



Barns Croft  
Sutton Coldfield, West Midlands B74 3BW  
United Kingdom

The Visual Recalibration Programme is a 90-day transformative coaching programme designed to restore and enhance vision naturally. It focuses on identifying and replacing the bad vision habits that accumulate over time with good, lifelong habits. The programme is structured in two phases: Phase 1 (Days 1-45) focuses on embracing change, where participants unlearn harmful habits and begin practicing techniques to improve their vision. Although this stage may feel unfamiliar, noticeable improvements in visual clarity often occur within days. Phase 2 (Days 45-90) emphasises inner growth, as the benefits of the new habits start to take effect and the old habits become undesirable. By the end of the programme,

participants can experience significant improvements in their vision, free from reliance on glasses or contacts. The programme not only enhances vision but also boosts confidence, enabling individuals to engage with life more freely and clearly. Improving my eyesight was life-changing in ways I never expected. At first, I thought it was just about seeing more clearly, but it became so much more boosting my confidence, improving my health, and giving me a sense of freedom I'd never felt. I was nearly blind without my glasses, feeling trapped and hopeless. Dr. William Bates' groundbreaking techniques transformed my life, helping me regain 50% of my vision in just a few months with only 10 minutes a day of practice. Now, freedom from glasses is possible, naturally and without surgery. Curious to start your

journey? Website:

<https://viscoach.com/> Phone Number:  
07943 009 664

[Contact Me](#)

[Email Friend](#)