

## **Myopia Treatment... Naturally & That Easy?**

**Aug. 24, 2009** - [PRLog](#) -- Myopia is an eye condition where the patient can't see clearly into the distance. It occurs when the lens of the eye is shaped too steep, and is usually corrected with glasses, contact lenses, or LASIK eye surgery.

Nothing new here, is there? Well, the question is why is the lens shaped too steeply in the first place? What causes it?

Without answering these questions, it's very hard to evaluate if the treatments suggested above are good, or not. You see, optometrists and eye surgeons work based on the assumption that the problem is purely physiological, but are they right?

Well, the shape of the lens is determined by the shape of the eyeball, which in turn is determined by the tension of the eye muscles. In other words, if the eye muscles are too tense, they flatten out the eyeball (much like the zoom on a photo lens extends), which then causes the lens to shape steeper than usual.

Is that wrong? No it isn't, that's why we have the eye muscles in the first place! We need to contract the muscles to zoom in on close up objects, and to relax them to see distant objects, so there is nothing wrong with the action.

The previous sentence provides a clue on what is wrong when you get myopia, namely the eye muscles don't relax.

A healthy eye should relax itself, but a myopic eye doesn't. But think about what happens with conventional myopia treatments. Let's look at them individually. Firstly we examine corrective lenses, ie glasses and contacts, and secondly eye surgery.

### **Myopia Treatment #1: Corrective Lenses**

Your eye muscles are too tense and they don't relax as they should, so your optometrist puts lenses with the opposite shape in front of your eyes, and therefore supposedly corrects your vision.

Wrong, the lenses don't correct anything, they just allow you to see distant objects, but your eyes didn't relax.

There is a reason why they don't relax in the first place, and that reason is not addressed. In fact, it will most likely get worse, but we'll get to that in a second.

### **Myopia Treatment #2: Eye Surgery**

Your tense eye muscles cause your lens to be shaped too steeply, and eye surgery is flattening out your lens by shaping off "excess" from the lens, but the muscles stay as stiff as they've been. Did it correct your vision?

I beg to differ. What happens when your eye muscles start to relax? Now you are missing some lens, aren't you? Well, with true correction it wouldn't matter if your muscles relax, in fact they would, and then your eyes would work perfectly fine.

### Myopia Treatment #3: Natural Vision Correction

That's the part we didn't talk about yet. You see, myopia mostly occurs in young people, and especially in young people that are under a lot of stress. Since myopia is rooted in tense eye muscles, we get a major clue as to what is going on.

When human beings under stress they often get tense muscles. We are very familiar with that in the muscles we can see, but the same happens in the muscles we don't see, but we see with.

You have to understand that myopia is not a physical problem, we only perceive the physical symptoms. The underlying reason is in the mind, in the part that stresses us out, in the part that causes us to tense up. So when you use glasses and you can see into the distance again, you give your eyes more room to tense up, hence you get stronger and stronger prescriptions, until you learn to relax.

Once you understand and find that part, myopia is easily corrected!

I don't mean to perform eye exercises, as it is commonly misbelieved would be the solution. I mean to find the reason, to resolve it, and get on with life.

The only real myopia treatment is holistic natural vision correction that takes care of the mind, the body, and the eyes, and not just on one of these parts. Even if you do eye relaxation exercises over and over again, your eye will keep creating tension, until you learn to resolve what causes the problem.

There is no substitute for that.

Evgania Mehler helps people with myopia to get rid of their myopia, even if they wear glasses, had eye surgery, can't see 2 feet away without glasses, or just started to get myopia. For more information on natural myopia treatments, go to <http://www.purevisionmethod.com>.

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