Why Your Glasses Might Be Making Your Eyes Worse (What Eye Doctors Don’t Tell You) Transcript

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Why Stronger Glasses May Not Solve the Real Problem

why your glasses might be making your eyes worse, and what most eye doctors don't actually tell you. If you've ever been told you just need stronger glasses, this video is for you, because the truth is your eye don's get worse every year because they're broken.

They get worst because their adapting to the visual stress from the environment and from life, but you have been treating the symptom, not the system, the problem.

I'm Dr. Bryce Applebaum, a neuro-optometrist, and today I am breaking down why glasses might actually make your vision decline faster and what you can do to stop it.

Section number one, the common misunderstanding.

Eyesight vs. Vision: The Brain-Eye Connection

When most people think about vision, they think of seeing clearly. That's eyesight. The clarity of how you focus light onto the back of the eye on the retina.

But vision is brain. It's how your eyes and brain work together to focus, to track, judge depth, the world around you. So when you put on stronger glasses, you may see the letters sharper on the far away letter chart, but you're not taking into account the eye coordination systems that actually control how your eyes and brain work together and how the brain processes that information.

Section two, how glasses can create dependence. Think of glasses like crutches for your eyes to simply make an image clearer.

How Glasses Can Create Dependence

They may help you walk today, but if you never do the work or the rehab, your muscles won't get stronger over time and they can become dependent on that support.

Here's what happens every time your eye strain to focus. The brain calls for backup to provide support, which often just looks like stronger lenses to do work for you rather than learning how to functionally Make things clear and keep them clear with your focusing system, the inside muscles of the eyes.

The lenses may relieve that strain in the short term, but they also tell the brain, don't bother working on this yourself. You've got lenses to do the work for you.

And then that becomes your new normal. Often we need something stronger and stronger or different to maintain that same level of clarity. So instead of training the eye-brain connection to function better, or the Eyes to coordinate better as a team, we've outsourced the job to a piece of plastic.

That's why so many people end up in that stronger prescription every year loop. Over half of your brain is devoted to vision, not eyesight. If your eyes aren't working together efficiently, the brain compensates by working harder or differently, which can show up as fatigue, headaches, and even anxiety.

Training Vision Instead of Just Increasing Prescription

When we train that connection, the coordination, the focused flexibility, and the processing speed, you can actually make your visual system stronger without just increasing your prescription.

That's what I call vision performance training. And it's how I help patients see not just more clearly, but more comfortably and efficiently. Section number four, what you could do instead.

If you're tired of needing new glasses every year, start by training your visual system instead of just treating your eyesight. Here are three simple ways to begin.

Number one, give your eyes a distance break. At least every 20 minutes, look at least 20 feet away for at 20 seconds. Disengage and relax the focusing system.

Number two, strengthen your convergence, the outside muscles of the eyes to work together as a team. So bring a pencil or pen closely towards you, towards your nose and make it one all the way in, come from different angles, in and out, vary the different speeds, and you want to bring it as close as you can, keeping it single, keep it clear.

And number three, do eye pushups. Spend one minute a day training your focusing system to shift between near and far objects. You definitely want to do this one with one eye covered at a time.

So go close and then far and close, and hold it for five seconds at each distance. These small habits get you across the start line to teach your brain to use your eyes more efficiently.

Simple At-Home Exercises and Final Takeaway

It can help you slow down and even break that cycle of progressively stronger prescriptions every year. Your vision is trainable. And when you train your visual system, instead of just correcting it, you can protect your eyes and the eye-brain connection for life.

If you want to get started at home, download my free guide at screenfit.com forward slash guide for simple daily exercises that help retrain your eye and brain to work better together as a team.