

Abstract Submitted  
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**Can Impaired Vision be Easily, Quickly and Safely Restored toward Health and Maintained Wellness, Using Mc Leods Patent Pending Naturoptics Methods?** AMANDA COURTMANCHE<sup>1</sup>, ROGER MCLEOD, Univ. Mass. Lowell, DAVID MCLEOD, Bastyr Univ. — A healthy eye has its large set of diffraction patterns, generated by the viewed scene, spread across the visible spectrum. Only the two of these simultaneously coincident with foveal cones, and rods, or with extra-foveal cones, are visually useful. This fact and pupil diameter changes with illumination, which cause proportional wavelength changes, drives the healthy visual state. A quasi-monochromatic interval is coincident with foveal cones, and rods. A shorter, partially overlapping interval aligns with extrafoveal cones, with about twenty nanometers separation. Wavelengths follow the Airy disk radius formula. An unhealthy eye is an eyeball deformed by self-induced vision abuse. Incorrect and effectively static stresses in the large external eye muscles displace and distort the patterns. Rebalancing the proper vision and muscle state are safely, quickly and rapidly restored by mimicking natural eye and head movements with naturoptics.

<sup>1</sup>ROGER MC LEOD will present

Roger McLeod  
Univ. Mass. Lowell

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