Professional Comments About

Meir Schneider, PhD, LMT

Ophthalmologists:

"The plasticity and potential of the visual system is continuously being explored and redefined. Old notions give way to new potentials. Meir Schneider addresses these issues in his clinical work with patients with various visual problems. His reflections and theories are worth consideration and critical review." — Creig Hoyt, M.D., Professor and Chairman of the Ophthalmology Department at University of California San Francisco Medical School; Director of Beckman Vision Center, San Francisco, CA and editor of the British Journal of Ophthalmology. Hoyt is regarded as one of the world's leading pediatric neuro-ophthalmologists. His pioneering studies changed the practice of infant cataract care worldwide.

"I have been impressed with the work of Meir Schneider for many years, having personally seen improvements in patients' vision of those who have worked with him. The ability of the visual system to adapt and regain function is still full of mysteries. Through Meir's work, we are finding some of those mysteries to be realities." — August Reader III, M.D., F.A.C.S., Clinical Professor of Ophthalmology, California Pacific Medical Center, San Francisco

Behavioral Optometrists:

"Meir Schneider has miraculously found his vision and he can help you to find yours. His approach is transformative. " — Jacob Liberman, O.D., Ph.D., Hawaii, author of *Light: Medicine of the Future, Take Off Your Glasses and See* and *Wisdom from an Empty Mind*. Liberman is regarded as the leading world authority in the field of light and color therapy

"Years ago, Meir Schneider taught me a new way to relax and move in the world. His work still impacts my life every day. The exercises are easy, but powerful; do them daily and experience profound change. Meir's bodywork should become a part of everyone's day." — Ray Gottlieb, O.D., Ph.D., Rochester, New York, Dean of the College of Syntonic Optometry, author of *Attention and Memory Training for Children*

Physiatrists:

"Meir Schneider offers remarkable techniques that empower you to take charge of your own health and unlock the body's ability to heal itself. Through his innovative therapeutic movements and exercise, he has helped thousands of individuals throughout the world facilitate their own self-healing. I have personally seen functional improvement in a number of patients where the medical community had literally told them 'there was nothing further that could be done.' Meir Schneider is on the cutting edge of improving the quality of our heath and well-being." — Ronald K. Takemoto, M.D., Assistant Professor of Physical Medicine and Rehabilitation, University of California, Irvine

Psychologists:

"I started Meir Schneider's work about five months ago. The change in my eyesight has been nothing short of amazing. My vision has improved over 50% and I have learned techniques and approaches that I will utilize and integrate every day of my life. I have introduced Meir's work to many of my patients who are also benefiting from his extraordinary approaches to health and healing." — Helena Edith Weil, Ph.D., Q.M.E., Licensed Clinical Psychologist, Qualified Medical Evaluator, Kensington, CA

Physical Therapists:

"The acute- and chronic- pain patients at my practice benefit from Meir's approach to breathing, circulation, joint, muscle, spine and nervous-system movements. His work heightened my own awareness of fine tuning the body and mind and enhanced my abilities to help others." — Gail Wetzler, P.T., West Palm Beach, Florida

"Meir Schneider has a great ability to demystify the physiological and pathological processes involved in common physical illnesses. Combined with his enthusiasm and years of clinical experience, this is a rare resource for those who wish to understand their bodies better." — Judith Bradley, P.T., British Columbia, Canada

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Registered Nurses:

"Meir Schneider's innovative, yet "common sense' method works easily alongside the more orthodox approaches- but, importantly, empowers individuals to help themselves. Its applications are wide ranging, with limitless potential for anyone—no matter their age, or how mild or severe their problems—to attain and enjoy optimal health." — Marie Askin, R.N., London, England

*"Meir Schneider, PhD, is a world class teacher. I have witnessed **remarkable** results in those who have implemented his individualized regimen."* — Pam Monte, R.N., R.M.T., San Francisco, CA

Occupational Therapists:

"Meir Schneider's work represents a tremendous advance in our knowledge of self-healing. The exercises are easy to understand and perform. Although they are very gentle, they are the most powerful ones I have ever seen" — Beatriz Nascimento, O.T. Assistant Professor Department of Occupational Therapy, University of San Carlos, Brazil; School for Self-Healing Instructor, U.S. and Brazil

Professional Reviews for *MOVEMENT FOR SELF-HEALING: An Essential Resource for Anyone Seeking Wellness* and *THE NATURAL VISION IMPROVEMENT KIT: A complete course of exercises and tools for self-improved vision and optical health*

"Meir Schneider's mastery empowers the reader to move beyond the 'incurable diagnosis' toward the profound process of self-healing." — Jacob Liberman, O.D., Ph.D., Hawaii, author of *Light: Medicine of the Future, Take Off Your Glasses and See* and *Wisdom from an Empty Mind*. Liberman is regarded as the leading world authority in the field of light and color therapy

"I have known Meir Schneider for almost twenty years. You can trust me when I tell you that Meir is a very honest and ethical man. What he says in this book is truth, not hype. In this "hyped-up" world of ours this is a rarity and makes his book, "Movement for Self-Healing" worthy of your attention, reading and digestion." — John E. Upledger, D.O., O.M.M., President and Medical Director of The Upledger Institute, West Palm Beach, Florida, author of *Your Inner Physician and You, CranioSacral Therapy I, II, III* and *The Brain Speaks*. Upledger's discovery of the CranioSacral System and development of CranioSacral Therapy expanded and increased efficacy in modern physical medicine.

"This Kit is a *must have* for any one with eyesight problems. Meir Schneider has taken The Bates Method into the new millennium with an integration of eye exercises, yoga principles and relaxation techniques!" — Marc Grossman O.D. L.Ac. co-founder of Integral Health Associates and The Rye Learning Center, New Paltz, New York, and author *of Magic Eye: Beyond 3D Improve Your Vision, Natural Eye Care: An Encyclopedia* and *Greater Vision: A Comprehensive Program for Physical, Emotional, and Spiritual Clarity*.

"In a most candid and heart-warming way, Dr. Meir Schneider tells us about his experiences in dealing with his own severe handicap and those of countless others. He teaches us how we can improve our health, even recover from the ravages of degenerative and so-called incurable diseases. A book worth reading, full of thoughts worth taking to heart." — Leo Bakker, M.D, San Francisco, California

"Meir Schneider's courage to rise to life's challenges with determination and deep personal confidence is an inspiration for us all. His personal story demonstrates that deep commitment to hard work can pay dividends that may seem impossible. He has inspired thousands to believe there is always hope, and that almost anything is possible if you believe in yourself." — Len Saputo, M.D., founder and director of Health Medicine Forum and Health Medicine Institute, Lafayette, California

"Meir Schneider's book is a definite 'must' for the ordinary human being who wants to take responsibility for his or her own health and well-being. I plan to give this book to all of my patients." — Beryl Feinglass, Physical Therapist and Mental Health Educator, San Francisco, California

"Meir has a third eye and eight senses. Bridge these two with an incredible perception of the human body and you've got a genius. You *sense* Meir's ingenuity through his writings. You *know* it through his work." — Yael Gottlieb, R.N., Berkeley, California

"What a book! Meir Schneider has created a magnificent, inspiring, empowering, and well-written work. This book is an essential and joyful treasure for all those looking for a teacher to help themselves heal and create health. I highly recommend it." — Raymond Francis, president of Health-e-America Foundation, San Francisco, California, and author of *Never Be Sick Again*