

Steps to order a reduced, weaker 20/40 minus eyeglass prescription for myopia, 'unclear far eyesight';

<http://www.selectspecs.com> Click the glasses tab on top.

You are here; <http://www.selectspecs.com/Glasses/Prescription> Click budget.

I clicked the \$10.00 option. Click customize and buy.

Now you are here; [http://www.selectspecs.com/prescription/select\\_use](http://www.selectspecs.com/prescription/select_use) Click Single Vision and Distance.

Now you are here; <http://www.selectspecs.com/prescription/prescriptions> Fill your prescription and PD... as I did in this picture, but set your OWN numbers;

This is just an example. This student is going down from -3.50 which is now *much too strong* because his eyesight improved. Your prescription will be specific for your level of clarity.

### Enter your prescription

#### Enter new prescription

For new prescriptions or new customers.

#### Log in - Use an old prescription

Click here to use an existing prescription.

#### Send us your prescription

click here if you would like us to check.

#### Enter new prescription

For new prescriptions or new customers. You may also attach your prescription to your order if you would like us to check your prescription is correct. Need help understanding your prescription? See our Guide.

	Sphere (SPH)	Cylinder (CYL)	Axis
Right Eye	-2.00	NONE	NONE
Left Eye	-2.00	NONE	NONE

Astigmatism prescription has been removed.

Student prefers no astigmatism in the glasses. This enables him to reverse, remove the astigmatism from his eyes, visual field.

My prescription has a prism

Pupillary Distance / PD :   [What is this?](#) [Single PD \(ie. 63\)](#)

Additional information (optional): NO uv blocking, No tinting, No anti-scratch.

Name your prescription (optional):  [What is this?](#)

I can confirm that my prescription is correct with the correct '+' and '-' SPH and CYL values, my prescription is not over 2 years old, I am over 18 years old, and that I'm neither registered blind or partially blind.

I have read and I agree to the Terms of Sale.

Next step - choose your lenses »

#### Speak to an Optical Advisor

Not sure about our lens choices or your prescription? Call us for assistance on 0844 453 3262.

Monday to Friday, 9am - 5.30pm (GMT)

#### YOUR FRAME & LENSES



#### FRAME

P2383 - Black - \$10.00

Savannah

140-19-50-40

#### TYPE OF VISION

Single Vision - Distance

[Change](#)

SUB-TOTAL: \$10.00

#### Lenses include these FREE coatings...

- ✓ UV Protection
- ✓ Anti-Reflection
- ✓ Scratch Resistance

For PD; If the doctor has given a different PD for each eye; select *I have a dual PD*. Then fill in the right and left eye's PD. Right is filled first even though they have the box on the left side; that box is for the right PD. I labeled this in the picture to avoid confusion.

Now click; Next Step, Choose Your Lenses;

Now you are here; <http://www.selectspecs.com/prescription/lenses/> Click select and continue.

Now you are here; <http://www.selectspecs.com/prescription/tint/> Select; No thanks, clear lenses only.

(Remember; on this page and all pages; DO NOT choose tinting, transitions, UV.) You want the glass to be as close to plain window glass as possible to get as much natural light as possible.

Some opticians sell full spectrum light transmitting lenses. That's good, it means the lens allows the full spectrum of light to enter though the eyeglass. It's still not perfect as when no glasses are worn but it's the next best thing.

Now you are here; <http://www.selectspecs.com/prescription/confirm/> REMOVE THE CHECKS on;

UV Coating  Anti-Reflection  Scratch Resistance  See picture below;

## Virtual Dispenser

Your glasses
Your lenses and tints
Confirm details

**Finally, confirm your Savannah glasses are correct.**

**Savannah P2383 - Black - \$10.00**

Colour	
Size	140-19-50-40
Complete with FREE Standard Case and Cleaning Cloth	

Remove the checks so you have;  
NO Coating, No anti-reflection, NO Scratch resistance >

A couple students recently told me that some optician stores are placing mandatory UV blocking inside the eyeglass lens. They state the UV coating option is different; meaning that if you un-check it, opt for NO UV; you will still get UV blocking in the lens. Call, email customer service to be sure the glasses have absolutely NO UV. Shop around.

**Lens Options & Prescription**

Type of Vision	Single Vision - Distance		<a href="#">Change this</a>
Lenses	Standard - 1.50 Index	\$0.00	<a href="#">Change this</a>
Sun Lens	Clear	\$0.00	<a href="#">Change this</a>

Eye	SPH	CYL	AXIS	ADD	P.Distance
Right	-2.00	0	0	0	33/32
Left	-2.00	0	0	0	

Additional Information: NO uv blocking, no tinting, no anti-scratch. [Edit prescription?](#)

FREE Coatings

UV Coating  Anti-Reflection  Scratch Resistance

Total Cost: \$10.00

Add to Basket

Click add to basket and buy.

## Shopping Basket

Shopping Basket
Checkout
Payment

« Continue Shopping
Continue to Checkout »

PRODUCT INFORMATION	PRICE	QUANTITY	TOTAL
<p style="font-size: x-small;">P2383 - Black Savannah Colour: Black Size: 140-19-50-40</p>	\$10.00	<div style="border: 1px solid #ccc; padding: 2px; display: inline-block;">1</div> <a href="#" style="font-size: x-small; text-decoration: underline;">Remove Item</a>	\$10.00

**Lens Options & Prescription for this Item**

Eye	SPH	CYL	AXIS	ADD	P.Distance
Right	-2.00	0	0	0.00	33/32
Left	-2.00	0	0	0.00	

Use Type: Distance  
Lens Type: Standard - 1.50 Index - \$0  
Tints: Clear - \$0.00  
Coatings:

I do not wear glasses so it's best to *also talk to the customer service person* and your eye doctor. Each person's starting point, level of improvement, eyeglass strength reduction (to see the 20/40 line on the eyechart clear) is specific to their condition. You must do some math to figure a perfect 20/40 reduction. Working with an eye doctor is best but many will not teach The Bates Method and will not help you reduce the prescription. In this case you might need to try about 2 different reductions to get it right. Standing at 20 feet; eyechart lines below the 20/40 line *when wearing the glasses* must be less clear. When they start to be seen clear through the eyeglasses 'before the 20 line is clear'; it's time for another prescription reduction.

Some people immediately, permanently stop use of glasses no matter how burry their eyesight is. Others wear glasses temporarily only for driving, work... and need to learn how to buy, use reduced weaker prescriptions. When the sight is 20/40 - 20/50 without glasses you can stop use of glasses. (Except for driving, safety until the sight is clear to drive, work... safe and legal without glasses.) Eyesight improves faster, easier when glasses are avoided.

For close-reading eyesight; the plus lens prescription is reduced, made weaker and weaker.

## **Learn Natural Eyesight Improvement Here;**

<http://cleareyesight-batesmethod.info>

<http://www.cleareyesight.info/naturalvisionimprovementoriginalandmodernbatesmethod>

[http://www.amazon.com/William-H.-Bates/e/B004H9DOBC/ref=ntt\\_athr\\_dp\\_pel\\_pop\\_1](http://www.amazon.com/William-H.-Bates/e/B004H9DOBC/ref=ntt_athr_dp_pel_pop_1)

[http://www.amazon.com/Clark-Night/e/B004HU1MNS/ref=dp\\_byline\\_cont\\_pop\\_book\\_1](http://www.amazon.com/Clark-Night/e/B004HU1MNS/ref=dp_byline_cont_pop_book_1)

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<http://books.google.com/books?id=MilnrDgQiwgC&printsec=frontcover#v=onepage&q&f=false>