



<http://www.theetgtrackclub.com>

# TheETG Vision Training

## TheETG Training To Live Training For Life Project Packets

### mission:

Facilitate and proliferate the use of --the-- best applied general sciences based "Competent Self-Care" information in medicine, mental health, and parenting available anywhere in the world for the targeted purpose of contributing to the removal of large numbers of customers and/or victims of the old medicine and mental health care systems. Encourage and enhance the general public's pursuit of personal growth, self-education, and life long learning in these areas.

".....the benefits that US health care currently deliver may not outweigh the aggregate health harm it imparts."  
[Journal Of The American Medical Association...Volume 302 #1...July 1, 2009...page 89 - 91]

"All the good things....they don't teach us in medical school, because the drug companies pay for our education."  
[Dr. John Sessions M.D.]

## TheETG Training To Live Training For Life Project Packets.....

ETG Training To Live ---- Mechanisms Of Aging  
ETG Training To Live ---- Exercise Program  
ETG Training To Live ---- Self-Care For Back Pain, Neck Pain, Frozen Shoulder  
ETG Training To Live ---- Regenerate Your Torn Meniscus, ACL, Rotator Cuff  
ETG Training For Life: Human Psychology & Programming The Brain  
ETG Training For Life: Parenting  
ETG Training For Life: Mechanisms Of Functional Romantic Relationship  
ETG Training For Life: "The Way " [of life to follow]  
ETG Training For Life: Mechanisms Of Major Social Issues  
ETG Training To Live ---- Just Say No To Traditional Medicine  
ETG Training To Live ---- Health Repair Of General Maladies  
ETG Training To Live ---- Boosting The Immune System  
ETG Training To Live ---- 21st Century Nutrition Medicine  
ETG Training To Live ---- 21st Century Mind-Body Medicine  
ETG Training To Live ---- Birth Control via Ovulation Detection....say no to anabolic steroids  
ETG Competent Self-Care --- Killing Cancer Cells  
ETG Competent Self-Care --- Reversing Heart Disease  
ETG Competent Self-Care --- Reversing Worsening Eye Vision  
ETG Competent Self-Care --- Reversing Teeth Cavities  
ETG Competent Self-Care --- Reversing Brain Cell Over-work Overwhelm [mental illness, fibromyalgia, Alzheimer's, etc]  
ETG Competent Self-Care --- Reversing Addiction  
ETG Competent Self-Care --- Nerve Repair....Quadriplegic and Paraplegic  
ETG Competent Self-Care --- Reversing Diabetes  
ETG Competent Self-Care --- Reversing Worsening Hearing

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**Nearsighted = can see near.....problems with seeing far**

**Farsighted = can see far.....problems with seeing near**

**myopia = Nearsighted = can see near, problems with seeing far**

**hyperopia = Farsighted = can see far, problems with seeing near**

**Presbiopia = problems seeing up close**

**ciliary muscles have 2 divisions**

**--- longitudinal muscles**

**--- circular muscles**

"Myopia is especially common in Asia. For instance, in Taiwan , Hong Kong, and Singapore, 60 - 80% of young adults have myopia..."

"The causes of myopia....."

"...suggest that lengthy periods of close work are probably a contributing factor...."

"the study of the cellular biology has focused on the fact that fibroblasts are the only cell type found in the sclera. The activity of fibroblasts is affected by many factors....signals from the matrix and iris ciliary body..."

"The finding that proliferation of fibroblasts in the sclera declines during development of myopia but increases during recovery...."

"Fibroblasts secrete collagen, the main structural component of the sclera."

"...during development of myopia, collagen degradation is accelerated and collagen synthesis is reduced...."

V. Choo

A look at slowing progression of myopia.

Lancet....Volume 361 #9369.....May 10, 2003.....page 1622 - 1623.

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"Reading [number of books per week] may be associated with higher myopia in Chinese school children."

S,M. Saw, et al

Near-Work Activity, Night-Lights, and Myopia in the Singapore-China Study

Journal Of The American Medical Association.....Volume 288 #6.....August 14, 2002.....page 682

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"Estimates based on the 1999 - 2004....vision examination data indicate that clinically important refractive error affects half the U.S. population...."

V.S. Ellwein, et al

Prevalence Of Refractive Error In The United States, 1999 - 2004

Journal Of The American Medical Association.....Volume 300 #15.....October 15, 2002.....page 1743





# TheETG Vision Training Schedule

## **Long Distance [2 days each week]**

Vision Training focusing on objects a mile or more away from you.

--- As your vision improves, progress to standing further away. --- For this exercise do.....4 reps of 1 minute

## **Short Distance [2 days each week]**

Vision Training using objects with writing on them.....10 - 50 yards away from you [signs, car license plates, etc].

--- Start with an object however far away from you that you can barely see it clearly right now.

--- As your vision improves, progress to standing further away from it. --- For this exercise do.....4 reps of 1 minute

## **Alternating Distance [2 days each week]**

Vision Training that alternates between close and distance vision

--- 10 seconds....focus on newspaper print held normal distance

--- 10 seconds....then quickly shift to focusing on an object with writing on it 10 - 50 yards away [signs, license plates, etc]

--- .do 4 reps of this sequence

## **Eye Chart [2 days each week]**

Buy an Eye Chart and place it on a well lit wall [can be outdoors] where you can stand 20 feet away. Read each line, go down as far as you can.

You can order an eye chart online for less than \$5. --- For this exercise do.....4 reps of 1 minute

## **Computer Reading [2 days each week]**

Vision Training focusing on the writing on a computer screen

--- Start with placing computer screen however far away from you where you can barely read clearly right now.

--- As your vision improves, progress to placing the screen further away from you.--- For this exercise do.....4 reps of 1 minute

**Break Period from training = Day 26 of each month to final day of the month**

## Supplemental Exercises

### **--- Long streets**

look off in the distance as often as possible over the course of each day [distance = couple hundred yards to a couple miles]

### **--- Nose Distance**

Train one eye at a time. Use a computer to type out 4 or 5 lines of letters, each line smaller than the one above it. Print it out, use a copy machine to reduce its size. Tape it to a stick-like holder. Hold it a nose length from one eye. Focus on seeing the letters clearly on the largest line and progress down. As your nose length vision improves, you'll develop the ability to see the smallest lines clearly.

### **--- Eyes Wide**

Open eye as wide as possible, holding that position....it is ok to blink

### **--- Quick focus**

Augment your vision training with a computer based speed reading program [can purchase one online] that has a set of exercises where words and/or sentences flash on and off the screen very quickly. This allows you to train the rate of focus and fast eye fixations.

### **--- Low light**

Do some short distance training in low to moderate light situations [late evening or at night]

If you wear glasses or contact lenses you can do the training with them on.

Your vision will eventually progress beyond where it was on the day that you got them.

Obviously it is best to do the training without them so you can progress to a point of no longer needing them.