

The **VisiClear** At-Home Test Pack



DISCLAIMER (MUST READ)

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The materials contained in this book are based on the author's experience and research through credible sources.

The statements presented here are meant to help you improve your vision without wearing glasses and eye lenses or resorting to surgery, but results may vary from person to person.

In no event, the author will not be liable for any damages of any kind whatsoever concerning the service, materials, and products contained within the package.

The information presented in this book should not be interpreted as medical advice. If you have any doubts or concerns related to your seeing health, I strongly recommend you to seek for the counseling of your ophthalmologist.

INTRODUCTION

Congratulations once again on your commitment to restoring your eyesight to the crystal-clear vision you used to have, with your purchase of VisiRestore. Understanding how the root cause of your vision loss comes from the damage caused by the free-radicals in your macula is something the optical industry has kept hidden until now. So once again congratulations on your commitment to freeing your macula of these vision damaging free-radicals that have been attacking the back of your eyes for decades.

Our team at IntegratedNaturals is so dedicated to helping our customers improving their eyesight we have developed the VisiRestore Home Eye Test System to help you track the progress of restoring your vision to the clarity you once had. Not only will this system help you track the restoration of your eyesight, with the carefully designed exercises included in this system you will be able to free yourself of those thick, cumbersome glasses. You will soon be able to read the second last and possibly even the very last line in the eye charts.

Remember, everyone's glasses prescriptions and starting points in their journey to restoring their vision are different. So, don't lose hope if your vision takes longer to return than other people. If you allow the secret ancient Aztec ingredients in VisiRestore and the exercises in this kit the time to work we guarantee your vision will improve to how it once was. Each test and exercise has clear instructions to help you each step of the way and the VisiRestore Eye Test Kit will allow you to print the tests in high definition to help you with accurately tracking your progress. From all of us at IntegratedNaturals, good luck!

Distance Visual Acuity

Find an Optometric Physician: visionsource.com/find

20/200

C S

1

20/100

d v o h

2

20/80

o HVCK

3

20/63

h z c k o

4

20/50

n Ck Hd

5

20/40

d h o SZ r

6

20/32

v n d o

7

20/25

c z h k S

8

20/20

o r z Sk

9

Place chart 10 feet away

How to Use the Distance Visual Acuity Test

- 1 Print the free eye chart on regular 8 1/2 x 11-inch paper
- 2 Tack or tape the chart to a windowless wall in a well-lit room at eye level
- 3 Measure ten feet from the wall
- 4 Cover one eye (if you wear glasses for distance vision, keep them on)
- 5 Have another person point to each line as you read the letters out loud and keep track of which letters you get right
- 6 Continue to the bottom row or until you can no longer read the letters
- 7 Write down the number of the smallest line where you identified the majority of letters correctly (Ex./ If you were able to read 5 out of 8 letters on line 8, you would write 20/20.)
- 8 Cover the other eye and repeat steps 5-7

What Do the Results Mean?

That depends on the age of the person being tested. A 3 to 4-year-old should be able to read the 20/40 line, and a 5-year-old the 20/30 line. Older children and adults should be able to read the majority of letters on the 20/20 line.

Near Visual Acuity

Read from a distance of 14 inches

No. 1.
.37M

In the second century of the Christian era, the empire of Rome comprehended the fairest part of the earth, and the most civilized portion of mankind. The frontiers of that extensive monarchy were guarded by ancient renown and disciplined valor. The gentle but powerful influence of laws and manners had gradually cemented the union of the provinces. Their peaceful inhabitants enjoyed and abused the advantages of wealth

No. 2.
.50M

four score years, the public administration was conducted by the virtue and abilities of Nerva, Trajan, Hadrian, and the two Antonines. It is the design of this and of the two succeeding chapters, to describe the prosperous condition of their empire; and afterwards, from the death of Marcus Antoninus, to deduce the most important circumstances of its decline and fall; a revolution which will ever be remembered, and is still felt by

No. 3.
.62M

the nations of the earth. The principal conquests of the Romans were achieved under the republic; and the emperors, for the most part, were satisfied with preserving those dominions which had been acquired by the policy of the senate, the active emulations of the consuls, and the martial enthusiasm of the people. The seven first centuries were filled with a rapid succession of triumphs; but it was

No. 4.
.75M

reserved for Augustus to relinquish the ambitious design of subduing the whole earth, and to introduce a spirit of moderation into the public councils. Inclined to peace by his temper and situation, it was very easy for him to discover that Rome, in her present exalted situation, had much less to hope than to fear from the chance of arms; and that, in the prosecution of

No. 5.
.75M

the undertaking became every day more difficult, the event more doubtful, and the possession more precarious, and less beneficial. The experience of Augustus added weight to these salutary reflections, and effectually convinced him that, by the prudent vigor of

No. 4.
1.25M

his counsels, it would be easy to secure every concession which the safety or the dignity of Rome might require from the most formidable barbarians. Instead of exposing his person or his legions to the arrows of the Parthians, he obtained, by an honor-

No. 7.
1.50M

able treaty, the restitution of the standards and prisoners which had been taken in the defeat of Crassus. His generals, in the early part of his reign, attempted the reduction of Ethiopia and Arabia Felix. They marched near a thou-

No. 8.
1.75M

sand miles to the south of the tropic; but the heat of the climate soon repelled the invaders, and protected the unwarlike natives of those sequestered regions

No. 9.
2.00M

The northern countries of Europe scarcely deserved the expense and labor of conquest. The forests and morasses of Germany were

No. 10.
2.25M

filled with a hardy race of barbarians who despised life when it was separated from freedom; and though, on the first

No. 11.
2.50M

attack, they seemed to yield to the weight of the Roman power, they soon, by a signal

To find an eye doctor near you, visit www.allaboutvision.net

How to Use the Near Visual Acuity Test

The Jaeger eye chart is used to test and document near visual acuity at a normal reading distance.

If you typically wear eyeglasses or contact lenses full-time, you should wear them during the test.

- 1 Hold the test card 14 inches from the eyes. Use a tape measure to verify this distance.
- 2 The card should be illuminated with lighting typical of that used for comfortable reading.
- 3 Testing usually is performed with both eyes open; but if a significant difference between the two eyes is suspected, cover one eye and test each eye separately.
- 4 Go to the smallest block of text you feel you can see without squinting, and read that passage aloud.
- 5 Then try reading the next smaller block of text. (Remember: no squinting!)
- 6 Continue reading successively smaller blocks of print until you reach a size that is not legible.
- 7 Record the “J” value of the smallest block of text you can read (example: “J1”).

Contrast Sensitivity

A contrast sensitivity test measures your ability to distinguish between lighter and darker increments of light versus dark (contrast).

This differs from common visual acuity testing in a routine eye exam, which measures your ability to recognize smaller and smaller letters on a standard eye chart.

Contrast sensitivity is a very important measure of visual function, especially in situations of low light, fog or glare, when the contrast between objects and their background often is reduced. Driving at night is an example of an activity that requires good contrast sensitivity for safety.

Even if you have 20/20 visual acuity, you can have eye or health conditions that may diminish your contrast sensitivity and make you feel that you are not seeing well.

Record and keep track of how far down the chart you are able to read after taking your VisiRestore. Remember, the results are progressive so keep track every week!

C H V O S N ①

D S Z N R K ②

N D R H V Z ③

C S O N K H ④

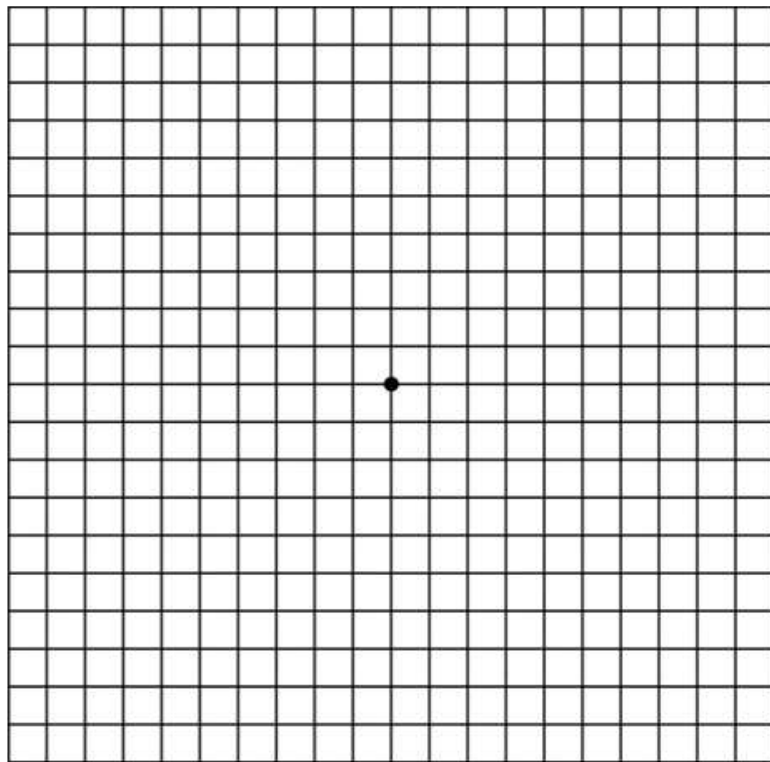
K N V D S R ⑤

Z R D K H O ⑥

H Z C V R K ⑦

S C Z D V O ⑧

Amsler Grid – Macula Test

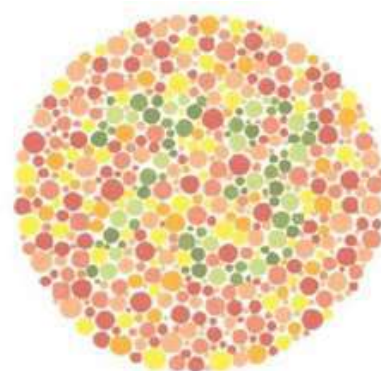
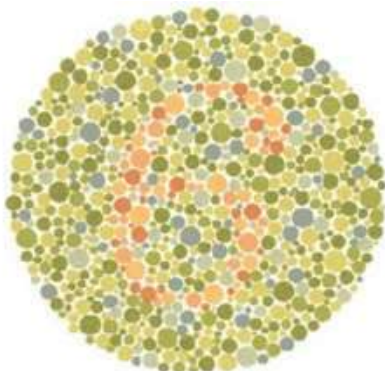
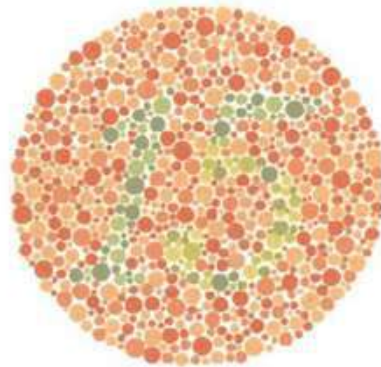
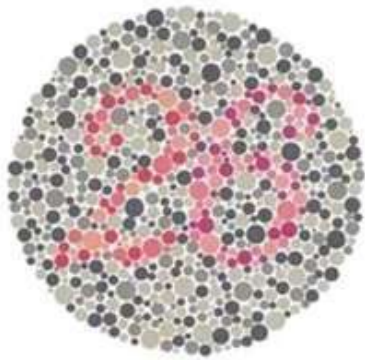
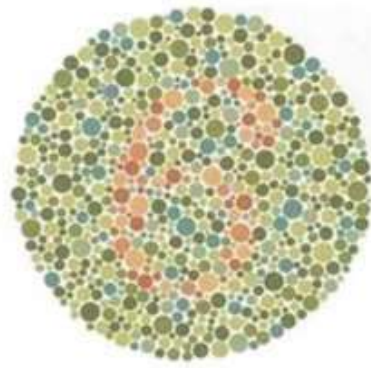
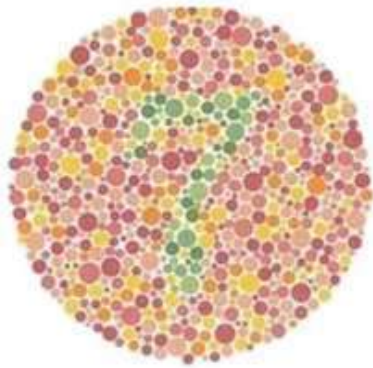


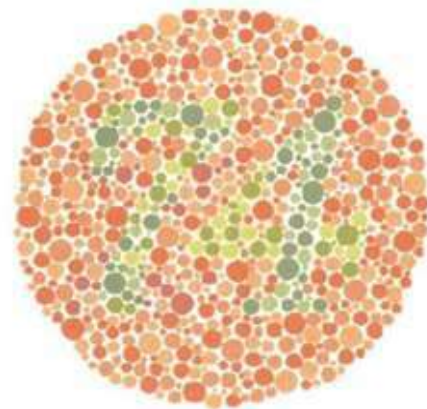
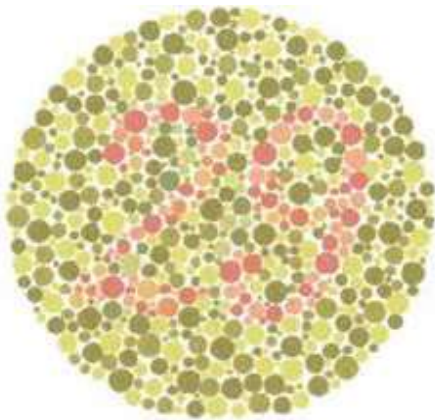
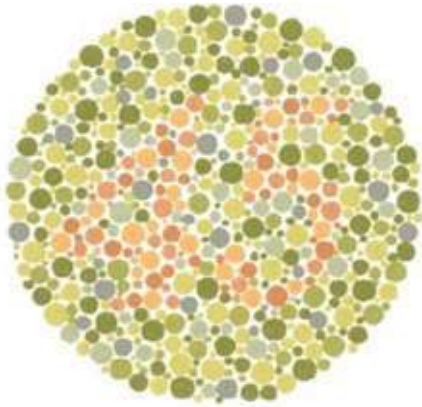
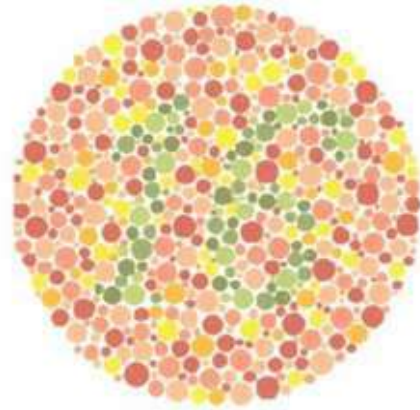
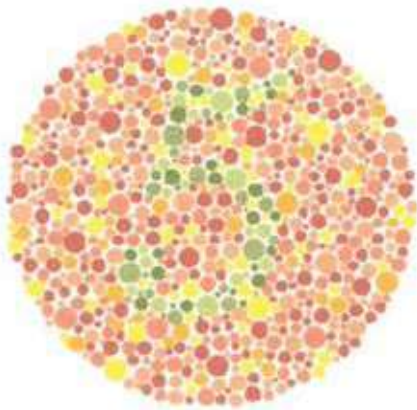
How To Test Your Eyes With This Amsler Grid

- Print this page on bright white paper (heavy stock if possible).
- Test your eyes under normal room lighting used for reading.
- Wear the eyeglasses you normally wear for reading.
- Hold the grid approximately 14 to 16 inches from your eyes.
- Test each eye separately: Cup your hand over one eye while testing the other eye.
- Keep your eye focused on the dot in the centre of the grid and answer these questions:
 - 1 Do any of the lines in the grid appear wavy, blurred or distorted?
 - 2 Do all the boxes in the grid look square and the same size?
 - 3 Are there any “holes” (missing areas) or dark areas in the grid?
 - 4 Can you see all corners and sides of the grid (while keeping your eye on the central dot)?
- Switch to the other eye and repeat. **IMPORTANT** – Report any irregularities to your eye doctor immediately: Mark areas of the chart you’re not seeing properly (print two charts if you notice problems in each eye) and bring it with you when you visit your doctor.

Colour Vision Test

Look at the Pictures below and write down the numbers you see. Compare the numbers you have written for the 12 test plates to the answers below. If you have all the numbers correct you have minimal to no colour vision deiciency. If you had two or more numbers incorrect you have a red-green colour vision deiciency. If you were unable to see any correct number you have advanced colour vision deiciency and should get testing with your local ophthalmologist.





ANSWERS: 7, 6, 26, 15, 6, 73, 5, 16, 45, 12, 29, 74

'Tumbling E' Vision Test Chart For Children

Test chart for children



How to Use the 'Tumbling E' Eye Chart

- 1 Print the free eye chart on regular 8 1/2 x 11-inch paper
- 2 Tack or tape the chart to a windowless wall in a well-lit room at eye level
- 3 Measure ten feet from the wall
- 4 Cover one eye (if you wear glasses for distance vision, keep them on)
- 5 Have another person point to each line as you read the letters out loud and keep track of which letters you get right
- 6 Continue to the bottom row or until you can no longer read the letters
- 7 Write down the number of the smallest line where you identified the majority of letters correctly (Ex./ If you were able to read 5 out of 8 letters on line 5, you would write 20/30.)
- 8 Cover the other eye and repeat steps 5-7

Reading Eye Test for Glasses Strength

This helps you test for the proper strength for your reading glasses. Follow the steps below.

- 1 Hold the page approximately 12-14 inches away from your face
- 2 Start reading the chart below from TOP to BOTTOM
- 3 If you can't read the top line, move to the next line down.
- 4 Keep repeating this process until you can clearly read a full line
- 5 When you can clearly read a line, stop and look to the strength listed for that line.
- 6 The strength listed is the proper strength you'll need for your reading glasses.

If this line is difficult to read, use **+1.25** | W
If this line is difficult to read, use **+1.50** | E
If this line is difficult to read, use **+1.75** | A
If this line is difficult to read, use **+2.00** | K
If this line is difficult to read, use **+2.25** | E
If this line is difficult to read, use **+2.50** | R
If this line is difficult to read, use **+2.75** | S
If this line is difficult to read, use **+3.25** | T
R
O
N
G
E
R

Tibetan Eye Chart For Building Eye Strength – Bonus Free Exercise

This is a century old technique thought to improve your vision naturally.

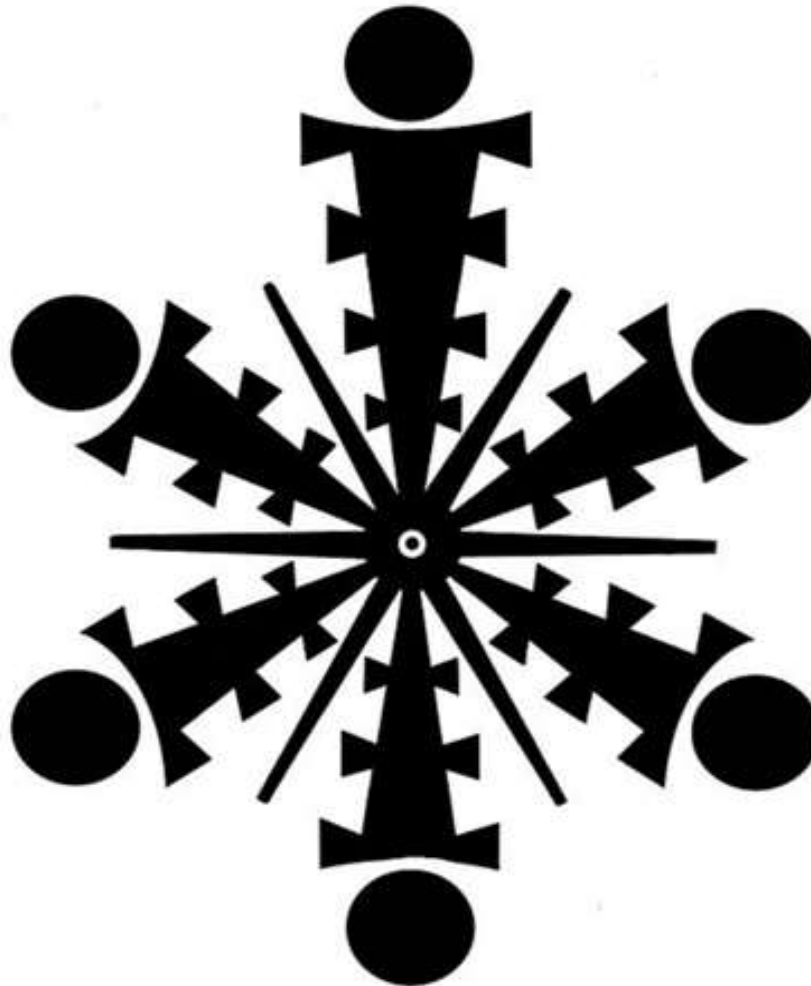
For generations the people of Tibet have used natural methods to correct visual weakness and improve their eyesight. Chief among the methods employed has been the use of certain exercises which have proved useful over long periods of time. The figure on this chart was designed by Tibetan Lama Monks to give the necessary corrective exercises and stimulation to the muscles and nerves of the optical system. The eye muscles focus similar to a camera shutter. The purpose of these exercises is to strengthen the eye muscles to improve vision. A few minutes practice morning and evening will bring immediate effects and over a period of months a most definite improvement will result.

How to Use the Chart:

These exercises are to be done without eyeglasses or contacts. Do each movement for 30 seconds while in a sitting position, spine straight and do not move the head side to side. Move only the eyes.

- 1 With the palm of each hand cup both closed eyes to relax them
- 2 Move the eyes clockwise around the outer circle of dots
- 3 Repeat this movement in a counterclockwise rotation
- 4 Move the eyes back and forth between the dots at 2 and 8 o'clock
- 5 Repeat this movement back and forth between dots at 4 and 10 o'clock
- 6 Blink the eyes briefly and finish therapy with the palming same as exercise #1.

Tibetan Eye Chart



Repeat exercises as desired being careful to avoid strain. After beginning therapy wear eyeglasses and contacts as little as possible. In time these crutches will become unnecessary. The process of repair and the reforming of the curvature of the back of the eye require specific exercise and the increase of the nutrients used only by the eye for its repair and maintenance. Like any other muscle the more exercise the more nutrients are needed. The nutrients will reverse the loss of light processing and by taking extra selenium remove the deposits of ceroid lipofuscin, rancid vegetable oils, stored as cellular and subcellular lipids in the form of darkened and discolored spots on the urea. This type of damage is from the vegetable oils in the polyunsaturated configuration of the oils treated with hydrogen, (Trans fatty acids), causes the rancidity (free radical damage) of cellular fats.

Convergence Exercises

These exercises are designed to help control an outward turning eye (or divergent strabismus).

It is important that you ALWAYS relax your eyes after performing these exercises by simply looking out the window or the end of the room at a distant object.

Pen Push-ups

Hold a pen (or your index inger) at arm's length in front of you, directly in line with your eyes. Look at the tip of the pen. Slowly move the pen toward you until you notice they double (two pens). Stop. Try to focus your eyes to bring the pen back to appear as a single pen. If you can make the pen appear as a single pen, slowly move the pen closer until it becomes double gain. Stop.

Repeat until you are unable to make the pen single. Stop. Take the pen back out to arm's length.

Repeat from start.

Jump Exercises

Hold a pen (or your index inger) at arm's length in front of you, directly in line with your eyes. Look at the tip of the pen. Slowly move the pen toward you until you notice the pen becomes double (two pens). Stop. Move the pen slightly away from you until it becomes single. Stop.

Jump your eyes to look at an object in the distance (for example on the wall at the end of the room), then jump your eyes back to the tip of the pen. Make sure the pen appears single. Repeat.

Beads on a Thread

What you will need:

Wool (approximately 30cm)

5 beads

How to make the "Beads on a Thread":

Thread one bead at a time onto the wool. Knot each bead at approximately

5cm apart.

How to do the eye exercise using the Beads on a Thread:

Hold the wool out from your nose directly in front at eye height. Look at the bead furthest away with both eyes. Make sure the bead you are looking at is singular (one bead). If the bead appears double (two beads), try to focus your eyes to make the bead single. If you can make the bead singular, move your eyes to the next closest bead. Repeat, continuing to look at the closest bead you are able until you are unable to make the bead singular. Repeat from the furthest bead.

Convergence and Focussing - Magic Image Training

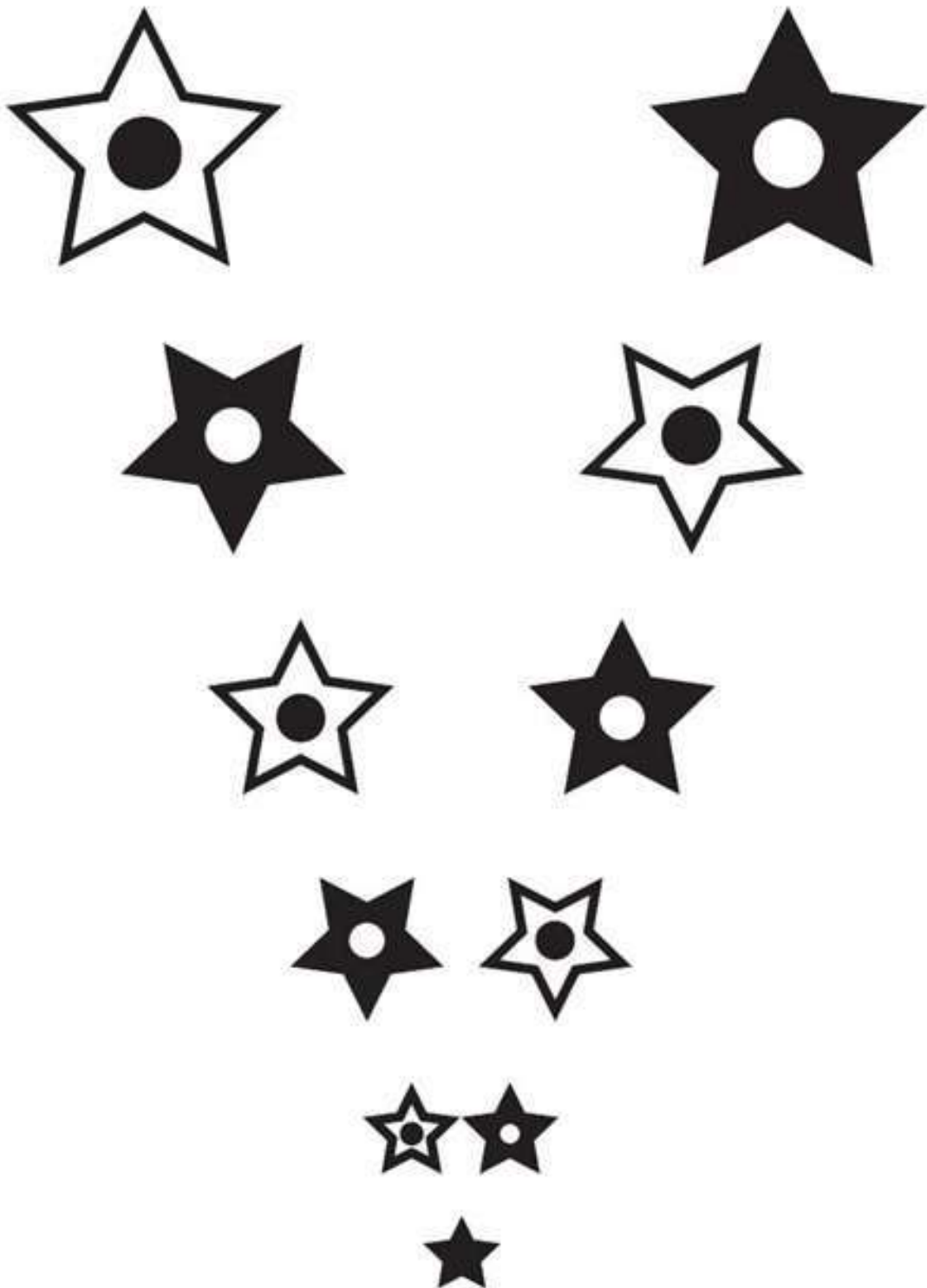
Once you have mastered the art of the simple convergence exercises above you will be able to complete the next 3 exercises to improve you convergence and your vision.

How to do the following 3 Convergence exercises:

- 1 Move 14 inches from the page
- 2 Cross you eyes so you see three images
- 3 Relax your focussing so that the middle image becomes clear for 10 seconds.
- 4 Look away to the distance
- 5 Repeat for 1-2 minutes every night

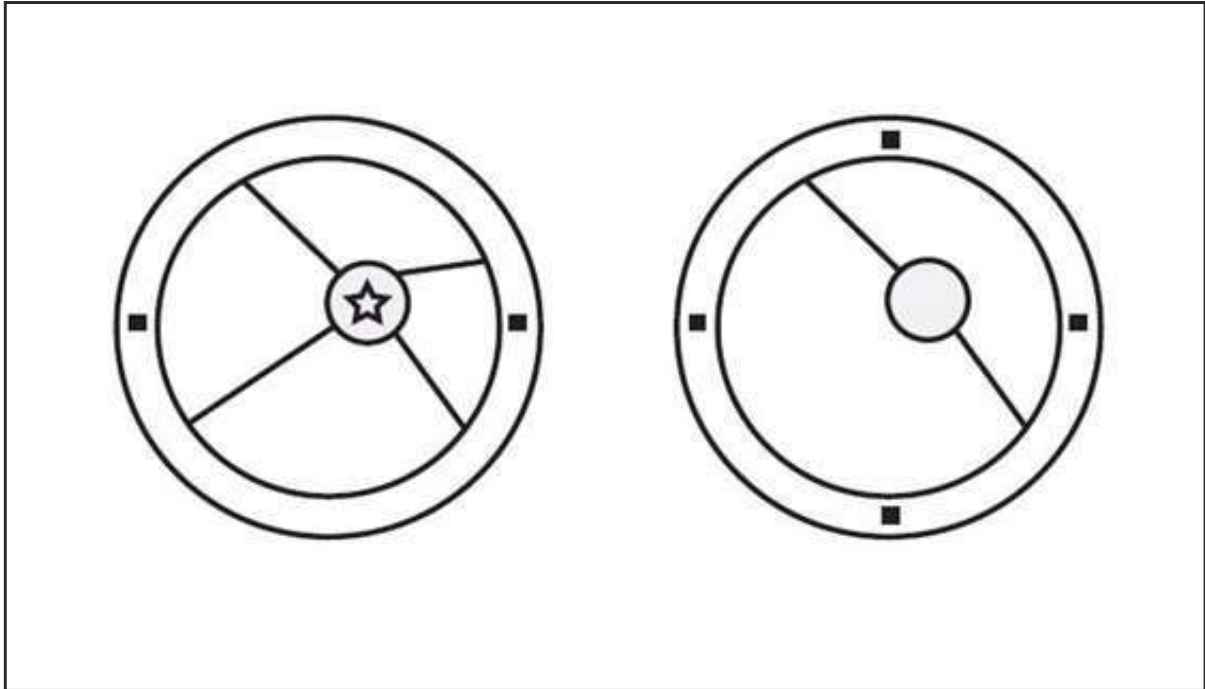
The Middle Star

Cross your eyes to make the stars on either side join to make a magic central star.



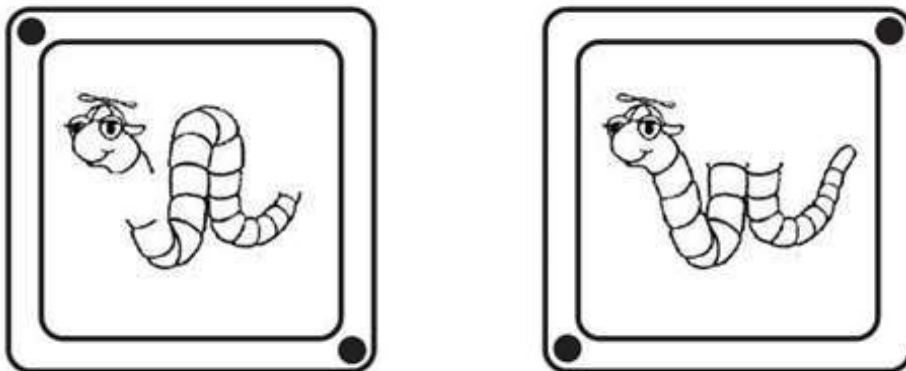
Capture the Star

Cross your eyes to capture the star in the middle image.



Partly The Worm

Cross your eyes to make him complete in the middle image.



Piles of Words

Cross your eyes to make a third, middle, pile of words.

| | |
|--|--|
|  |  |
| Life is of surprises, so you may as well get to it. | Life is full of surprises, so you as well get used to it. |
| Keep face always toward the sunshine shadows will fall behind you. | Keep your face always the sunshine and shadows will fall behind . |
| I do not believe in the right decision, I take a decision and make it | I do not in taking the right decision, I a decision and make it right |
| The discovery of my generation is that a human can alter his life by his attitudes. | The greatest discovery of generation is that a human being can his life by altering his attitudes. |
| To make a , you must be: willing to , willing to change, willing to have an open mind, and to take action! | To make a change, must be: willing to commit, willing to change, to have an open mind, and willing to take action! |