usually few and the first sign is often the loss of side or peripheral vision.



Eye Floaters: Tiny black or gray specks or lines that float into your vision. They should not cause any discomfort or pain. They are usually caused by a natural change in the body of the eye (vitreous humour).

Dry Eye: Eye is unable to produce enough tears to maintain a normal fluid layer to coat your eyes. Without the ability to produce tears, dust or foreign bodies can get into your eye which can't be disposed of naturally through tears. Symptoms include: stinging, burning, and redness in your eyes.

Strabismus (Heterotropia or Crossed Eyes): Eyes are not aligned properly, or don't move together. Usually caused by lack of coordination between the extraocular muscles. Eyes could be crossed inwards or outwards. Usually young children with this condition will rub one or both eyes frequently, close one eye to see better or may squint.

Amblyopia (Lazy Eye): Eyes are misaligned. Usually one eye is turned in or out. Lazy eye



disorder affects 1 – 5% of the world's population. Occurs when the brain does not fully acknowledge the images it receives from the optic nerve in one of its eyes. Most often occurs in infants during the first few months of life – where

development of the optic nerve and brain signals are in affect and hasn't developed properly.

Macular Degeneration: Loss of vision in the center of the visual fields, which is caused by damage to the retina. Two forms of Macular degeneration – dry and wet.

Dry Macular Degeneration is caused by cellular debris accumulating between the retina and the choroid.

Wet Macular Degeneration is caused by blood vessel growth from the choroid behind the retina.

Both forms can cause the retina to become detached. Symptoms include: gradual, painless loss in central vision, blank spots in your central vision, straight lines appear crooked, and distorted vision while reading.

Why Your Vision Gets Bad

Although most doctors will say that nearsightedness, farsightedness, astigmatism or even cataracts are the results of genetically deformed eyeballs and cannot be prevented or even cured, there is a bunch of evidence to say that this just isn't true. The truth is that humans were evolved to have excellent vision. Especially when it comes to distance. In the beginning we were hunters and warriors, designed to see enemies and food miles away. A human with defective vision would not be able to survive from attacking enemies and eventually that line would become extinct. Leaving only the humans with excellent vision to roam the earth. This means we have the potential to have good vision because of our genetic inheritance.

So what has caused our vision to deteriorate over the years? Well it should be no surprise that the decrease use of our long range vision and the increase of our short range vision through reading and computers is surely to blame. It has been found that since the use of computers, millions of adults who had normal healthy vision, start to develop nearsightedness. In most of these cases there is no family history of nearsightedness, so it can't be associated with being hereditary. A study done in 1950 by the US government found that the number of people with nearsightedness in the United States was approximately 15% of the population. When the US government conducted the test again in the 1980s they found the percentage of nearsighted people in the United States had risen to an incredible 40%. I'm hard pressed to say heredity

was to blame. What happened in this short 30 years? Well in 1955 the television was introduced to the home. This started the beginning of millions of people spending long periods of time behind a screen. And back in the 1950's when the picture wasn't so clear, it wasn't uncommon for kids to sit on the floor close to the screen.

Now-a-days the screens have only gotten bigger, which just increases our short range of vision being used. It sounds like more of a "Use-it or Lose-it" theory then a hereditary problem. When was the last time you went out for a walk and actually looked at the horizon line, looked pasted the numerous amounts of buildings and skyscrapers and actually used your long-range vision? It's no wonder more and more people are getting diagnosed with these eye conditions. Our eye professionals and ourselves are the ones to blame. It is obvious, we are doing nothing to prevent our long-range eyesight form deteriorating.

Later in this book we'll go into detail about the real factors that cause poor vision and what exercises you can do to help cure your eye problem.

In the next chapter we'll talk about why the medical industry is sucking money out your pocket, and actually causing your eyes to get worse not better!

Chapter 3

The Big Pharma Conspiracy

Current Treatment Fraud

If hereditary isn't to blame for generations of people getting common eye conditions such as nearsightedness, farsightedness, astigmatism etc., then why has our government and the medical industries done anything about this. Why hasn't any eye doctor ever mentioned that we should be working our eyes back to the condition they once were in? Just like a trainer at a gym would work your muscle back into shape, your eyes should be able to return back to their original position.

So why hasn't anyone spoken up about this or even given it a try? Well I'm sure you wouldn't be surprised to hear that the medical industry and big pharmaceutical companies are to blame. Just think about it for a second. How many dollars do you spend every year on medical expenses, going to the doctors, picking up prescriptions that do nothing but mask the pain you're in? Last year, in the United States 2.8 trillion dollars was spent on health care. That is an insane amount of money! The United States spends more on health care than, Canada, Japan, Germany, France, Italy, Spain and Australia combined. Most of these payments are for medicine or prescriptions that do nothing but harm our bodies. And what makes it more heartbreaking is that approximately 60% of bankruptcies in the United States are related to medical bills. It just doesn't seem fair.

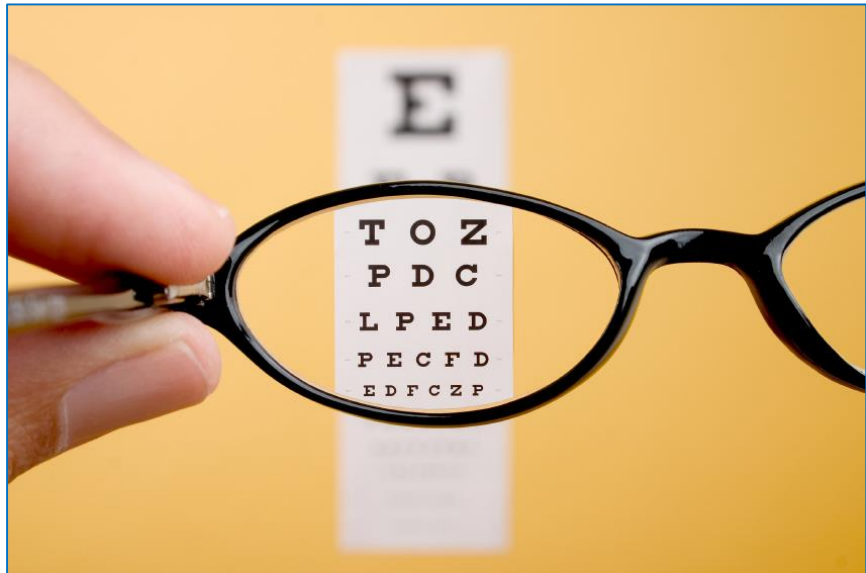
So what is the health care industry doing with all this money they get from us year after year? The U.S health care industry has been backing our politicians. They have spent more than 5 billion dollars lobbying for them. That's your hard earned money they are giving away!

The health and pharmaceutical industry hasn't really cured anything since 1950. Yes you go the doctors and they tell you have "this" or your have "that" – take some of this medicine you'll feel better. So you start taking it... and you really do start to feel better, for a little bit. That's because they are just treating your symptoms, not the real route cause. They are masking the pain you are feeling, to make you trust the medicine you are taking. Now, you may feel better,

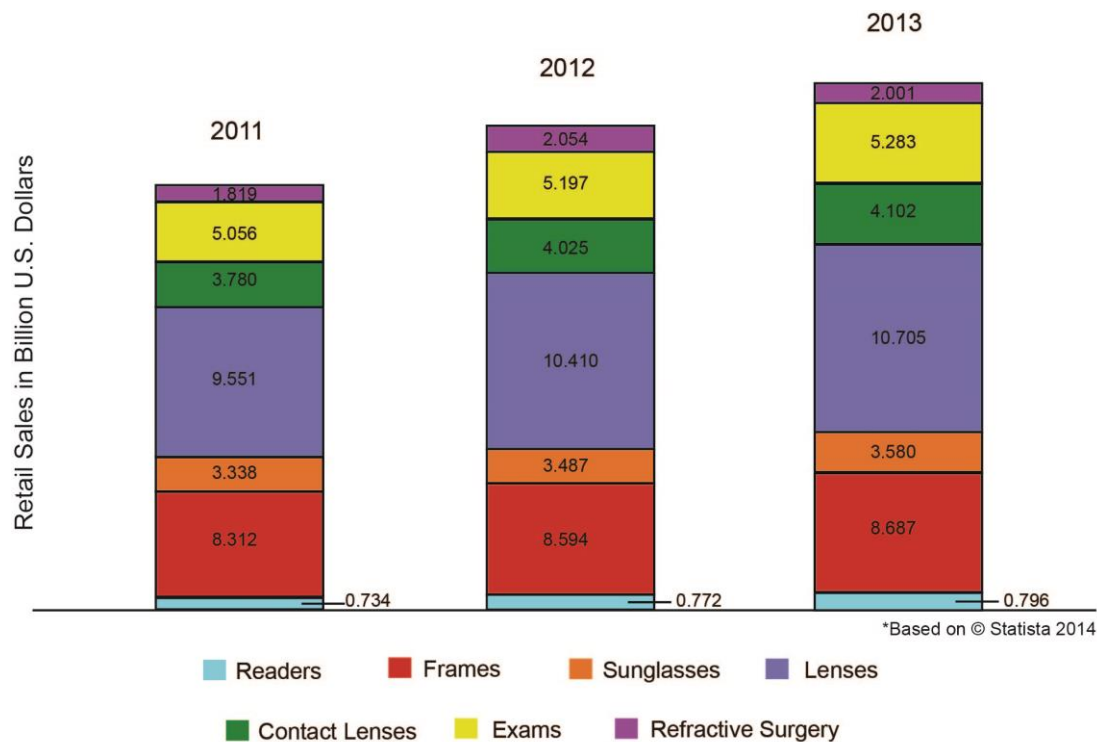
but for how long? A couple weeks? A couple months? Once the meds run out, you start to feel the pain again. So you go back to the doctors, and the cycle continues.

If the pharmaceutical companies actually gave you medicine that cured your problem, you wouldn't need to go back to the doctor's to ask for more medicine, you wouldn't need to spend more money... you would be cured! Hard to think about I know, but it's true, and you deserve to know the truth!

I know you are probably wondering, but what does this have to do with my eyes? Well, just like the pharmaceutical companies, eye doctors are charging an outrageous amount of money for glasses and so called "cures" for painful eye conditions. Every year since 2009 the number of eyewear sold throughout



the United States has increased. In 2012, approximately 18 billion prescription eyeglasses were sold in the U.S. As most of you know you are not just paying once for your prescription eyeglasses, you are paying for the lens, the frames, plus a reflective lens fee and a protection fee. That's on top of your eye doctor visits and any prescriptions they give you. The amount of money we spend on eye care is continually rising, with no end in sight. Check out the chart below. In 2012, approximately \$8.5 billion was spent in the U.S. just on frames, and \$10.4 billion on lens. Americans are spending an enormous amount of money on their eyes. And that doesn't include contact lenses or laser eye surgery, which has been on the rise since the early 2000. In 2012, Americans spent approximately \$4 billion on contact lenses and \$2 billion on refractive surgery.



These eye glasses, and lens must be helping our eyes right? If not, then why are we all spending so much money on these devices to correct our vision? Well let's dig into what is really happening to our eyes, since we've become dependent on eyewear.

What Glasses Do To Your Eyes

Your vision is not fixed. Your vision is constantly changing. The most common example for this would be, how your eyes feeling tired after a long day of working at the computer or when you wake up in the morning, it takes you awhile for your eyes to focus. What eyes glasses are supposed to do is correct the refraction error in our eye. Meaning the lens in our glasses is there to reflect the image we see perfectly onto the retina. Well since we all know lens aren't flexible, the glasses actually force our vision to stay constantly at that refraction error. Otherwise we wouldn't be able to see through them. Now what if you had your eyes tested after a long day at the office? Wouldn't your refraction error be worse than it normally is? That means the glasses you were prescribed are technically causing your eyes to become worse, or become comfortable being in a worse state. Every time you wore your glasses, especially if you are

dependent on your glasses all day (say with astigmatism), your eyes are forced to degrade to the vision level on your glasses just so you can see properly all day. You've probably heard the doctor say "you will get used to your new glasses in a few days". This is because your eyes are constantly changing and the glasses you were prescribed were for a time when your vision was a little or a lot different than they are when you finally got your glasses. Another reason your eyes require time to "adjust", is because your glasses sit away from your eyes. Your eye now has to change its vision from the space between the glass lens to your eye, and from the object you are focusing on through the lens to your eye. Your eye is now working double time. This not only affects your vision, it's also an added strain to your eye!

Furthermore, people who are nearsighted, and wear glasses all day cause their eyes to work harder when they focus on objects up-close like a book. This is because the prescription for the glasses was to correct the refraction error for the person's nearsightedness. So if you are wearing glasses for nearsightedness and want to read a book, you look down through your glasses. This strains your eyes to focus through a higher prescription and usually around the edge of your frames, which is where the lens bend a bit, so the lens itself isn't even clear. Your eyes and mind want you to see perfectly so they will adapt to this "new prescription" making your near vision worse.

Scary to think, that your glasses are causing your eyes to be worse, but in all honesty they really are!

What Contact Lenses Do To Your Eyes

Contact lenses are small plastic or silicone discs shaped to correct your refraction error. They are placed directly on your cornea, where they float on a thin layer of tears. Now although improvements have been made in contact lenses, there is still an adjustment period, similar to that of wearing glasses for the first time. Since your vision constantly changes (as described above), the fact that you cannot



easily remove the contact lens throughout the day, to give your eyes a break causes your eyes to change to the prescription of the lenses, eventually causing your eyes to get worse.

Not only are you causing your vision to get worse, there are numerous risks involved with wearing contact lenses. Below is a list of side effects that can occur from wearing contact lenses to “correct” your vision:

- Dry eye syndrome
- Allergic reactions to the contact lens itself, or the contact lens solution
- Eye inflammation
- Cornea problems:
 - Decreased oxygen to the cornea causing swelling and hazy vision
 - Scratches on the cornea
 - Change in the shape of the cornea
 - Infection of the cornea
- Infection due to deposits on the contact lens
- Eyelid inflammation – small bumps under the eyelid

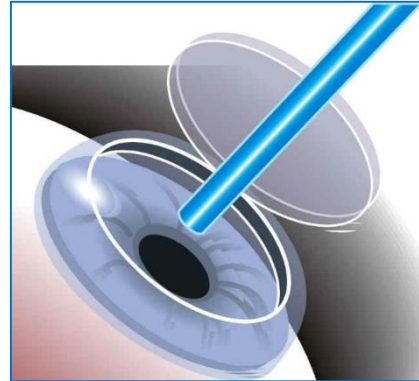
What Laser Eye Surgery Does To Your Eyes

Laser eye surgery is becoming more and more common, but what exactly is this surgery doing to our eyes. Most of our eye problems are caused by an error in the way the eye reflects an image onto the retina, and usually this error occurs because of the cornea’s shape. Laser eye surgery consists of a surgeon using a laser device to make permanent changes to the shape of the cornea, which in turn can correct refraction errors in most eyes.

There are several different procedures of laser eye surgery. Below is a breakdown of the different procedures commonly used:

PRK: During surgery the outer layer of the cornea is removed. The laser beam, which is guided by a computer is use to vaporize tiny amounts of tissue on the cornea. The laser beam is designed to remove the right amount of layers to ultimately change the refraction error in the eye. Usually the healing process is about 1 - 2 weeks.

LASIK: This surgery is more complicated. During surgery the surgeon must first cut a flap in the cornea with a blade or a laser, lifting away from the top of the cornea. Then using the same technique as PRK, a computer guided laser removes layers of the cornea to change the refraction error of the eye. The flap is then replaced over the changed cornea. The recovery period is usually much quicker than PRK, approximately 3 - 4 days.



Now, not only have you permanently changed your eyes, there are some side effects that can occur when getting laser eye surgery done. Below is a list of the side effects and risks involved:

PRK risks:

- Pain for the first few days after surgery
- Hazy vision while the eyes are healing (usually clears up within a week, sometimes is permanent)
- Regression in vision – sometimes the eye regresses back to the previous refraction error within six months of the surgery. If this happens the patient may have to return for more surgery or will have to return to wearing glasses or contact lenses.

LASIK risks:

- Dry eye syndrome – sometimes it can affect the vision on the eye
- Poor night vision due to halos or glare
- Corneal ectasia – a serious condition which is the bulging and weakening of the cornea. Sometimes the patient may need to be treated with a corneal transplant or implant.

Chapter 4 Specific Eye Problems

In this chapter we'll discuss specific eye problems, their causes and what eye exercises we want you to focus on to fix those problems. Later in this book (Chapter 8), we'll go into detail regarding the eye exercises and how you can do them at home without interrupting your daily activities.

Below is a list of eye problems, if your eye condition isn't listed below, please feel free to email us and we'll be happy to offer a customized eye exercise routine that will work for you. So whatever your eye condition is, we got you covered.

Presbyopia & Hyperopia (Farsightedness)

Cause:

Presbyopia is an eye condition where the lens of your eye loses its flexibility. This loss of flexibility makes it difficult to focus on close objects. Presbyopia is similar to Hyperopia, but is an age related eye condition that occurs around age 40, where the aging of the eye deteriorates the lens. Hyperopia (or Farsightedness) is an eye condition where distant objects appear clear, but close objects appear blurred. Hyperopia occurs when your eyeball is too short, or the cornea has too little curvature (opposite of Myopia). Too little curvature causes light entering the eye to not focus correctly on the retina.

Exercises:

The goal of this exercise routine is to increase the nutrient flow in the eye and maximize flexibility of the inner lens. If you have Presbyopia or Hyperopia, you will benefit from the exercise routine below:

Exercise Routine	Duration: 30 mins.
Palming	3 minutes
Eye Rolls	2 minute
Clock Rotations	4 minute
Squeeze Blinking	1 minute
Pumping	2 minutes
Tromboning	2 minutes
Acupressure 4	5 minutes
Blur Zoning	3 minutes
Shifting	3 minutes
Hydrotherapy	5 minutes

Myopia (Nearsightedness)

Cause:

Myopia (or nearsightedness) is an eye condition where objects up close appear clear, but objects farther away appear blurred. This is caused when the eyeball or cornea is too long or has too much of a curvature. This over curvature causes light entering the eye to be unfocused on the retina which sends the blurred vision to the brain through the optic nerve. Myopia can be caused by visual stress of doing too much work associated with close range vision, such as reading, or computer work. However adult myopia is usually caused by visual stress, as well as health conditions, such as diabetes.

Exercises:

If you have Myopia (or nearsightedness), use the exercise routine below. On top of these exercises it is important to break any habits of reading up close, such as reading books, newspapers and using computers or laptops. Going outside and using your long-range vision is key. Playing certain long-range games such as golf, Frisbee, tennis or bowling could help cure your Myopia.

Exercise Routine	Duration: 25 mins.
Palming	3 minutes
Pumping	2 minutes
Blur Zoning	3 minutes
Acupressure 4	5 minutes
Eye Rolls	2 minutes
Squeeze Blinking	2 minutes
Clock Rotations	3 minutes
Hydrotherapy	5 minutes

Astigmatism

Cause:

Astigmatism is an eye condition that causes blurred vision at any distance. This is caused by an irregular shaped cornea or irregular curvature of the lens. Most people with Astigmatism have bad posture, and their head usually tilts towards a side. This causes the extraocular muscles of the eye to work overtime, by adjusting to the new vision which is slightly tilted.

Exercises:

This exercise routine is specifically designed for people with Astigmatism. You may find your eyes become sore after the exercises. If this occurs, follow up with the Eyestrain exercise routine to sooth your sore eyes. Along with the exercises it’s important to correct the posture of your neck. To do this, place sticky notes angled in the opposite direction of your head tilt in various places around your home – your bathroom mirror, near the kitchen sink, on the pantry, on the wall near the bed, etc. This will force you to tilt your head in the opposite direction every time you see the tilted sticky notes. Eventually your posture will improve automatically.

Exercise Routine	Duration: 30 mins.
Palming	3 minutes
Eye Rolls	2 minute
Clock Rotations	3 minute
Acupressure 1	2 minutes
Eye Rolls	2 minute
Clock Rotations	3 minute
Acupressure 2	2 minutes
Eye Rolls	2 minute
Clock Rotations	3 minute
Acupressure 3	2 minutes
Squeeze Blinking	2 minute
Slow Blinking	1 minute
Hydrotherapy	3 minutes

Amblyopia & Strabismus (Lazy Eye & Crossed Eyes)

Cause:

Amblyopia (or Lazy Eye) is the lack of development or loss of central vision in one eye. This is usually unrelated to any health problem and is not corrected using lenses. Amblyopia is caused by failure to use both eyes together. You will notice a lazy eye, by one eye always looking in a different direction compared to the good eye. Amblyopia is often associated with Strabismus (Crossed Eyes) which is an eye condition where both eyes do not look in the same direction at the same time. Strabismus is usually caused by poor extraocular muscles of the eye. Although you can usually notice a person with Amblyopia or Strabismus, it can be brought on by tired or strained eyes, excessive reading or computer work, or when the person is fighting an illness like a cold or flu.

Exercises:

If you have a Lazy Eye or are Crossed Eyed, an eye patch over the dominate eye, usually the non-lazy eye, for several hours a day will help the weaker eye to develop. How to determine your dominate eye:

- Extend both your hands in front of your body, and create a small triangle by overlapping your thumbs and overlapping your fingers to the first knuckle.
- With both eyes open, look through the triangle and center an object in the middle – such as a doorknob (something small enough to fit into the triangle).
- Close your LEFT eye only – if the object remains in the triangle you are RIGHT eye dominate.
- Close your RIGHT eye only – if the object remains in the triangle you are LEFT eye dominate.

Once the weaker eye is working better, continue with the Myopia and Presbyopia/Hyperopia exercise routines. (Shown below)

Myopia Exercise Routine	Duration: 25 mins.
Palming	3 minutes
Pumping	3 minutes
Blur Zoning	3 minutes
Acupressure 4	5 minutes
Eye Rolls	2 minutes
Squeeze Blinking	2 minutes
Clock Rotations	2 minutes
Hydrotherapy	5 minutes

Presbyopia/Hyperopia Exercise Routine	Duration: 30 mins.
Palming	3 minutes
Eye Rolls	2 minute
Clock Rotations	2 minute
Squeeze Blinking	1 minute
Pumping	3 minutes
Tromboning	3 minutes
Acupressure 4	5 minutes
Blur Zoning	3 minutes
Shifting	3 minutes
Hydrotherapy	5 minutes

Eye Floaters

Cause:

Eye Floaters (or Spots) are small, cloudy, semi-transparent specks within the vitreous, which is the middle of the eye. Since they are inside your eye, they move when your eyes move, which is why they seem to dart away when you try to look directly at them. Eye Floaters are usually caused by small pieces of protein that was trapped in your eye during birth. They can also be caused by the deterioration of the vitreous fluid (fluid in the middle of the eye), due to aging of the eye. You can usually see Eye Floaters when your eyes are tired or strained.

Exercises:

If you have Eye Floaters, use the exercise routine below. With this exercise routine we are trying to cleanse the eye and stimulate the flow of nutrients.

Exercise Routine	Duration: 25 mins
Palming	3 minutes
Pumping	2 minutes
Slow Blinking	1 minute
Squeeze Blinking	1 minute
Tromboning	2 minutes
Slow Blinking	1 minute
Squeeze Blinking	1 minute
Eye Rolls	2 minutes
Palming	3 minutes
Clock Rotation	2 minutes
Slow Blinking	1 minute
Squeeze Blinking	1 minute
Hydrotherapy	5 minutes

Dry Eye Syndrome (Keratoconjunctivitis Sicca (KCS))

Cause:

Dry Eye Syndrome is an eye condition where there is insufficient tears to nourish the eye properly. Usually caused by poor production of tears or poor drainage. Tears are a necessary part of maintaining the health of the cornea which provides clear vision. They also reduce the risk of eye infection and can wash away foreign bodies from within the eye. There are several factors that can cause Dry Eye Syndrome in people. Below is a list of the most common factors/causes:

- Medications – such as antihistamines, decongestants, antidepressants and blood pressure medications can reduce the production of tears in the eyes.

- Environmental Conditions – such as smoke, dry climates and wind can cause tear evaporation. Also excessive computer work, which causes a person to stare at the screen, can cause drying of the eyes.
- Contact Lens – long term use of contact lens can cause your tear glands to malfunction and tear production decreases. Dry eyes with contacts can also cause a bacterial infection or scratches on the cornea.

Exercises:

Our main goal with this exercise routine is to encourage tear production in the eye. This exercise routine is designed specifically for people with Dry Eye Syndrome.

Exercise Routine	Duration: 25 mins.
Hydrotherapy	3 minutes
Acupressure 1	2 minutes
Slow Blinking	2 minutes
Squeeze Blinking	2 minutes
Acupressure 2	2 minutes
Slow Blinking	2 minutes
Squeeze Blinking	2 minutes
Acupressure 3	2 minutes
Palming	5 minutes
Acupressure 4	3 minutes

Cataract

Cause:

A normal eye consists of the eye's inner lens which is made up of billions of living cells. Sometimes when we get older, these cells start to die which form a Cataract. A Cataract is simply the buildup of cellular debris (or dead cells). Below are some causes of Cataract:

- Ultraviolet light
- Toxic waste products
- Low nutrient levels in the body

Exercises:

Our main focus with this exercise is to boost nutrient levels in the eye, while stimulating and cleansing the debris from the inner lens. If you have Cataracts, along with doing the exercise routine below, we recommend a balanced diet which contains high amounts of Zinc, Vitamin E and Beta-Carotene. For more information on nourishing and cleansing your eyes, see Chapter six.

Exercise Routine	Duration: 25 mins.
Palming	3 minutes
Acupressure 1	2 minutes
Pumping	3 minutes
Acupressure 2	2 minutes
Tromboning	3 minutes
Acupressure 3	2 minutes
Eye Rolls	3 minutes
Acupressure 4	2 minutes
Hydrotherapy	5 minutes

Eyestrain

Cause:

Stress especially on your eyes is an important issue to get fixed. If you do not fix eyestrain, it can seriously deteriorate the performance of your eye and ultimately cause vision problems.

Eyestrain or stress is usually brought on by focusing on something for a long period of time. Now-a-days this eye condition has become increasingly more popular due to the overuse of laptops, TVs, tablets, iPads, or iPhones. Also most jobs require starring at a computer screen all day or reading. The light from the computer screen is causing your eyes to overwork. Especially your retina, which is constantly reflecting light.

This added stress causes symptoms such as:

- Headaches
- Eyelid tics or tension
- Dry eyes
- Bloodshot eyes
- Fatigue
- Loss of concentration
- Blurred or double vision (even with glasses)

Exercises:

If you think you are suffering from eyestrain and have any of the above symptoms, try the exercise routine below:

Exercise Routine	Duration: 25 mins.
Palming	5 minutes
Acupressure 4	5 minutes
Slow Blinking	5 minutes
Hydrotherapy	5 minutes
Palming	5 minutes

Chapter 5

Naturally Restoring Your Vision

The Quantum Vision System is an easy to understand system. Which will help lower your chances of getting an eye disease and help cure your already existing eye condition(s).

Below is a breakdown of the 3 part system and how the parts work together to help you get the eye sight you deserve to have!

Step 1: Cleanse & Nourish Your Eyes

Before we can work on improving your eyes through exercises, you first need to cleanse your eyes of all the pollution and chemicals that have been running through your body. After we cleanse your body and eyes you will be able to start fresh, by eating a nutrient rich diet. We all know that a diet with the right minerals and vitamins can help your body run smoother and stronger and this includes your eyes. In this step we'll breakdown the important items to consider in your daily life to eliminate unnecessary pollution and chemicals. And also give you a list of nutrient rich foods you can easily incorporate into your daily meals to make your eyes the strongest they have ever been!

Step 2: Do Daily Eye Exercises

These daily eye exercises are easily to do and don't take much time, so they won't interrupt your daily activities. We've broken each exercise down, so it's easy to understand what you need to do and for how long. We've also given you some quick eye exercise routines to help cure the most common eye diseases and conditions. Remember if you ever need help or your eye condition isn't listed, just email support at support@quantumvisionsystem.com and our highly trained team will be happy to help. We'll also provide you with a specific exercise routine for your eye condition if ones not listed for you.

Note: *Make sure to remove your glasses or contact lenses during exercises. If you want to work on maintaining a lower prescription, then wear your lowest prescription eye glasses or contact lenses during the exercises.*

Step 3: Visualize Healing

We all know our minds are powerful things, but did you know that just thinking and believing healthy things can help heal your body... and eyes?! This “natural healing power” uses affirmative statements to program your mind into thinking your eyes are healing and becoming stronger. By saying these statements throughout the day, you will progressively start seeing better. Combine this natural healing power with eating right and your daily eye exercises and eventually you won’t need to reach for your glasses anymore.

The Quantum Vision System is an easy 3 step system that will have you seeing the way you were supposed to, with your own two eyes and without any assistance. Follow the 3 steps and you’ll be on the right track to glasses-free vision. Once you start seeing results, remember to send us a testimonial of how the system worked for you.

What are you waiting for? Let’s get you started to seeing 20/20 vision!

Chapter 6

Cleanse & Nourish Your Eyes

We all know that the secret to a healthy body, is a well-balanced diet and daily exercise. But did you know that a nutrient rich diet can help cleanse and nourish your eyes? Yup! It can prevent and even help cure certain eye conditions. In this chapter we'll look into the real factors that are causing poor vision and what you can do to help cleanse your eyes.

The Real Factors That Cause Poor Vision

There are tons of reasons why your eye has developed an eye condition. The doctors will say that it was hereditary and you had no control over it. But as we discussed earlier in this book, that just isn't the case. So what are the real factors that are causing our poor vision? Below is a list of everyday factors that are contributing to your poor vision:

Diet: A poor diet can weaken the retina which can increase the risk of eye diseases such as Cataract and Macular Degeneration. Night blindness has been linked to people with who have a low level of Vitamin A. A diet containing too much sugar can make the lenses in the eye swell which increases the pressure inside the eyeball – this can lead to all sorts of eye conditions.

Smoking: Smoking is not only bad for your lungs and overall health, it can also cause all sorts of eye conditions. Eye conditions that can be brought on by smoking include: Macular Degeneration, Uveitis (inflammation of the middle of the eye), Diabetic Retinopathy, Dry Eye Syndrome and Cataract. Studies have shown that if you smoke, your chances of forming Cataracts double, and your chances of getting Macular Degeneration triples, and those statistics only getting higher the longer you smoke.

Medications: Prescription or over the counter medication all come with side effects. But did you know that some of those side effects are Dry Eye Syndrome and sensitivity to light. Some medications can cause serious eye conditions, such as Glaucoma or even vision loss. Below is a list of medications that can cause vision side effects. Remember to always check with your doctor if you experience any vision problems while on these or other medications.



- **Acne Medication:** Accutane, Amnesteem, Sotret
- **Antihistamines:** Specifically ones that dilate your pupils
- **Antimalarial drugs** (Arthritis and Lupus medication): Hydroxychloroquine, Chloroquine. Prednicot
- **Corticosteroids:** Deltasone, Meticorten, Orasone
- **Erectile Dysfunction drugs:** Viagra, Cialis, Levitra
- **Phenothiazines** (Schizophrenia medication): Thorazine, Mellaril
- **Topiramate** (Epilepsy medication): Topamax, Topiragen

Cleanse and Nourish your Eyes

So what can we do to help maintain our eye health, and fight off eye diseases? Simple – live a healthy life. This will not only help your eyes, it will also help your whole body. Below are several simple things you can do to maintain a healthy lifestyle:

Avoid Chemicals:

Eat organic: Organic food (including fruits and meats) is known to be free of GMO and food chemicals. GMO and food chemicals like preservatives, can do damage to your body. These added chemicals are not natural and do nothing to benefit humans, they only extend the shelf life of our food. Whenever possible eat organic!

Natural body products: Have you ever really looked at the ingredients in your everyday lotion, soap or shampoo? I bet you can't pronounce most of the ingredients in them. If you can barely understand what you are reading, imagine what these chemicals are doing to your body. Everything that you put on your skin, gets absorbed into your bloodstream and spreads throughout your body. There are tons of all natural products out there, which contain readable ingredients that are good for you. From now on use only natural soap, detergent and moisturizer, etc.

Natural cleaning supplies: Cleaning your house is a chore that needs to be done. But most of your cleaning supplies are full of harsh chemicals. These chemicals may make your kitchen or



bathroom shine, while also killing bacteria, but at what cost to your health. Did you know that unlike food, beverages and personal care products, cleaning products are not required by law to list their ingredients? Even if the chemicals in the bottles cause skin rash, asthma or even cancer, they don't need to tell you. Scary, right?! So why not switch to all-natural cleaning supplies. The ingredients are usually well know and easy to pronounce such as; vinegar, lemon and baking soda.

Quit smoking: Besides the obvious reasons, such as cancer, smoking can cause all sorts of eye conditions. Cut back or quit completely. Your lungs, eyes *and* your family will love you for it.

Avoid prescription drugs: As stated above, prescription drugs usually have eye vision side effects that can cause serious damage to your eyes. Always try natural remedies first. Wait a couple weeks or even a month if you can and then talk to your doctor about your options for prescription drugs.

Maintain a Healthy Diet:

Having a nutrient rich diet full of minerals and vitamins is an important part of eye care. Along with eating organic, also try to incorporate the following nutrients into your diet:

Vitamin A:

Vitamin A protects your eyes and allows them to function properly and efficiently. A lack of vitamin A can lead to night blindness, short sightedness, and even glaucoma. To incorporate vitamin A into your diet, eat the following fruits and vegetables: carrots, cantaloupe, sweet red peppers, dried apricots, kale and sweet potatoes.



Vitamin C:

Vitamin C is considered an important vitamin because it is an antioxidant. Antioxidants help



protect cells against damage from aging, which is important for preventing Cataract, Macular Degeneration and corneal ulcers. Foods to eat that are high in vitamin C are: citrus fruits such as grapefruit, oranges, lemons etc., strawberries, kiwi, papaya, green peppers and brussels sprouts.

Vitamin E:

Vitamin E works with Vitamin C to keep healthy tissue strong. Vitamin E can help fight against Cataract and Macular Degeneration, and in some cases has shown to stop the disease from developing further. To incorporate vitamin E into your diet, consider adding sunflower seeds, almonds, pecans, and wheat germ to your meals.



Zinc:

Zinc is an important mineral as it helps keep the retina of your eye in working condition. Zinc is a



hard mineral to get, and most people lack zinc in their diet. If you are having trouble incorporating zinc in your diet, try the following foods: eggs, whole grains, peanuts, turkey, oysters and crab. Don't forget to eat organic meats and eggs.

Omega-3 Fatty Acids:

Omega-3 fatty acids not only keep your heart and brain healthy, they also help fight inflammation in the eyes and help the cells in your eyes to work better. The following are the foods you should incorporate into your diet to get the omega-3 fatty acids you need: cauliflower, brussels sprouts, salmon, tuna, flounder and halibut.



Beta Carotene:

Beta carotene is important because it converts into Vitamin A, which as we found out earlier helps against all sorts of eye diseases. To incorporate beta carotene in your diet, try the following foods: sweet potatoes, carrot, pumpkin soup, red peppers, kale and squash.



Lutein and Zeaxanthin:

Lutein and Zeaxanthin help protect against eye damage, by absorbing into the lens and retina of your eye. They help fight against damage from sunlight, cigarette smoke and air pollution, while reducing your risk of Macular Degeneration and Cataracts. To incorporate these nutrients into your diet, look for dark green leafy vegetables such as; spinach, kale and broccoli. You can also get some of these nutrients through bright colored fruits such as; kiwis and grapes.



By maintaining overall good health, and a nutrient rich diet, your body and eyes will become stronger. Making eye health problems a thing in the past.

In the next chapter we'll dig into the common bad eye habits you might be doing, and how to break them before they cause harm to your eyes.

We all have a bad habit here or there that we need to break. But did you know that you have bad eye habits you need to break also? These bad eye habits could have created the eye condition that you have right now. Or you currently could be creating one as we speak. Below is a list of bad eye habits, that you should break right now, and how to do it.

11 Bad Eye Habits You Need to Break

1. Rubbing Your Eyes

Did you know the skin around your eyes is one of the most sensitive skin areas on your body? Rubbing your eyes can break tiny blood vessels under the skin's surface which can cause puffy eyes, dark circles or droopy eyelids. Not to mention rubbing your eyes,



can also cause pressure to build up in your eyes which leads to all sorts of eye conditions. If you feel your eyes are becoming tired and you need to rub them, gently tap on the skin all around your eyes with your pointer and middle finger.

2. Eating Poorly

Change your diet. Instead of fast food, and carbs, eat more fruits and vegetables. Eating a well-balanced meal not only helps your body run smoothly, it also helps improve your vision and can even prevent many age-related eye diseases. Aim for a diet rich in colorful fruit and vegetables and leafy greens.

3. Wearing Sunglasses

We've all heard people nag about putting on sunglasses, so the Sun's UV Rays won't damage your eyes, but in reality the sun is good for your eyes. Although looking directly at the mid-day sun might be a no-no, looking at the sunrise or sunset is not only a great way to relax your mind, you are also relaxing your eyes. All while working out your long-distance vision and catching some Vitamin D. So go watch the sunset tonight!!



4. Smoking

Not only is smoking bad for your lungs and overall health, smoking can also hurt your eyes. Smoking has been linked to several eye diseases such as Macular Degeneration, Cataracts, Dry Eye Syndrome, Uveitis (inflammation of the middle part of the eye) and Diabetic Retinopathy. Best thing to do for your body is quit smoking. Get some family or friends to support you and **BREAK THE HABIT!**

5. Not Drinking Enough Water

Are you drinking the recommended 8 glasses of water a day? It may seem like a lot, but



it's really necessary. Not drinking enough water and having a high-sodium diet, can cause your body to dehydrate. Your body (including your eyes) are made up of 70% water. If you become dehydrated, you are draining your eyes out of the moisture they need to create enough tears to stay healthy. Symptoms associated with dehydration in the eyes are redness, puffy eyelids and dryness. If you find it hard to get enough water throughout the day, try setting an hour timer at your desk, when the timer goes off, finish your water glass and refill it.

6. Sleeping Poorly

Your body needs sleep to recoup after a hard day's work. Staying up late and getting up early doesn't allow the time your body needs to get into a deep realm of sleep. Causing you to become achy and tired throughout the day. But it's not just your body that shows you're lacking sleep, your eyes are usually the first sign. Dark circles, eye twitching, blurry vision, dry and red eyes are signs you are not getting enough sleep. Try to aim for 6 – 8 hours of sleep each night. It's best to make this a routine, so even on the weekends, aim for that 6 – 8 hours! The best part is your eyes are often the first to show you've had a good night sleep, giving you alert, glowing, bright eyes. So go get a good night's sleep tonight and reap the benefits tomorrow!

7. Not Giving Your Eyes Time To Breathe

If you have astigmatism, are nearsighted or farsighted and wear glasses or contact lenses daily, give your eyes time to breathe. Don't wear your glasses all the time, take them off and do tasks that don't require them, such as reading a book if you are



farsighted. As we mentioned early in this book, most people get comfortable wearing their glasses all the time. This causes your vision to get worse. Seeing through a prescription made for farsightedness, to read a book up close, causes unnecessary strain to your eyes and deteriorates your vision. This is even more important with contact lens, although they may be convenient, they are

sitting directly on your eye. Your eye needs oxygen to fight infection. If you wear contacts daily, you are at a greater risk of developing an eye infection or dry eyes, which can cause you to scratch your cornea due to the lens drying out. Always alternate between glasses and contacts, and take a break from both to really see the world from your own eyes.

8. Lying Down While Watching TV

When you watch movies or TV do you lie down on the couch? It may not seem like something that hurts your eyes, but lying down while watching TV, puts serious strain on your eyes. Your eyes aren't level with the TV, they are viewing the TV at an angle, which causes your eyes to try to focus on the image while flipping it right side up. All the added strain is causing your vision to deteriorate. From now on, sit up on the couch while watching TV and while we are at it, sit at a good distance away from the TV screen.



9. Reading in Poor Light

Everyone likes a good book in bed from time to time. But if you are reading in poor lighting you are hurting your eyes. Dim light while reading can make it difficult for your eyes to focus, causing short-term eye fatigue, dry eyes and blurred vision. Always have a reading lamp on while reading. Invest in a low watt reading light for your bed side table, that way you can enjoy your book in bed, while not disturbing your partner.

10. Reading While Travelling

One of the worst things you can do for your eyes, is reading while in a moving vehicle. It may get boring sitting on that train or during a road trip, but it puts strain on your eyes.



The unstable movement of the vehicle causes your eyes to keep adjusting. This can cause headaches, blurred vision, red and dry eyes. Next road trip try playing a car game with your friends!

11. Using Your Laptop to Watch Movies

We all know about the latest trend of watching movies or videos on your laptop or tablets, but did you know that these devices are causing your eyes to deteriorate? Since



you are watching the screen at such a close distance from your eyes, you are putting unnecessary strain on your eyes, and causing them to focus on a bright screen from inches away. In general staring at any computer screen for too long can cause headaches, eye fatigue, eye dryness and red eye. If you find it hard to get away from your computer, tablet or smartphone. Try the 20-20-20 trick. Every 20 minutes, look 20 feet away from your screen for 20 seconds. You'll eventually notice your eyes feel less tired and strained during the day!

Simple tricks like the ones above can help you to break these bad eye habits, and give your eyes the attention they deserve.

In the next chapter, we'll go into the simple eye exercises you can do throughout the day to help restore your vision and eliminate the workday strain from your eyes.

Chapter 8 Eye Exercises

This chapter we focus on the Quantum Vision System, and the eye exercises that will help restore your vision. These techniques act like a workout for your eyes – strengthening your eye naturally. Each exercise is useful in helping relief eye stress or strain and help stimulate the flow of nutrients in the eye. Some of the exercises focus on improving your vision through sharpening your eyes ability to see detail, while others work on improving the control of your eye's extraocular muscles.

Note: *Make sure to remove your glasses or contact lenses during exercises. If you want to work on maintaining a lower prescription, then wear your lowest prescription eye glasses or contact lenses during the exercises.*

Quantum Vision Exercises

With the Quantum Vision Exercises you'll be able to give your eyes the care they need to become stronger. The exercises don't need a lot of time, and can easily be done throughout the day, without interrupting your daily activities. If you follow the Quantum Vision System and really do the exercises you can gradually improve any common vision problem, regardless of your age or circumstance.

So let's get started!

Pumping

Pumping is used to increase the flow of nutrients while exercising the focusing mechanisms of the eye.

Hold an object 6 inches away from your face. This object can be your finger, a pen, or another small object. **Change focus every two seconds**, between the near object (finger or pen) and a far object at least 15 feet away, such as a tree, billboard, traffic lights etc. Keep changing your focus back and forth between the near object and the far object.

Example: Pen – tree – pen – billboard – pen - truck – pen – traffic light.

Make sure to focus on a new far object each time.

Also make sure your near object is 6 inches away and no farther. Use a ruler to measure the distance of your near object if needed.

Try to briefly focus on a specific detail on both the near and far object before switching.

This exercise can easily be done during TV commercial breaks or office breaks.

If performing this exercise indoors, you may use an object across the room. Such as a lamp, bookshelf corner or doorframe edge.



Tromboning

Like Pumping, Tromboning is also used to exercise the focusing mechanisms of the eye and increase the flow of nutrients.

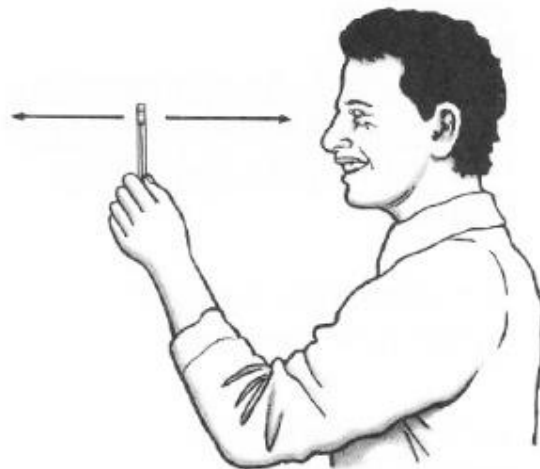
Hold an object at arm's length away from your face. This object can be a finger or pen. ***Breathing slowly and deeply, look at the object*** as you move the object close towards your nose and then stretch your arm back out.

As you inhale, slowly bring the object in towards your face until it touches your nose – make sure to focus on the object. As you exhale, slowly take the object out to arm's length.

Example: inhale – in towards nose, exhale – away from nose.

Make sure to time the movements with your breathing. It's important to have slow, deep breathes, so you aren't moving the object to fast.

When you bring the object close to your nose, you may notice the object going out of focus or forming a double image. Try to keep the object from going out of focus, once you notice it happening, slow down the object and let your eyes focus on a small detail.



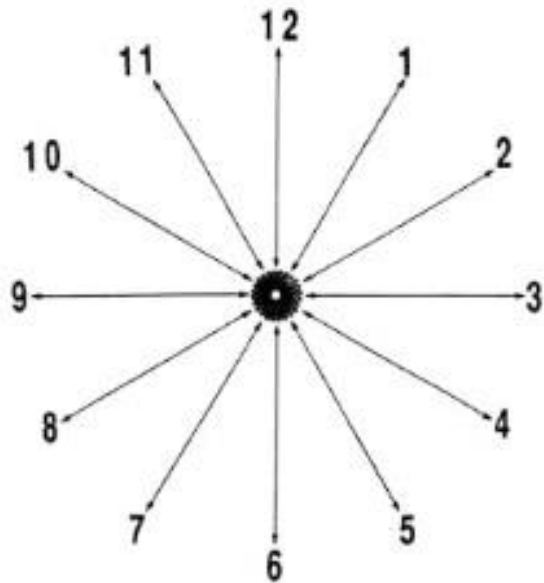
Continue the exercise for as long as possible, keeping the object in full focus the whole time.

Clock Rotations

Clock Rotations stimulate the flow of nutrients and help control the extraocular muscles around the eye.

Hold an object comfortably at arm's length away from your face. Again this object can be a finger or pen. Now imagine that the object is in the center of clock. 12 o'clock would be directly above it and 3 o'clock would be directly to the right of the object. Keeping your shoulders and neck still, look at the object, and extend your arm all the way up to 12 o'clock. **Keep looking at the object for 2-3 seconds. Then return to the center, and repeat this movement 5 times.** Then move on to 1 o'clock, then 2 o'clock and so on.

Example: up to 12 o'clock – hold for 3 seconds, repeat x5, up and slightly over to 1 o'clock – hold for 3 seconds, repeat x5, up and slightly over to 2 o'clock – hold for 3 seconds, repeat x5, to the right 3 o'clock – hold for 3 seconds, repeat x5, etc.



Make sure to stretch the extraocular muscles as far as it will go in each clock position, before moving on to the next position.

It's important to keep the extraocular muscles fully stretched for the full 2- 3 seconds. If you notice a specific clock position that feels strained, repeat this specific position for another 5 times. Eventually it will become less strained.

Take your time, and slowly move around the clock. Do not rush this exercise. If you stretch the extraocular muscles too hard you will see flashes of light, this means you are stressing the retina.

Eye Rolls

Like Clock Rotations, Eye Rolls also stimulate the flow of nutrients and help control the extraocular muscles around the eye.

Slowly roll your eyes in a complete circle.

First clockwise then, counterclockwise. Try to keep the extraocular muscles fully stretched throughout the entire rotation.

Don't look at anything in particular and slowly roll your eyes. We are working on coordination and control, without any jerkiness. If you feel strain or stress in a



certain location, continue with the eye rolls until it becomes smoother.

Example: eye roll clockwise, eye roll counterclockwise, eye roll clockwise, eye roll counterclockwise, etc.

Take your time, and slowly move around the clock. Do not rush this exercise. If you stretch the extraocular muscles to hard you will see flashes of light, this means you are stressing the retina.

If you are easily motion sick, you may find yourself feeling unwell. Stop, cover your eyes with your hands, and continue the exercise with your eye opens.

Slow Blinking

Slow Blinking is used to reduce visual stress or strain.

Start by breathing deeply and slowly. Once you feel comfortable and relaxed, do a few normal blinks when you inhale for the first time. As you exhale, close your eyes lightly. Exhale slowly allowing your eyes time to rest. When you inhale from now on, keep your eyes open. ***Close your eyes only on exhaling – creating a slow blink.***



Example: inhale – open eyes, exhale – close eyes, inhale – open eyes, exhale – close eyes, etc.

When you inhale try to completely fill your lungs. When you exhale, slowly push all the air out of your lungs. Repeat this exercise until you feel free of all stress and strain on your body and eyes.

Squeeze Blinking

Squeeze Blinking is used to stimulate the production of tear fluid.

Squeeze you eyelids closed tightly for 3 seconds. Open your eyes wide and do a few normal blinks. Squeeze your eyelids shut again for 3 seconds, then open your eyes again. Continue until your eyes feel moist and relaxed.

Example: squeeze close (hold 3 seconds), open, squeeze close (hold 3 seconds), open, squeeze close (hold 3 seconds), open, etc.

After a couple Squeeze Blinks your eyes will start to create an excess of tear fluid.

Try to isolate your eye muscles when you Squeeze Blink, and not scrunch or wrinkle your forehead or eyebrows.



Blur Zoning

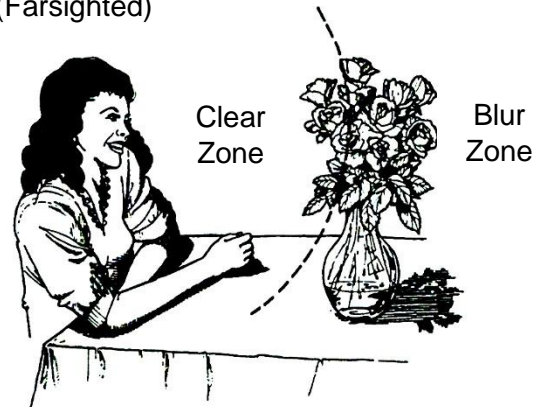
Blur Zoning improves the eye's ability to see small details.

Find your Blur Zone in your vision – the spot where you can no longer see an image clear and crisp. Once you have found your Blur Zone, **focus your eyes around the edge of an object, following the major outlines.** Your object can be a tree in the distance if you are nearsighted, or a piece of jewelry held up close if you are farsighted.

Go slowly around the object 3 times. Then go around the object again, but this time really study the small details of the object and try to see the exact shape. Do this a couple more times around the object. Then go around the object again 3 times, this time really focusing on the smallest details on the object. If you are nearsighted and are looking at a tree, try to visualize a leaf while looking at a cluster of leaves. If you are farsighted, study a scratch, or metal imperfection on a piece of jewelry. Once you are finished the 3rd time around, rest your eyes.

Example: follow the edge of an object – x3, follow the edge of an object – looking for details x3, then follow the edge of an object – looking for smaller details x3, rest your eyes.

Hyperopia
(Farsighted)



While focusing around the edges of the object, follow the turns and cutouts the outline of the object makes.

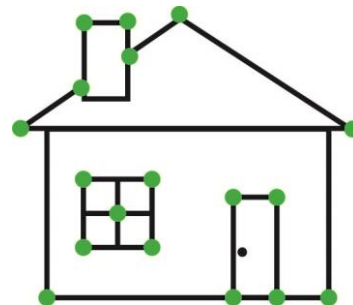
Try not to squint to see any of the details. Just stay calm and relaxed and try to visualize smaller and smaller details on the object.

Shifting

Shifting is your eye's natural way of viewing objects. Like Blur Zoning, Shifting improves the eye's ability to see small details.

Using the image on the right as a guideline, focus your eyes on one dot. Now shift or move your focus from that one dot to the next closest dot. Continue doing this until every dot has been shifted to. Then start shifting from one random dot to another random dot on the image. From one corner to the other corner, the middle to the edge, etc.

Now use this method and focus on a real life object, like a house across the street, or bookcase. Don't imagine dots, but focus on specific areas of the object. First start by **shifting from one spot to a closer spot on the object**, then shift from a random spot to another random spot. Do this 3 times on 3



different objects. Once you are finished, make sure to rest your eyes.

Example: Shift from spot to close spot, shift from spot to close spot, shift from spot to random spot, shift from spot to random spot – x3 objects, rest your eyes

Palming

Palming is used to relax your eye muscles and reduce visual stress or strain.

Close your eyes and place your left hand over your left eye, and your right hand over your right eye. You may lay your right fingers on top of your left fingers over your forehead. Rest the heel of your palms on your cheekbones and your elbows on a table. Rest your eyes and relax. Slowly breathing in and out for 30 seconds.

You may want to put a pillow under your elbows for comfort.

Don't press on your eyes, eyelids, or eyebrows. Try to relax all your eye muscles.



Hydrotherapy

Like Palming, Hydrotherapy is also used to relax your eye muscles and reduce visual stress or strain.

Grab three washcloths and two bowls of water. Fill one bowl with cold water, and fill the other bowl with hot water. Make sure the hot water is hot, but not scalding hot. The cold water should be ice cold. Now dip a washcloth in the hot water, close your eyes and ***hold the hot water washcloth against your eyes for 30 seconds.*** Now dip another washcloth in the cold water, close your eyes and ***hold the cold water washcloth against your eyes for another 30 seconds.***

Continue switching between hot and cold washcloths every 30 seconds for 3 – 5 mins. Once you are finished gently massage your closed eyes with the dry washcloth.




Example: hot washcloth – 30 seconds, cold washcloth – 30 seconds, hot washcloth – 30 seconds, cold washcloth – 30 seconds, etc. repeat for 3 – 5 mins, then massage with dry washcloth.


Make sure to rest your eyes muscles and don't push too hard on your eye lids.



Acupressure

Like Palming and Hydrotherapy, Acupressure is also used to relax your eye muscles and reduce visual stress or strain.

<p>1. Upper Eye Socket</p> <p>Close your eyes, place your thumbs on the inside of your upper eye socket, close to your nose, just below your eyebrow. The specific place usually feels like a boney ridge or nub. Once you have found the acupressure location, press firmly with your thumbs for one second, and then release for one second and repeat. Continue this for 30 seconds.</p> <p>Example: press, release, press, release, press, release etc.</p>	
<p>2. Bottom Eye Socket</p> <p>Close your eyes and place your index and middle fingertips on the bottom eye socket bone, right underneath the center of your eye. Press firmly with your two fingers for one second, then release for one second and repeat. Continue this for 30 seconds.</p> <p>Example: press, release, press, release, press, release, etc.</p>	
<p>3. Pinching the Bridge of the Nose</p> <p>Close your eyes and place your thumb and pointer finger on either side of the bridge of your nose. Squeeze your finger</p>	

<p>and thumb together for one second, then release for one second, and repeat. Continue this for 30 seconds.</p> <p>Example: squeeze, release, squeeze, release, squeeze, release, etc.</p>	
<p>4. Combine all Acupressure Exercises Together</p> <p>Combine all the above Acupressure exercises together to give your eyes a thorough massage. Start with Acupressure 1 for 30 seconds, then Acupressure 2 for 30 seconds, then Acupressure 3 for 30 seconds and then using your index and middle finger, gently tab in a circle around your entire eye socket. Start from Acupressure 1 position and work your way out and around the eye. Do this 3 times and then repeat, starting at Acupressure 1 for 30 seconds. Continue this cycle 5 times.</p> <p>Example: Acupressure 1 – 30 seconds, Acupressure 2 – 30 seconds, Acupressure 3 – 30 seconds, tab around the eye – x3, Acupressure 1 – 30 seconds, Acupressure 2 – 30 seconds, Acupressure 3 – 30 seconds, tab around the eye – x3, etc.</p>	 <p>The image contains three diagrams of a human face, each with red dots indicating acupressure points. The top diagram shows two red dots on the inner corners of the eyes. The middle diagram shows two red dots on the bridge of the nose. The bottom diagram shows two red dots on the bridge of the nose and two red dots on the inner corners of the eyes.</p>

Chapter 9

Bonus: Healing With Your Mind

In the past decade or so, hundreds of studies have been conducted that demonstrate the powerful connection between mind and body. Many scientists now believe that what you think about actually shapes your life.

For example, if you're constantly thinking about needing your glasses to see, your mind will automatically agree. Causing you to always reach for your glasses.

In Bruce Lipton's book "*Biology of Belief*", he demonstrates that your mind can affect the cells of your body and perhaps even your DNA. It goes on to explain how our expectations and desires can affect our bodies ability to fight illnesses and heal itself.



Now how do you use this "natural healing power" to heal your vision? Easy, you constantly remind yourself that you CAN see without those glasses.

Below are some examples of affirmation statements that will help you cure your eye condition quicker:

I can see without my glasses!

Each day my eyesight is better than the previous day!

My eye is healthy and functions at its optimum scale!

I am seeing things brighter and clearer each day!

I can see without my glasses!

My vision is improving!

I feel positive changes in my vision taking place!

I can see distant objects more clearly! / I can see close objects more clearly!

My eyes are feeling comfortable and relaxed!

I see clearly, comfortably and naturally!

You can make up your own statements if you would like, just remember they have to be positive statements. So don't use, NO, DON'T, CAN'T etc. We're trying to change our mindset from thinking negatively (which it's doing right now) to thinking positively.

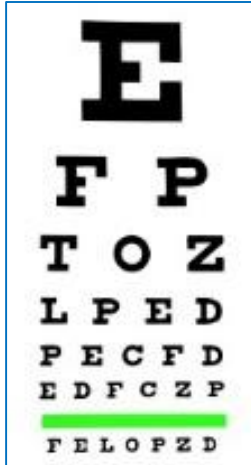
Now say these affirmation statements to yourself throughout the day. Really believe them when you say them. Close your eyes and repeat it over and over again in a positive tone. Then repeat them during the day while you're doing your daily activities, such as driving, cleaning, shopping, working etc. Eventually your mind will start to remember the statements and then soon after that, you'll notice your vision becoming better, and better and better.

To speed this natural healing power up, you can place sticky notes with the affirmation statements around your home and office. This way even if you don't read them, your subconscious mind will pick up on them, and change your way of thinking.

Keep practicing this "natural healing power" and you'll be on your way to seeing 20/20 in no time!

Chapter 10 Conclusion

Seeing clearly without glasses or contact lenses, shouldn't just be a wish or a gift some people receive. It's a necessity in life. One that every one of us deserves. Even you!



Imagine waking up each day and not having to reach for your glasses or stumble to the bathroom to put in your contact lenses. Imagine waking up, walking to kitchen and seeing your family's smiling faces! This can and will happen to you. Continue with your Quantum Vision Exercises and see your vision get better each day.

Restoring your vision isn't fixed by a prescription for glasses or contact lenses, it's a natural remedy and can be done from your household with the Quantum Vision System!

You will be thrilled with the results, and I can't wait to hear from you.

Remember to send us a quick email or testimonial video letting us know your progress and how Quantum System Vision has helped you!

My team and I are always here to help you. You can email support at any time with questions, concerns or testimonials to support@quantumvisionsystem.com.

And remember if you aren't 100% satisfied with this system, you are backed by our 60 day money back guarantee. Simply let us know and we'll refund your money, no questions asked!

Again, thank you for taking the chance on the Quantum Vision System and believing in the Truth!

Remember to stay positive and enjoy your glasses-free life!

Quantum Vision System: 3 Step Recap



Cleanse & Nourish Your Eyes

- Cleanse your body and eyes from chemicals and pollutants.
- Break the 11 bad eye habits you are doing today!
- Eat a nutrient rich diet, full of the important vitamins and minerals.



Do Daily Eye Exercises

- Follow the daily Quantum Vision Exercises to restore your vision naturally
- Have an eye condition? Cure it naturally with a specific eye exercise routine.



Visualize Healing

- Remember that your body and mind are connected.
- Relax and imagine yourself with perfect vision.