



# Ten Steps For Clear Eyesight Without Glasses: A Quick Course (Black & White Edition)

*Clark Night, William H. Bates*

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(Black and White) This book is a short condensed version of our large book; 'Do It Yourself-Natural Eyesight Improvement-Original and Modern Bates Method'. The large book contains in depth study of Natural Eyesight Improvement and is included with this paperback by internet download in 20 PDF E-books. Printable.

Includes Ophthalmologist William H. Bates 'Better Eyesight Magazine' collection teaching his many different natural treatments for clear eyesight, healthy eyes. Dr. Bates discovered Natural Eyesight Improvement, cured his own eyesight, then other doctors and patients eyesight using natural treatments, without eyeglasses, surgery, drugs. Treatments for; Clear Distant, Close and Reading Eyesight, Astigmatism, Cataract, Glaucoma, Crossed, Wandering Eyes, Conical Cornea and other conditions. Hidden from the public by Opticians, Eye Doctors, Eye Surgeons for over 100 years because it works, is safe and people can do it 'On Their own' with basic training. Many children, cured of defective eyesight by Dr. Bates, then on to cure their friends, parents, teachers eyesight.

Book is written by Clark Night, a Bates Method, Natural Eyesight Improvement teacher. I have kept my eyesight clear since teen years 1974 to present age of 57. The practices in this book produce relaxation, normal, natural, healthy eye function.

After a neck injury caused by a chiropractor in 2009; my eyes developed double, triple vision, strabismus, dark and white-out hazy vision, astigmatism and low clarity. Natural Eyesight Improvement, Physical Therapy brought the eyes back to normal function, clear eyesight.

20 Free E-BOOKS CONTAIN [cleareyesight-batesmethod.info/](http://cleareyesight-batesmethod.info/) ;

+This Paperback Natural Eyesight Improvement Book in Color, with 100 pictures. Less reading, Easy to learn steps; Read the directions printed on the pictures for Fast Vision Improvement.

+Better Eyesight Magazine by Ophthalmologist William H. Bates (Unedited, full set: 132 Magazines -July, 1919 to June, 1930.) Illustrated with 500 pictures and additional, up to date Modern Training.

+Original Antique Better Eyesight Magazine by Ophthalmologist William H. Bates. Photo copy of all his Original Magazine Pages. (Unedited, full set: 132 Magazines - July, 1919 to June, 1930.) Learn the Method, Treatments directly from the Original Eye Doctor that discovered Natural Eyesight Improvement!

+The Cure of Imperfect Sight by Treatment Without Glasses (Perfect Sight Without Glasses)by Dr. Bates (photo copy of all the original book pages) with pictures.

+Medical Articles by Dr. Bates - with pictures.

+Stories From The Clinic by Emily C. Lierman/Bates.

+Use Your Own Eyes by Dr. William B. MacCracken.

+Normal Sight Without Glasses by Dr. William B. MacCracken.

+Strengthening The eyes-A New Course In Scientific Eye Training In 28 Lessons by Bernarr MacFadden - with pictures & modern training.

+EFT Training Book.

+Clear Close Vision - Seeing Fine Print Clear.

+Ten Steps For Clear Eyesight without Glasses.

+Astigmatism Removal Treatments. +New additional books.

+Eyecharts - 15 Large, Small and Fine Print Charts for Clear Close and Distant Vision, White and Black Letter Charts, Astigmatism Test and Removal Charts.

+Audio and Video lessons in training chapters. 100 YouTube videos.

See 'William H. Bates Author's Page' for entire Biography, Videos of internal book pages, description of the Paperback, 20 E-books. [amazon.com/William-H.-Bates/e/B004H9DOBC/ref=ntt\\_athr\\_dp\\_pel\\_pop\\_](https://amazon.com/William-H.-Bates/e/B004H9DOBC/ref=ntt_athr_dp_pel_pop_)

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