



JAKE STEINER

ENDING MYOPIA, THE DECEPTIVE EYE CARE INDUSTRY, & ACTIVE FOCUS
PRESENTED BY THE HIGHERSIDE CHATS



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1
00:00:05,670 --> 00:00:02,810

[Music]

2
00:00:08,160 --> 00:00:05,680

congratulations YouTube you did it you

3
00:00:10,650 --> 00:00:08,170

wore me down and you sucked me back in I

4
00:00:13,259 --> 00:00:10,660

have too many subscribers here just to

5
00:00:15,810 --> 00:00:13,269

walk away entirely especially with no

6
00:00:18,000 --> 00:00:15,820

alternative that truly stacks up and so

7
00:00:20,850 --> 00:00:18,010

many copycat channels uploading my shows

8
00:00:23,790 --> 00:00:20,860

for me anyway but we can't forget the

9
00:00:26,160 --> 00:00:23,800

th-these account here is on thin ice and

10
00:00:29,160 --> 00:00:26,170

so the YouTube version of the show has

11
00:00:31,860 --> 00:00:29,170

to be prefaced with this little PSA only

12
00:00:33,390 --> 00:00:31,870

to say that episodes that contain the

13
00:00:35,880 --> 00:00:33,400

kinds of themes that have been regularly

14

00:00:38,700 --> 00:00:35,890

banned on YouTube will not appear here

15

00:00:40,650 --> 00:00:38,710

and even with that precaution there's

16

00:00:42,930 --> 00:00:40,660

already enough in the archive to get us

17

00:00:45,120 --> 00:00:42,940

removed so remember that the higher side

18

00:00:48,090 --> 00:00:45,130

chats could be banned or put in timeout

19

00:00:50,220 --> 00:00:48,100

again at any time and I won't be able to

20

00:00:51,990 --> 00:00:50,230

tell you guys about it so if you feel

21

00:00:53,490 --> 00:00:52,000

like it's been too long since you've

22

00:00:56,610 --> 00:00:53,500

heard from me here on this digital

23

00:00:59,430 --> 00:00:56,620

dystopian draconian data-mining monster

24

00:01:00,900 --> 00:00:59,440

of a police state seeking platform your

25

00:01:03,170 --> 00:01:00,910

first step should be to check the higher

26

00:01:10,169 --> 00:01:03,180

side chats calm for the latest shows

27

00:01:11,639 --> 00:01:10,179

alright alright enjoy embrace yourself

28

00:01:13,559 --> 00:01:11,649

because you're about to dive into

29

00:01:15,450 --> 00:01:13,569

another free first hour episode of the

30

00:01:16,649 --> 00:01:15,460

higher side chats and we just want to

31

00:01:18,270 --> 00:01:16,659

let you know that whether you're looking

32

00:01:20,249 --> 00:01:18,280

for a companion through your paranoid

33

00:01:22,410 --> 00:01:20,259

insomnia entertaining yourself through

34

00:01:24,029 --> 00:01:22,420

one of life's mundane activities or

35

00:01:26,099 --> 00:01:24,039

trying to ward off the internal scream

36

00:01:28,859 --> 00:01:26,109

to all those sad smothered Souls around

37

00:01:30,090 --> 00:01:28,869

the office THC is here and you should

38

00:01:32,069 --> 00:01:30,100

know that every episode of the higher

39

00:01:34,469 --> 00:01:32,079

side chats has an entire second hour

40

00:01:37,109 --> 00:01:34,479

four plus members sign up at the higher

41

00:01:39,660 --> 00:01:37,119

side chats plus calm and you get years

42

00:01:41,730 --> 00:01:39,670

of plus show archives lifetime forum

43

00:01:44,760 --> 00:01:41,740

access the special invite to Greg Carl

44

00:01:48,749 --> 00:01:44,770

woods monthly joint sessions mp3s of THC

45

00:01:50,940 --> 00:01:48,759

music bonus episodes for videos and 10%

46

00:01:53,519 --> 00:01:50,950

off t-shirts grinders and whatever else

47

00:01:55,499 --> 00:01:53,529

ends up in the higher side store it's \$8

48

00:01:57,330 --> 00:01:55,509

a month that you won't miss so become a

49

00:01:59,730 --> 00:01:57,340

plus member and treat yourself in these

50

00:02:01,440 --> 00:01:59,740

trouble times always action-packed and

51
00:02:10,570 --> 00:02:01,450
commercial free which means you'll

52
00:02:15,949 --> 00:02:13,820
in the 1930s President Franklin Delano

53
00:02:18,530 --> 00:02:15,959
Roosevelt addressed the nation through a

54
00:02:21,470 --> 00:02:18,540
series of radio broadcasts known as the

55
00:02:23,449 --> 00:02:21,480
fireside chats his aim was to reassure

56
00:02:25,640 --> 00:02:23,459
the common man that our society would

57
00:02:28,070 --> 00:02:25,650
recover from its troubled times while

58
00:02:31,190 --> 00:02:28,080
we're far from 1930 and I deal with a

59
00:02:33,229 --> 00:02:31,200
different kind of fire era of worldly

60
00:02:40,580 --> 00:02:33,239
frustration we offer a fresh

61
00:02:42,229 --> 00:02:40,590
conversation I'm Carl wood and praise be

62
00:02:44,539 --> 00:02:42,239
good people the Internet how the hell

63
00:02:46,699 --> 00:02:44,549

are you from sunny San Diego I'm Craig

64

00:02:49,220 --> 00:02:46,709

Carl wood and if you ask me it seems

65

00:02:51,680 --> 00:02:49,230

like a system built almost solely on the

66

00:02:54,140 --> 00:02:51,690

profit motive is a tough system to trust

67

00:02:56,240 --> 00:02:54,150

it leaves us guessing and a whole host

68

00:02:58,069 --> 00:02:56,250

of areas not knowing if various

69

00:02:59,869 --> 00:02:58,079

industries are providing things we

70

00:03:02,630 --> 00:02:59,879

actually need as much as the marketing

71

00:03:04,099 --> 00:03:02,640

tells us we do sometimes it's easier to

72

00:03:06,470 --> 00:03:04,109

tell like when it comes to things like

73

00:03:09,080 --> 00:03:06,480

bamboo spatulas weighted blankets and

74

00:03:10,910 --> 00:03:09,090

the latest offerings from Netflix but we

75

00:03:12,759 --> 00:03:10,920

have hundreds of food companies that are

76

00:03:15,050 --> 00:03:12,769

lying about their effects on health an

77

00:03:17,000 --> 00:03:15,060

explosion of college debt because the

78

00:03:19,550 --> 00:03:17,010

reality didn't match the promises and

79

00:03:21,620 --> 00:03:19,560

cell phone companies suppressing the

80

00:03:24,020 --> 00:03:21,630

data behind their own products to uphold

81

00:03:26,089 --> 00:03:24,030

the almighty market share where this

82

00:03:28,309 --> 00:03:26,099

gets really concerning is in the medical

83

00:03:29,780 --> 00:03:28,319

space where pills shots and surgeries

84

00:03:32,390 --> 00:03:29,790

should only be given out when absolutely

85

00:03:34,520 --> 00:03:32,400

necessary but the endless hunger for

86

00:03:36,909 --> 00:03:34,530

more of your green paper has to make you

87

00:03:39,349 --> 00:03:36,919

wonder and while there are countless

88

00:03:42,140 --> 00:03:39,359

microcosms of conflicted interest and

89

00:03:43,370 --> 00:03:42,150

profit driven deception to explore today

90

00:03:45,289 --> 00:03:43,380

we're going to hone in on the

91

00:03:48,199 --> 00:03:45,299

conventional thoughts around eyesight

92

00:03:50,000 --> 00:03:48,209

myopia optometry and the hundred billion

93

00:03:52,520 --> 00:03:50,010

dollar business that is the eyeglass

94

00:03:54,349 --> 00:03:52,530

industry because based on the work of

95

00:03:56,720 --> 00:03:54,359

today's guest Jake Steiner and the

96

00:03:59,659 --> 00:03:56,730

countless clinical trials and scientific

97

00:04:02,059 --> 00:03:59,669

papers he draws from myopia doesn't seem

98

00:04:04,159 --> 00:04:02,069

to be genetic or an illness at all but a

99

00:04:06,500 --> 00:04:04,169

carefully crafted ploy to put you in the

100

00:04:09,409 --> 00:04:06,510

oh so profitable pipeline of expensive

101
00:04:11,119 --> 00:04:09,419
glasses in designer frames if you don't

102
00:04:13,470 --> 00:04:11,129
know Jake is one of the most popular eye

103
00:04:15,509 --> 00:04:13,480
health activists on the worldwide web

104
00:04:17,909 --> 00:04:15,519
who not only reversed his own

105
00:04:20,400 --> 00:04:17,919
nearsightedness but has synthesized the

106
00:04:22,590 --> 00:04:20,410
scientific data into a series of courses

107
00:04:26,219 --> 00:04:22,600
videos guides and more all laid out on

108
00:04:27,930 --> 00:04:26,229
his website and myopia org so let's get

109
00:04:30,060 --> 00:04:27,940
into it the eye guy himself and

110
00:04:31,950 --> 00:04:30,070
LensCrafters public enemy number one

111
00:04:34,010 --> 00:04:31,960
from the other side of the world Jake

112
00:04:37,500 --> 00:04:34,020
Steiner welcome to the higher side

113
00:04:40,140 --> 00:04:37,510

Wow Greg thanks that's what also intro

114

00:04:42,570 --> 00:04:40,150

thanks for having I try man I try and

115

00:04:45,030 --> 00:04:42,580

thanks for being here I am a big fan of

116

00:04:47,430 --> 00:04:45,040

drilling down into one specific subject

117

00:04:50,159 --> 00:04:47,440

area where we see the same template

118

00:04:52,800 --> 00:04:50,169

applied and that is that there are often

119

00:04:54,960 --> 00:04:52,810

more natural or more effective in

120

00:04:56,820 --> 00:04:54,970

low-cost ways to deal with a health

121

00:04:59,010 --> 00:04:56,830

problem than the expensive and

122

00:05:01,560 --> 00:04:59,020

inadequate options the system provides

123

00:05:04,830 --> 00:05:01,570

and it seems like this is one of those

124

00:05:06,330 --> 00:05:04,840

areas and I personally am not someone

125

00:05:08,909 --> 00:05:06,340

who's had problems with my eyesight or

126

00:05:13,350 --> 00:05:08,919

spent much time in an optometrist office

127

00:05:15,480 --> 00:05:13,360

so even a term like myopia was new to me

128

00:05:17,189 --> 00:05:15,490

I guess how do you like to set this up

129

00:05:19,440 --> 00:05:17,199

for people of course myopia means

130

00:05:22,010 --> 00:05:19,450

nearsightedness but what more can you

131

00:05:24,980 --> 00:05:22,020

say about this condition itself

132

00:05:27,380 --> 00:05:24,990

so the truly fascinating thing to me

133

00:05:30,560 --> 00:05:27,390

about this is I used to have me okay I

134

00:05:33,230 --> 00:05:30,570

used to be nearsighted and the way I

135

00:05:35,450 --> 00:05:33,240

ended up being nearsighted is how most

136

00:05:37,640 --> 00:05:35,460

people from my generation I'm in my 40s

137

00:05:39,680 --> 00:05:37,650

now and somewhere in the teens your

138

00:05:41,300 --> 00:05:39,690

parents took you to the optometrist the

139

00:05:43,430 --> 00:05:41,310

optometrist said you need a glass is

140

00:05:44,660 --> 00:05:43,440

your kid right like you didn't ask any

141

00:05:46,610 --> 00:05:44,670

questions you've got glasses

142

00:05:51,260 --> 00:05:46,620

and then you were stuck with glasses

143

00:05:53,030 --> 00:05:51,270

pretty much forever and my ice I kept

144

00:05:55,610 --> 00:05:53,040

getting cold and cold worse and worse

145

00:05:57,290 --> 00:05:55,620

and worse till eventually there was a -

146

00:05:59,030 --> 00:05:57,300

five doctors which is like when you take

147

00:06:02,240 --> 00:05:59,040

off your glasses you can't even find

148

00:06:03,800 --> 00:06:02,250

your glasses again and I went to the

149

00:06:05,180 --> 00:06:03,810

optometrist again and they said you

150

00:06:07,220 --> 00:06:05,190

needed even strong glasses and they were

151
00:06:10,250 --> 00:06:07,230
already so thick like my eyes look like

152
00:06:11,780 --> 00:06:10,260
tiny behind the lenses and I felt like

153
00:06:14,570 --> 00:06:11,790
it was just enough I'm gonna ask the

154
00:06:16,610 --> 00:06:14,580
optometrist why is this I remember he

155
00:06:18,650 --> 00:06:16,620
said to me it's genetic and I was

156
00:06:21,740 --> 00:06:18,660
thinking it can't be genetic because

157
00:06:23,810 --> 00:06:21,750
then how come this didn't exist to this

158
00:06:26,600 --> 00:06:23,820
extent like even fifty years ago right

159
00:06:29,300 --> 00:06:26,610
janek's don't mutate on a massive global

160
00:06:30,860 --> 00:06:29,310
human scale in a matter of decades so I

161
00:06:32,870 --> 00:06:30,870
started reading biology books and I

162
00:06:35,240 --> 00:06:32,880
started finding out that Nuno Pia really

163
00:06:36,620 --> 00:06:35,250

isn't a genetic condition at all and it

164

00:06:39,770 --> 00:06:36,630

was kind of shocking because the

165

00:06:42,860 --> 00:06:39,780

clinical science clearly explains what

166

00:06:45,200 --> 00:06:42,870

mio Pia is but then on the retail

167

00:06:47,480 --> 00:06:45,210

optometry side it's been completely

168

00:06:50,390 --> 00:06:47,490

denied and I'm generally not somebody

169

00:06:52,400 --> 00:06:50,400

who's giving easily over to conspiracy

170

00:06:54,290 --> 00:06:52,410

theories or just the ideas that the

171

00:06:56,930 --> 00:06:54,300

mainstream is somehow wrong but that was

172

00:06:59,450 --> 00:06:56,940

my first encounter with the world just

173

00:07:03,260 --> 00:06:59,460

seems messed up mm-hmm mm-hmm

174

00:07:05,570 --> 00:07:03,270

well said so what is it that causes

175

00:07:07,430 --> 00:07:05,580

myopia there are essentially like two

176

00:07:09,080 --> 00:07:07,440

causes right at least that's what I've

177

00:07:11,390 --> 00:07:09,090

heard you described in the past

178

00:07:13,550 --> 00:07:11,400

yeah there's two things that happen to

179

00:07:15,290 --> 00:07:13,560

people one it's called pseudo myopia and

180

00:07:17,800 --> 00:07:15,300

I recommend that people go to

181

00:07:21,290 --> 00:07:17,810

scholar.google.com that school goals

182

00:07:23,030 --> 00:07:21,300

clinical science search engine that cuts

183

00:07:25,040 --> 00:07:23,040

out all the fluff and that just goes to

184

00:07:30,230 --> 00:07:25,050

scientific peer-reviewed studies and

185

00:07:33,670 --> 00:07:30,240

type in PSE you do pseudo myopia and the

186

00:07:35,890 --> 00:07:33,680

cause of almost all known myopia

187

00:07:37,900 --> 00:07:35,900

worldwide is

188

00:07:39,790 --> 00:07:37,910

caused by close-up so there's a muscle

189

00:07:41,980 --> 00:07:39,800

in your eye it's a Focus Sigma so it's a

190

00:07:44,499 --> 00:07:41,990

circular muscle around the lens in your

191

00:07:45,909 --> 00:07:44,509

eye and it tightens when you look at

192

00:07:47,020 --> 00:07:45,919

something of course and the closer you

193

00:07:49,450 --> 00:07:47,030

look the tighter it gets

194

00:07:51,189 --> 00:07:49,460

and then when you stop looking up close

195

00:07:52,840 --> 00:07:51,199

to the muscle relaxants and the lens

196

00:07:55,180 --> 00:07:52,850

flattens and you can see clearly at a

197

00:07:57,760 --> 00:07:55,190

distance what happens is if you look at

198

00:07:59,710 --> 00:07:57,770

something up close for really long

199

00:08:02,230 --> 00:07:59,720

periods of time and that muscle spasms a

200

00:08:03,990 --> 00:08:02,240

bit so it doesn't fully relax so you

201
00:08:06,700 --> 00:08:04,000
don't fully recover your distance vision

202
00:08:09,070 --> 00:08:06,710
temporarily and so it's called pseudo

203
00:08:10,510 --> 00:08:09,080
myopia it's not real but if you do that

204
00:08:12,340 --> 00:08:10,520
every day every day every day then

205
00:08:14,110 --> 00:08:12,350
eventually that muscle spasm becomes

206
00:08:16,480 --> 00:08:14,120
kind of persistent and like you could

207
00:08:18,760 --> 00:08:16,490
just go out hiking for a weekend or

208
00:08:20,710 --> 00:08:18,770
spend a week away from books and screens

209
00:08:23,050 --> 00:08:20,720
and stuff and you'd be fine but the

210
00:08:24,640 --> 00:08:23,060
optometrist doesn't tell you that it's

211
00:08:27,070 --> 00:08:24,650
just a muscle spasm and they give you

212
00:08:28,779 --> 00:08:27,080
lenses their lenses move the light

213
00:08:30,820 --> 00:08:28,789

further back in your eye to compensate

214

00:08:33,040 --> 00:08:30,830

for the muscle spasm while ignoring the

215

00:08:35,320 --> 00:08:33,050

muscle spasm and then the myopia becomes

216

00:08:36,699 --> 00:08:35,330

something called lens induced myopia if

217

00:08:39,370 --> 00:08:36,709

you put that in Google Scholar you're

218

00:08:42,310 --> 00:08:39,380

gonna get like 10,000 20,000 search

219

00:08:44,500 --> 00:08:42,320

results very clearly understood when you

220

00:08:46,060 --> 00:08:44,510

put those - lenses those lenses that

221

00:08:48,100 --> 00:08:46,070

give you the distance return back and

222

00:08:50,890 --> 00:08:48,110

from your eyes your eye and long gates

223

00:08:53,280 --> 00:08:50,900

because it has a mechanism built in to

224

00:08:55,530 --> 00:08:53,290

compensate for any

225

00:08:56,879 --> 00:08:55,540

a refractive error basically because

226

00:08:58,499 --> 00:08:56,889

yeah I doesn't know the glasses are in

227

00:09:00,749 --> 00:08:58,509

front of it your I thinks hey I'm too

228

00:09:03,449 --> 00:09:00,759

short and it along gates and the longer

229

00:09:05,910 --> 00:09:03,459

I is a more myopic more short-sighted I

230

00:09:07,310 --> 00:09:05,920

hmm and then that cycle continues every

231

00:09:09,180 --> 00:09:07,320

time you go back to the optometrist

232

00:09:11,850 --> 00:09:09,190

potentially increasing that

233

00:09:13,590 --> 00:09:11,860

quote-unquote prescription your eye

234

00:09:15,590 --> 00:09:13,600

continues along gating and that lens

235

00:09:18,059 --> 00:09:15,600

induced myopia is what most people have

236

00:09:20,790 --> 00:09:18,069

hmm right on right on

237

00:09:23,340 --> 00:09:20,800

and so you say screen addiction is a

238

00:09:26,129 --> 00:09:23,350

part of this as well as I guess to some

239

00:09:29,730 --> 00:09:26,139

degree artificial light is as are other

240

00:09:32,249 --> 00:09:29,740

things in our general modern society

241

00:09:34,199 --> 00:09:32,259

that are hurting our eyes to the degree

242

00:09:36,569 --> 00:09:34,209

that screen addiction and artificial

243

00:09:38,610 --> 00:09:36,579

light might be there's contributing

244

00:09:41,340 --> 00:09:38,620

factors as a screen the close up time is

245

00:09:43,139 --> 00:09:41,350

a number one thing if you eliminated

246

00:09:45,439 --> 00:09:43,149

that most people wouldn't have me Opia

247

00:09:47,850 --> 00:09:45,449

artificial I definitely is not fantastic

248

00:09:50,009 --> 00:09:47,860

diet can play a role like if you have

249

00:09:52,439 --> 00:09:50,019

diabetes for example you're very likely

250

00:09:54,600 --> 00:09:52,449

to also have myopia I just talked to a

251
00:09:56,790 --> 00:09:54,610
guy in our own little mini podcast who

252
00:09:58,199 --> 00:09:56,800
has been significantly lowering his

253
00:10:01,410 --> 00:09:58,209
blood sugar and his vision has improved

254
00:10:02,910 --> 00:10:01,420
dramatically but mainly mainly it's that

255
00:10:06,650 --> 00:10:02,920
the screen time is really the worst

256
00:10:09,870 --> 00:10:06,660
thing right on right on and so we all

257
00:10:12,389 --> 00:10:09,880
know that when a paradigm is set up such

258
00:10:15,569 --> 00:10:12,399
as the situation with eyesight which is

259
00:10:17,670 --> 00:10:15,579
that testing early and often is strongly

260
00:10:20,850 --> 00:10:17,680
encouraged and then when an industry

261
00:10:23,460 --> 00:10:20,860
controls the testing they tend to over

262
00:10:25,199 --> 00:10:23,470
prescribe they're bound to find some

263
00:10:27,540 --> 00:10:25,209

reason you need to use their services

264

00:10:30,990 --> 00:10:27,550

and now you're in this lifelong

265

00:10:32,759 --> 00:10:31,000

ecosystem that's very costly and doesn't

266

00:10:35,100 --> 00:10:32,769

address the root causes of the condition

267

00:10:37,139 --> 00:10:35,110

and actually makes it worse right I mean

268

00:10:39,660 --> 00:10:37,149

like you said lens induced myopia is an

269

00:10:42,329 --> 00:10:39,670

increasing problem as the prescription

270

00:10:44,189 --> 00:10:42,339

needs to strengthen right and even just

271

00:10:46,110 --> 00:10:44,199

calling it a prescription that was

272

00:10:48,389 --> 00:10:46,120

lobbying that's heavy millions of

273

00:10:51,720 --> 00:10:48,399

dollars at law being spent on part of

274

00:10:53,730 --> 00:10:51,730

the lens industry to make clear curved

275

00:10:55,679 --> 00:10:53,740

pieces of plastic a so called

276

00:10:59,160 --> 00:10:55,689

prescription you can go buy

277

00:11:01,079 --> 00:10:59,170

over-the-counter non prescription drugs

278

00:11:03,090 --> 00:11:01,089

like things that are complex chemicals

279

00:11:04,620 --> 00:11:03,100

things that you can overdose on that

280

00:11:06,809 --> 00:11:04,630

could kill you you can buy those

281

00:11:07,440 --> 00:11:06,819

over-the-counter but clear curved pieces

282

00:11:10,230 --> 00:11:07,450

of PLAs

283

00:11:12,510 --> 00:11:10,240

you can only buy from the so called eye

284

00:11:14,840 --> 00:11:12,520

doctor optometrist and also those things

285

00:11:16,950 --> 00:11:14,850

are being sold at hugely inflated prices

286

00:11:18,660 --> 00:11:16,960

right right that's something I've

287

00:11:20,640 --> 00:11:18,670

learned from the friends of mine who do

288

00:11:22,830 --> 00:11:20,650

wear glasses that the Internet has kind

289

00:11:25,200 --> 00:11:22,840

of really opened the floodgates to them

290

00:11:27,870 --> 00:11:25,210

being able to get what they think they

291

00:11:29,820 --> 00:11:27,880

need at a reasonable price and I know

292

00:11:31,710 --> 00:11:29,830

that going to these places is difficult

293

00:11:33,660 --> 00:11:31,720

because even if you feel like you know

294

00:11:35,880 --> 00:11:33,670

what you need they're like what you

295

00:11:37,710 --> 00:11:35,890

can't get any new glasses and unless you

296

00:11:39,120 --> 00:11:37,720

sit down for a consultation and then

297

00:11:40,020 --> 00:11:39,130

once you're in the desk once they're

298

00:11:41,730 --> 00:11:40,030

doing the testing

299

00:11:43,710 --> 00:11:41,740

now they got you I mean this is a

300

00:11:46,380 --> 00:11:43,720

business people forget this isn't for

301
00:11:48,180 --> 00:11:46,390
the common good it's a business that's

302
00:11:51,390 --> 00:11:48,190
right and it's fascinating to me how

303
00:11:52,680 --> 00:11:51,400
much we accept things how condition we

304
00:11:56,010 --> 00:11:52,690
have to accept things because you go to

305
00:11:58,770 --> 00:11:56,020
a Tom trust in most cases it's clearly a

306
00:12:00,900 --> 00:11:58,780
retail store a lot of times in a

307
00:12:03,030 --> 00:12:00,910
shopping mall yeah right like it's next

308
00:12:05,730 --> 00:12:03,040
to the shoe store and when you walk in

309
00:12:08,010 --> 00:12:05,740
there it's all fashion frames and brand

310
00:12:10,440 --> 00:12:08,020
names and two-for-one sales and then

311
00:12:12,270 --> 00:12:10,450
somehow you're still being sold this

312
00:12:14,100 --> 00:12:12,280
medical condition thing I'm like what

313
00:12:17,639 --> 00:12:14,110

other medical conditions are you being

314

00:12:20,129 --> 00:12:17,649

quote appropriate for in a shopping mall

315

00:12:21,749 --> 00:12:20,139

it's an amazing setup it really is

316

00:12:25,829 --> 00:12:21,759

they've had it locked down for a while

317

00:12:27,600 --> 00:12:25,839

man so I totally see how you put these

318

00:12:29,460 --> 00:12:27,610

lenses in front of your eyes your eyes

319

00:12:31,259 --> 00:12:29,470

are trying to adjust to this thing

320

00:12:33,720 --> 00:12:31,269

that's not natural that's right in front

321

00:12:36,660 --> 00:12:33,730

of them all the time and this increases

322

00:12:38,669 --> 00:12:36,670

the problem it exacerbates the issue and

323

00:12:40,350 --> 00:12:38,679

it lasts your whole life you need

324

00:12:42,689 --> 00:12:40,360

stronger and stronger glasses but if

325

00:12:47,850 --> 00:12:42,699

we're to go back to like that first

326

00:12:50,220 --> 00:12:47,860

fundamental issue that the optometrists

327

00:12:52,259 --> 00:12:50,230

are picking up on before you have any

328

00:12:55,169 --> 00:12:52,269

glasses I mean are you saying that

329

00:12:56,970 --> 00:12:55,179

there's zero genetic myopia I see babies

330

00:12:59,999 --> 00:12:56,980

with glasses before they've even had

331

00:13:01,739 --> 00:13:00,009

time to develop close up screen habits I

332

00:13:05,189 --> 00:13:01,749

mean what is the deal there is that just

333

00:13:07,949 --> 00:13:05,199

lies no not necessarily

334

00:13:11,429 --> 00:13:07,959

of course they exist medical conditions

335

00:13:14,639 --> 00:13:11,439

with the eye that can happen but it's as

336

00:13:16,499 --> 00:13:14,649

rare as a lot of other things that

337

00:13:19,499 --> 00:13:16,509

I mean we're talking single percentages

338

00:13:21,119 --> 00:13:19,509

right with babies with babies are

339

00:13:24,269 --> 00:13:21,129

interesting thing is babies are hyper up

340

00:13:26,549 --> 00:13:24,279

it's the opposite of myopia where the

341

00:13:28,230 --> 00:13:26,559

baby can't see clearly up close the

342

00:13:31,499 --> 00:13:28,240

eyeball is too short basically when

343

00:13:33,359 --> 00:13:31,509

you're born and from environmental

344

00:13:35,100 --> 00:13:33,369

stimulus to eyeball along gates to the

345

00:13:37,199 --> 00:13:35,110

right leg and it doesn't through your

346

00:13:39,299 --> 00:13:37,209

whole life eyeball is always shortening

347

00:13:41,249 --> 00:13:39,309

and elongating trying to find the

348

00:13:43,679 --> 00:13:41,259

perfect middle ground for the best

349

00:13:47,340 --> 00:13:43,689

vision but as a baby you can't see

350

00:13:49,410 --> 00:13:47,350

clearly up close so it can happen and

351

00:13:51,389 --> 00:13:49,420

I've seen it happen where babies are

352

00:13:52,889 --> 00:13:51,399

being quote-unquote diagnosed and

353

00:13:54,030 --> 00:13:52,899

they're being found to be hyper optic

354

00:13:57,090 --> 00:13:54,040

and they're getting glasses for that

355

00:13:59,309 --> 00:13:57,100

where that's completely normal mmm that

356

00:14:01,319 --> 00:13:59,319

can happen that baby so myopic and

357

00:14:03,210 --> 00:14:01,329

that's outside of my range right like

358

00:14:05,730 --> 00:14:03,220

it's not any one thing always has the

359

00:14:08,519 --> 00:14:05,740

same cause but in most cases and in

360

00:14:09,720 --> 00:14:08,529

cases where you remember in your

361

00:14:12,150 --> 00:14:09,730

childhood there was a point where you

362

00:14:14,369 --> 00:14:12,160

could see fine at a distance then it's

363

00:14:17,609 --> 00:14:14,379

not genetic right on right on and the

364

00:14:19,290 --> 00:14:17,619

larger point here is the building and

365

00:14:21,329 --> 00:14:19,300

industry there's always a little truth

366

00:14:23,579 --> 00:14:21,339

there that things are built on but they

367

00:14:25,980 --> 00:14:23,589

go way overboard blow it out of

368

00:14:28,139 --> 00:14:25,990

proportion and then over prescribe into

369

00:14:32,850 --> 00:14:28,149

this as we said a hundred billion dollar

370

00:14:34,850 --> 00:14:32,860

industry and if the damage to our

371

00:14:37,530 --> 00:14:34,860

eyesight is more related to the

372

00:14:39,720 --> 00:14:37,540

environment or habits like staring at

373

00:14:42,179 --> 00:14:39,730

the phone screen the truth is that a lot

374

00:14:43,769 --> 00:14:42,189

of people are weak they don't want to

375

00:14:45,629 --> 00:14:43,779

change their patterns they don't want to

376

00:14:47,790 --> 00:14:45,639

do something different some people would

377

00:14:50,939 --> 00:14:47,800

rather get their stomach stapled than

378

00:14:53,429 --> 00:14:50,949

stop eating junk food and industry is

379

00:14:55,919 --> 00:14:53,439

very happy to slide on in and offer a

380

00:14:59,039 --> 00:14:55,929

quick fix and that is what we're seeing

381

00:15:01,259 --> 00:14:59,049

in eye care right a hundred percent and

382

00:15:04,019 --> 00:15:01,269

I was actually about to say that this is

383

00:15:05,910 --> 00:15:04,029

a supply demand thing because what I

384

00:15:09,329 --> 00:15:05,920

found with doing the NGO Pia thing for

385

00:15:11,519 --> 00:15:09,339

close to two decades now is most people

386

00:15:14,369 --> 00:15:11,529

don't even want to know if a quick-fix

387

00:15:16,049 --> 00:15:14,379

exists they're happy so I get it from

388

00:15:18,090 --> 00:15:16,059

both sides because optometrists still

389

00:15:20,189 --> 00:15:18,100

like me but then also the general public

390

00:15:21,660 --> 00:15:20,199

like I stay away from polluting this in

391

00:15:22,919 --> 00:15:21,670

front of people or not looking for it

392

00:15:24,360 --> 00:15:22,929

because I don't even want to hear it

393

00:15:25,679 --> 00:15:24,370

right because then they'd have to face

394

00:15:27,689 --> 00:15:25,689

their screen addiction and then they'd

395

00:15:28,290 --> 00:15:27,699

have to realize there's effort involved

396

00:15:29,820 --> 00:15:28,300

and that

397

00:15:31,670 --> 00:15:29,830

they are responsible for the own

398

00:15:34,350 --> 00:15:31,680

well-being and people who love that

399

00:15:37,140 --> 00:15:34,360

right it's like a lot of pharmaceuticals

400

00:15:39,750 --> 00:15:37,150

they address the symptoms not the

401
00:15:42,360 --> 00:15:39,760
initial cause you could say that about a

402
00:15:44,280 --> 00:15:42,370
lot of depression medication is it like

403
00:15:46,140 --> 00:15:44,290
are you really chemically imbalanced or

404
00:15:48,480 --> 00:15:46,150
do you just hate your job and hate your

405
00:15:50,190 --> 00:15:48,490
life and you can't find a girl I mean do

406
00:15:51,840 --> 00:15:50,200
you need pills for everything not really

407
00:15:53,880 --> 00:15:51,850
but if they can stop you from feeling

408
00:15:55,920 --> 00:15:53,890
some people will add certain points in

409
00:15:58,530 --> 00:15:55,930
their life but I definitely see how

410
00:16:01,140 --> 00:15:58,540
screen addiction is making our eyesight

411
00:16:03,510 --> 00:16:01,150
worse it makes sense but that's only

412
00:16:05,670 --> 00:16:03,520
really been a problem for the last 25

413
00:16:08,040 --> 00:16:05,680

years or so right I mean my grandpa wore

414

00:16:09,800 --> 00:16:08,050

glasses I know kids back in the first

415

00:16:13,020 --> 00:16:09,810

grade with me who were wearing glasses

416

00:16:15,570 --> 00:16:13,030

myopia seems to have been with us at

417

00:16:18,190 --> 00:16:15,580

least a while longer than the screens

418

00:16:22,180 --> 00:16:18,200

have right

419

00:16:24,129 --> 00:16:22,190

yes what happens is myopia has been with

420

00:16:27,160 --> 00:16:24,139

us since the time that we're doing close

421

00:16:28,720 --> 00:16:27,170

up and actually glasses were said to be

422

00:16:31,180 --> 00:16:28,730

invented sometime in the sixteenth

423

00:16:33,699 --> 00:16:31,190

century and they were originally made

424

00:16:36,069 --> 00:16:33,709

for monks because back in those days

425

00:16:37,150 --> 00:16:36,079

monks were the only ones reading right

426

00:16:38,650 --> 00:16:37,160

and they weren't reading in low-light

427

00:16:40,030 --> 00:16:38,660

conditions they're reading in front of

428

00:16:43,410 --> 00:16:40,040

candles they spent a lot of time of

429

00:16:46,480 --> 00:16:43,420

clothes developing the same issue so as

430

00:16:47,740 --> 00:16:46,490

we continued into more and more people

431

00:16:50,139 --> 00:16:47,750

spending more and more time of clothes

432

00:16:52,900 --> 00:16:50,149

back in our day it was books right like

433

00:16:54,939 --> 00:16:52,910

books maybe TV maybe computer games are

434

00:16:58,420 --> 00:16:54,949

starting to come around the more clothes

435

00:16:59,740 --> 00:16:58,430

up the more prevalence of neo Pia now

436

00:17:02,199 --> 00:16:59,750

we're having a totally different issue

437

00:17:05,470 --> 00:17:02,209

because my email these days is parents

438

00:17:07,049 --> 00:17:05,480

saying my five-year-old has myopia ten

439

00:17:09,549 --> 00:17:07,059

years ago I used to not see that at all

440

00:17:12,069 --> 00:17:09,559

but now the kids are being raised on

441

00:17:14,289 --> 00:17:12,079

iPads so the thing that happens now is

442

00:17:16,480 --> 00:17:14,299

the prevalence increases and the age

443

00:17:18,250 --> 00:17:16,490

decreases you used to not hear about

444

00:17:20,289 --> 00:17:18,260

five year olds having the Opia now it's

445

00:17:22,120 --> 00:17:20,299

all day every day that's all I get and

446

00:17:24,429 --> 00:17:22,130

I'm always like okay how much time does

447

00:17:26,860 --> 00:17:24,439

your kid spend from an iPad and well you

448

00:17:29,440 --> 00:17:26,870

know I get busy and kid loves it and

449

00:17:31,600 --> 00:17:29,450

yeah well that's that's what moves it

450

00:17:34,210 --> 00:17:31,610

all back to a younger age and more of it

451
00:17:37,000 --> 00:17:34,220
right right and it is so sad when

452
00:17:39,760 --> 00:17:37,010
parents can't just say we need to take

453
00:17:42,250 --> 00:17:39,770
this away they're just so soft these

454
00:17:45,460 --> 00:17:42,260
days it seems but I guess if when I

455
00:17:48,610 --> 00:17:45,470
looked it up it said that myopia affects

456
00:17:50,140 --> 00:17:48,620
about 30% of the u.s. population I don't

457
00:17:52,330 --> 00:17:50,150
know if that jives exactly with your

458
00:17:54,370 --> 00:17:52,340
research but in some areas of the world

459
00:17:56,740 --> 00:17:54,380
it is much higher than that can you talk

460
00:17:59,530 --> 00:17:56,750
to us a little bit about geography and

461
00:18:02,289 --> 00:17:59,540
the various rates and the numbers that

462
00:18:06,460 --> 00:18:02,299
you have yeah sure the numbers kind of

463
00:18:08,110 --> 00:18:06,470

range I get something closer to 50%

464

00:18:10,180 --> 00:18:08,120

they're not necessarily that accurate

465

00:18:11,990 --> 00:18:10,190

they're much higher in some Asian

466

00:18:14,120 --> 00:18:12,000

populations

467

00:18:16,900 --> 00:18:14,130

develop Asian countries in particular

468

00:18:20,030 --> 00:18:16,910

there are some genetic markers that

469

00:18:22,460 --> 00:18:20,040

suggest that certain populations eyes

470

00:18:26,330 --> 00:18:22,470

are more predisposed to that axial

471

00:18:28,790 --> 00:18:26,340

allegation so what happens is myopia is

472

00:18:30,740 --> 00:18:28,800

not genetic but when you put glasses in

473

00:18:33,800 --> 00:18:30,750

front of my eyes or your eyes or some

474

00:18:35,810 --> 00:18:33,810

other person's eyes our rate of axial

475

00:18:37,670 --> 00:18:35,820

change or the degree to which our eyes

476

00:18:40,220 --> 00:18:37,680

will elongate is going to be different

477

00:18:42,290 --> 00:18:40,230

and therefore genetic markers that have

478

00:18:45,080 --> 00:18:42,300

been found that are more prevalent Asian

479

00:18:47,090 --> 00:18:45,090

populations along with that the

480

00:18:49,190 --> 00:18:47,100

education requirements in some countries

481

00:18:52,550 --> 00:18:49,200

are just insane like Singapore and Hong

482

00:18:54,200 --> 00:18:52,560

Kong kids are constantly studying also

483

00:18:56,800 --> 00:18:54,210

those kinds of Asian kids that seem to

484

00:18:59,240 --> 00:18:56,810

have that genetic marker more commonly

485

00:19:01,160 --> 00:18:59,250

Hong Kong and Singapore for example have

486

00:19:05,150 --> 00:19:01,170

myopia incidence rates in school-aged

487

00:19:07,820 --> 00:19:05,160

children of over 90% so basically in

488

00:19:10,460 --> 00:19:07,830

those countries just about every kid

489

00:19:12,460 --> 00:19:10,470

needs glasses 90% right and it's not

490

00:19:15,050 --> 00:19:12,470

going down and it's considered a major

491

00:19:16,610 --> 00:19:15,060

health risk issue that they're trying to

492

00:19:18,740 --> 00:19:16,620

figure out but they're not finding any

493

00:19:22,730 --> 00:19:18,750

answers to and again there's like some

494

00:19:25,280 --> 00:19:22,740

combination of the genetic likelihood

495

00:19:26,960 --> 00:19:25,290

that you need more glasses you start

496

00:19:29,720 --> 00:19:26,970

wearing glasses and they just spend so

497

00:19:33,860 --> 00:19:29,730

much time studying compared to

498

00:19:36,680 --> 00:19:33,870

kids in the US hmm very interesting and

499

00:19:38,420 --> 00:19:36,690

I like your website and everything you

500

00:19:41,620 --> 00:19:38,430

constantly are emphasizing the point

501
00:19:44,420 --> 00:19:41,630
over and over that your eyes aren't

502
00:19:46,430 --> 00:19:44,430
deteriorating they're adjusting to what

503
00:19:48,530 --> 00:19:46,440
you put in front of them that's a work

504
00:19:51,650 --> 00:19:48,540
and I this is how your eyes are supposed

505
00:19:54,170 --> 00:19:51,660
to work and it's a complete flip on the

506
00:19:56,270 --> 00:19:54,180
language that you're given from the eye

507
00:19:58,220 --> 00:19:56,280
care industry they're saying it's a slow

508
00:20:01,310 --> 00:19:58,230
degeneration and that's why you need to

509
00:20:04,460 --> 00:20:01,320
increase the strength of your glasses

510
00:20:07,370 --> 00:20:04,470
popplers the diopters yeah you have to

511
00:20:09,500 --> 00:20:07,380
increase the diopters but if your eye is

512
00:20:11,450 --> 00:20:09,510
making that readjustment every time you

513
00:20:14,780 --> 00:20:11,460

get new glasses that's a clue that your

514

00:20:16,760 --> 00:20:14,790

eyes are functioning okay right right

515

00:20:19,190 --> 00:20:16,770

it's the language I don't know to what

516

00:20:21,560 --> 00:20:19,200

extent it's purposely done it certainly

517

00:20:24,410 --> 00:20:21,570

is convenient to create the sense of

518

00:20:26,690 --> 00:20:24,420

helplessness right like this is you

519

00:20:29,480 --> 00:20:26,700

you're weak you need our help

520

00:20:31,180 --> 00:20:29,490

you're just broken you're a mess when

521

00:20:34,070 --> 00:20:31,190

you walk into that office I used to get

522

00:20:35,240 --> 00:20:34,080

when I started improving my sytem I said

523

00:20:37,070 --> 00:20:35,250

was really proving and I was really

524

00:20:39,320 --> 00:20:37,080

excited and I was not even super

525

00:20:42,080 --> 00:20:39,330

positive about it I would go see if tamo

526

00:20:45,410 --> 00:20:42,090

tourists and okay look at this and I was

527

00:20:48,440 --> 00:20:45,420

shocked at how arrogant and rude and

528

00:20:52,190 --> 00:20:48,450

dismissive they were about my definitive

529

00:20:54,380 --> 00:20:52,200

experience and I started having a weird

530

00:20:55,850 --> 00:20:54,390

kind of change in how I was looking at

531

00:20:58,850 --> 00:20:55,860

what they were doing because it was all

532

00:21:00,380 --> 00:20:58,860

very authoritarian right like you're

533

00:21:01,940 --> 00:21:00,390

buying glasses those things wholesale

534

00:21:04,190 --> 00:21:01,950

cost you a pump just two or three

535

00:21:07,730 --> 00:21:04,200

dollars Adel sold for two or three

536

00:21:10,160 --> 00:21:07,740

hundred dollars and I think and this is

537

00:21:12,710 --> 00:21:10,170

kind of reaching into that I can't say

538

00:21:15,700 --> 00:21:12,720

that this is true but I kind of feel

539

00:21:18,760 --> 00:21:15,710

that that authoritarian

540

00:21:21,040 --> 00:21:18,770

attitude that they have helps having

541

00:21:22,180 --> 00:21:21,050

people not questions because it's like

542

00:21:23,950 --> 00:21:22,190

you look at the thing and you're like

543

00:21:26,260 --> 00:21:23,960

it's a piece of plastic like how is this

544

00:21:28,750 --> 00:21:26,270

thing \$300 right you know to me

545

00:21:32,130 --> 00:21:28,760

absolutely I see it in many different

546

00:21:34,180 --> 00:21:32,140

sectors it's also this simulated

547

00:21:36,310 --> 00:21:34,190

complexity as you say they're just

548

00:21:39,010 --> 00:21:36,320

pieces of plastic that are curved it

549

00:21:42,130 --> 00:21:39,020

really isn't rocket science here but you

550

00:21:44,230 --> 00:21:42,140

create new language that sounds medical

551
00:21:46,150 --> 00:21:44,240
as you mentioned the lobbying to call it

552
00:21:47,920 --> 00:21:46,160
a prescription and now we're in this

553
00:21:50,530 --> 00:21:47,930
medical realm it's a whole different

554
00:21:52,720 --> 00:21:50,540
ballgame it's it's like the economy or

555
00:21:55,330 --> 00:21:52,730
Wall Street they use a lot of different

556
00:21:56,800 --> 00:21:55,340
terms and if you talk to real economists

557
00:21:58,930 --> 00:21:56,810
they're like if you parse through a lot

558
00:22:00,790 --> 00:21:58,940
of that it's much simpler than you'd

559
00:22:03,010 --> 00:22:00,800
expect but they want people to be turned

560
00:22:04,420 --> 00:22:03,020
off from doing the deep dive into

561
00:22:06,670 --> 00:22:04,430
certain things they just want you to

562
00:22:09,060 --> 00:22:06,680
trust the experts and speaking of the

563
00:22:12,070 --> 00:22:09,070

experts if you go to the American

564

00:22:14,140 --> 00:22:12,080

optometry Association website it's gonna

565

00:22:16,120 --> 00:22:14,150

tell you that myopia is genetic it's

566

00:22:18,190 --> 00:22:16,130

gonna say that it's a common myth that

567

00:22:21,340 --> 00:22:18,200

the glasses make the condition worse as

568

00:22:24,430 --> 00:22:21,350

you say they control the narrative so

569

00:22:26,650 --> 00:22:24,440

how do we really combat this okay

570

00:22:29,950 --> 00:22:26,660

they're fascinating I can't believe this

571

00:22:31,990 --> 00:22:29,960

and I'm less into the conspiracies in

572

00:22:35,650 --> 00:22:32,000

general I try not to because my brain

573

00:22:37,660 --> 00:22:35,660

just can't handle it but ophthalmology

574

00:22:41,290 --> 00:22:37,670

clinical journals right like the

575

00:22:43,840 --> 00:22:41,300

journals of the profession are what I'm

576

00:22:47,470 --> 00:22:43,850

citing on the website I'm citing their

577

00:22:50,020 --> 00:22:47,480

own studies that they peer review and

578

00:22:52,720 --> 00:22:50,030

they publish of this same entity

579

00:22:55,810 --> 00:22:52,730

basically that is saying that myopia is

580

00:22:58,960 --> 00:22:55,820

caused by - lenses and that mucus starts

581

00:23:00,880 --> 00:22:58,970

as pseudo myopia I don't understand how

582

00:23:03,310 --> 00:23:00,890

this is possible right like in most

583

00:23:04,690 --> 00:23:03,320

cases when we're looking for something

584

00:23:06,790 --> 00:23:04,700

that could be conspiracy or could be

585

00:23:09,190 --> 00:23:06,800

far-fetched it could be just deception

586

00:23:11,770 --> 00:23:09,200

there's a little more effort put into

587

00:23:13,720 --> 00:23:11,780

hiding the truth whereas here it's

588

00:23:16,330 --> 00:23:13,730

literally you go to Google Scholar and

589

00:23:19,800 --> 00:23:16,340

you type in lens induced myopia and you

590

00:23:22,420 --> 00:23:19,810

look at who is publishing those studies

591

00:23:23,750 --> 00:23:22,430

it's optometry and ophthalmology

592

00:23:26,060 --> 00:23:23,760

journals

593

00:23:27,800 --> 00:23:26,070

that is them that's the same people who

594

00:23:30,200 --> 00:23:27,810

are then saying oh no this is a myth

595

00:23:32,930 --> 00:23:30,210

we're in your own journals is that it's

596

00:23:35,330 --> 00:23:32,940

not a myth all right yeah it's a funny

597

00:23:37,580 --> 00:23:35,340

thing and I appreciate what you're

598

00:23:40,430 --> 00:23:37,590

saying about general conspiracies a lot

599

00:23:42,530 --> 00:23:40,440

of times they can be vague or hyperbolic

600

00:23:43,850 --> 00:23:42,540

and when it comes to certain things

601
00:23:47,270 --> 00:23:43,860
especially when it comes to people's

602
00:23:48,650 --> 00:23:47,280
health I like to say look let's get into

603
00:23:50,630 --> 00:23:48,660
the details let's get into the research

604
00:23:53,180 --> 00:23:50,640
because if the point you're making this

605
00:23:56,420 --> 00:23:53,190
alternative paradigm is true well it

606
00:23:58,310 --> 00:23:56,430
should stand up to questioning it's just

607
00:24:00,950 --> 00:23:58,320
it should be in the details that we can

608
00:24:03,260 --> 00:24:00,960
find the truth and that's kind of the

609
00:24:05,060 --> 00:24:03,270
way you present your work you go to the

610
00:24:08,360 --> 00:24:05,070
peer-reviewed papers and the clinical

611
00:24:11,180 --> 00:24:08,370
trials constantly and I think that's the

612
00:24:14,780 --> 00:24:11,190
way to do it I mean this is the standard

613
00:24:17,960 --> 00:24:14,790

that they've set up to say this is the

614

00:24:19,700 --> 00:24:17,970

rigorous diligence you need to do to

615

00:24:22,160 --> 00:24:19,710

verify something so you can use their

616

00:24:24,740 --> 00:24:22,170

own material against them in a lot of

617

00:24:27,500 --> 00:24:24,750

different areas and this is one now

618

00:24:29,990 --> 00:24:27,510

obviously we all know friends and family

619

00:24:32,270 --> 00:24:30,000

who have been lifetime glasses wearers

620

00:24:34,340 --> 00:24:32,280

but they're gonna be skeptical when we

621

00:24:35,840 --> 00:24:34,350

try to approach them with this idea that

622

00:24:36,980 --> 00:24:35,850

the eye care industry is lying to them

623

00:24:40,160 --> 00:24:36,990

and they can correct their vision

624

00:24:43,400 --> 00:24:40,170

problems potentially without the medical

625

00:24:46,070 --> 00:24:43,410

system you talk a lot about the evidence

626

00:24:48,230 --> 00:24:46,080

and I'm just curious what studies our

627

00:24:50,510 --> 00:24:48,240

research do you find most convincing is

628

00:24:52,370 --> 00:24:50,520

there certain data that you go to first

629

00:24:55,040 --> 00:24:52,380

when you know you're getting into it

630

00:24:56,660 --> 00:24:55,050

with someone on the other side well I

631

00:25:00,530 --> 00:24:56,670

try to not argue with people in general

632

00:25:03,050 --> 00:25:00,540

because my focus is I want people who

633

00:25:05,390 --> 00:25:03,060

want answers about the eyesight to find

634

00:25:08,210 --> 00:25:05,400

answers and scepticism is a hundred

635

00:25:10,540 --> 00:25:08,220

percent requirement basically you're on

636

00:25:12,410 --> 00:25:10,550

the internet you need to be skeptical

637

00:25:14,720 --> 00:25:12,420

open-minded and skeptical is the best

638

00:25:16,550 --> 00:25:14,730

start so you can look at the research in

639

00:25:18,260 --> 00:25:16,560

general the first thing I like to say

640

00:25:20,600 --> 00:25:18,270

though for people who are not sure is

641

00:25:22,400 --> 00:25:20,610

pseudo me opioid lens induced me oh you

642

00:25:24,950 --> 00:25:22,410

type that into Google Scholar because I

643

00:25:27,410 --> 00:25:24,960

believe lens induced myopia last time I

644

00:25:30,530 --> 00:25:27,420

checked had like 40 or 50,000 search

645

00:25:34,430 --> 00:25:30,540

results that are just clinical quoted

646

00:25:36,470 --> 00:25:34,440

clinical science right that says me Opia

647

00:25:37,850 --> 00:25:36,480

is caused by the lenses

648

00:25:39,500 --> 00:25:37,860

it's one of those things where it's like

649

00:25:41,600 --> 00:25:39,510

it's really difficult to argue that

650

00:25:45,080 --> 00:25:41,610

that's not at least a very strong

651
00:25:46,850 --> 00:25:45,090
scientific position if not the very much

652
00:25:48,860 --> 00:25:46,860
dominant scientific position when that's

653
00:25:50,930 --> 00:25:48,870
the thing that you find when you look at

654
00:25:53,930 --> 00:25:50,940
it all right like it is caused by the

655
00:25:56,750 --> 00:25:53,940
lenses now the question is the clinical

656
00:25:59,390 --> 00:25:56,760
science says Yoga is caused by your lens

657
00:26:00,169 --> 00:25:59,400
world right and only people say that's

658
00:26:02,390 --> 00:26:00,179
not true

659
00:26:05,630 --> 00:26:02,400
other people were selling you two dollar

660
00:26:07,159 --> 00:26:05,640
glasses for \$200 those are the only

661
00:26:09,799 --> 00:26:07,169
people who are saying this is not true

662
00:26:11,750 --> 00:26:09,809
they have a serious profit motive and on

663
00:26:13,880 --> 00:26:11,760

the other side you have a huge pile of

664

00:26:17,600 --> 00:26:13,890

easily accessible clinical science that

665

00:26:18,950 --> 00:26:17,610

says it is the lenses it's kind of a

666

00:26:20,299 --> 00:26:18,960

simple thing if you look at it that way

667

00:26:22,310 --> 00:26:20,309

you got the guy who's making a five

668

00:26:25,190 --> 00:26:22,320

thousand percent markup saying you know

669

00:26:27,049 --> 00:26:25,200

no it's not my lenses and everybody

670

00:26:31,500 --> 00:26:27,059

who's not involved in making that money

671

00:26:34,440 --> 00:26:32,940

that's a starting point but the thing

672

00:26:36,450 --> 00:26:34,450

that I really like because assigns to me

673

00:26:38,730 --> 00:26:36,460

came second is if you start measuring

674

00:26:40,980 --> 00:26:38,740

your eyesight you start realizing how

675

00:26:42,870 --> 00:26:40,990

simple it is because myopia the

676

00:26:45,030 --> 00:26:42,880

complicated thing that they do if the

677

00:26:46,860 --> 00:26:45,040

optometrist is just how far can you see

678

00:26:49,320 --> 00:26:46,870

before it gets blurry that's all it is

679

00:26:50,970 --> 00:26:49,330

all the auto refractor and the machines

680

00:26:53,310 --> 00:26:50,980

in the lab coat and the darkroom and all

681

00:26:55,020 --> 00:26:53,320

that stuff it's just how far can you see

682

00:26:57,150 --> 00:26:55,030

before there's blood that's all it is

683

00:26:58,980 --> 00:26:57,160

and you can do that at home you can do

684

00:27:00,360 --> 00:26:58,990

that with a measuring tape in two

685

00:27:02,340 --> 00:27:00,370

minutes you can figure out your own

686

00:27:04,560 --> 00:27:02,350

diopters and you could order those

687

00:27:06,210 --> 00:27:04,570

things online by yourself and that's

688

00:27:07,980 --> 00:27:06,220

kind of where I think it starts off for

689

00:27:10,080 --> 00:27:07,990

people like if you measure yourself and

690

00:27:10,980 --> 00:27:10,090

you realize hey I don't need somebody to

691

00:27:12,720 --> 00:27:10,990

do this for me

692

00:27:14,160 --> 00:27:12,730

then you get curious because then you

693

00:27:16,620 --> 00:27:14,170

can measure a different light right like

694

00:27:18,060 --> 00:27:16,630

you can measure in natural outdoor light

695

00:27:19,590 --> 00:27:18,070

and your distance version all of a

696

00:27:21,900 --> 00:27:19,600

sudden is better right you can see

697

00:27:23,580 --> 00:27:21,910

further it can measure further if you're

698

00:27:25,080 --> 00:27:23,590

in a darker room you don't see as far

699

00:27:26,640 --> 00:27:25,090

and once you start like the self

700

00:27:30,090 --> 00:27:26,650

experimenting how much your vision

701
00:27:31,590 --> 00:27:30,100
berries you end up asking more questions

702
00:27:34,050 --> 00:27:31,600
and you end up trying more stuff and you

703
00:27:37,010 --> 00:27:34,060
end up realizing in a matter of weeks

704
00:27:39,450 --> 00:27:37,020
you can noticeably improve your eyesight

705
00:27:41,640 --> 00:27:39,460
right and that's what I wanted to get to

706
00:27:43,050 --> 00:27:41,650
next so if we were gonna kind of section

707
00:27:46,650 --> 00:27:43,060
this out a bit we've pretty much

708
00:27:49,470 --> 00:27:46,660
hammered home the idea that the lenses

709
00:27:51,240 --> 00:27:49,480
make the situation worse and the

710
00:27:53,550 --> 00:27:51,250
industry obviously has an incentive to

711
00:27:56,310 --> 00:27:53,560
sell more glasses but then this other

712
00:27:59,550 --> 00:27:56,320
side of it is that we can actually self

713
00:28:02,580 --> 00:27:59,560

correct our vision at home no tools

714

00:28:05,880 --> 00:28:02,590

really required and that's obviously a

715

00:28:08,550 --> 00:28:05,890

whole separate thing what data would you

716

00:28:11,400 --> 00:28:08,560

give to people or should they look at to

717

00:28:14,430 --> 00:28:11,410

bring them on board with this idea that

718

00:28:17,400 --> 00:28:14,440

you can self correct with I don't know

719

00:28:20,820 --> 00:28:17,410

if practice is the right word but with

720

00:28:22,170 --> 00:28:20,830

attention okay so your eyes are not

721

00:28:23,680 --> 00:28:22,180

getting worse right your eyes are

722

00:28:24,550 --> 00:28:23,690

adopting

723

00:28:26,290 --> 00:28:24,560

there's two things that are happening

724

00:28:28,120 --> 00:28:26,300

one you're straining your eyes is too

725

00:28:29,740 --> 00:28:28,130

much closed up which is the thing people

726

00:28:33,010 --> 00:28:29,750

don't like to hear because we all have a

727

00:28:34,690 --> 00:28:33,020

bit of a screen addiction so the strain

728

00:28:36,250 --> 00:28:34,700

that's keeping your facility muscle

729

00:28:38,470 --> 00:28:36,260

locked up is one issue and you can

730

00:28:40,570 --> 00:28:38,480

address step for example by using your

731

00:28:42,280 --> 00:28:40,580

phone less and moving more of your

732

00:28:45,280 --> 00:28:42,290

clothes up to like a laptop distance

733

00:28:46,870 --> 00:28:45,290

just as a simple example if you remember

734

00:28:48,430 --> 00:28:46,880

the ciliary muscle is the closer you

735

00:28:49,990 --> 00:28:48,440

look at something the tighter it gets so

736

00:28:51,850 --> 00:28:50,000

if you're holding a phone you're holding

737

00:28:53,650 --> 00:28:51,860

it much closer than you would be sitting

738

00:28:55,510 --> 00:28:53,660

in front of a laptop so for example if

739

00:28:57,640 --> 00:28:55,520

you moved some of your clothes sometimes

740

00:29:00,520 --> 00:28:57,650

your laptop you're reducing the ciliary

741

00:29:02,530 --> 00:29:00,530

straight right another example is if

742

00:29:05,260 --> 00:29:02,540

you're using distance glasses for close

743

00:29:07,750 --> 00:29:05,270

up which is causing most of your me

744

00:29:09,520 --> 00:29:07,760

opieop progression like the glasses that

745

00:29:11,350 --> 00:29:09,530

are made for distance vision and now you

746

00:29:12,820 --> 00:29:11,360

sit in front of a computer that's sixty

747

00:29:15,360 --> 00:29:12,830

centimeters away from you that's not

748

00:29:17,950 --> 00:29:15,370

what they're intended for so he reduce

749

00:29:20,410 --> 00:29:17,960

how much diopter you're using for close

750

00:29:22,240 --> 00:29:20,420

up those two things alone will have a

751

00:29:24,490 --> 00:29:22,250

noticeable impact that you can see in a

752

00:29:26,680 --> 00:29:24,500

matter of weeks and I think that the

753

00:29:28,510 --> 00:29:26,690

theory when people argue with me like oh

754

00:29:30,550 --> 00:29:28,520

this and the science that lets this

755

00:29:31,990 --> 00:29:30,560

study in that study I'm like okay are

756

00:29:34,060 --> 00:29:32,000

you doing this because we want to have a

757

00:29:36,880 --> 00:29:34,070

debate or are you actually wanting to

758

00:29:38,770 --> 00:29:36,890

reduce how it dependent you are on those

759

00:29:40,900 --> 00:29:38,780

classes and if you want to make that

760

00:29:42,490 --> 00:29:40,910

reduction you look at the signs and you

761

00:29:46,120 --> 00:29:42,500

see okay there is enough evidence there

762

00:29:47,860 --> 00:29:46,130

that the eye is not defective and it's

763

00:29:49,570 --> 00:29:47,870

simply adjusted right like there's

764

00:29:51,880 --> 00:29:49,580

enough biological evidence that you go

765

00:29:54,070 --> 00:29:51,890

okay so this is probably the case and

766

00:29:56,560 --> 00:29:54,080

there's enough biological evidence that

767

00:29:58,630 --> 00:29:56,570

says okay my close-up is bad for me it's

768

00:30:01,180 --> 00:29:58,640

straining my eye and the lenses are

769

00:30:03,940 --> 00:30:01,190

causing my eye to elongate so it's

770

00:30:06,010 --> 00:30:03,950

reasonable to say if I reduce the strain

771

00:30:08,770 --> 00:30:06,020

and if I reduce the impact of those

772

00:30:10,930 --> 00:30:08,780

lenses and if my eyes indeed our despair

773

00:30:13,360 --> 00:30:10,940

illogical thing that are just I should

774

00:30:15,070 --> 00:30:13,370

see change right so if you genuinely

775

00:30:16,660 --> 00:30:15,080

care if you're not just having this

776

00:30:19,000 --> 00:30:16,670

argument for the sake of an argument

777

00:30:21,640 --> 00:30:19,010

then you should be able to take this

778

00:30:23,590 --> 00:30:21,650

theory that's pretty solid and try it

779

00:30:25,300 --> 00:30:23,600

out I'd like actually go okay so I'm

780

00:30:27,160 --> 00:30:25,310

gonna use less I'm gonna get away from

781

00:30:30,130 --> 00:30:27,170

the phone a bit more I'm gonna measure

782

00:30:32,230 --> 00:30:30,140

my eyesight I'm gonna reduce my adoptive

783

00:30:33,940 --> 00:30:32,240

dependence when I'm in close-up and I'm

784

00:30:36,799 --> 00:30:33,950

gonna measure and see if that makes any

785

00:30:38,180 --> 00:30:36,809

difference in a matter of a few weeks

786

00:30:40,580 --> 00:30:38,190

and if you see improvement then it's

787

00:30:43,279 --> 00:30:40,590

like okay that's not a definitive this

788

00:30:44,690 --> 00:30:43,289

must be working but it's a strong enough

789

00:30:47,779 --> 00:30:44,700

clue to what you might be tempted right

790

00:30:50,119 --> 00:30:47,789

on right on so on the subject of

791

00:30:51,919 --> 00:30:50,129

improvement let's break that down a bit

792

00:30:53,960 --> 00:30:51,929

more for people because you say we

793

00:30:56,060 --> 00:30:53,970

shouldn't just throw off our glasses and

794

00:30:58,879 --> 00:30:56,070

start our new life it is a bit of a

795

00:31:01,220 --> 00:30:58,889

gradual process what are some of those

796

00:31:03,080 --> 00:31:01,230

first steps for people who do want to

797

00:31:06,680 --> 00:31:03,090

actually test the waters and give this

798

00:31:08,960 --> 00:31:06,690

self repair thing a shot so the very

799

00:31:10,460 --> 00:31:08,970

first thing is that wearing those

800

00:31:14,359 --> 00:31:10,470

distance glasses doing close up is

801
00:31:16,249 --> 00:31:14,369
terrible your eyes are just too focal

802
00:31:18,320 --> 00:31:16,259
plates right like the closer you look

803
00:31:21,049 --> 00:31:18,330
there's that movable lens and either

804
00:31:23,389 --> 00:31:21,059
continues adjusting what the glasses are

805
00:31:26,060 --> 00:31:23,399
a fixed focal point they're our

806
00:31:28,399 --> 00:31:26,070
sixteenth century technology they are

807
00:31:31,549 --> 00:31:28,409
incredibly unsophisticated they only

808
00:31:33,590 --> 00:31:31,559
work for one distance they only work for

809
00:31:35,710 --> 00:31:33,600
it where you can't see clearly at a

810
00:31:37,700 --> 00:31:35,720
distance so when you put those things on

811
00:31:39,200 --> 00:31:37,710
they're meant to correct distance vision

812
00:31:40,669 --> 00:31:39,210
now when you sit in front of a computer

813
00:31:42,799 --> 00:31:40,679

the reason your eyes got worse in the

814

00:31:45,470 --> 00:31:42,809

first place if you get into the detail

815

00:31:47,029 --> 00:31:45,480

it's a thing called hyper optic to focus

816

00:31:47,419 --> 00:31:47,039

you can also look that up on Google

817

00:31:49,519 --> 00:31:47,429

Scholar

818

00:31:51,919 --> 00:31:49,529

it's where the lenses move the light

819

00:31:54,019 --> 00:31:51,929

further back into the eye because you're

820

00:31:56,029 --> 00:31:54,029

using the glasses and a closer distance

821

00:31:58,100 --> 00:31:56,039

and you should and that's the main

822

00:32:01,340 --> 00:31:58,110

stimulus that continues the eye

823

00:32:03,560 --> 00:32:01,350

elongated so the first thing to do is

824

00:32:05,039 --> 00:32:03,570

basically get weaker glasses for

825

00:32:07,289 --> 00:32:05,049

close-up

826

00:32:08,700 --> 00:32:07,299

like about a one doctor to

827

00:32:10,440 --> 00:32:08,710

one-and-a-half doctors less and

828

00:32:12,899 --> 00:32:10,450

fortunately now you can just buy glasses

829

00:32:14,249 --> 00:32:12,909

online and I'm not giving you doubt

830

00:32:16,710 --> 00:32:14,259

they're recommendations I'm not making

831

00:32:19,529 --> 00:32:16,720

medical recommendations here I'm just

832

00:32:21,419 --> 00:32:19,539

saying hypothetically speaking you would

833

00:32:22,859 --> 00:32:21,429

reduce the risk of hyper optic to focus

834

00:32:25,710 --> 00:32:22,869

if you're wearing glasses that we're

835

00:32:28,680 --> 00:32:25,720

about one to one and a half doctors less

836

00:32:31,379 --> 00:32:28,690

strong for your clothes if in a matter

837

00:32:32,940 --> 00:32:31,389

of a week or two of doing that if you

838

00:32:35,970 --> 00:32:32,950

never wear the distance classes for

839

00:32:37,769 --> 00:32:35,980

close up again if you put them on and

840

00:32:39,479 --> 00:32:37,779

look at something up close you're gonna

841

00:32:41,460 --> 00:32:39,489

start feeling dizzy and get headaches

842

00:32:43,139 --> 00:32:41,470

and feel quite uncomfortable because

843

00:32:45,299 --> 00:32:43,149

your eye will have really adjusted to

844

00:32:48,149 --> 00:32:45,309

not have that over correction for close

845

00:32:50,820 --> 00:32:48,159

ups the main first step is not weighing

846

00:32:53,070 --> 00:32:50,830

just as kloster closer makes sense I

847

00:32:54,659 --> 00:32:53,080

mean practically speaking you put on a

848

00:32:57,210 --> 00:32:54,669

pair of glasses and you're basically

849

00:32:59,369 --> 00:32:57,220

wearing them for everything but that

850

00:33:02,009 --> 00:32:59,379

probably isn't best for our eyes it's

851
00:33:04,440 --> 00:33:02,019
not necessarily natural and you talk

852
00:33:07,320 --> 00:33:04,450
about the Snellen test in a few years

853
00:33:10,440 --> 00:33:07,330
which is this I charted everyone is seen

854
00:33:11,759 --> 00:33:10,450
and testing protocols are always

855
00:33:14,070 --> 00:33:11,769
interesting to me many of them are

856
00:33:19,320 --> 00:33:14,080
deceptive many of them are skewed to

857
00:33:20,940 --> 00:33:19,330
give more false positives or require you

858
00:33:23,129 --> 00:33:20,950
know more assistance from whoever's

859
00:33:25,379 --> 00:33:23,139
administering the test then you really

860
00:33:27,570 --> 00:33:25,389
need one example is a big scandal and

861
00:33:29,940 --> 00:33:27,580
prostate cancer the test screens your

862
00:33:31,560 --> 00:33:29,950
PSA levels and now there's a lot of

863
00:33:33,239 --> 00:33:31,570

science saying those antigens are

864

00:33:36,090 --> 00:33:33,249

natural and they go up and they go down

865

00:33:38,310 --> 00:33:36,100

as they do yet thousands of men got

866

00:33:40,649 --> 00:33:38,320

tested at the wrong time when the levels

867

00:33:42,330 --> 00:33:40,659

happen to be high and they got a surgery

868

00:33:44,489 --> 00:33:42,340

based on that now there's a lot of

869

00:33:47,639 --> 00:33:44,499

science that says maybe there was a lot

870

00:33:50,039 --> 00:33:47,649

of false positives or we roped in way

871

00:33:53,129 --> 00:33:50,049

more people than really were necessary

872

00:33:55,080 --> 00:33:53,139

and I'm curious about the protocols when

873

00:33:57,629 --> 00:33:55,090

you go into an optometrist is there a

874

00:34:00,389 --> 00:33:57,639

lot of overdiagnosis baked into just how

875

00:34:03,960 --> 00:34:00,399

we test the eyes at a base level with

876

00:34:05,820 --> 00:34:03,970

this Snellen test in particular okay so

877

00:34:08,099 --> 00:34:05,830

I'm giving them the benefit of the doubt

878

00:34:09,980 --> 00:34:08,109

and since I have a lot of Amish friends

879

00:34:13,559 --> 00:34:09,990

I say they don't have any bad intentions

880

00:34:15,760 --> 00:34:13,569

so what happens in that test is they

881

00:34:18,700 --> 00:34:15,770

usually they put you in a dark room

882

00:34:22,360 --> 00:34:18,710

and the chart is illuminated by some

883

00:34:25,300 --> 00:34:22,370

kind of crappy artificial light and then

884

00:34:27,100 --> 00:34:25,310

they they put different lenses in front

885

00:34:29,590 --> 00:34:27,110

of the eyes just to see which lenses you

886

00:34:32,230 --> 00:34:29,600

see most clearly with and this is

887

00:34:34,960 --> 00:34:32,240

simulating the worst possible case

888

00:34:36,760 --> 00:34:34,970

scenario because in any kind of dark

889

00:34:39,070 --> 00:34:36,770

environment you see less clearly to

890

00:34:41,110 --> 00:34:39,080

begin with right that single point of

891

00:34:43,090 --> 00:34:41,120

your illumination I mean that's

892

00:34:45,700 --> 00:34:43,100

basically like you're driving a car so

893

00:34:48,580 --> 00:34:45,710

it is relevant right but then on top of

894

00:34:50,680 --> 00:34:48,590

it they don't tell you you might be at

895

00:34:52,480 --> 00:34:50,690

minus three dollars but then they put in

896

00:34:54,850 --> 00:34:52,490

minus three point two five like they

897

00:34:56,889 --> 00:34:54,860

dial it up one more notch and ask you if

898

00:34:58,930 --> 00:34:56,899

it's any clearer and if it is any

899

00:35:01,780 --> 00:34:58,940

clearer even though it's unnaturally

900

00:35:03,130 --> 00:35:01,790

clear I call it Anson space vision it's

901
00:35:05,920 --> 00:35:03,140
just like wow that's totally unnecessary

902
00:35:07,600 --> 00:35:05,930
and then I'll dial it up to three point

903
00:35:10,060 --> 00:35:07,610
five they're like is that still clear

904
00:35:12,130 --> 00:35:10,070
and I don't think they're doing it out

905
00:35:14,140 --> 00:35:12,140
of any malevolence intent

906
00:35:15,400 --> 00:35:14,150
they're just trying to give you the best

907
00:35:17,470 --> 00:35:15,410
possible correction and doing what

908
00:35:19,990 --> 00:35:17,480
they're learning in school but what you

909
00:35:23,290 --> 00:35:20,000
walk out with is a pair of lenses that

910
00:35:25,600 --> 00:35:23,300
are correcting your eyesight to driving

911
00:35:27,550 --> 00:35:25,610
in a blazer that night whereas you're

912
00:35:29,500 --> 00:35:27,560
probably in the middle of the day right

913
00:35:31,540 --> 00:35:29,510

sitting your office looking at your

914

00:35:34,600 --> 00:35:31,550

laptop screen that's like at an arm's

915

00:35:37,420 --> 00:35:34,610

length away from so in that moment

916

00:35:38,860 --> 00:35:37,430

you're seriously over corrected and when

917

00:35:41,070 --> 00:35:38,870

you look at the website and you see I

918

00:35:43,300 --> 00:35:41,080

have got so many improvement reports and

919

00:35:45,940 --> 00:35:43,310

initially usually the improvements are

920

00:35:47,350 --> 00:35:45,950

pretty dramatic in the first 90 days you

921

00:35:49,750 --> 00:35:47,360

might improve a hold out there which is

922

00:35:52,060 --> 00:35:49,760

four reductions basically and I always

923

00:35:53,980 --> 00:35:52,070

say that's not really real improvement

924

00:35:56,200 --> 00:35:53,990

necessarily that's just getting rid of

925

00:35:58,210 --> 00:35:56,210

the over correction so basically to

926

00:36:00,220 --> 00:35:58,220

answer your question is they probably

927

00:36:02,200 --> 00:36:00,230

don't have bad intentions but when you

928

00:36:04,950 --> 00:36:02,210

go to an optometrist adopters you get a

929

00:36:07,930 --> 00:36:04,960

probably an unnatural amount of courage

930

00:36:10,060 --> 00:36:07,940

yeah fair to say it is good to be

931

00:36:13,030 --> 00:36:10,070

precise with this sort of stuff and what

932

00:36:15,550 --> 00:36:13,040

you're saying makes sense maybe start

933

00:36:17,950 --> 00:36:15,560

with a less-is-more mindset rather than

934

00:36:21,130 --> 00:36:17,960

getting over corrected and it's also

935

00:36:22,510 --> 00:36:21,140

true that most employees or automata are

936

00:36:24,850 --> 00:36:22,520

just doing what they've been trained to

937

00:36:26,380 --> 00:36:24,860

do they trust the experts like everyone

938

00:36:28,900 --> 00:36:26,390

else and there's no other way to even

939

00:36:30,160 --> 00:36:28,910

get that almighty certification anyway

940

00:36:32,380 --> 00:36:30,170

so it

941

00:36:34,509 --> 00:36:32,390

there's anything nefarious going on it's

942

00:36:37,240 --> 00:36:34,519

with the standards and the protocols and

943

00:36:39,819 --> 00:36:37,250

the testing setup at the top of the

944

00:36:42,700 --> 00:36:39,829

monopoly pyramid where it's all about

945

00:36:44,799 --> 00:36:42,710

revenue as we've said several times but

946

00:36:47,109 --> 00:36:44,809

going back to the steps so for someone

947

00:36:49,120 --> 00:36:47,119

who is ready to take the leap step one

948

00:36:52,210 --> 00:36:49,130

don't wear your distance glasses for

949

00:36:53,799 --> 00:36:52,220

close-up maybe even sit down and do your

950

00:36:56,980 --> 00:36:53,809

own measurements and make sure you're

951
00:36:58,509 --> 00:36:56,990
not grossly overcorrecting already but

952
00:37:01,779 --> 00:36:58,519
rather than taking them off entirely

953
00:37:04,569 --> 00:37:01,789
maybe work backwards through weaker

954
00:37:06,009 --> 00:37:04,579
prescriptions similarly to how they gave

955
00:37:07,520 --> 00:37:06,019
them to you is that how we should be

956
00:37:09,860 --> 00:37:07,530
thinking

957
00:37:11,540 --> 00:37:09,870
yeah just a little bit lower like

958
00:37:13,490 --> 00:37:11,550
instead of seeing you can print out an

959
00:37:15,350 --> 00:37:13,500
eye chart you can get I torts you free

960
00:37:17,240 --> 00:37:15,360
online or just buy the cheap a chart and

961
00:37:19,130 --> 00:37:17,250
hang it up in your house and measure the

962
00:37:21,950 --> 00:37:19,140
distance to stand from the head chart

963
00:37:24,800 --> 00:37:21,960

and see how you see my eye chart like

964

00:37:26,660 --> 00:37:24,810

twenty thirty five your legal to drive

965

00:37:28,010 --> 00:37:26,670

with twenty forty in most places you

966

00:37:30,200 --> 00:37:28,020

don't want to see it better than that

967

00:37:31,370 --> 00:37:30,210

like you want to be safe but twenty

968

00:37:33,110 --> 00:37:31,380

thirty will still give you a little bit

969

00:37:35,540 --> 00:37:33,120

of a challenge and the main thing about

970

00:37:37,280 --> 00:37:35,550

improving your eyesight is a little bit

971

00:37:39,080 --> 00:37:37,290

of challenge people make the mistake

972

00:37:41,120 --> 00:37:39,090

that listen to this crazy Bates Method

973

00:37:43,070 --> 00:37:41,130

internet exercise stuff and they just

974

00:37:46,280 --> 00:37:43,080

throw away their glasses but you can't

975

00:37:47,780 --> 00:37:46,290

do but you can slowly dial it back the

976

00:37:49,190 --> 00:37:47,790

same way um you'll get increased over

977

00:37:51,350 --> 00:37:49,200

time or your glasses correction

978

00:37:54,230 --> 00:37:51,360

increased over time you can also slowly

979

00:37:56,540 --> 00:37:54,240

decrease it and I say usually for people

980

00:37:58,160 --> 00:37:56,550

that are doing it right every three to

981

00:38:02,510 --> 00:37:58,170

four months you can generally make a

982

00:38:04,400 --> 00:38:02,520

reduction there and to elaborate on the

983

00:38:06,350 --> 00:38:04,410

science of the data that says you can

984

00:38:08,450 --> 00:38:06,360

correct this problem without the medical

985

00:38:10,730 --> 00:38:08,460

system because that is so crucial to the

986

00:38:12,740 --> 00:38:10,740

overall argument there are a lot of

987

00:38:14,630 --> 00:38:12,750

claims out there I'm sure some are too

988

00:38:17,030 --> 00:38:14,640

good to be true but what is the

989

00:38:19,010 --> 00:38:17,040

realistic real deal what sort of work

990

00:38:21,740 --> 00:38:19,020

are we looking at how long is the

991

00:38:24,230 --> 00:38:21,750

process what sort of results are

992

00:38:27,110 --> 00:38:24,240

realistic

993

00:38:28,730 --> 00:38:27,120

so anybody who says yeah get your

994

00:38:30,830 --> 00:38:28,740

eyesight back in a weekend

995

00:38:34,310 --> 00:38:30,840

30 days the perfect vision that is

996

00:38:36,050 --> 00:38:34,320

highly impossible because your eyesight

997

00:38:38,660 --> 00:38:36,060

is worse because the actual length of

998

00:38:40,820 --> 00:38:38,670

the eyeball has increased it's about one

999

00:38:44,090 --> 00:38:40,830

millimeter of axial length increase for

1000

00:38:46,100 --> 00:38:44,100

every 3d optics and that takes a notable

1001
00:38:49,420 --> 00:38:46,110
amount of time for the axial length to

1002
00:38:52,910 --> 00:38:49,430
decrease that much so it's impossible to

1003
00:38:54,460 --> 00:38:52,920
reverse multiple adapters of myopia in a

1004
00:38:57,530 --> 00:38:54,470
really short period time it's just it is

1005
00:39:00,410 --> 00:38:57,540
biologically impossible when people ask

1006
00:39:03,710 --> 00:39:00,420
me like how fast can I do it resetting

1007
00:39:08,300 --> 00:39:03,720
expectations to look at habit changes

1008
00:39:09,860 --> 00:39:08,310
and living a more realistic lifestyle

1009
00:39:11,600 --> 00:39:09,870
when it comes to protecting your

1010
00:39:14,270 --> 00:39:11,610
eyesight it's almost like diet right if

1011
00:39:17,150 --> 00:39:14,280
you want to lose 50 pounds this is not

1012
00:39:18,500 --> 00:39:17,160
about just losing 50 pounds and then

1013
00:39:20,390 --> 00:39:18,510

what right because you want to address

1014

00:39:22,820 --> 00:39:20,400

your diet in a way that you lose the 50

1015

00:39:25,160 --> 00:39:22,830

pounds and then you're still happy after

1016

00:39:29,090 --> 00:39:25,170

you've done so you can probably reduce

1017

00:39:30,500 --> 00:39:29,100

by adopt a year realistically and for a

1018

00:39:34,190 --> 00:39:30,510

lot of people that means three four or

1019

00:39:35,720 --> 00:39:34,200

five ten years but it's not really about

1020

00:39:37,700 --> 00:39:35,730

that process because the process is at

1021

00:39:39,500 --> 00:39:37,710

one time learning how to change habits

1022

00:39:42,230 --> 00:39:39,510

and once you've done it it's just kind

1023

00:39:43,490 --> 00:39:42,240

of autopilot but from there you're kind

1024

00:39:45,020 --> 00:39:43,500

of working on okay how much of my life

1025

00:39:47,330 --> 00:39:45,030

am i spending sitting in front of a

1026
00:39:49,940 --> 00:39:47,340
screen versus doing something meaningful

1027
00:39:53,270 --> 00:39:49,950
or how much what my life is wasted and

1028
00:39:55,520 --> 00:39:53,280
my myopia is just a symptom of the

1029
00:39:57,080 --> 00:39:55,530
larger problem it I kind of don't want

1030
00:39:58,670 --> 00:39:57,090
to get too far into that in general with

1031
00:40:00,680 --> 00:39:58,680
people because I'm not their lifestyle

1032
00:40:02,510 --> 00:40:00,690
coach but it really becomes one of those

1033
00:40:04,070 --> 00:40:02,520
things where the ice that will continue

1034
00:40:07,010 --> 00:40:04,080
improving but right now you just have to

1035
00:40:09,020 --> 00:40:07,020
think about you put yourself in a

1036
00:40:12,530 --> 00:40:09,030
not-so-great place and you want to get

1037
00:40:14,900 --> 00:40:12,540
out of it mm-hmm and as you say in your

1038
00:40:17,150 --> 00:40:14,910

starter video a lot of people just say

1039

00:40:19,040 --> 00:40:17,160

give me the steps and of course we

1040

00:40:21,350 --> 00:40:19,050

wanted to make sure we talked about the

1041

00:40:23,660 --> 00:40:21,360

proper context to understand myopia

1042

00:40:25,880 --> 00:40:23,670

itself but let me ask you about the

1043

00:40:27,860 --> 00:40:25,890

steps I'm sure it sounded a little vague

1044

00:40:29,570 --> 00:40:27,870

to people and we talked about how you

1045

00:40:32,360 --> 00:40:29,580

get started you address your screen

1046

00:40:34,070 --> 00:40:32,370

addiction reduce your close-up strain in

1047

00:40:36,650 --> 00:40:34,080

general don't wear those distance

1048

00:40:37,680 --> 00:40:36,660

glasses close up maybe read further away

1049

00:40:39,570 --> 00:40:37,690

measure

1050

00:40:42,240 --> 00:40:39,580

your eyesight and of course this is a

1051
00:40:45,480 --> 00:40:42,250
long process so it's useful to keep a

1052
00:40:47,130 --> 00:40:45,490
log so you aren't being vague about if

1053
00:40:49,410 --> 00:40:47,140
you're making progress or not you don't

1054
00:40:52,050 --> 00:40:49,420
have to guess look at the stuff you

1055
00:40:54,660 --> 00:40:52,060
write down but then you say the next

1056
00:40:58,860 --> 00:40:54,670
step is learning active focus what is

1057
00:41:01,380 --> 00:40:58,870
active focus so what I sort of touched

1058
00:41:03,840 --> 00:41:01,390
on a little bit earlier is the idea of

1059
00:41:06,060 --> 00:41:03,850
challenging your eyesight if you're

1060
00:41:08,070 --> 00:41:06,070
wearing 20 glasses that correct you to

1061
00:41:09,180 --> 00:41:08,080
2015 like you put on your glasses and

1062
00:41:12,390 --> 00:41:09,190
you look at the eye chart and you can

1063
00:41:13,440 --> 00:41:12,400

see the smallest line on the thing you

1064

00:41:15,900 --> 00:41:13,450

can never challenge your eyesight

1065

00:41:17,940 --> 00:41:15,910

because it's just too awesome right or

1066

00:41:19,680 --> 00:41:17,950

apparently awesome with the glasses but

1067

00:41:21,300 --> 00:41:19,690

if you go to like 2030 that's a much

1068

00:41:23,580 --> 00:41:21,310

bigger line that means you can't really

1069

00:41:26,010 --> 00:41:23,590

read the smaller lines at least not

1070

00:41:27,510 --> 00:41:26,020

easily the idea being that if you go

1071

00:41:29,820 --> 00:41:27,520

outside you can recognize your friends

1072

00:41:32,580 --> 00:41:29,830

you can drive safely everything's fine

1073

00:41:34,470 --> 00:41:32,590

but if you see that license plate down

1074

00:41:37,680 --> 00:41:34,480

the street if you see that street sign

1075

00:41:40,320 --> 00:41:37,690

and you just can't quite read it you can

1076

00:41:41,700 --> 00:41:40,330

blink at it and it will clear up but

1077

00:41:43,350 --> 00:41:41,710

this is kind of one of those things but

1078

00:41:44,490 --> 00:41:43,360

it takes people a little bit of time to

1079

00:41:47,970 --> 00:41:44,500

discover it's something that you have

1080

00:41:49,380 --> 00:41:47,980

naturally if you don't wear glasses even

1081

00:41:51,270 --> 00:41:49,390

if you don't need glasses nobody's

1082

00:41:53,490 --> 00:41:51,280

vision is perfect or at least most

1083

00:41:55,170 --> 00:41:53,500

people's vision isn't perfect like in a

1084

00:41:57,120 --> 00:41:55,180

low light situation or something's far

1085

00:42:01,020 --> 00:41:57,130

enough away you kind of have to blink at

1086

00:42:02,990 --> 00:42:01,030

it and I refocuses there's always that a

1087

00:42:05,550 --> 00:42:03,000

little bit of wiggle room for the eye to

1088

00:42:07,080 --> 00:42:05,560

increase the focus if you've been

1089

00:42:08,550 --> 00:42:07,090

wearing really over create a glass for a

1090

00:42:10,830 --> 00:42:08,560

long period of time you forget about

1091

00:42:12,510 --> 00:42:10,840

that ability but once you find it again

1092

00:42:14,850 --> 00:42:12,520

you go outside your wine glasses it if

1093

00:42:16,200 --> 00:42:14,860

you like 2030 vision this car cross

1094

00:42:18,510 --> 00:42:16,210

street there's a license plate and

1095

00:42:20,520 --> 00:42:18,520

you're like man is that an A or an F I

1096

00:42:22,520 --> 00:42:20,530

can't tell you blink at it and it just

1097

00:42:26,520 --> 00:42:22,530

kind of realigns and you see it's an a

1098

00:42:28,440 --> 00:42:26,530

that activity making that into a habit

1099

00:42:30,090 --> 00:42:28,450

wearing glasses that give you only

1100

00:42:33,600 --> 00:42:30,100

enough correction to wear that becomes

1101

00:42:35,900 --> 00:42:33,610

an easy habit to get into that is the

1102

00:42:38,790 --> 00:42:35,910

main stimulus that improves your eyes

1103

00:42:40,830 --> 00:42:38,800

man and this is kind of a difficult one

1104

00:42:43,230 --> 00:42:40,840

because as you say a good analogy for

1105

00:42:45,750 --> 00:42:43,240

active focus is people who can raise one

1106

00:42:48,300 --> 00:42:45,760

eyebrow if you can do it it's very easy

1107

00:42:51,150 --> 00:42:48,310

but try to explain how you do it to

1108

00:42:54,350 --> 00:42:51,160

someone who can't and that's not

1109

00:42:57,570 --> 00:42:54,360

as easy of a thing to do have you found

1110

00:42:59,550 --> 00:42:57,580

the right language overtime to tell

1111

00:43:01,620 --> 00:42:59,560

people how to do it if they're confused

1112

00:43:04,980 --> 00:43:01,630

if they're just not feeling that it's

1113

00:43:07,260 --> 00:43:04,990

working for them I've got a page on the

1114

00:43:08,700 --> 00:43:07,270

side that has a bunch of links in a

1115

00:43:11,700 --> 00:43:08,710

bunch of ways where other people

1116

00:43:15,470 --> 00:43:11,710

describe their active focus experience

1117

00:43:18,630 --> 00:43:15,480

of how they found it because there is no

1118

00:43:21,720 --> 00:43:18,640

exact language to describe that ability

1119

00:43:23,640 --> 00:43:21,730

it takes people a little bit of trial

1120

00:43:25,650 --> 00:43:23,650

and error and hearing in different ways

1121

00:43:27,960 --> 00:43:25,660

I think most people are figuring it out

1122

00:43:30,300 --> 00:43:27,970

the amount of confusion over the years

1123

00:43:31,740 --> 00:43:30,310

is lessened greatly and I think it's in

1124

00:43:33,540 --> 00:43:31,750

part because it's not just me trying to

1125

00:43:36,060 --> 00:43:33,550

explain it you have a bunch of different

1126

00:43:38,160 --> 00:43:36,070

people that heard me explain it and then

1127

00:43:39,870 --> 00:43:38,170

it couldn't connect the dots but one

1128

00:43:41,540 --> 00:43:39,880

time they looked at something and bam it

1129

00:43:44,190 --> 00:43:41,550

cleared up and they remember what

1130

00:43:45,630 --> 00:43:44,200

context it was in and then they write it

1131

00:43:47,070 --> 00:43:45,640

down or they explain it there's some

1132

00:43:51,210 --> 00:43:47,080

videos from others who have done this

1133

00:43:52,800 --> 00:43:51,220

and then somewhere in that library of

1134

00:43:54,510 --> 00:43:52,810

experiences there's something that'll

1135

00:43:56,160 --> 00:43:54,520

give you that aha moment and it's really

1136

00:43:58,010 --> 00:43:56,170

not that difficult it's just once you do

1137

00:44:00,300 --> 00:43:58,020

it you're like well that was easy

1138

00:44:02,190 --> 00:44:00,310

because it's just like a light link and

1139

00:44:03,780 --> 00:44:02,200

it's just every time you blink you close

1140

00:44:05,970 --> 00:44:03,790

your eyes when you open it again your

1141

00:44:08,460 --> 00:44:05,980

eyes to read focus alright so when you

1142

00:44:09,780 --> 00:44:08,470

look at the thing and you close your eye

1143

00:44:11,550 --> 00:44:09,790

you reopen your eye and you're looking

1144

00:44:13,290 --> 00:44:11,560

at the same thing again the eyes trying

1145

00:44:14,550 --> 00:44:13,300

to focus at it again and if it want to

1146

00:44:18,810 --> 00:44:14,560

blur in the first place

1147

00:44:20,280 --> 00:44:18,820

most times it'll just clear mmhmm yeah

1148

00:44:23,130 --> 00:44:20,290

it's a curious thing maybe I've been

1149

00:44:26,580 --> 00:44:23,140

doing it and not even knowing it you

1150

00:44:28,680 --> 00:44:26,590

know I had a Jacob Lieberman dr. Jacob

1151

00:44:30,450 --> 00:44:28,690

Lieberman here not long ago who his

1152

00:44:34,110 --> 00:44:30,460

expertise is really red light therapy

1153

00:44:36,530 --> 00:44:34,120

and light but he kind of discovered this

1154

00:44:39,660 --> 00:44:36,540

on his own with his own eyesight and

1155

00:44:41,490 --> 00:44:39,670

when we talked it was more that that he

1156

00:44:44,400 --> 00:44:41,500

wanted to discuss and he basically just

1157

00:44:46,680 --> 00:44:44,410

kept saying you will it you just will it

1158

00:44:47,910 --> 00:44:46,690

it and I mean that's the only way he

1159

00:44:49,290 --> 00:44:47,920

could express it and I've heard other

1160

00:44:51,960 --> 00:44:49,300

people say that too and that might be

1161

00:44:53,700 --> 00:44:51,970

fair you're doing it you're absolutely

1162

00:44:55,110 --> 00:44:53,710

doing it you're not even realizing that

1163

00:44:57,030 --> 00:44:55,120

you're doing it because you never had

1164

00:44:59,040 --> 00:44:57,040

eyesight problems you said your eyesight

1165

00:45:01,380 --> 00:44:59,050

is fine the eyesight isn't perfect

1166

00:45:03,360 --> 00:45:01,390

because like low light conditions or

1167

00:45:04,800 --> 00:45:03,370

artificial light conditions or if you

1168

00:45:06,630 --> 00:45:04,810

haven't slept well you

1169

00:45:08,580 --> 00:45:06,640

already too much or smoke too much or

1170

00:45:10,350 --> 00:45:08,590

you you've been eating a giant pizza

1171

00:45:12,780 --> 00:45:10,360

there will be situations where your

1172

00:45:14,190 --> 00:45:12,790

eyesight is affected but you don't even

1173

00:45:16,740 --> 00:45:14,200

realize it because you have this

1174

00:45:18,120 --> 00:45:16,750

mechanism already programmed in and

1175

00:45:20,160 --> 00:45:18,130

you're not even consciously thinking

1176

00:45:22,050 --> 00:45:20,170

about it but being that you're aware of

1177

00:45:23,820 --> 00:45:22,060

it I'm sure you were going to catch a

1178

00:45:27,120 --> 00:45:23,830

moment when you're sitting somewhere and

1179

00:45:29,310 --> 00:45:27,130

like a movie has subtitles or the

1180

00:45:30,540 --> 00:45:29,320

barista menu or there's something where

1181

00:45:32,160 --> 00:45:30,550

you just blink at it and you're like out

1182

00:45:34,130 --> 00:45:32,170

there it is and then you'll realize that

1183

00:45:37,170 --> 00:45:34,140

you've been doing it all along

1184

00:45:39,060 --> 00:45:37,180

right on yeah I got 99 problems but my

1185

00:45:40,800 --> 00:45:39,070

eyes aren't one I've been a blinking

1186

00:45:43,050 --> 00:45:40,810

it's tough all week trying to play with

1187

00:45:43,650 --> 00:45:43,060

this now that you know it's been on my

1188

00:45:46,530 --> 00:45:43,660

mind

1189

00:45:48,150 --> 00:45:46,540

I guess I would ask how you discovered

1190

00:45:50,940 --> 00:45:48,160

this because obviously your website

1191

00:45:52,920 --> 00:45:50,950

wasn't there to lay out the breadcrumbs

1192

00:45:55,680 --> 00:45:52,930

and the template for you this had to be

1193

00:45:58,560 --> 00:45:55,690

a lot of trial and error clearly you had

1194

00:46:00,810 --> 00:45:58,570

an issue with it but I guess why weren't

1195

00:46:03,990 --> 00:46:00,820

glasses enough for you why even go down

1196

00:46:06,450 --> 00:46:04,000

this rabbit hole uh this is not a

1197

00:46:08,970 --> 00:46:06,460

brilliant story is purely just vanity I

1198

00:46:10,380 --> 00:46:08,980

kind of mentioned this in the beginning

1199

00:46:12,210 --> 00:46:10,390

I was a single dude and I was wearing

1200

00:46:14,460 --> 00:46:12,220

these glasses that my eyes were tiny

1201
00:46:15,930 --> 00:46:14,470
behind the strongly glasses they're

1202
00:46:18,000 --> 00:46:15,940
smaller things look behind it

1203
00:46:19,500 --> 00:46:18,010
I had like little tiny pig eyes as a

1204
00:46:21,120 --> 00:46:19,510
single dude and then they told me I

1205
00:46:24,270 --> 00:46:21,130
needed even stronger ones oh it's just

1206
00:46:27,180 --> 00:46:24,280
like this is enough of this and because

1207
00:46:30,120 --> 00:46:27,190
of my profession I'm a stock trader my

1208
00:46:32,250 --> 00:46:30,130
brain always goes to I don't believe

1209
00:46:34,620 --> 00:46:32,260
what I hear the hype is always just hype

1210
00:46:37,020 --> 00:46:34,630
let's look at the facts it just turned

1211
00:46:39,150 --> 00:46:37,030
into a research project and as soon as I

1212
00:46:40,950 --> 00:46:39,160
started researching it almost

1213
00:46:42,980 --> 00:46:40,960

immediately I found a huge discrepancy

1214

00:46:45,150 --> 00:46:42,990

from what I was being told by people

1215

00:46:47,540 --> 00:46:45,160

versus what I was reading so I was like

1216

00:46:49,770 --> 00:46:47,550

okay this is clearly not right and

1217

00:46:51,390 --> 00:46:49,780

because professionally I'm used to

1218

00:46:54,030 --> 00:46:51,400

seeing a lot of lies and a lot of

1219

00:46:55,650 --> 00:46:54,040

deception I'm like okay so this is a

1220

00:46:57,840 --> 00:46:55,660

familiar story and as I started digging

1221

00:47:00,510 --> 00:46:57,850

into it there was no answer how to fix

1222

00:47:02,310 --> 00:47:00,520

it but there was plenty of here's why

1223

00:47:05,040 --> 00:47:02,320

it's going the way it's going and

1224

00:47:07,020 --> 00:47:05,050

there's no defect so the logical thought

1225

00:47:08,790 --> 00:47:07,030

was okay so if this is happening because

1226
00:47:11,160 --> 00:47:08,800
of the increasing lines around and a

1227
00:47:11,580 --> 00:47:11,170
decrease my lines where I did it all

1228
00:47:14,440 --> 00:47:11,590
wrong

1229
00:47:16,450 --> 00:47:14,450
i reduced way too much in the beginning

1230
00:47:19,480 --> 00:47:16,460
I'm still surprised that I stuck with it

1231
00:47:21,520 --> 00:47:19,490
because I just had no indication of how

1232
00:47:22,930 --> 00:47:21,530
to make this work

1233
00:47:24,460 --> 00:47:22,940
but eventually got on the right track

1234
00:47:28,780 --> 00:47:24,470
eventually I realized more of the finer

1235
00:47:30,850 --> 00:47:28,790
points of small reductions and stimulus

1236
00:47:32,440 --> 00:47:30,860
and the close up is really no good and

1237
00:47:33,640 --> 00:47:32,450
from then the improvement came pretty

1238
00:47:35,050 --> 00:47:33,650

well and then other people who were

1239

00:47:37,750 --> 00:47:35,060

curious about it got into it and we

1240

00:47:40,540 --> 00:47:37,760

found the common ground of what works

1241

00:47:44,170 --> 00:47:40,550

for all of us the rest is just more and

1242

00:47:45,700 --> 00:47:44,180

more people getting into right on so we

1243

00:47:48,420 --> 00:47:45,710

talked a lot about glasses I mean our

1244

00:47:51,640 --> 00:47:48,430

contact lenses any different either in

1245

00:47:54,310 --> 00:47:51,650

effectiveness or risks that we aren't

1246

00:47:56,110 --> 00:47:54,320

aware of is there any adjusted advice

1247

00:47:59,110 --> 00:47:56,120

for people who are primarily wearing

1248

00:48:03,430 --> 00:47:59,120

contacts contact lenses are awesome

1249

00:48:05,830 --> 00:48:03,440

because relative to the optical quality

1250

00:48:07,510 --> 00:48:05,840

they are much less expensive you're

1251

00:48:10,270 --> 00:48:07,520

getting a much wider field of vision

1252

00:48:11,890 --> 00:48:10,280

because they're floating in your eye or

1253

00:48:13,570 --> 00:48:11,900

in front of your eye so you get

1254

00:48:14,650 --> 00:48:13,580

peripheral vision which is one thing

1255

00:48:16,600 --> 00:48:14,660

that you're really cutting out with

1256

00:48:18,070 --> 00:48:16,610

glasses and that's not great so getting

1257

00:48:20,860 --> 00:48:18,080

your peripheral vision back is great

1258

00:48:23,520 --> 00:48:20,870

better optical quality is great contact

1259

00:48:26,710 --> 00:48:23,530

lenses in general are just a much better

1260

00:48:28,810 --> 00:48:26,720

solution to this whole changing your

1261

00:48:31,080 --> 00:48:28,820

refractive state that glasses are much

1262

00:48:33,480 --> 00:48:31,090

much much better sushi

1263

00:48:36,900 --> 00:48:33,490

but because there's never anything

1264

00:48:38,700 --> 00:48:36,910

without a price the contact lenses have

1265

00:48:40,770 --> 00:48:38,710

potential drawbacks one of them is

1266

00:48:42,690 --> 00:48:40,780

something called corneal thinning the

1267

00:48:45,660 --> 00:48:42,700

cornea is the front of your eye the

1268

00:48:48,090 --> 00:48:45,670

clear front of your eye and studies are

1269

00:48:52,050 --> 00:48:48,100

showing that your cornea tends to get

1270

00:48:53,940 --> 00:48:52,060

thinner with prolonged ongoing years and

1271

00:48:56,010 --> 00:48:53,950

years of contact lens wear and that's

1272

00:48:59,610 --> 00:48:56,020

something you really don't want and it

1273

00:49:01,410 --> 00:48:59,620

appears to not be reversible so that's

1274

00:49:03,990 --> 00:49:01,420

not a short-term risk but that makes

1275

00:49:05,880 --> 00:49:04,000

contact lens is not a permanent solution

1276

00:49:08,160 --> 00:49:05,890

in my book because you're running a

1277

00:49:11,490 --> 00:49:08,170

serious long-term potential risk of

1278

00:49:13,370 --> 00:49:11,500

thinning your cornea also contact lenses

1279

00:49:15,150 --> 00:49:13,380

don't work well for close-up because

1280

00:49:16,770 --> 00:49:15,160

what happens when you stare at the

1281

00:49:19,290 --> 00:49:16,780

screen your blink rate is reduced by a

1282

00:49:21,090 --> 00:49:19,300

factor of five or so so you're blinking

1283

00:49:23,280 --> 00:49:21,100

a lot less and when you're blinking less

1284

00:49:24,360 --> 00:49:23,290

you're getting less tear fluid so for a

1285

00:49:26,160 --> 00:49:24,370

lot of people they don't have enough

1286

00:49:29,310 --> 00:49:26,170

tear fluid the eyes are too dry for

1287

00:49:30,630 --> 00:49:29,320

long-term contact lens wear especially

1288

00:49:34,230 --> 00:49:30,640

for close-ups so that's another

1289

00:49:37,050 --> 00:49:34,240

limitation of contact lenses if it

1290

00:49:38,790 --> 00:49:37,060

wasn't for those two things I would like

1291

00:49:41,010 --> 00:49:38,800

contact lenses more because they are

1292

00:49:42,930 --> 00:49:41,020

cheaper because optical call is better

1293

00:49:45,030 --> 00:49:42,940

because you get better option if you

1294

00:49:46,410 --> 00:49:45,040

were to stay on track with making

1295

00:49:47,730 --> 00:49:46,420

improvements for example I would not

1296

00:49:49,320 --> 00:49:47,740

probably be here talking to you right

1297

00:49:50,790 --> 00:49:49,330

now if contact lenses worked for me

1298

00:49:53,160 --> 00:49:50,800

because they would have just solved my

1299

00:49:55,410 --> 00:49:53,170

problems I would have not had tiny pig

1300

00:49:56,850 --> 00:49:55,420

eyes I would be forgetting about glasses

1301
00:49:58,860 --> 00:49:56,860
because once you put them in they're in

1302
00:50:01,500 --> 00:49:58,870
and I would have just been like problem

1303
00:50:03,090 --> 00:50:01,510
solved so the risk with for me with

1304
00:50:05,250 --> 00:50:03,100
contact lenses is if they work for you

1305
00:50:08,430 --> 00:50:05,260
they almost make it too easy to just

1306
00:50:10,860 --> 00:50:08,440
keep worrying there they seem super

1307
00:50:12,210 --> 00:50:10,870
inconvenient to me and I don't want to

1308
00:50:14,880 --> 00:50:12,220
be touching my eyeball every day but I

1309
00:50:17,340 --> 00:50:14,890
guess you get used to it so let's also

1310
00:50:19,830 --> 00:50:17,350
talk about LASIK a little bit I consider

1311
00:50:21,600 --> 00:50:19,840
that to be a pretty scary procedure but

1312
00:50:25,110 --> 00:50:21,610
I know a few people who have had it done

1313
00:50:27,210 --> 00:50:25,120

as I understand it is laser shaving off

1314

00:50:28,980 --> 00:50:27,220

maybe that part of the eye that has been

1315

00:50:30,540 --> 00:50:28,990

extending from wearing glasses I don't

1316

00:50:33,090 --> 00:50:30,550

really know but what are your thoughts

1317

00:50:35,460 --> 00:50:33,100

on LASIK Wow

1318

00:50:39,360 --> 00:50:35,470

if you want to have a guy of and talk

1319

00:50:42,540 --> 00:50:39,370

about conspiracies Morris Waxler is the

1320

00:50:44,720 --> 00:50:42,550

guy at the FDA who headed up getting

1321

00:50:47,780 --> 00:50:44,730

LASIK approve

1322

00:50:50,720 --> 00:50:47,790

this man right like he was in charge at

1323

00:50:53,270 --> 00:50:50,730

the FTA this same guy now if you look

1324

00:50:56,930 --> 00:50:53,280

him up online I mean for one moment he

1325

00:50:58,190 --> 00:50:56,940

is at the most vocal opponent of LASIK

1326
00:51:00,470 --> 00:50:58,200
he says it was a huge mistake

1327
00:51:03,650 --> 00:51:00,480
he should have never been approved this

1328
00:51:05,750 --> 00:51:03,660
is a dangerous procedure the problem of

1329
00:51:08,690 --> 00:51:05,760
LASIK is it's cutting a permanent lens

1330
00:51:10,609 --> 00:51:08,700
into your eye and there's different

1331
00:51:11,660 --> 00:51:10,619
forms because there's also PRK and

1332
00:51:13,549 --> 00:51:11,670
there's also smile there's also

1333
00:51:15,170 --> 00:51:13,559
different ways to try to address because

1334
00:51:18,039 --> 00:51:15,180
with LASIK the problem is that flap

1335
00:51:21,789 --> 00:51:18,049
never really heals not necessarily so

1336
00:51:24,829 --> 00:51:21,799
you're creating potentially large

1337
00:51:26,569 --> 00:51:24,839
ongoing risks that you can't reverse if

1338
00:51:28,490 --> 00:51:26,579

you look up the website lasik

1339

00:51:30,289 --> 00:51:28,500

complications it's a nightmare

1340

00:51:33,470 --> 00:51:30,299

of the things that can go wrong that are

1341

00:51:35,359 --> 00:51:33,480

all irreversible and on top of it LASIK

1342

00:51:37,910 --> 00:51:35,369

is just like a contact lens basically

1343

00:51:38,599 --> 00:51:37,920

but instead of the contact lens floating

1344

00:51:41,660 --> 00:51:38,609

in front of your eye

1345

00:51:44,000 --> 00:51:41,670

it's lazier cut into your eye and can't

1346

00:51:45,500 --> 00:51:44,010

be changed so if you're me Opie is still

1347

00:51:48,440 --> 00:51:45,510

has been increasing it will continue

1348

00:51:51,410 --> 00:51:48,450

increasing and the LASIK doesn't fix

1349

00:51:53,030 --> 00:51:51,420

anything it's just cutting a new lens so

1350

00:51:54,380 --> 00:51:53,040

if you're me Opia has been steadily

1351
00:51:56,599 --> 00:51:54,390
increasing over the years and you're

1352
00:51:58,339 --> 00:51:56,609
getting LASIK now you're on that same

1353
00:52:01,250 --> 00:51:58,349
chart and you'll you'll get continuous

1354
00:52:02,690 --> 00:52:01,260
so it's not necessarily a fixed for

1355
00:52:05,900 --> 00:52:02,700
people will still have increasing myopia

1356
00:52:08,420 --> 00:52:05,910
it increases a or introduce a serious

1357
00:52:10,370 --> 00:52:08,430
risk of side effects that are not

1358
00:52:12,230 --> 00:52:10,380
reversible and actually even on the

1359
00:52:13,670 --> 00:52:12,240
FDA's on website there's a page well

1360
00:52:15,740 --> 00:52:13,680
hidden away somewhere that shows the

1361
00:52:18,349 --> 00:52:15,750
side effect risks and even on their own

1362
00:52:19,970 --> 00:52:18,359
website those risks seem more than is

1363
00:52:23,000 --> 00:52:19,980

worth for something that's basically

1364

00:52:26,420 --> 00:52:23,010

just a convenience procedure

1365

00:52:28,550 --> 00:52:26,430

yeah it is quite scary some of the

1366

00:52:30,859 --> 00:52:28,560

procedures that people just take for

1367

00:52:32,450 --> 00:52:30,869

granted as routine at this point I have

1368

00:52:34,580 --> 00:52:32,460

terrible allergies and I've talked to

1369

00:52:37,280 --> 00:52:34,590

several people that are like oh just go

1370

00:52:39,410 --> 00:52:37,290

get the surgery where they drill out in

1371

00:52:41,210 --> 00:52:39,420

those cavities a little more and I'm

1372

00:52:43,849 --> 00:52:41,220

like that's very close to my brain

1373

00:52:45,800 --> 00:52:43,859

that's very close to my eyes I don't

1374

00:52:48,349 --> 00:52:45,810

know I think I'm just gonna sniffle I'll

1375

00:52:50,570 --> 00:52:48,359

deal with it it's all right but that

1376

00:52:53,540 --> 00:52:50,580

then you mentioned about dr. Morris

1377

00:52:56,330 --> 00:52:53,550

Waxler is very important I actually had

1378

00:52:58,370 --> 00:52:56,340

his quote taken from your website I

1379

00:53:02,480 --> 00:52:58,380

wrote it down here because as you say

1380

00:53:06,500 --> 00:53:02,490

former FDA head of lasik clinical trials

1381

00:53:08,840 --> 00:53:06,510

research educated guy he says the FDA

1382

00:53:11,420 --> 00:53:08,850

does not want to admit that millions of

1383

00:53:13,070 --> 00:53:11,430

people have now had a surgery that never

1384

00:53:16,820 --> 00:53:13,080

should have been approved by its own

1385

00:53:19,700 --> 00:53:16,830

rules the FDA is now engaged in covering

1386

00:53:23,359 --> 00:53:19,710

up a scandal and an epidemic and its own

1387

00:53:25,250 --> 00:53:23,369

corrupt practices I mean holy [h__h] those

1388

00:53:28,580 --> 00:53:25,260

are bold words man he is not messing

1389

00:53:32,390 --> 00:53:28,590

around yeah he's pretty upset about it

1390

00:53:34,040 --> 00:53:32,400

it must suck to be that guy to have been

1391

00:53:36,740 --> 00:53:34,050

in that position and to have made those

1392

00:53:39,860 --> 00:53:36,750

calls and now he's watching the outcome

1393

00:53:41,900 --> 00:53:39,870

and can't do anything anymore about it

1394

00:53:43,640 --> 00:53:41,910

that's just crazy stuff going on and I

1395

00:53:45,620 --> 00:53:43,650

talk to people sometimes and I'm so

1396

00:53:46,970 --> 00:53:45,630

happy when I hear somebody going yeah I

1397

00:53:49,130 --> 00:53:46,980

thought about getting LASIK but when I

1398

00:53:50,600 --> 00:53:49,140

looked into it I'm like that just seems

1399

00:53:52,340 --> 00:53:50,610

like a pretty invasive procedure for

1400

00:53:54,650 --> 00:53:52,350

something that I already have a fix for

1401

00:53:56,210 --> 00:53:54,660

I don't want to take that risk like okay

1402

00:54:01,040 --> 00:53:56,220

some people still have some sense about

1403

00:54:04,010 --> 00:54:01,050

them yes and as I understand LASIK does

1404

00:54:08,240 --> 00:54:04,020

tend to wear off or you need procedures

1405

00:54:11,210 --> 00:54:08,250

later does having had the procedure of

1406

00:54:13,580 --> 00:54:11,220

LASIK affect a person's ability to use

1407

00:54:16,790 --> 00:54:13,590

the program and protocols that you

1408

00:54:19,310 --> 00:54:16,800

promote oh not at all actually I just

1409

00:54:21,050 --> 00:54:19,320

said a conversation with somebody Louis

1410

00:54:23,900 --> 00:54:21,060

we had a little podcast episode she had

1411

00:54:26,360 --> 00:54:23,910

LASIK - five - optimi Oh pure so 20

1412

00:54:27,920 --> 00:54:26,370

years ago and her vision started getting

1413

00:54:31,580 --> 00:54:27,930

worse again but it was a bit more recent

1414

00:54:33,620 --> 00:54:31,590

and she reversed that right so the

1415

00:54:34,880 --> 00:54:33,630

habits thing always applies it's just

1416

00:54:36,710 --> 00:54:34,890

like wouldn't I said if you want to lose

1417

00:54:39,020 --> 00:54:36,720

50 pounds eat less pizza the same thing

1418

00:54:41,720 --> 00:54:39,030

as she got into better habits that

1419

00:54:44,330 --> 00:54:41,730

awareness after focused less phone

1420

00:54:47,300 --> 00:54:44,340

distance she reversed that new male feel

1421

00:54:51,440 --> 00:54:47,310

that she had back to her previous LASIK

1422

00:54:53,060 --> 00:54:51,450

helped 20/20 man that's exciting news I

1423

00:54:55,610 --> 00:54:53,070

mean I'm sure a lot of people out there

1424

00:54:57,380 --> 00:54:55,620

are thinking about their own eyesight

1425

00:54:59,780 --> 00:54:57,390

and what they're gonna do after they

1426
00:55:01,670 --> 00:54:59,790
listen to this and I know it's anecdotal

1427
00:55:03,350 --> 00:55:01,680
but you mentioned a couple times the

1428
00:55:05,450 --> 00:55:03,360
people that you've talked with I've seen

1429
00:55:08,300 --> 00:55:05,460
your YouTube channel a lot of the recent

1430
00:55:11,480 --> 00:55:08,310
stuff is kind of these testimonials

1431
00:55:15,530 --> 00:55:11,490
these personal cases of what people have

1432
00:55:19,520 --> 00:55:15,540
experienced and obviously anecdotal

1433
00:55:22,520 --> 00:55:19,530
stuff is not always the best go-to for

1434
00:55:25,730 --> 00:55:22,530
making a case but they do stack up how

1435
00:55:27,920 --> 00:55:25,740
many testimonials or positive reports do

1436
00:55:30,670 --> 00:55:27,930
you think you've heard back at this

1437
00:55:33,380 --> 00:55:30,680
point since you started the website

1438
00:55:35,420 --> 00:55:33,390

thousands and many many thousands and

1439

00:55:38,510 --> 00:55:35,430

actually this video series I plan to be

1440

00:55:40,070 --> 00:55:38,520

doing this is kind of my own little

1441

00:55:41,930 --> 00:55:40,080

I'm gonna do this until there's

1442

00:55:43,280 --> 00:55:41,940

thousands of them online because I want

1443

00:55:44,810 --> 00:55:43,290

to make the statement and I agree with

1444

00:55:47,089 --> 00:55:44,820

you hundred percent anecdotes or just

1445

00:55:49,820 --> 00:55:47,099

anecdotes but at what point does it

1446

00:55:52,370 --> 00:55:49,830

become statistically relevant there's

1447

00:55:53,599 --> 00:55:52,380

like five ten or so of them now and then

1448

00:55:56,480 --> 00:55:53,609

there's going to be a hundred I'm just

1449

00:55:58,520 --> 00:55:56,490

gonna keep making them until so many

1450

00:56:00,320 --> 00:55:58,530

people because I send out an email every

1451

00:56:02,750 --> 00:56:00,330

year so I send an email there says how's

1452

00:56:04,099 --> 00:56:02,760

it going because when people are happy

1453

00:56:05,900 --> 00:56:04,109

they usually you don't really hear from

1454

00:56:07,940 --> 00:56:05,910

them but I get so much response to those

1455

00:56:10,579 --> 00:56:07,950

emails and I save them all and that

1456

00:56:12,020 --> 00:56:10,589

folder is enormous and now I just

1457

00:56:13,460 --> 00:56:12,030

started emailing so most people going

1458

00:56:15,530 --> 00:56:13,470

hey do you want to chat about this

1459

00:56:16,820 --> 00:56:15,540

because it's different hearing it right

1460

00:56:18,980 --> 00:56:16,830

like you read an email from a person

1461

00:56:22,880 --> 00:56:18,990

versus having the conversation with them

1462

00:56:25,790 --> 00:56:22,890

and it's not to dispel the skepticism

1463

00:56:27,710 --> 00:56:25,800

because the skepticism is healthy but I

1464

00:56:29,300 --> 00:56:27,720

think it's important with those voices

1465

00:56:31,160 --> 00:56:29,310

out there right and not just hey I

1466

00:56:35,480 --> 00:56:31,170

improve my site which great who cares

1467

00:56:37,339 --> 00:56:35,490

but the enthusiasm or the experience or

1468

00:56:39,410 --> 00:56:37,349

that lifestyle change or what that means

1469

00:56:41,599 --> 00:56:39,420

to you as a person because you haven't

1470

00:56:44,270 --> 00:56:41,609

had this issue where glasses but this

1471

00:56:46,010 --> 00:56:44,280

really affects people right and then it

1472

00:56:47,720 --> 00:56:46,020

may affect some people in a way that's

1473

00:56:49,760 --> 00:56:47,730

profound enough to when they talk to you

1474

00:56:51,320 --> 00:56:49,770

about hey I got rid of this that it

1475

00:56:53,740 --> 00:56:51,330

might affect you where you go hey maybe

1476

00:56:54,890 --> 00:56:53,750

this is worth for me to look into

1477

00:56:58,520 --> 00:56:54,900

anecdotally

1478

00:57:00,349 --> 00:56:58,530

yeah yeah for sure well said and I would

1479

00:57:02,800 --> 00:57:00,359

ask you if you've ever really faced any

1480

00:57:04,940 --> 00:57:02,810

pushback from the industry to any

1481

00:57:06,500 --> 00:57:04,950

significant degree I mean that's not why

1482

00:57:08,599 --> 00:57:06,510

we're doing this from a hotel and

1483

00:57:10,940 --> 00:57:08,609

Bangkok is it yeah they're not on the

1484

00:57:12,530 --> 00:57:10,950

lam are you know actually live in a

1485

00:57:15,020 --> 00:57:12,540

jungle in Burma what's the time so

1486

00:57:17,540 --> 00:57:15,030

that's more on the lam right there okay

1487

00:57:18,980 --> 00:57:17,550

but no I've had significant push backs

1488

00:57:21,260 --> 00:57:18,990

I've been threatened with lawsuits and

1489

00:57:23,720 --> 00:57:21,270

people have been pretty nasty to me on

1490

00:57:26,930 --> 00:57:23,730

the internet in the past much less so

1491

00:57:28,820 --> 00:57:26,940

now because the amount of evidence and

1492

00:57:31,510 --> 00:57:28,830

the way the websites been shaped is in

1493

00:57:34,099 --> 00:57:31,520

no small part from that kind of feedback

1494

00:57:36,920 --> 00:57:34,109

I'm like okay so if these people are

1495

00:57:39,050 --> 00:57:36,930

taking liberties that they shouldn't be

1496

00:57:40,829 --> 00:57:39,060

then I'm not doing a good job making my

1497

00:57:42,900 --> 00:57:40,839

position clear right

1498

00:57:44,549 --> 00:57:42,910

a lot of the benefit of where the

1499

00:57:46,229 --> 00:57:44,559

website is today is from them pushing

1500

00:57:48,180 --> 00:57:46,239

back against me when I'm saying okay so

1501
00:57:50,969 --> 00:57:48,190
we need more science like we need more

1502
00:57:52,829 --> 00:57:50,979
of their clinical journals we need more

1503
00:57:55,589 --> 00:57:52,839
people talking about the Emil P reversal

1504
00:57:57,029 --> 00:57:55,599
we need more context to put this all in

1505
00:57:58,829 --> 00:57:57,039
a perspective we need more community

1506
00:58:00,870 --> 00:57:58,839
because I don't do social media

1507
00:58:02,910 --> 00:58:00,880
I don't do forums I don't do any of that

1508
00:58:05,039 --> 00:58:02,920
stuff and I started in no small part

1509
00:58:07,079 --> 00:58:05,049
because I was being threatened by the

1510
00:58:09,239 --> 00:58:07,089
industry and I'm like okay so I know a

1511
00:58:11,359 --> 00:58:09,249
lot of people are using this but I need

1512
00:58:13,469 --> 00:58:11,369
them all kind of gather in one place so

1513
00:58:19,259 --> 00:58:13,479

these people see that we're not just

1514

00:58:22,049 --> 00:58:19,269

Jake on me and so this is the part I

1515

00:58:23,700 --> 00:58:22,059

will splice back into for everyone and

1516

00:58:25,920 --> 00:58:23,710

this is kind of the wrap-up stuff so you

1517

00:58:29,160 --> 00:58:25,930

have this website you provide a ton of

1518

00:58:32,489 --> 00:58:29,170

free content you do also sell a more

1519

00:58:34,049 --> 00:58:32,499

specific whittled down guide tell us

1520

00:58:36,059 --> 00:58:34,059

about a couple of the things you do

1521

00:58:40,410 --> 00:58:36,069

offer on the site for people who want to

1522

00:58:44,160 --> 00:58:40,420

dig in further so the site I describe as

1523

00:58:45,390 --> 00:58:44,170

basically a collection of notes every

1524

00:58:47,069 --> 00:58:45,400

time something has come up that was

1525

00:58:49,200 --> 00:58:47,079

worth talking about whether it's how to

1526
00:58:51,539 --> 00:58:49,210
guide or an improvement report or what

1527
00:58:53,190 --> 00:58:51,549
you should do with glasses any topic

1528
00:58:55,019 --> 00:58:53,200
that's come up that I've written about

1529
00:58:56,670 --> 00:58:55,029
I've just rolled in there and there's

1530
00:58:58,950 --> 00:58:56,680
like a dozen categories I try to

1531
00:59:00,870 --> 00:58:58,960
categorize them so it's not ridiculous

1532
00:59:02,489 --> 00:59:00,880
to dig through but there's like over a

1533
00:59:05,249 --> 00:59:02,499
thousand different articles at this

1534
00:59:06,660 --> 00:59:05,259
point that most people use most people

1535
00:59:08,640 --> 00:59:06,670
you see improvement reports from use the

1536
00:59:11,370 --> 00:59:08,650
free stuff to prove that eyesight works

1537
00:59:13,049 --> 00:59:11,380
great it's part of my thing because I'm

1538
00:59:15,209 --> 00:59:13,059

trying to be a little bit altruistic

1539

00:59:17,819 --> 00:59:15,219

with this one and just go hey this one

1540

00:59:19,650 --> 00:59:17,829

is not about the money on the other hand

1541

00:59:21,509 --> 00:59:19,660

though Google is starting to censor

1542

00:59:23,099 --> 00:59:21,519

anything that's alternative health

1543

00:59:25,109 --> 00:59:23,109

related they're starting to censor us we

1544

00:59:27,870 --> 00:59:25,119

lost like 80 percent of our traffic if

1545

00:59:29,400 --> 00:59:27,880

hosting bills everything costs money and

1546

00:59:31,140 --> 00:59:29,410

I don't want to pay all of it

1547

00:59:32,640 --> 00:59:31,150

out-of-pocket so what I've done is if

1548

00:59:34,030 --> 00:59:32,650

you don't want to dig through all of it

1549

00:59:36,070 --> 00:59:34,040

yourself

1550

00:59:37,890 --> 00:59:36,080

we've organized it to where you can skip

1551
00:59:41,560 --> 00:59:37,900
most of the work and just go straight to

1552
00:59:43,120 --> 00:59:41,570
give me the steps basically the reason

1553
00:59:44,710 --> 00:59:43,130
those are not free is because I've got a

1554
00:59:46,270 --> 00:59:44,720
bunch of bills and especially as Google

1555
00:59:47,859 --> 00:59:46,280
is censoring us more I have to put in

1556
00:59:49,930 --> 00:59:47,869
more effort into getting the word out

1557
00:59:51,820 --> 00:59:49,940
there which again usually isn't free it

1558
00:59:54,910 --> 00:59:51,830
involves effort at most time or lost

1559
00:59:56,859 --> 00:59:54,920
money so that's my trade offer right

1560
00:59:58,720 --> 00:59:56,869
like either you do it for free and you

1561
01:00:01,510 --> 00:59:58,730
figure it out it's all there

1562
01:00:03,010 --> 01:00:01,520
or we trade some resources right like

1563
01:00:04,780 --> 01:00:03,020

give me some resources I give you some

1564

01:00:07,570 --> 01:00:04,790

resources and we've got various more

1565

01:00:10,120 --> 01:00:07,580

condensed versions that will get you to

1566

01:00:13,150 --> 01:00:10,130

the same place just may be quicker and

1567

01:00:17,890 --> 01:00:13,160

easier mm-hmm I think that's fair time

1568

01:00:20,890 --> 01:00:17,900

or money you decide and you also have

1569

01:00:24,430 --> 01:00:20,900

not only the curated kind of information

1570

01:00:27,640 --> 01:00:24,440

packages but also courses some seem to

1571

01:00:29,020 --> 01:00:27,650

be sold out some not quite but what

1572

01:00:32,109 --> 01:00:29,030

would you tell people about the

1573

01:00:34,090 --> 01:00:32,119

particular courses or the plans for the

1574

01:00:37,330 --> 01:00:34,100

website going forward when it comes to

1575

01:00:39,370 --> 01:00:37,340

maybe more detailed things that they can

1576

01:00:40,940 --> 01:00:39,380

get involved in that maybe aren't so

1577

01:00:42,860 --> 01:00:40,950

free

1578

01:00:44,870 --> 01:00:42,870

yeah this year actually this is the

1579

01:00:46,520 --> 01:00:44,880

first year that I'm getting more into

1580

01:00:49,040 --> 01:00:46,530

this because my attitudes just been like

1581

01:00:51,050 --> 01:00:49,050

here do it for free I'm realizing that

1582

01:00:53,660 --> 01:00:51,060

some people just don't want to have to

1583

01:00:55,070 --> 01:00:53,670

do that so right now there's a few

1584

01:00:56,750 --> 01:00:55,080

things like there's a very cheap like

1585

01:00:58,790 --> 01:00:56,760

seven dollar so measuring guide that

1586

01:01:00,470 --> 01:00:58,800

gets you into the whole how do you

1587

01:01:01,880 --> 01:01:00,480

measure you guys all the ways you can

1588

01:01:03,830 --> 01:01:01,890

measure your I've said all the ways you

1589

01:01:05,330 --> 01:01:03,840

can replace the optometrist including

1590

01:01:07,970 --> 01:01:05,340

like printable a charts and all that

1591

01:01:10,550 --> 01:01:07,980

stuff to a little bit more advanced

1592

01:01:12,590 --> 01:01:10,560

things where for example our four

1593

01:01:14,990 --> 01:01:12,600

members have put together an eleven

1594

01:01:17,000 --> 01:01:15,000

chapter guide of all the most important

1595

01:01:19,490 --> 01:01:17,010

things on the website so you can buy

1596

01:01:20,480 --> 01:01:19,500

that and that gives you the I call it

1597

01:01:21,590 --> 01:01:20,490

the rough guide because that's pretty

1598

01:01:23,750 --> 01:01:21,600

much what it is it gives you the

1599

01:01:25,910 --> 01:01:23,760

condensed version of everything in me

1600

01:01:28,250 --> 01:01:25,920

and then there is a very detailed

1601
01:01:31,550 --> 01:01:28,260
program with like eighty some different

1602
01:01:33,290 --> 01:01:31,560
sessions personal support for me which

1603
01:01:34,940 --> 01:01:33,300
is why don't we do a few spots a month

1604
01:01:36,290 --> 01:01:34,950
it's not generally available that's

1605
01:01:38,540 --> 01:01:36,300
right may look on available on the

1606
01:01:41,240 --> 01:01:38,550
website because I only do it when I have

1607
01:01:43,910 --> 01:01:41,250
time and then there's going to be a few

1608
01:01:45,680 --> 01:01:43,920
more other specific ones we used to run

1609
01:01:48,530 --> 01:01:45,690
a thing for law enforcement and military

1610
01:01:50,930 --> 01:01:48,540
that need better than 20/20 vision that

1611
01:01:53,030 --> 01:01:50,940
I'm not sure if it makes sense for the

1612
01:01:54,980 --> 01:01:53,040
public because it's more ongoing effort

1613
01:01:57,800 --> 01:01:54,990

that most people don't need crazy good

1614

01:01:59,180 --> 01:01:57,810

eyesight some presbyopia stuff and more

1615

01:02:00,530 --> 01:01:59,190

specific guys like if you have

1616

01:02:02,750 --> 01:02:00,540

astigmatism you want to get rid of

1617

01:02:05,690 --> 01:02:02,760

astigmatism I'm gonna add some more guys

1618

01:02:08,540 --> 01:02:05,700

and mainly all this stuff is intended to

1619

01:02:09,950 --> 01:02:08,550

help us reach a bigger audience in the

1620

01:02:12,740 --> 01:02:09,960

long term especially as you can't rely

1621

01:02:15,440 --> 01:02:12,750

on Google forever to spread the word

1622

01:02:17,330 --> 01:02:15,450

well yeah cheers to that and that's cool

1623

01:02:18,830 --> 01:02:17,340

I thought astigmatism mice consider that

1624

01:02:20,630 --> 01:02:18,840

maybe one of those things that couldn't

1625

01:02:22,340 --> 01:02:20,640

be helped like a biological thing but

1626

01:02:25,460 --> 01:02:22,350

that's Cooley you have a little bit of a

1627

01:02:27,079 --> 01:02:25,470

process for that too or some tools

1628

01:02:28,970 --> 01:02:27,089

yeah because most astigmatism isn't real

1629

01:02:34,640 --> 01:02:28,980

once the team isms just cause by a lens

1630

01:02:36,589 --> 01:02:34,650

you salsa oh [\h__\h] so you also list the

1631

01:02:39,170 --> 01:02:36,599

pros and cons of your program when you

1632

01:02:41,809 --> 01:02:39,180

say the cons are of course that it takes

1633

01:02:43,700 --> 01:02:41,819

time it takes lifestyle changes it takes

1634

01:02:47,210 --> 01:02:43,710

some discipline these aren't always easy

1635

01:02:49,579 --> 01:02:47,220

things but also that you may never use

1636

01:02:51,500 --> 01:02:49,589

your distance vision for anything more

1637

01:02:53,720 --> 01:02:51,510

than driving to work and that one was

1638

01:02:55,579 --> 01:02:53,730

just curious to me why is that that this

1639

01:02:57,440 --> 01:02:55,589

would actually cause you to not really

1640

01:03:01,040 --> 01:02:57,450

use your distance vision as much as

1641

01:03:03,079 --> 01:03:01,050

maybe we already are no I'm saying a lot

1642

01:03:04,880 --> 01:03:03,089

of people it was kind of a I'm throwing

1643

01:03:06,770 --> 01:03:04,890

this at the screen addiction like so

1644

01:03:08,270 --> 01:03:06,780

many people that's all they do

1645

01:03:09,740 --> 01:03:08,280

right like as you get up in the morning

1646

01:03:11,599 --> 01:03:09,750

you check your phone you drive to work

1647

01:03:12,770 --> 01:03:11,609

that's the only time you need to look at

1648

01:03:15,200 --> 01:03:12,780

a distance then you sit in front of your

1649

01:03:16,490 --> 01:03:15,210

computer all day then you drive home you

1650

01:03:19,550 --> 01:03:16,500

use the dissipation and then you watch

1651
01:03:21,940 --> 01:03:19,560
Netflix and you go to bed and I'm just

1652
01:03:24,109 --> 01:03:21,950
kind of saying like maybe it's worth

1653
01:03:26,480 --> 01:03:24,119
evaluating do you need this because you

1654
01:03:28,790 --> 01:03:26,490
have plans to actually see the world

1655
01:03:31,609 --> 01:03:28,800
around you or are you just doing it

1656
01:03:33,470 --> 01:03:31,619
because you're just doing it gotcha a

1657
01:03:34,880 --> 01:03:33,480
little tongue-in-cheek yeah I want you

1658
01:03:36,200 --> 01:03:34,890
to do more with your eyesight than just

1659
01:03:39,530 --> 01:03:36,210
fixed it I want you to actually enjoy it

1660
01:03:42,319 --> 01:03:39,540
too yeah well if you're stuck inside all

1661
01:03:43,970 --> 01:03:42,329
day there's really nowhere for the

1662
01:03:45,890 --> 01:03:43,980
distance vision to go I mean you need

1663
01:03:48,859 --> 01:03:45,900

more than the square footage of your

1664

01:03:52,339 --> 01:03:48,869

home probably to use it effectively for

1665

01:03:54,589 --> 01:03:52,349

sure yeah well awesome man I think this

1666

01:03:56,930 --> 01:03:54,599

is really interesting stuff I do love

1667

01:03:58,849 --> 01:03:56,940

topics and information that speaks to

1668

01:04:01,040 --> 01:03:58,859

taking your health into your own hands

1669

01:04:03,859 --> 01:04:01,050

rather than getting caught up in a

1670

01:04:05,540 --> 01:04:03,869

deceptive system and this definitely

1671

01:04:07,250 --> 01:04:05,550

qualifies is there anything else to tell

1672

01:04:09,079 --> 01:04:07,260

people before we go any other links to

1673

01:04:12,200 --> 01:04:09,089

give them or social media information

1674

01:04:14,300 --> 01:04:12,210

anything like that contact stuff on the

1675

01:04:16,579 --> 01:04:14,310

website we have a link to our YouTube

1676

01:04:17,599 --> 01:04:16,589

channel and a Facebook group in a forum

1677

01:04:19,730 --> 01:04:17,609

those are probably the three

1678

01:04:21,230 --> 01:04:19,740

destinations worth checking out like if

1679

01:04:23,030 --> 01:04:21,240

you listen to stuff rather than read I

1680

01:04:24,950 --> 01:04:23,040

put a fair amount of videos out there

1681

01:04:26,089 --> 01:04:24,960

you just listened to also and then

1682

01:04:27,920 --> 01:04:26,099

there's we have a pretty big Facebook

1683

01:04:30,500 --> 01:04:27,930

group in a pretty big forum if you want

1684

01:04:32,180 --> 01:04:30,510

to dive into the stuff while having a

1685

01:04:35,690 --> 01:04:32,190

community around

1686

01:04:38,210 --> 01:04:35,700

right on good to know well you are no

1687

01:04:40,250 --> 01:04:38,220

doubt dedicated and I salute you for it

1688

01:04:42,819 --> 01:04:40,260

this has been a lot of fun I appreciate

1689

01:04:45,289 --> 01:04:42,829

your time and your work keep it up man

1690

01:04:48,200 --> 01:04:45,299

thanks Greg for having me on I really

1691

01:04:57,120 --> 01:04:53,430

well praise be THC open your eyes and

1692

01:04:59,340 --> 01:04:57,130

see people a brick by brick dismantling

1693

01:05:03,090 --> 01:04:59,350

of the multibillion-dollar eye care

1694

01:05:05,820 --> 01:05:03,100

industry I like it this actually came

1695

01:05:07,890 --> 01:05:05,830

from a plus member recommendation right

1696

01:05:10,800 --> 01:05:07,900

at a time when Shakespeare people

1697

01:05:13,860 --> 01:05:10,810

inquired about getting him on real

1698

01:05:17,280 --> 01:05:13,870

double whammy and I need some PR people

1699

01:05:19,770 --> 01:05:17,290

by the way but regardless I looked over

1700

01:05:22,230 --> 01:05:19,780

his stuff thought he was a good speaker

1701

01:05:24,510 --> 01:05:22,240

who knew his material and had a good

1702

01:05:27,180 --> 01:05:24,520

microphone and maybe there was a slight

1703

01:05:31,350 --> 01:05:27,190

pinch of spite stirred into the mix for

1704

01:05:32,880 --> 01:05:31,360

my previous employer it happens and I do

1705

01:05:35,340 --> 01:05:32,890

think we actually do a pretty good job

1706

01:05:38,310 --> 01:05:35,350

of beating up all my previous employers

1707

01:05:40,560 --> 01:05:38,320

actually gamestop clearly contributes to

1708

01:05:43,440 --> 01:05:40,570

the problem but why kick a company when

1709

01:05:45,180 --> 01:05:43,450

they're almost bankrupt anyway today we

1710

01:05:46,980 --> 01:05:45,190

poked at the profit margin of the

1711

01:05:49,560 --> 01:05:46,990

biggest eye Care corporation on the

1712

01:05:52,380 --> 01:05:49,570

planet that I used to work for He Who

1713

01:05:54,630 --> 01:05:52,390

Shall Not Be Named apparently Jake feels

1714

01:05:57,660 --> 01:05:54,640

like they can be quite litigious and the

1715

01:05:59,370 --> 01:05:57,670

big ones usually are and taking it right

1716

01:06:00,870 --> 01:05:59,380

back to the beginning we've never really

1717

01:06:03,810 --> 01:06:00,880

beat up the great American cookie

1718

01:06:05,730 --> 01:06:03,820

company directly but sugar and sweets

1719

01:06:09,000 --> 01:06:05,740

have definitely taken a bashing from

1720

01:06:11,520 --> 01:06:09,010

time to time so if you do need a cookie

1721

01:06:13,020 --> 01:06:11,530

cake decorated despite our warnings I

1722

01:06:15,480 --> 01:06:13,030

would be happy to bring out the old

1723

01:06:19,320 --> 01:06:15,490

icing bags and see how I do a decade

1724

01:06:22,170 --> 01:06:19,330

later but sad stoner drop out resume

1725

01:06:24,780 --> 01:06:22,180

aside from time to time the Jacob

1726

01:06:26,640 --> 01:06:24,790

Lieberman episode comes to mind and he

1727

01:06:29,850 --> 01:06:26,650

would talk about how he took off his

1728

01:06:33,270 --> 01:06:29,860

glasses and just sort of willed his

1729

01:06:35,010 --> 01:06:33,280

eyesight to work and it did he would

1730

01:06:37,200 --> 01:06:35,020

equate it to seeing with the third eye

1731

01:06:39,300 --> 01:06:37,210

that's what he would say but I always

1732

01:06:41,760 --> 01:06:39,310

wanted a little bit more than that and I

1733

01:06:44,160 --> 01:06:41,770

think active focus is what we were

1734

01:06:46,320 --> 01:06:44,170

looking for and I'm sure there are

1735

01:06:49,170 --> 01:06:46,330

glasses wearers who maybe think the

1736

01:06:52,050 --> 01:06:49,180

solution here is a bit vague or sounds

1737

01:06:54,120 --> 01:06:52,060

almost too simple but if you look at

1738

01:06:56,460 --> 01:06:54,130

Jakes and myopia reviews and

1739

01:06:59,700 --> 01:06:56,470

testimonials it's pretty overwhelmingly

1740

01:07:00,480 --> 01:06:59,710

positive it's weird right because your

1741

01:07:03,090 --> 01:07:00,490

eye sight

1742

01:07:06,330 --> 01:07:03,100

seems like such a big part of life and a

1743

01:07:07,080 --> 01:07:06,340

very complex mechanism the i' is to say

1744

01:07:10,470 --> 01:07:07,090

the least

1745

01:07:12,150 --> 01:07:10,480

but step one is dismantling the solution

1746

01:07:15,420 --> 01:07:12,160

for what it is it's just curved glass

1747

01:07:19,320 --> 01:07:15,430

with a little magnification baked-in no

1748

01:07:21,510 --> 01:07:19,330

pills or surgeries just curved glass so

1749

01:07:24,810 --> 01:07:21,520

then you give people the solution which

1750

01:07:27,900 --> 01:07:24,820

is just simply active focus and of

1751
01:07:29,580 --> 01:07:27,910
course lifestyle changes but this active

1752
01:07:33,000 --> 01:07:29,590
focused thing I guess it's hard to

1753
01:07:34,770 --> 01:07:33,010
describe but it's worth a try and I'm

1754
01:07:37,050 --> 01:07:34,780
sure you could become a member of Jake's

1755
01:07:39,750 --> 01:07:37,060
sight or do your own searching now that

1756
01:07:41,910 --> 01:07:39,760
you have that term and you can just

1757
01:07:45,600 --> 01:07:41,920
start the process of working off the

1758
01:07:48,210 --> 01:07:45,610
glasses seems like the eye is similar to

1759
01:07:51,359 --> 01:07:48,220
any muscle and self-healing applies in

1760
01:07:55,020 --> 01:07:51,369
this realm as well so as mind-blowing

1761
01:07:57,570 --> 01:07:55,030
lee simple as the solution might be the

1762
01:08:00,120 --> 01:07:57,580
system solution is pretty damn simple -

1763
01:08:04,530 --> 01:08:00,130

right and who's gonna tell you there's

1764

01:08:08,340 --> 01:08:04,540

an easier or cheaper way I am I am good

1765

01:08:11,099 --> 01:08:08,350

people I'm half kidding but I do also

1766

01:08:14,700 --> 01:08:11,109

like that Jake was familiar with the

1767

01:08:17,099 --> 01:08:14,710

free show plus show model and once we

1768

01:08:18,539 --> 01:08:17,109

got into the inner circle he was way

1769

01:08:22,289 --> 01:08:18,549

more willing to talk about the

1770

01:08:24,329 --> 01:08:22,299

controversial stuff or maybe the unseen

1771

01:08:26,760 --> 01:08:24,339

aspects of wearing glasses that could

1772

01:08:30,300 --> 01:08:26,770

have an effect on a person but might

1773

01:08:33,059 --> 01:08:30,310

sound a bit paranoid or extreme not to

1774

01:08:36,059 --> 01:08:33,069

me but I could understand why he'd be

1775

01:08:38,610 --> 01:08:36,069

more comfortable behind closed doors so

1776

01:08:40,890 --> 01:08:38,620

to speak with some of that stuff and it

1777

01:08:43,590 --> 01:08:40,900

also never fails that when we do talk to

1778

01:08:45,510 --> 01:08:43,600

an open-minded anti-establishment person

1779

01:08:49,050 --> 01:08:45,520

who lives out in the jungle among the

1780

01:08:50,890 --> 01:08:49,060

indigenous people they see some wild and

1781

01:08:52,720 --> 01:08:50,900

crazy stuff

1782

01:08:55,840 --> 01:08:52,730

and I love when we have someone who can

1783

01:08:58,030 --> 01:08:55,850

share those sorts of anecdotes because

1784

01:09:00,490 --> 01:08:58,040

they were always there but few English

1785

01:09:03,459 --> 01:09:00,500

speakers are really embedding themselves

1786

01:09:06,999 --> 01:09:03,469

in that environment and even fewer are

1787

01:09:10,149 --> 01:09:07,009

reporting back so that paralysis story

1788

01:09:11,160 --> 01:09:10,159

that he told in the Plus show was pretty

1789

01:09:14,439 --> 01:09:11,170

incredible

1790

01:09:17,140 --> 01:09:14,449

shamans what are you gonna do some other

1791

01:09:20,950 --> 01:09:17,150

Plus show stuff was that we talked about

1792

01:09:23,559 --> 01:09:20,960

LASIK and dr. Morris Waxler we talked

1793

01:09:26,050 --> 01:09:23,569

about the red herring solutions for

1794

01:09:28,140 --> 01:09:26,060

myopia that Jake had tried along his

1795

01:09:30,729 --> 01:09:28,150

journey figured we'd save you some time

1796

01:09:34,180 --> 01:09:30,739

tips for getting children to go through

1797

01:09:37,209 --> 01:09:34,190

this process and of course we got into

1798

01:09:38,890 --> 01:09:37,219

how much the industry really knows and

1799

01:09:41,439 --> 01:09:38,900

how much it suppresses the

1800

01:09:43,360 --> 01:09:41,449

conspiratorial side which is another

1801

01:09:48,070 --> 01:09:43,370

thing that Jake would probably rather

1802

01:09:50,320 --> 01:09:48,080

tone down than amp up but you know this

1803

01:09:52,749 --> 01:09:50,330

is where you're at so we have to do it

1804

01:09:55,360 --> 01:09:52,759

but I was pretty into it just a very

1805

01:09:57,070 --> 01:09:55,370

unexpected topic and maybe it did help

1806

01:09:59,110 --> 01:09:57,080

some people we all have friends and

1807

01:10:01,390 --> 01:09:59,120

family that wear glasses maybe we have

1808

01:10:04,419 --> 01:10:01,400

children that we can help to keep from

1809

01:10:06,520 --> 01:10:04,429

getting wrapped up in this system how

1810

01:10:08,910 --> 01:10:06,530

often do you go to any grocery store and

1811

01:10:11,919 --> 01:10:08,920

see a [h__h] three-year-old on an iPad

1812

01:10:13,660 --> 01:10:11,929

it's really the cognitive effects and

1813

01:10:16,200 --> 01:10:13,670

the brain chemistry alteration that

1814

01:10:19,630 --> 01:10:16,210

bothers me most about that but this

1815

01:10:21,540 --> 01:10:19,640

eyesight thing is just icing on the

1816

01:10:24,220 --> 01:10:21,550

proverbial cookie cake you know of

1817

01:10:26,860 --> 01:10:24,230

course there are real eye issues but

1818

01:10:29,919 --> 01:10:26,870

basic myopia does not have to be one

1819

01:10:32,560 --> 01:10:29,929

this seems somewhat manufactured but

1820

01:10:35,380 --> 01:10:32,570

okay in higher side news the joint

1821

01:10:38,649 --> 01:10:35,390

session this month will be on the 20th I

1822

01:10:40,630 --> 01:10:38,659

have a very busy week recording three

1823

01:10:44,320 --> 01:10:40,640

different shows two of them are quite

1824

01:10:45,729 --> 01:10:44,330

complex but we're pushing through join

1825

01:10:47,560 --> 01:10:45,739

me for a drink and a smoke and a

1826

01:10:50,500 --> 01:10:47,570

friendly conversation about all things

1827

01:10:54,790 --> 01:10:50,510

weird and conspiratorial 7:00 p.m.

1828

01:10:57,310 --> 01:10:54,800

Pacific on February 20th and that's

1829

01:10:59,649 --> 01:10:57,320

really it everything is running smoothly

1830

01:11:02,350 --> 01:10:59,659

for the most part I am pretty proud of

1831

01:11:04,100 --> 01:11:02,360

recent shows trying to keep things fresh

1832

01:11:07,520 --> 01:11:04,110

and diverse and some

1833

01:11:09,800 --> 01:11:07,530

amazing stuff is coming up to again big

1834

01:11:13,550 --> 01:11:09,810

thanks to Jake for today go to end

1835

01:11:16,430 --> 01:11:13,560

myopia org to really dig in share this

1836

01:11:18,470 --> 01:11:16,440

interview with people you care about the

1837

01:11:21,260 --> 01:11:18,480

financial screws of life are tightening

1838

01:11:24,620 --> 01:11:21,270

all the time let's get one unnecessary

1839

01:11:26,330 --> 01:11:24,630

expense off our plate if we can and with

1840

01:11:29,510 --> 01:11:26,340

that I'm getting out of here

1841

01:11:32,270 --> 01:11:29,520

I am so so grateful that people listen

1842

01:11:34,939 --> 01:11:32,280

please share the show and you can I am

1843

01:11:38,120 --> 01:11:34,949

largely a one-man operation plus an

1844

01:11:40,820 --> 01:11:38,130

editor plus a new IT guy but I'm going

1845

01:11:43,970 --> 01:11:40,830

up against some podcasts that are pretty

1846

01:11:47,020 --> 01:11:43,980

big machines and we're just over here

1847

01:11:49,520 --> 01:11:47,030

doing a simple word of mouth thing I

1848

01:11:51,350 --> 01:11:49,530

recently spent some money on digital

1849

01:11:53,840 --> 01:11:51,360

marketing and it's gotten me almost

1850

01:11:55,850 --> 01:11:53,850

nowhere compared to just putting out

1851

01:11:58,729 --> 01:11:55,860

good shows and hoping that people spread

1852

01:12:01,640 --> 01:11:58,739

the word that's it so thank you a

1853

01:12:03,649 --> 01:12:01,650

million times over I have the best life

1854

01:12:06,439 --> 01:12:03,659

in the world and I wouldn't take this

1855

01:12:09,260 --> 01:12:06,449

situation I have for granted I can get

1856

01:12:11,740 --> 01:12:09,270

lazy and all other aspects of life but

1857

01:12:15,350 --> 01:12:11,750

not on the moneymaker right ladies all

1858

01:12:17,209 --> 01:12:15,360

right clearly time to go so take care of

1859

01:12:19,760 --> 01:12:17,219

you and yours your move

1860

01:12:22,129 --> 01:12:19,770

eyesight secret keepers corporate cornea

1861

01:12:28,340 --> 01:12:22,139

covers and the money-making myopia

1862

01:12:34,520 --> 01:12:28,350

machine you're buckin have a drink

1863

01:12:39,970 --> 01:12:34,530

enough smoke listen to the cast shiny

1864

01:12:44,169 --> 01:12:39,980

shiny spotlight but criminals on blast

1865

01:12:49,459 --> 01:12:44,179

the pinstripe man of morning and

1866

01:12:53,709 --> 01:12:49,469

families of Finance dupe on Windsor and

1867

01:12:58,129 --> 01:12:53,719

Rothschild the kids don't stand a chance

1868

01:13:01,580 --> 01:12:58,139

the kids don't the kids don't stand the

1869

01:13:05,330 --> 01:13:01,590

kids don't stand a chance I said the

1870

01:13:06,669 --> 01:13:05,340

kids don't the kids don't stand the kids

1871

01:13:11,859 --> 01:13:06,679

don't stand

1872

01:13:16,449 --> 01:13:11,869

chants we're looking for the answer to

1873

01:13:22,120 --> 01:13:16,459

questions never asked so we come to the

1874

01:13:26,319 --> 01:13:22,130

car would for the higher side chat the

1875

01:13:30,609 --> 01:13:26,329

Pinstripe man of mourning and families

1876

01:13:34,859 --> 01:13:30,619

of Finance do pawn Windsor and

1877

01:13:39,279 --> 01:13:34,869

Rothschild the kids don't stand a chance

1878

01:13:42,699 --> 01:13:39,289

the kids don't the kids don't stand the

1879

01:13:46,479 --> 01:13:42,709

kids don't stand a chance I said the

1880

01:14:04,649 --> 01:13:46,489

kids don't the kids don't stand the kids

1881

01:14:10,239 --> 01:14:04,659

don't stand a chance involved in shady

1882

01:14:14,560 --> 01:14:10,249

business we try to get a glance we're

1883

01:14:20,160 --> 01:14:14,570

working on the numbers resistance must

1884

01:14:25,479 --> 01:14:20,170

advance the pinstripe man of morning and

1885

01:14:29,699 --> 01:14:25,489

families of Finance do pawn Windsor and

1886

01:14:34,149 --> 01:14:29,709

Rothschild the kids don't stand a chance

1887

01:14:37,569 --> 01:14:34,159

the kids don't the kids don't stand the

1888

01:14:41,319 --> 01:14:37,579

kids don't stand a chance I said the

1889

01:14:46,120 --> 01:14:41,329

kids don't the kids don't stand the kids

1890

01:14:49,359 --> 01:14:46,130

don't stand a chance the kids don't the

1891

01:14:53,229 --> 01:14:49,369

kids don't stand the kids don't stand a

1892

01:14:56,229 --> 01:14:53,239

chance I said the kids don't the kids

1893

01:14:57,160 --> 01:14:56,239

don't stand the kids don't stand a