



# Eyebody - The Art of Integrating Eye, Brain and Body -- and letting go of glasses forever

*Peter Grunwald*



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## **Eyebody - The Art of Integrating Eye, Brain and Body -- and letting go of glasses forever** Peter Grunwald

Peter Grunwald has discovered that certain areas of brain, eyes and the rest of the visual system correspond to specific areas in the human body. He has developed effective techniques to release patterns which underlies myopia, presbyopia, astigmatism and other visual dysfunctions together with postural dysfunctions causing back, neck and shoulder pain, headaches and breathing disorders. In his unique method, Peter Grunwald applies principles developed by F. M. Alexander to the Grunwald EyeBody Patterns® in conjunction with the Bates Method of Natural Vision Improvement. People of all ages and walks of life have been using the method successfully. It is especially effective in improving on and preventing myopia (shortsight), presbyopia (middle-age sight), hypermetropia (longsight), cross eyes or squints, astigmatism, glaucoma, cataracts and other visual dysfunctions, together with corresponding body postures and brain functions. Peter Grunwald's recently published book Eyebody - The Art of Integrating Eye, Brain and Body - and letting go of glasses forever! is a comprehensive, in-depth account on his work to date. It is fascinating to read with a wealth of understanding and information.



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