

Natural Vision e digital Solidarity



This was meant primarily to help people in the most affected countries. It's a way to keep in touch, to "go out" at least with our interest, but also it wants to offer an opportunity to learn something useful, to train and improve our skills and resources.

There is also a more specific aim: we are now facing the risk of spending an even bigger part of our time in front of a screen, and in a way that can affect our vision.

So, connecting on line in the present situation can either be a blessing or a risk, or both. We would like to help the positive part to prevail.

1) Book an individual session on line



You may book an individual session of Natural Vision and Bates method with Maurizio Cagnoli. It is meant to teach you how to improve your vision without glasses, to reduce myopia, farsightedness, astigmatism.

Moreover you will also learn:

- to reduce eye strain and fatigue
- to protect your peripheral vision, your sense of 3D, your eye coordination
- to reduce the use of glasses
- to use pinhole glasses
- to prevent medical eye conditions like cataract or macular degeneration

Digital solidarity? Yes, prices have been reduced by 50%.

49,18 euros +Tva (= 60 euros).

Available for each country in English, Italian and Spanish.

[See all details here](#)

2) Pinhole glasses can help



TO SEE CLEAR ... and without panic

When you are in a state of anxiety or in a traumatic situation, the sympathetic nervous system takes over: among other things, your gaze becomes fixed: the pupil dilates, the saccadic movements of the eyes are greatly reduced, you try to keep in focus everything at the same time (we call it diffusion). It's a vicious circle: you see worse, you lose clarity and this increases anxiety. Normal glasses do not help, on the contrary: by favoring staring, they contribute to this mechanism, and you may find yourself thinking: "My God! I have to get new (and stronger) glasses!"

Pinhole glasses. on the other hand ...

... favour saccadic movements (the very small exploratory movements of the eyes). Indeed, they also require you to maintain some neck mobility.

And they allow you to see rather well. In short, they help to decrease the stiffness and tension of the eyes, and therefore to reduce anxiety.

How are we using our eyes these days?

Are we spending more time on the computer, or less time than before?

Theoretically we have much more free time, even too much. However, it is easy to use a large part of it in front of a screen, just because we are conditioned to do so.

However, we may now have the opportunity to introduce pinhole glasses into our daily routine, which perhaps was not possible during office work.

They will reduce eye fatigue, and more.

Yes, with the pinhole glasses the eyes struggle less, they remain mobile, and we could even regain some dioptré. But not only that: they can help us keep our gaze (and mind) mobile, attentive but relaxed. In short, they allow us to remain clear in a situation where it is easy to get anxious.

You may get them at www.naturalvision.it (only for Europe, sorry)

3) Try our new Train your vision at home – Kit



A complete set of eye-tools to train your vision

- 1 Partial eye patch,
- 2 Brock's string,
- 3 Toucan Field divider,
- 4 Melissa,
- 5 2 small coloured test charts,
- 6 Pyramidal rice bag,
- 7 Binocular balancing charts,
- 8 Anaglyphs (red-green goggles)

30 euros (+ 7, mailing only to Europe) during emergency.

thank you for your attention
Maurizio Cagnoli

Please share this with anybody who could be interested

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