

The 7 Vision Blocks Holding You Back (and How to Start Healing Them)

This guide reveals the emotional, metabolic, and environmental blocks that can affect your eyesight - along with natural ways to begin restoring vision. These insights are based on over 40 years of holistic vision care by Dr. Sam Berne.

1. Chronic Stress & Nervous System Dysregulation

Tip: Daily vagal toning and breath-based movement can help reset visual tension.

2. Toxic Load (Environmental & Metabolic)

Tip: Use herbal drainage, reduce blue light, and support liver detox.

3. Emotional Trauma Stored in the Eye-Brain Axis

Tip: Somatic eye release work and visual meditation can release trauma.

4. Lens Dependency & Overprescription

Tip: Reduce prescription strength gradually and explore lens-free activities.

5. Lack of Natural Light & Screen Overload

Tip: Use red light therapy, get early morning sun, and apply blue light filters.

6. Gut & Liver Dysfunction

Tip: Support digestion with enzymes and an anti-inflammatory diet.

7. Suppressed Visual Creativity

Tip: Journal, paint, sing - activate inner vision to restore outer clarity.

Want more personalized guidance?

Book a 1-on-1 Vision Reset session with Dr. Berne or explore his private video membership at www.drsmamberne.com.

This guide is for educational purposes only and is not a substitute for medical advice.