Taking care of your kid’s vision

Strabismus (the medical term for squint) is a very obvious problem that is an endless source of embarrassment. Children with a diverging eye are often subject name calling in school and on the playground. With a wandering eye there is enormous psychological and emotional cost. About 2% of children are born with Strabismus or develop it before the age of two. At present there is no known cause, or to put it simply, nobody knows why some children develop a divergent eye.

By far the most common form of Strabismus is esotropia (from the Greek eso, meaning in) the eye turns in towards the nose. The eye can also turn out (exotropia), up (hypertropia) or down (hypotropia). As soon as the eye turn past the midline of vision the brain starts suppressing all input in order to avoid confusing double images. Physically there is nothing wrong with the eye apart from uncoordinated muscle movements. The root of the problem lies in the way the brain coordinates movement of the eye muscles. The divergent eye often becomes Ambliopic, meaning that it is not possible to correct the vision to better than 20/30 with lenses. Most children have Comitant Strabismus. No matter where they look, the degree of deviation does not change. With Incomitant Strabismus, the divergence depends upon the direction of the eyes.

The preferred medical treatment for Strabismus is surgery where one or more of the eye-muscles are either tightened or weakened. Some doctors believe that surgery should be done before the age of 6 or it is too late. Unfortunately, more than 80% of the children who undergo Strabismus surgery never achieve normal three-dimensional vision. Their eyes may look straight but they are living in a one-eyed world with no depth perception. The optometric approach use bifocal lenses and prisms to correct for the divergence in an attempt to force the divergent eye to be normal.

The Magic eyes vision training approach assumes that the child’s brain is perfectly capable of controlling the eyes. So the focus is on re-educating the brain to change the way it coordinate the child’s eyes. Strabismus is best solved with a mind/body approach. In fact Vision training research shows that 80% of Strabismus cases can be treated successfully with Vision training exercises.

Leo Angart, creator of the Magic eyes program says that it is mind bugling to thing about cutting the eye muscles of a child when there are simple treatments available with better than 80% success rate. No surgery, no traumatized children only fun exercises that in most cases show very quick results. One exceptional case of what appeared to be a miraculous cure of Strabismus happened to Isabella, a 10-year-old girl with large and very pretty eyes. She had been to many eye doctors, all of them recommending surgery. However, Isabella’s mother did not feel right about allowing doctors to cut in her daughter’s eyes. Hearing about
Magic eyes from friends, Isabella and her mother traveled for three hours to attend the workshop with Leo Angart.

A miracle happened, after just one exercise Isabella's eyes were straight. Leo Angart said that this was exceptional usually parents need to practice the Vision training exercise with their children for a few days. Isabella’s mother was flabbergasted; “I thought we had to do exercises for a few months. I am so amazed. I am also thankful that I held out against the doctors who in some cases accused me of being a bad mother because I refused to let them cut Isabella’s eyes. This is a wonderful miracle. From the bottom of my heart I thank you for this miracle.”

Leo asked Isabella what she would say to her doctor. Isabella replied: “I don’t need to see any doctors!”

There is a common misconception that Strabismus is caused by a weak eye-muscle. This is nonsense since the brain is in perfect control of the eye. Leo Angart says; try covering the dominant eye and you will see that it is perfectly capable of looking in any direction you want, with perfect control. It is so important that this knowledge get out in the world. We talk about saving whales and other animals. What about do we do about saving children from unnecessary surgery?

Leo Angart created the Magic eyes program in response to the enormous need for effective method to deal with not only Strabismus but also other common vision problems like near-sight (myopia), far-sight (hyperopia), eye-coordination, astigmatism etc. In Europe and North America the prevalence of myopia in school children is about 20%. Vision problems in children have reached crises proportions in many Asian countries. 78% of high school children in Taipei are nearsighted and the situation is similar in Hong Kong and Singapore.

Leo Angart has solid scientific evidence as well as personal experience working with children and adults for many years. “In my experience the normal or near normal vision can be regained. It involves some work on your part.” Says Leo Angart. “For the best results I recommend exercising the eye for one or two minutes at a time.” The Magic eyes program focus not only on the child but also on empowering parents to facilitate the change without the need of expensive visits to a clinic. The exercises are very simple; they are safe to do at home and are designed specifically for correcting Strabismus.

For more information about Magic eyes and Leo Angart’s workshops visit www.magic-eyes.com (This web site)

Vision training for adults – please visit www.vision-training.com

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