

Courtesy of
Carlos Moreno at CenteredVision.com

Excerpt from ...

Sight Without Glasses

By Dr. Harold M. Peppard

Forward

This book is written with the realization that the adherents to the principles of organized medicine and optometry do not agree with this method of treating eyes. That is understandable since their education has taught them principles which are opposed to this theory, and, too, they lack the experience of treating eyes without glasses.

For those of us who have had that experience, this system of treatment is no longer a controversial theory but an established fact. We do not question whether it can be done, it is being done.

The rules for restoration of impaired eyes to normal sight by treatment with this method are simply those laws which normal eyes naturally and automatically follow. The eye exercises are for the purpose of building reactions by consciously training the neuro-muscular control of the eyes to follow the normal pattern.

While we would appreciate the approval and cooperation of the established school, we do not expect it. We are traveling another road, a newer road, a road that we have proved will take us where we want to go – to the state of having clear sight all our life long.