

Eyebright Massages

Improving vision naturally

- ♣ Short sight
- ♣ Squint
- ♣ Astigmatism

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What is the Eyebright method?

It is a highly effective method for improving vision. It was first developed for the prevention cure of short sight in children, but it has been found to be effective in a wide range of eye conditions at all ages.

It is a method with brings energy to the eyes, making them function better. It is non-invasive and can be safely used with other treatments, and will usually make them more successful.

The method takes its name from an acupuncture point near the eye which is especially effective in promoting good vision. It has been used in China for centuries, but is still hardly known here in the West. We have adapted the method for Western people, and more details are given in a separate pamphlet. Here we give the essentials that are needed for short sight and related conditions in children.

Does it work?

After using this method, the eyes feel cool, fresh and bright. Many children find that they do not need spectacles after all. Research shows that there is lasting improvement in vision in over 70% of children who use this method.

Why do children become short sighted?

Short sight does not just happen. It is caused. When a child's eyesight deteriorates, there is always something driving the process. There is something that is stopping the energy from reaching the eyes, and keeping them fresh and bright.

Very often the child is just going through a difficult patch. They may have difficulty in adjusting to a new teacher, or be struggling to recover from a nasty cough. At times like this, the child's overall energy is low. The combined stress and low energy may lead to short sight.

How stress affects the eyesight.

The lens in the eye is quite flexible. It is attached to a muscle all the way round which pushes on the edge of the lens to alter the focal length. When a child is under stress, many muscles in the body tense up. Sometimes the child gets tension headaches. Sometimes the tension spreads to the muscles inside the eyes. When these muscles go tense, they push the lens out of focus, leading to short sight.

At times like this there is no need to prescribe glasses. In fact they are best avoided, for once a child starts to wear them, it is very difficult to give them up. They become accustomed to the new way of things, and have to wear glasses for the rest of their life.

The methods here will help to get a child through these difficult times. They can also be used to strengthen the

eyes of a child who is already wearing glasses. With persistence, many children have found that their eyes start to focus better and better, and eventually they are able to see perfectly without glasses.

The first steps

General health

First of all try and bring the child's health and energy back. If there is lots of energy, it is much easier to cope with stress. For some children a few early nights are enough, while others may need to go to an alternative practitioner (herbalist, acupuncturist, homoeopath) to bring back their energy.

Try and reduce the stress in the child's life – not so many out of school activities, ease up on the homework.

Eye health

Good lighting is good for the eyes. Not too bright and not too dim.

Keep away from the TV and computer screen. They can wreak havoc with the eyes. Game boys are the worst of all.

How to bring back energy to the eyes

If there is a history of weak eyesight, then go through the massage routine once every day in the morning, taking about 5 minutes.

If you are trying to reverse short sight, then you need to apply more effort. The child must do the massages at least twice a day, preferably three times a day. You will need to do these massages every day for three weeks, possibly a bit longer.

The procedure

- ★ Set up the eye chart on the other side of the room, and see how far down your child can read.
- ★ Do the massages for at least 5 minutes, 10 minutes if possible
- ★ Now see how far down the chart can be read. You will find that your child can read at least one more line.
- ★ Do this before school and first thing on coming back from school. Do it before lunch as well on non-school days.

The massage routine

a) Above the eyes

Make a fist, with the thumb bent at its middle joint.



Use this joint to massage above the eyes, 30 times. The thumbs should follow the edge of the bone of the eye socket.



b) Pinch and press between the eyes

The pinching should be done with a vibrating movement, for about 50 times. Try and get the finger and thumb close in to the corner of the eyes.



c) Massage Taiyang point

Taiyang point is on the temples, just above the ridge that is the continuation of the cheek bone. Choose the point that is tender when pressed. Massage

with the tips of the fingers for about 50 times. Try and massage the tenderness away.



d) Massage Fengchi point

Fengchi is at the back of the neck in the hollow just below the lump on the head called the occipital bone.



There is one point either side, about 5 cms from the midline.

The thumbs should be pressed in firmly, both sides, and rotated for about 50 times. This point is often sore, but should be massaged until the soreness goes away.

e) Massage Hegu point on the hand

Hegu is at the end of the crease that is made when the thumb and forefinger are brought together. The thumb of the opposite hand is pressed in and vibrated or rotated for about 50 times.



Repeat on the other hand.

Notes on doing the exercises

There should be some lasting improvement after 2 weeks. Usually it is necessary to continue the exercises for 6 to 8 weeks. This may seem a long time, but it is a worthwhile investment for the future.

More about the eyebright method

If these methods are not enough, then you will need to add the methods described in our booklet. This describes

- ★ Eye exercises
- ★ The Bates technique
- ★ Qigong (energy exercises) for the eyes
- ★ Developing good posture

SUMMARY

If you want to try and improve your child's eyesight, carry out the following steps:-

1. Take your child for an eye test to confirm that nothing serious is wrong.
2. Make sure that your child's health is good. If your child's energy has been weakened by an illness such as asthma, there may not be enough energy reaching the eyes.
3. Ensure your child gets enough sleep, and is not too stressed out.
4. Keep away from TV and computer games. Only $\frac{1}{2}$ hour of screen time a day.
5. Do the massages with the child – start as soon as you can. You can do these whether you have been to an optician or not.
6. Make sure that your child is sitting up straight and relaxed when reading and writing.
7. If your child's eyesight is still poor, follow the suggestions in the eyebright booklet

Fifty feet

A

Thirty feet

C G

Twenty feet

F E P

Fifteen feet

L Z O D

Ten feet

C N G A B

Five feet

H A Q O E

Three feet

Z U K L T P A

Two feet

B R O C G D N