

How Magnetic Pinhole Eye Glasses Work

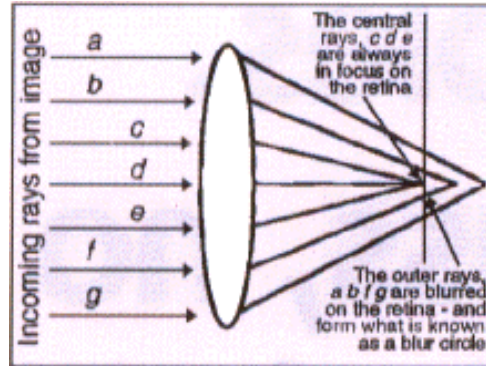


Fig. 1. The unaided weak Eye without Magnetic Pinhole Eye Glasses

In a weak eye, light rays entering the eye's lens are not all focussed onto the same place on the retina. For example rays a b f g, require more focussing by the lens to hit the same plane as rays c d e, which are nearer to the center. Rays c d e are usually always in focus, regardless of the condition of the eye, and form a clear image on the retina. This clear image is flooded by the blurred image known as the "blur circle" formed by rays a b f g.

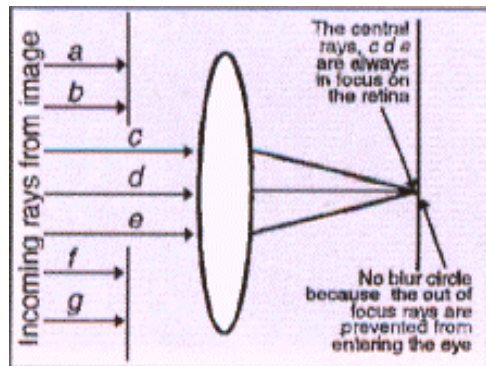


Fig. 2. The unaided weak Eye with Magnetic Pinhole Glasses

When the pinhole lens is used, only rays c d e are allowed to form an image on the retina and no blur circle is present to block the clear image. Consequently, by using a lens with multiple pinholes, many focussed images form on the retina and a clear, natural image is seen. Also, no effort is required from the eye muscles, as the only rays entering the eye are already in focus. Hence there is a dramatic consequential, relaxing effect.

The Magnetic Fields of these Eye Glasses increase Blood Circulation, polarize the Red Blood Cells and cause increased delivery of Oxygen to the Eyes. This helps in quicker healing and restoration of normal health of the eyes coupled with improved muscular strength and co-ordination.

Vision Training

Vision training is not new. Various applications of vision training have been found in history. The Indian Yogi Patanjali devised techniques to tone and condition the extraocular muscles more than 2,000 years ago.

In the 20th century, the American Ophthalmologist and Researcher William H. Bates said: "The theory that poor vision is unavoidable does not fit the observed facts, and I have seen many cases in which errors of refraction spontaneously recovered or changed form." Bates believed that stress adversely affects Vision. He recommended swinging the body and covering the eyes and formulated exercises to improve eye movements and help sharpen acuity.

Ayurvedic Eye Care / Exercises

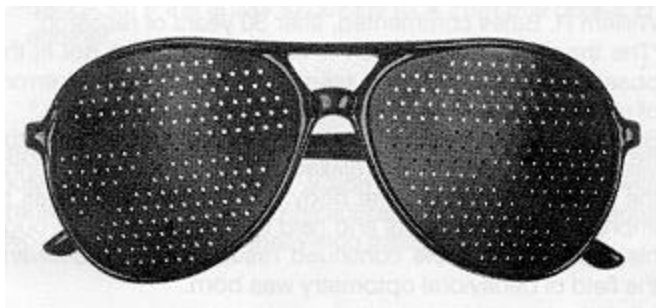
Early in the morning, when you wash your face, fill your mouth with cool water and keep it there as you splash cool water over your open eyes. Change water when it warms up. Eyes cool down from inside the oral cavity as well as outside. This helps to relax the eyes and the muscles that control the eyes. Repeat for a few minutes each day.

To Detoxify the Eyes, put two drops of Ayurvedic Herbal **Eye Drops** in each Eye at Bedtime, for 2 to 4 weeks.

The following exercise will help to strengthen the Eye Muscles:

1. Blink Eyes rapidly several times.
2. Close your eyes tightly, then release. Do this several times. This helps to improve circulation in the muscles of the eyeball.
3. Rub your palms vigorously together for a few seconds to generate some warmth, then place them lightly over your eyes. The warmth helps to soothe the eyes. Keep them there for a minute or two to strengthen and nourish the eyes.
4. Gazing at a flame of a candle with naked eyes helps to strengthen and soothe the Eyes. Set the candle 2 to 3 feet away from you. Gaze at the flame without your Eye Glasses for 2 to 3 minutes. Do not blink. This helps to make the eyes radiant and lustrous.

How to Exercise your Eyes with Magnetic Pinhole Eye Glasses



You will notice when looking at your Magnetic Pinhole Glasses (MPG), that there are four triangles, one in each corner of each lens. Follow these simple exercises whenever you have a few minutes to spare.

STEP 1. Rotate your eyes from triangle to triangle in a clockwise direction, 10 time or more. Then repeat in an anti-clockwise direction.

STEP 2. Move your eyes from side to side between the triangles, 10 times or more. This action simulates Rapid Eye movement.

STEP 3. Take a magazine or book. Hold it at arms length and choose one word. Concentrate on this word and slowly move your arms towards your eyes as closely as you can focus. Then slowly move to arms length again, still concentrating on your chosen word. Repeat 10 times or more.

Using Your Magnetic Pinhole Eye Glasses ***(Strictly for indoor use only)***

Pinholes are best worn when watching TV or reading. When reading always make sure adequate lighting is supplied. As you look through Pinholes some light is cut out. Pinholes are also excellent for Computer Operators. Computer screens tire and strain eyes rapidly, Pinholes, allow your eyes to relax.

Your eyes may take a little while to adjust to Pinholes, but in a short period your eyes will not notice that they focus through these tiny holes. That is why watching TV is ideal, you forget very quickly that you are wearing them.

Pinholes should be worn for a minimum of one hour every day, or as often as possible.

Pinhole Glasses – Further Reading

Extract from p206. Natural Vision Improvement by Janet Goodrich

Pinhole spectacles are not glasses at all, nor is the idea of reducing light anything new. Eskimos in 'white out' snow conditions used to carve goggles of wood with a narrow horizontal slit across the front. This allowed them to travel in an environment where light was coming from every direction and all contours were missing. If that Eskimo had been myopic (not many Eskimos were, until they started going to school), she/ he might also have seen more clearly. The clarity given by the pinholes is due to the fact that the blur circle on the retina is reduced.

This figure depicts what occurs when pinhole spectacles are placed in front of a myopic eye looking at a distant object:

1. Parallel light entering this (short-sighted) eye is brought to a focus within the eye (F) and produces a large blur circle on the retina.
2. The moment a pinhole is introduced in front of the eye a much narrower parallel pencil of light comes through the hole. The light again goes through the focal point F resulting in a much smaller blur circle on the macular area.

People with both close and distant blur, and astigmatism, are able to use pinhole spectacles as T-glasses while they're in the process of improving their sight through natural means. Pinholes have some disadvantages. They are not useful at night nor recommended for driving. They reduce peripheral vision and most driving laws require compensatory lenses.

One of their greatest advantages is that they are not prescriptive. Almost everyone, no matter what their error of refraction, sees clearly through the holes. In addition, they encourage saccadic motion. Staring through them is unusually counterproductive. Using the pinholes temporarily for reading, viewing, and theatre going is very handy. They are inexpensive in comparison to prescriptive glasses.

It is important if you do obtain pinholes to use as T-glasses that you give yourself some time to adjust to them. They have a honeycomb effect that is distracting at first if the eyes are extremely decentralized (see chapter 11). Put them on, do some yawning, edging from Chapter 6, and blinking until your brain says. 'This super clear vision is all right'. At this point the brain stops paying attention to the black occluding plastic and tunes into the messages coming through the pinholes.

An Ophthalmologist recommends using the pinhole effect - 'when you lose your Eye Glasses in the woods, try viewing through the pinhole. Vision will be improved. Pinhole glasses would be used more frequently except that they decrease the illumination and the field of vision.' (Steven Goldberg, M.D.: Ophthalmology Made Ridiculously Simple, p.12)

References:

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Janet Goodrich Ph. D.
c. 1985 Celestial Arts / Pg. 43

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Robert A. Kraskin, O.D., F.A.A.O.
c. 1968 Doubleday & Co., Inc.

Healthy Eyes/Better Vision
Dr. Jeffrey Anshel
c. 1990 The Body Press

Perfect Sight without Glasses
W. H. Bates, M.D.
c. 1940 Henry Holt & Co., Inc./Pg. 35-511

The Athletic Eye
Dr. Arthur Seiderman and Steven Schneider

Warning:

Never wear your Pinholes when driving or doing any activity where sideways vision is required. Do not use as Sun Glasses. Always make sure your Pinholes are clean and check no holes are blocked, it is very important to have complete vision.