# The Vision Revolution and What It Means for Your Eyes and Brain Transcript

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## The Vision Revolution Begins

The vision revolution. Why eye brain training is the next big thing. There's a revolution happening in eye care right now. And if you've only ever thought about your vision in terms of do I need glasses or not, you're missing the bigger picture.

Because your Vision isn't just what your eyes see. It's how your brain makes sense of the world all around you. For decades, we've been treating vision as an eye problem.

## Vision Is a Brain Problem

When really it is a brain problem. I'm Dr. Bryce Applebaum, a neuro optometrist and founder of My Vision First, where we help people retrain the connection between their eyes and their brain.

And today I am breaking down why vision training is about to become the next big thing. and why it's changing how we think about performance, health, and even mental clarity.

For as long as most of us can remember, vision care has been about clarity, can you read the smallest line on that far away eye chart?

## Beyond the Eye Chart

If you can't, you get glasses or contacts to make things clear again. Simple, right? The problem is that approach only looks at one tiny piece of the puzzle.

the eyesight. It doesn't address the eye coordination, depth perception, focus flexibility, focused stamina or processing speed that your brain controls behind the scenes.

So if you're seeing clearly but still feel tired, foggy or uncomfortable after being on screens, If you have trouble catching a ball, experience motion sickness, or feel overwhelmed while driving.

If your constantly bumping into things or knocking things over. Those aren't eyesight problems.

## Functional Vision Symptoms

That's a functional vision problem. Why the future is brain based. More than half of your brain is devoted to vision. That means the way your eyes move, focus, process information directly affects your energy, balance, and even emotions.

When that system is out of sync, like after too much screen time, poor sleep, or chronic stress, your brains has to work overtime to keep things clear.

Thats when you feel eye strain, headaches, or brain fog. The future of vision care isn't just about stronger prescriptions.

## Why Vision Training Matters

It's about training the brain to process visual information more efficiently, just like you train your body to perform better in the gym. And the science backs this up.

Research shows that when you strengthen how your eyes and brain communicate, you can improve everything from reading and focus to reaction time and coordination.

the power of rewiring your brain through your Everyone from professional athletes to kids who struggle in school. When you train the visual system, performance changes fast.

Athletes gain sharper focus and quicker reflexes. Students read more easily and remember more.

## Who Benefits From Training

Adults who thought their eyes were just getting old start feeling clear and confident again. Because once the eyes and brain are in sync, everything else starts working better too.

This isn't vision therapy, this is vision performance training. And it's bridging the gap between eye care, neuroscience, and human potential. What makes this different?

Traditional eye care takes a reactive approach and addresses structural problems. It looks at how well you can see what's on the eye chart.

## Vision Performance vs Traditional Care

Vision training takes proactive approach, addresses functional problems, It fixes what's inefficient and ineffective, and you don't have to wait for your eyes to get worse to take action.

You can train your vision just like you train strength, endurance, or focus. And here's the exciting part. It doesn't always have take hours in a clinic.

you can start retraining your eye and brain at home with short targeted exercises that help your visual system recover from daily stress and screen overload.

We're at the start of a new chapter in vision care, one that goes beyond glasses and constantly changing prescriptions.

## Training at Home and Next Steps

The future is about helping people use their vision to perform better, think clearer, and live with more energy. Because when you train your visual system, you don't just see better.

You live better! If you're wondering whether your focus issues could actually be vision-based, I've created a quick quiz that will tell you in under two minutes.

To find out exactly how your eyes and brain are performing together and what to do next. Take the quiz at myvisionfirst.com forward slash quiz or click on the link in the description below.