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In his book, Give Up Your Glasses for Good: Holistic Eyecare for the 21st Century, he outlines the exact practices he used to relearn how to see clearly again without glasses, contacts, or surgery. He founded

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been waiting for! Take this opportunity to join a group of other vision students going through the exact step-by-step process that I used to learn how to see clearly again and ditch my annoying glasses.

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temples or around the ears. Again, you can run your glasses under warm water to make a temple arm adjustment. But this time, bend the arms up instead of down. If you are still experiencing discomfort, you may need to invest in larger frames. 5. Eye strain

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Nathan T Oxenfeld is the author of Give Up Your Glasses for Good (3.70 avg rating, 43 ratings, 2 reviews, published 2015) and Give Up Your Glasses For Go...

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