

## HOW TO USE THE PARTIAL OCCLUSION EYE PATCH

We all have a bit of difference between one eye and another. And today, with the massive use of smart phones, tablets and PCs, we tend to lose coordination between the two eyes, favoring only one. The simplest way to stimulate a "lazy" or even just a little weaker eye is to cover the other with a blindfold and do activities that involve the eyes.

### WHAT NOT TO DO

Just what would come naturally to you: watching TV, calling or chatting and the like.

### WHAT TO DO

ALL the activities of the Bates method plus any kind of play with a ball: pass it from hand to hand, make it bounce, try to hit a letter on the test chart, etc. In many activities you can also use pyramids (ie bags filled with rice).

### HOW LONG?

Let's say about ten minutes at a time. Always end up doing the same activity, but without a patch, for a couple of minutes. You should notice improvements in your overall coordination. Then put on a palming anyway.

### HOW MANY TIMES A DAY?

One or two. But even more if you have time and lust.

### EVERYDAY?

Yes, our mind is, they would say in Rome, "de cocchio"(hard headed): in order to learn new habits it needs an enormous amount of repetition. Arm yourself with patience and invest a lot of time.

### WHY IS A PARTIAL OCCLUSOR BETTER THAN A TOTAL ONE?

Precisely because it allows peripheral vision, while mainly stimulating the central vision of the weak eye. This way the brain will learn faster. And it is also better tolerated.

<https://www.naturalvision.it/scheda.php?lang=en&ID=89>