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Тезис

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Can Bates' method help to improve vision?

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Сегодня много молодых людей страдает ухудшением зрения. Мы решили попробовать одну из методик улучшения зрения по методу Бейтса – пальминг. В результате эксперимента выяснилось, что напряжение мышц глаз действительно пропадает и становится легче видеть предметы.

There are more and more people today suffer from visual disturbances. In most of these cases ophthalmologists recommend them to wear glasses. But from 20th century is known method natural recovery vision suggested by American ophthalmologist William Bates. Nowadays that method is very popular thanks to Internet.

William Bates believed that the main reason visual disturbance is psychic tension that leads to eye's muscles tension which change the shape of eye.

Is Bates' method really can help to improve vision?

For the begging we decided to learn how to relieve the eye's muscle tension. During the two weeks three times a day we do the exercise named palming. It needs to be done calm setting for ten minutes. After finishing the exercise we feel that our eye really refreshing.

Before we start our experiment and in the its ending we checked our vision with Sivtsev's table. We found out that lines that we saw before were given us with efforts than after doing exercise. So we can say that that method of reveling muscles tension is really helpful. It helps to see objects clearer.

Now then it's clear that one of Bates' methods can help to improve vision.

Keywords: Bates' method, ophthalmology, vision