

Loretta's interview on Eye Exercises (transcribed from the video interview with Walter:

When did you start doing the eye exercises and when did you find out about them?

*Adrian started us about 2 years ago, well right after we started tai chi, and she did the facial massage and then she went to the eye massage. I wanted to go ahead because I had to wear glasses and my family, for generations, suffered from eye issues. So, I started doing the eye exercises everyday and sometimes I would do them twice a day. I had a weepy left eye and it wasn't from allergies or something like that. Since I've doing these exercises, my eye has really improved. The last time I went to the eye Doctor, he said, "whatever you're doing, keep doing it!" , because I have no cataracts and my left eye has improved over my right eye. So, since Adrian taught us this tai chi exercise, I keep doing it.*

How often do you do these eye exercises?

*Sometimes when I let my dog out, maybe at around 2:00 AM; he gets up and barks and I let him out. I sit in my chair waiting for my dog to come back in and I do my eye exercises. I didn't tell the doctor what I was doing but he encouraged me to keep doing it since my eyes, in his opinion , were getting a definite improvement and not to have cataracts at my age is great. I would definitely encourage people to do these and am happy that Adrian showed us these eye exercises.*