



**Natural vision quickly and easy! How to restore
20/20 eyesight for 1 month without pills and
surgery?: How to restore 20/20 eyesight for 1
month without pills and surgery?**

Fedor Simonov

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One of the main causes of the eye problems is a lack of energy in the body, brain and eyesight. Many people make mistakes by training eye muscles to recovery their eyesight insted of healing the whole body and brain in the first turn.

Eye-diamond method is a new system and integrated approach to the natural eyesight recovery. It is based on:

1. Qigong (ancient Chinese art of self-healing and self-regulation).
2. Eye-myscles relaxation, coordination and training.
3. Daos massage.
4. Yoga exercies.
5. Vibrational antistress gymnastics.
6. Autogenic training, affirmations and meditation.
7. Balanced nutrition

By practising Eye-Diamond method you can reach the following results:

- Eyesight improvement (the statistic improvement is 0.5-1 diopter for 1 month when doing daily exercise for 20 minutes a day) naturally and effortlessly without surgery or pills
- Bodyeyes relaxation and healing
- Improving blood circulation, vessels tonus and flexibility;
- Correction of the body poisture;
- Releasing blocks from the body and eyesight;
- Confidence in the preservation of the results of improvement for many years;
- Ability to work on the computer as much as you like, but not as much as you are forced to because of the strain of the eyesight;
- Complete self-confidence and calmness to succeed the goal of 2020 eyesight naturally;
- Improving concentration, memory and awareness;
- The emotional, mental and physical resistance to stress at work and while communicating with people;
- Normalization of the blood pressure;
- Discomfort, pain release in eyes and body

The method helps to get rid of:

- miopia or nearsightedness
- farsightedness or hypermetropia
- astigmatism
- kataract
- glaucoma
- strabismus
- presbiopia
- other eye problems

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