

The Power Behind Your Eyes: Improving Your Eyesight with Integrated Vision Therapy

Robert-Michael Kaplan O.D.



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Good vision is more than the ability to see 20/20 on an eye chart. Any vision problem is a message alerting us to an unbalanced inner state. Eyeglasses, medications, and surgery may correct poor vision but they cannot correct this inner imbalance. In *The Power Behind Your Eyes*, Robert-Michael Kaplan presents Integrated Vision Therapy a comprehensive daily program that can actually improve as well as treat the inner causes of poor vision. More comprehensive than other vision care techniques, Integrated Vision Therapy takes a holistic approach to identifying the causes of vision problems and developing noninvasive, natural strategies for treatment, including clear, easy-to-follow exercises, diets, and changes in daily habits.



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