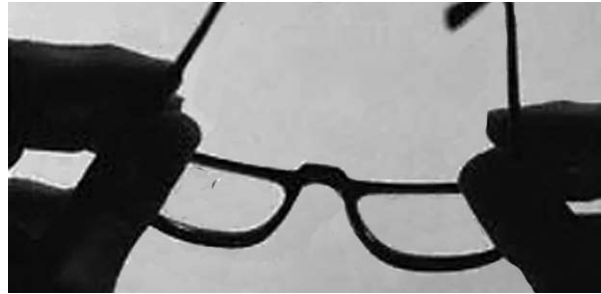


Doreen Cott  
Natural Vision Instructor  
Acupuncture Physician



Doreen Cott, a certified Bates' Method teacher, has been teaching Natural Vision Enhancement since 1983. She has worked with her mentor, Dr. Janet Goodrich, who wrote the book "Natural Vision Improvement", both in the U.S. and overseas. Doreen has gone on to earn her Acupuncture Physician license and is able to prescribe herbal formulas that support the eyes.

Learn how to take care of your eyes and preserve healthy eyesight by learning fun and easy eye exercises that were developed by Dr. W.H. Bates, an Ophthalmologist based on the ancient teachings of yoga masters. These exercises were designed to cleanse and relax the eyes while naturally strengthening the visual system and the eye-mind connection.



## Free Yourself From Glasses the Natural Way!

### Relief from:

myopia  
astigmatism  
need for reading glasses  
eye strain  
tension headaches  
dry or tired eyes

### Improve your:

near/far vision  
night vision  
peripheral vision  
color vision  
hand/eye coordination  
depth perception

## Care for your Eyes as you Improve your Vision

We all place great demands on our eyes such as reading, driving, especially night driving, prolonged staring at computer and T.V. screens, working under artificial lights, and peering through glasses or contact lenses. All these things create stress in the visual system which distorts the shape of the eyeball causing it to malfunction. Learn to release the stress and re-energize the eyes.

### Call for Group Session info:



617-328-6300 [www.wholebodiesolutions.org](http://www.wholebodiesolutions.org)

# Natural Vision Enhancement

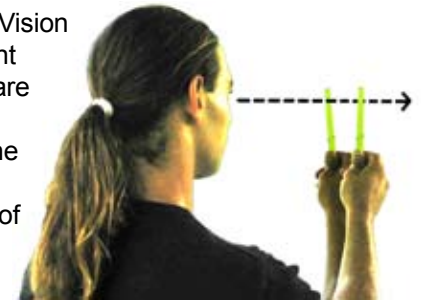
Workshops taught by  
Doreen Cott, A.P., Lic.Ac., M.T.

The NVE approach integrates fun and easy eye exercises with relaxation techniques. It works by systematically training the eight muscles that directly impact vision. You'll quickly notice an increase in strength, flexibility, accuracy, and endurance for every type of visual skill.



The Natural Vision Enhancement Workshops are designed to 'switch-on' the right visual hemisphere of the brain as they tone-up the mind-

eye-memory connection. This workshop works in conjunction with the book *Natural Vision Enhancement*.



Order the book online!

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# Who can benefit from Natural Vision Enhancement?



- Anybody who hates hiding behind glasses and is suffering from any type of visual dysfunction. This includes myopia, hyperopia, presbyopia, astigmatism, strabismus (crossed-eyes), lazy or wandering eye.
- Anybody who complains of eye strain, tension headaches, dry eyes, tired eyes, night blindness, photophobia or sensitivity to glare. Many chronic maladies of the eyes will show significant improvement after the first session.
- Anybody who wishes to improve their sports performance. Research suggests that athletes have better visual abilities than non-athletes do. The literature shows that visual abilities such as better peripheral vision, more accurate depth perception, and more consistent stereo vision are trainable and transferable to athletic performance.
- Anybody who is seeking their pilot license or must meet certain vision standards. During WWII, thousands of young men used the Bates' Method to improve their vision so that they could pass the Army and Navy eye examinations. After the war, the Veteran's Administration approved the Bates' Method for rehabilitation.
- Anybody who wants to increase concentration, comprehension, and attention span. Visual dysfunctions have been linked with learning disabilities and dyslexia. Working with the eyes is a powerful way of stimulat-

ing both sides of the brain and can have a positive impact on reading abilities, comprehension, attention span, memory, and imagination by strengthening the eye-mind connection. There is a direct relationship between better visual functioning and better academic functioning.

- Anybody who wants to increase their ability to have vivid, clear, memorable dreams. All visual imagery takes place in the visual cortex, whether we are awake and viewing the external world, imagining things in our mind's eye or asleep and dreaming. Strengthening visual abilities for perceiving the physical world stimulates inner vision and imagination.
- Anybody who has never worn glasses and wants to preserve their healthy sight for life. Often, slight weaknesses and distortions exist that are not yet measurable by an eye exam. Early intervention is preferable so as to eliminate the problem easily. Prevention is the goal.
- Anybody with balance problems. Research suggests that many may benefit from strengthening their visual system. Vision is thought to be the most important source of feedback for balance skills.

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## Now in Print!

*Natural Vision Enhancement* by Doreen Cott published Sep. 2006, 213 pages, 6" X 9", illustrated

*Natural Vision Enhancement* clears up the mysteries of vision improvement, and refines the lessons into 52 easy exercises that are fun for the entire family. Extensively researched principles are clearly illustrated, and broken down into a step-by-step process.

With a few minutes of daily practice, positive changes can make eye strain, dry eyes, and blurry vision things of the past. Memory and concentration improve, creativity and imagination are unleashed!



Order the book online!