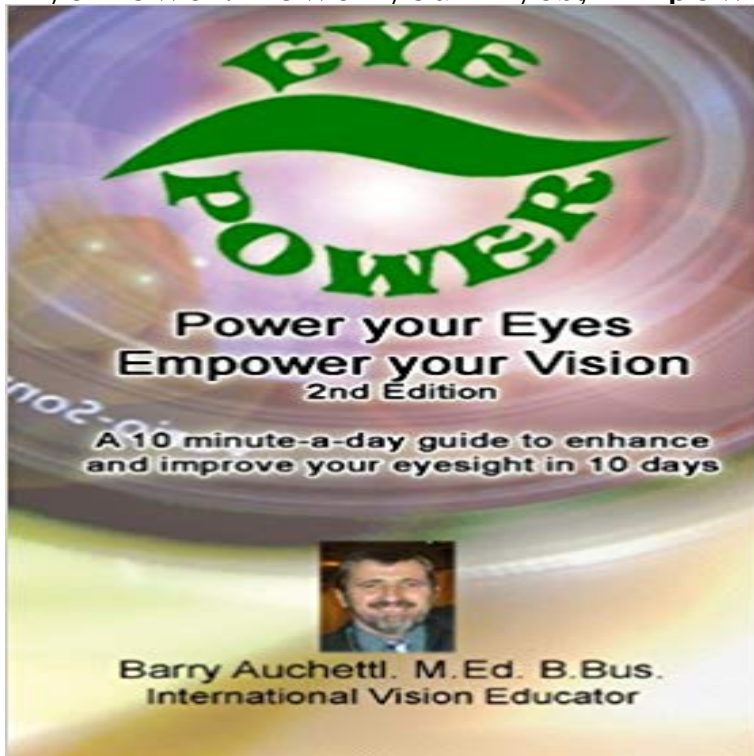


Eye Power: Power your Eyes, Empower your Vision



A 10 minute a day guide to enhance eyesight in 10 days by Barry Auchettl M.Ed. B. Bus. Vision Educator This profound E-book that could change how everyone looks at the world. Eye Power: Power your Eyes, Empower your Vision is a ten day program consisting of a 10 minute- a -day guide to enhance vision. It is a simple, fun and effective means of improving eyesight in the privacy of your own home. We value clear vision. With increased use of computers and the daily stressors of life, this has become harder to achieve and maintain. Vision problems related to computer use are often not painful and can take years to develop. Signs of a vision problem may start with an irregular headache, minor neck and shoulder pain, or an occasional lapse in concentration. It is possible for people to choose to improve their eyesight both without resorting to glasses or surgery. Today, the focus is on healthy lifestyles, diets, exercising and staying fit. With the increase in computers and technology, the spotlight is currently turning to eyesight and associated health risks. The system explores the understanding that physical health and well being can be promoted through overall balance and awareness. Eye Power is an educational program focusing on both eyesight and vision through: - Effective passive and active eye exercises- Strategies to decreasing eye strain associated with TV and computers- Benefits of good nutrition and physical exercise- Implementation of goal setting and record keeping (Motivation) This is an e-book which offers everyone the opportunity to explore their own physical and inner vision. It is an invitation to make personal changes and choices. Did you know.... Over 55% of the population now wear some form of corrective lenses.. That children spend an average of 28 hours per week in front of televisions and computers. Barry

Auchettl has a Masters in Education focusing on computers and eyesight, a Bachelor of Business (Accounting), a Diploma in Education and a Graduate Diploma in Religious Education. His Masters in Education researched the detrimental effects computers have on eyesight, and what can be done about it. He has also been trained in muscle testing methods specializing in Sabotage Clearing and Goal Enhancement, and is the author of The Scan Charts which is an invaluable resource for all kinesiologists. He is also the creator of Light Body Alignments for helping restoring the body to its natural state of health. Barry has also helped children and adults overcome potential learning difficulties, and has helped in various programs for students at risk. Barry Auchettl overcame the need for glasses after wearing them for nearly 18 years. As a result, Eye Power was founded by Barry in 1997. He is the author of Eye Power and In One Vision. Barry was a speaker at the Inaugural World Vision Symposium in America in 1999. Through Eye Power Barry works with individuals and industry professionals to reduce eyestrain and other health related problems caused by computers. A free 5 minute video on improving your eyesight can be found at www.BarryAuchettl.com

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