

HOW TO IMPROVE YOUR CHILD'S EYESIGHT NATURALLY: A THOUGHTFUL PARENT'S GUIDE BY JANET GOODRICH PH.D.



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A Thoughtful Parent's Guide

Janet Goodrich, Ph.D.

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Review

“This book offers valuable ways vision patients can be helped, rather than prescribing another pair of glasses.” (Patricia Joy Wermann, M.D.)

“Janet Goodrich has raised people’s consciousness about vision improvement all over the world. I highly recommend her innovative work.” (Deborah E. Banker, M.D., holistic ophthalmologist)

From the Back Cover

HEALTH / PARENTING

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How to Improve Your Child’s Eyesight Naturally should be a staple reference book for every household with children. This comprehensive resource teaches parents how to develop personalized programs for addressing their child’s specific vision needs--whether it be preserving the current good vision, erasing astigmatism and blurry vision, or removing the need for glasses at all!

Filled with practical and imaginative exercises as well as ideas on how to keep these tasks fun for children, this book offers everything parents need to improve a child’s vision:

- detailed instructions for reversing eyesight blur,
- creative activities appropriate for each age group,

- tips for adjusting living environments to support healthy vision,
- easy-to-understand explanations of common diagnoses, and
- hints for dealing with doctors.

The seventy-five scientifically based vision games, such as “Zoo Train” and “Birds on a Wire,” are fun, age-appropriate, and include corresponding songs to reinforce good visual habits.

JANET GOODRICH, PH.D., (1942-1999) was also the author of *Natural Vision Improvement* and taught seminars worldwide on improving vision. Vision therapists in at least nine countries use her techniques. Her work continues in practice at the Natural Vision Improvement Center in Queensland, Australia.

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A practical workbook for parents who want to improve the eyesight of their children--and themselves

- Includes detailed instructions for reversing the most common eyesight problem of blur
- Presents over 90 playful and creative exercises that apply to age groups from infant to adult
- Offers practical information on dealing with doctors and common diagnoses
- Includes tips on how nutrition, environment, and daily habits can improve eyesight

How to Improve Your Child's Eyesight Naturally should be a staple reference book for every household with children and adults who wish to preserve and improve their eyesight. This comprehensive resource teaches parents how to develop personalized programs for their child's specific vision needs, from erasing astigmatism to removing the need for glasses at all.

Filled with practical and imaginative exercises as well as ideas on how to keep these tasks fun for children, this book offers everything parents need to improve a child's vision: detailed instructions for reversing eyesight blur, creative activities appropriate for each age group, tips for adjusting living environments to support healthy vision, easy-to-understand explanations of common diagnoses, and hints for dealing with doctors. The 90 scientifically based vision games, such as "Zoo Train" and "Birds on a Wire," are fun, age-appropriate, and include corresponding songs to reinforce good visual habits.

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0 of 0 people found the following review helpful.

Three Stars

By Amazon Customer

its a great book but the amazon shipping makes it gets 3 star rate. Thank for author

1 of 2 people found the following review helpful.

Packed full of useful information and strategies

By Anonymous

Packed full of useful information and strategies. Particularly good for infants and toddlers but helpful for older children too. It has not eliminated the need for glasses but has kept prescription from going up (which it had every year until we started doing eye exercises).

2 of 4 people found the following review helpful.

Hard to read, medical term

By Marsha

This book is not easy to read. It is full of medical terms. It would be much easier to do the exercise if there are pictures.

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