

Books

These books have been suggested by one of our supporters who has birdshot. It is possible you may find some of the information they contain interesting and helpful to read. We provide this list to you in case it is of interest but we do not make any recommendation or endorsement about the contents of any of the books.

DISCLAIMER: There is a strong body of opinion who believe that what you eat, how you cook your food, whether you take exercise, your life style etc has some bearing on your general health and may in turn affect your immune system. This section is to tell you about some alternatives. We suggest you consult your doctors before embarking on any of the more alternative strategies. We do not personally advocate any particular complementary or alternative method, but are providing these links to articles as some people have found them useful. No claims for the cure of any disease is intended, or implied. Always consult a health care practitioner when combating disease states.

Self-help books

[The Natural Vision Improvement Kit](#) – Meir Schneider (CD plus practice cards for the eye exercises).

[Yoga For the Eyes – Natural Vision Improvement Exercises](#). Meir Schneider (DVD, CD and instruction book for the eye exercises).

[Greater Vision, A Comprehensive Program for Physical, Emotional and Spiritual Clarity](#), including the Eye-Brain Connection, Marc Grossman (spiritual and physical exercises for the whole body as well as specifically for the eyes).

[EyeBody](#). Peter Grunwald (physical exercises to improve your eyesight).
Complementary and Alternative Medicine

[Healing Your Eyes with Chinese Medicine](#) – Andy Rosenfarb

[What Works What Doesn't, The Guide to Alternative Healthcare](#). Pat Thomas

[What Doctors Don't Tell You, the truth about the dangers of modern medicine](#). Lynne McTaggart. Helpful in explaining how drugs and medications are tested, why some of them are effective, what they really do, etc.

Self Healing, Meditation and Visualisation

[How Your Mind Can Heal Your Body](#). David R Hamilton. Excellent, easy reading with lots of case examples of people who have healed themselves using visualisation. David majors on 'quantum field healing visualisation' – going into your smallest atoms to re-tune your body.

[Your Mind Can Heal Your body](#). Matthew Manning

[Destiny Vs Free Will](#). David R Hamilton

It's the Thought That Counts. David R Hamilton

Love Yourself, Heal Your body. Louise L Hay

Anything Can Be Healed, Martin Brofman

Quantum Healing. Deepak Chopra

Spontaneous Healing. Andrew Weil

The Biology of Belief, Unleashing the Power of Consciousness, Matter and Miracles.

Bruce H Lipton. Excellent book, but somewhat scientific. Explains how the body works and why (in scientific terms) visualisation actually can heal your body.

Better Health

Healing Without Freud or Prozac. Dr David Servian-Schreiber. Excellent, easy to read book that teaches you how to breathe properly so you get maximum blood circulating around your body. Also teaches you to think positively.