

## NEW EYES AFTER 45

by Janet Goodrich, Ph.D.

The prevailing message is, "Forty-five years old now? Arms too short to read the newspaper? Ha, ha, well we've all seen better days. Time for you to own a stylish pair of reading glasses." It's a familiar tune for all of us supposedly over the hill. Even if our vision has been acute all our life, every one of us is supposed to end up blinkered by magnifying lenses while we pursue one of our favorite pastimes, reading. The ophthalmological textbook says, "By the age of 65, 100% of all people will need reading glasses." Not me, by glory.

Yes, the lens of the eye does stiffen with age. Like the rest of the body. Shall we forego yoga and bouncing on the rebounder because we have reached our 45th birthday? Many people do. And as you already know, what you don't use, you lose. In addition, the suggestibility factor is hot. Right on his forty second birthday Joh Hale could no longer see the newsprint. His best buddy, an optometrist, had told him this would happen.

Ignorance about options prevail. It's easy to throw on a pair of magnifiers. Yet the results are insidious. Increasing dependence and even eventual loss of good distance vision. Natural Vision Improvement students are rebelling against this programming that wipes out the keenness of our most important faculty. We take 80% of our total brain input

in through our eyes. And you do have a choice. Swim upstream without glasses as time flows on. Stay out of reading glasses or back your way out of them now with:

### Tromboning

To rejuvenate and maintain the flexibility of your precious crystalline lens, make yourself a paddle. You can use a piece of cardboard or even a picture postcard. You can put bright colored stickers on it or paste on appealing images from magazines. Be creative, be zany. Carry your paddle with you in your pocket or purse. Bring it out. Cover your left eye with your left hand. Grasp your paddle in your right hand and bring the paddle in and out, near and far, from your nose to the length of your arm. Hum a tune. Vary the speed. Do this **tromboning** action for two or three minutes at a time. Move the paddle toward your midline into the space where you would hold a book. Do the same action with your other eye. Tromboning is always done with one eye covered. It is excellent for warming up to reading tasks. Use it for a few seconds before the morning paper or evening pleasure reading. You are flexing your lens rather than encouraging it to sit and grow slovenly.

(Excerpted from *Natural Vision Improvement* by Janet Goodrich, Celestial Art, Berkeley)